

MEETING ABSTRACTS

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## Session 1: Citizenship in health

### S1

#### Health literacy and health education in adolescence

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Health literacy, a more complex concept than knowledge, is a required capacity to obtain, understand, integrate and act on health information [1], in order to enhance individual and community health, which is defined by different levels, according to the autonomy and personal capacitation in decision making [2].

Medium levels of Health literacy in an adolescent population were found in a study conducted in 2013/2014, being higher in sexual and reproductive health and lower in substance use. It was also noticed that the higher levels of health literacy were in the area adolescents refer to have receipt more health information. The health literacy competence with higher scores was communication skills, and the lower scores were in the capacity to analyze factors that influence health. Higher levels were also found in younger teenagers, but in a higher school level, confirming the importance of health education in these age and development stage. Adolescents seek more information in health professionals and parents, being friends more valued as a source information in older adolescents, which enhance the importance of peer education mainly in older adolescents [3].

As a set of competences based on knowledge, health literacy should be developed through education interventions, encompassing the cultural and social context of individuals, since the society, culture and education system where the individual is inserted can define the way the development and enforcement of the health literacy competences [4]. The valued sources of information should be taken into account, as well as needs of information in some topics referred by adolescents in an efficient health education.

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## Session 2: Evaluation & intervention in health

### S2

#### The effect of a walking program on the quality of life and well-being of people with schizophrenia

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Schizophrenia is a serious and chronic mental illness which has a profound effect on the health and well-being related with the well-known nature of psychotic symptoms. The exercise has the potential to improve the life of people with schizophrenia improving physical health and alleviating psychiatric symptoms. However, most people with schizophrenia remains sedentary and lack of access to exercise programs are barriers to achieve health benefits. The aim of this study is to evaluate the effect of exercise on I) the type of intervention in mental health, II) in salivary levels of alpha-amylase and cortisol and serum levels of S100B and BDNF, and on III) the quality of life and self-perception of the physical domain of people with schizophrenia. The sample consisted of 31 females in long-term institutions in the Casa de Saúde Rainha Santa Isabel, with age between 25 and 63, and with diagnosis of schizophrenia according to the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR). Physical fitness was assessed by the six-minute walk distance test (6MWD). Biological variables were determined by ELISA (Enzyme-Linked Immunosorbent Assay). Psychological variables were assessed using SF-36, PSPP-SCV, RSES and SWLS tests. Walking exercise has a positive impact on physical fitness (6MWD –  $p=0.001$ ) and physical components of the psychological tests (SF-36) physical functioning  $p < 0.05$ ; [PSPP-SCV] functionality  $p < 0.05$  and SWLS  $p < 0.05$  of people with schizophrenia. The walking program enhances the quality of life and self-perception of the physical domain and physical fitness of people with schizophrenia.

### S3

#### Diagnosis and innovative treatments - the way to a better medical practice

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**O224****Chilean population norms derived from the Health-related quality of life SF-6D**

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**Background**

The SF-6D classification provides utility values for health status. Utilities generated have a number of potentially valuable applications in economic evaluations and not only to ensure comparability between studies. Reference values can be useful to estimate the effect of interventions on patients' HRQoL in the absence of control groups. Thus, the purpose would be to provide the SF-6D normative values in the Chilean population.

**Methods**

A cross-sectional study was conducted. A total of 5,293 people agreed to participate in the study. SF-6D utilities were derived from SF-12 questions.

**Results**

Mean SF-6D utility index for the whole sample was 0.74. It was better for men (0.78) than for women (0.71). The ceiling effect was much higher for men (11.16 %) than for women (5.31 %). Women were more likely to show problems in any dimension than men.

**Conclusions**

Chilean population norms for the SF-6D are shown in this paper to help in decision-making in health policies. Men reported a higher state of health than women in all sub-categories analysed. Likewise, men also reported higher scores than women in all dimensions of SF-6D in overall.

