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1. CHILD AND ADOLESCENT HEALTH

FACTORS AFFECTING THE BMI IN ADOLESCENTS ATTENDING THE 2ND AND 3RD CYCLES IN PORTUGUESE SCHOOLS FROM VISEU

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Introduction: Many studies show that the prevalence of overweight and obesity among children is rapidly increasing and developing into a major public health problem worldwide.

Objectives: To assess the Body Mass Index (BMI) in school children from 2nd and 3rd cycles in Viseu schools and identify the sociodemographic, behavioural and educational factors that are related to the BMI.

Methods: This is a quantitative descriptive and explanatory study with a convenience sample of 742 students attending schools of the 2nd and 3rd cycles in Viseu. The study was carried out by means of a questionnaire, which was produced for this study and previously submitted to the approval of the competent authority (DGE) for application in school context.

Results: It was found that some sociodemographic factors were associated with BMI, namely age, school year, practicing high competition sport, being federate in a sport or vegetarian diet. Regarding the educational factors associated with BMI these included only the seminars given at school by specialist in nutrition. Furthermore, a significant relation between BMI and SF was found, where SF represents the school sources of knowledge. Finally among the behavioural factors associated to BMI stood: learning in classes, playing in the open air, reading books and use of internet.

Conclusions: The results reinforce the need of adolescents to practice a healthy lifestyle and the role of family and school in providing the right information to help making right food choices.

Finally in the sample at study the incidence of overweight and obesity was not at all preoccupying, thus indicating that the efforts to provide a good education both at home and at school are adequate and must be carried on.

Keywords: Body mass index. School children. Food education.

QUALITY OF LIFE OF CHILDREN AND YOUNG PEOPLE WITH DIABETES MELLITUS TYPE I

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Introduction: Diabetes Mellitus type I (DMT1) has become apparent in children/young people, a current and worrisome problem due to increasing incidence and prevalence. In addition to its consequences, it interferes with the quality of life (QOL), representing a public health issue.

Objectives: Characterize the QOL of children/young people with DMT1; identify factors influencing children/young people with DMT1 QOL; check DMT1 impact in the QOL of children/young people.

Methods: Systematic review of full text studies, published from January 2006 to June 2014 that included the QOL of children/young people with DMT1, children/young people with DMT1 with no other pathology and their parents, consulting CINAHL, MEDLINE, MediciLatina, Academic Search Complete, Psychology and Behavioral Sciences Collection and Scholar Google, using “quality of life”, “child”, “diabetes”. Studies of children/young people with DMT1 and other chronic illness were excluded. 546 articles have been identified, 11 selected and seven used.

Results: Parents perceive less QOL and greater impact in the life of children/young people than them. Children/young people QOL improve with the insulin pump and severe hypoglycemic crisis and ketoacidosis decrease. Gender and age group influence children/young people QOL. Severe hypoglycemic crisis are related to the parents' fear of hypoglycemia, affecting their and their children's QOL. Young people using complementary and alternative Medicine have better QOL than those using stress relief activities. Children with DMT1 have impaired school performance.

between the levels of resilience of families with disabled children and families with children with serious health problems or conical. The method used in the study was a quantitative and descriptive-correlational and not experimental type. Data were collected from an accidental non-probabilistic sample of parents/families of children with disabilities or serious or chronic diseases, which constitute the two groups of households (with and without disabilities) in our sample, followed by consulting a Department of Pediatrics totaling one hundred and eighty-six. The data collection instrument used was a questionnaire. Based on the data we found that these families mostly have average levels of resilience, with no record of low levels of resilience. The family resilience is not related to family characteristics, the characteristics of the disability, family and social support available, relating only to one of the dimensions that integrates family functioning, family satisfaction. Comparing the resilience levels of the two groups of families, we found no significant difference.

Keywords: Resilience. Family. Family resilience. Disability.