**Keywords**

Reference values, HRQoL, Utility, Health

**O225****Motivation of college students toward Entrepreneurship: The influence of social and economic instability**

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**Background**

The concept of entrepreneurship is subdivided into entrepreneurship of opportunity and entrepreneurship of necessity, evidencing that labour-market instability has an important role in the decision to pursue it (Global Entrepreneurship Monitor, 2013). The recent world financial crisis led to social and employment instability in Portugal, with potential influence on the motivation to partake in business ventures. Objectives: To analyse the relationship between the Perception of Social and Economic Instability (PSEI) and select contextual and socio-demographic variables in polytechnic college students.

**Methods**

A correlational quantitative study made with 1,604 students from 18 different Portuguese Superior-Polytechnic institutions (mainland Portugal). A survey on business motivation from Parreira, Pereira and Brito (2011) was applied. The sample consists of female students (65.2 %), married students (11.1 %) and worker-students (19.7 %). The data were analysed through SPSS.

**Results**

Students with entrepreneur aspirations felt able to start a business and contrast with worker-students, who have less PSEI, respectively

(Midea = 2.97, SD = 1.20; Mwithout\_idea = 3.21, SD = 1.12,  $t(1601) = 4.10$ ,  $p < .000$ ); (Mable\_create = 3.01, SD = 1.16; Mnot\_able\_create = 3.19, SD = 1.17,  $t(1601) = 2.97$ ,  $p < .003$ ); (Mstudent = 3.12, SD = 1.17; Mstudent\_worker = 2.92, SD = 1.17,  $t(1599) = 2.74$ ,  $p < .006$ ), relation between aspiration to the international market and PSEI (Minternational = 2.95, SD = 1.24; Mnot\_international = 3.11, SD = 1.15,  $t(1601) = 2.31$ ,  $p < .021$ ); women demonstrate more PSEI (Mmale = 2.93, SD = 1.13; Mfemale = 3.16, SD = 1.18,  $t(1601) = 3.17$ ,  $p < .000$ ); married students show less PSEI (Mmarried/joint = 2.91, SD = 1.17; Mother = 3.10, SD = 1.17,  $t(1601) = 2.11$ ,  $p < .035$ ).

**Conclusions**

Some sociodemographic variables are revealed to have influence on this process. Socioeconomic reality and the perception of instability in different contexts conditions the student's perception as an entrepreneur.

**Keywords**

Entrepreneurship profile, Motivation of college students, Social and economic instability

**O226****Use of aromatic and medicinal plants, drugs and herbal products in Bragança city**

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Herbal therapy is characterized by the use of aromatic and medicinal plants (AMP) in different pharmaceutical forms for therapeutic purposes. The present study aims to characterize the use of AMP, drugs and herbal products in Bragança city.

A cross-sectional study was conducted through application of a questionnaire to 404 subjects of both gender and aged between 18 and 89 years.

AMP were therapeutically used by 53.7 % mainly due "to be natural" (43.9 %) while 33.8 % use drugs and/or herbal products mainly "because it is good for health" (53.5 %). The AMP most used were Cidreira ( $n = 149$ ) and Camomila ( $n = 117$ ) and concerning drugs and/or herbal products Valdispert® ( $n = 48$ ) and Daflon® 500 ( $n = 41$ ) were the most reported.

Overall, the reported uses of AMP, drugs and herbal products were correct, according to the reported in literature. The use of AMP is motivated by self-knowledge (55.4 %) while drugs and/or herbal products are used mostly by medical prescription (44.1 %). AMP were obtained by own cultivation (44.1 %) and drug and/or herbal products in pharmacies (89.0 %). Of all users, about 90 % did not combined these products with conventional drugs and it was identified just one potential occurrence of drug interactions related with the use of Hiperião. The occurrence of adverse effects was noted after the use of AMP Sene (11.8 %), Hiperião (9.1 %) and Ginkgo Biloba (8.3 %). The use of these products is a common practice among the residents of Bragança city, which use a wide diversity of AMP and plant-based products.

**Keywords**

Aromatic and medicinal plants, herbal drugs, herbal products

**O227****Edible flowers as new novel foods concept for health promotion**

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