ADOPTIVE PARENTS PARENTAL CONCERNS

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Knowing the families in its multiple aspects is an intrinsic task of nursing care. It is essential listen to parents and define the changes to be implemented from what is felt by them as a complaint or restlessness. The concern for their children manifests itself usually through a complaint or concerns about the child. Adoptive parenthood is a different way to access parenting and being a mother or adoptive father brings other challenges and some more specific problems. This study aims to identify the parental concerns of adoptive parents and to identify which characteristics of these parents and adoption process can be associated with it. A descriptive cross-sectional study was developed. Data were collected from a snowball sample comprised of 18 adoptive families: 2 single adoptions and 16 joint adoptions or per couple, through a questionnaire that was sent by e-mail, which the Parental Concerns Scale (Algarvio and Leal, 2004), was part of. Based on the data found that the greatest concern of these parents are situated at the level of school problems and family concern, expressed on the concern if the child has what's need in school and if the teacher understands the child. These concerns are observed with parents aged between 35 and 39 years old, who had adopted children who are currently in school age and without special needs. It is allied to these features that the adoption has been motivated by the desire to increase family integrated into a life project.

Keywords: Adoption. Adoptive parents. Parental concerns.

PREVENTION PROGRAMS AND GENDER EFFECTIVENESS: A STUDY OF STRENGTHENING FAMILIES PROGRAM

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Introduction: Worldwide, WHO researchers (Degenhardt, et al, 2008) report that men are more likely than women to use cocaine, cannabis, tobacco, and alcohol. The use of prescription

drugs is more prevalent among females. Because our culture place different expectations on girls than boys, gender has been a protective factor for substance abuse among females. However, this gender gap began narrowing in adolescents in the mid-1990's. Speculations concerning reasons for increased use in girls include: Girls substance use appear to be more influenced by their family (CSAP, 2000; Kumpfer, et. al., 2008), the breakdown of families, changing social roles and the media (Kumpfer & Magalhães, in press). An analysis of all evidence-based substance abuse prevention programs worldwide found that few programs conducted gender analyses.

Methods: A gender analysis for the Strengthening Families Program (SFP) which is one of the most effective prevention programs. An archival SFP 6-11 Years database (n = 1,700) was analysed using statistical analyses employing 2 x 2 ANOVAs compared the 21 outcomes for girls versus boys (including pre- and post-test means, SDs, mean changes, F-values, p-values and Cohen's d effect sizes).

Results: Statistically significant positive results were found for 19 of 21 outcomes. Effect sizes were somewhat larger for girls than for boys such as, for improvements in Parental Involvement (d. = 0.52 vs 0.37); and Positive Parenting (d. = 0.63 vs 0.54).

Conclusions: The results suggest that SFP was equally effective for girls as for boys and on some outcomes even more effective for girls. Since the research base is very limited, it does point in the direction of the necessity of a gender-attentive approach.

Keywords: Gender. Strengthening families program. Prevention program.

POSITIVE ASPECTS OF CARING AND SOCIAL SUPPORT IN INFORMAL CAREGIVERS OF PERSONS WITH DEMENTIA

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Introduction: Dementia is characterized by the loss of cognitive functions that hinder the ability of life in community (Fernández, 2010) and leads to dependence in ADLs (Gratão et al, 2010). Emerges the figure of the informal caregiver, who is a pillar in the life of the dependent person (Sánchez e González, 2010). According to Miller and Powell Lawton (1997 cited by Semiatin and Connor, 2012), the great focus given to negative aspects of caring obscure the existence of positive aspects. Inserted in the Erasmus program, a stage was developed at the Asociación de Familiares de Enfermos de Alzheimer y otras Demências de Galicia (AFAGA).

Objectives: To know the most valued positive aspects of caring, as well as caregivers' perception about the received social support.

Methods: Correlational study with a questionnaire including caring positive aspects and perceived social support scales to 86 carers of people with dementia.

Results: Caregivers had an average of 55.99 ± 11.43 years of age, were mostly female, married and children of the cared person. The most valued positive aspects were: to feel good about oneself; greater appreciation of life; greater sense of utility. It was found that the higher the perception of family support, the higher the perception of friends' support (p = 0.013) of other supports (p < 0.001) and global social support (p < 0.001). It was still concluded that as caring positive aspects perception increases, increases the perception of friends support (p = 0.011), other supports (p = 0.014) and the perceived global of social support (p = 0.004).

Conclusions: Data allow us to conclude on the importance of social support in the perception of positive aspects of caring.

Keywords: Dementia. Caring positive aspects. Social support.