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for road traffic accidents. The national authorities consider young people to be a risk group (ENSR, 2013). In this sense, the H2Q project aims at raising awareness among young people toward the adoption of responsible driving behaviors, particularly after academic parties.
Objectives: To evaluate the impact of the H2Q project on young people's decision to drive under the influence of alcohol.
Methods: The study was conducted in Coimbra, after academic parties, between 4 and 8 am. A total of 55 potential drivers were asked to assess their blood alcohol content (BAC) in the parking lot, before driving. We used breathalyzers, and then developed a brief intervention about the effects of alcohol on driving skills, the legal limit and its implications, and drink-driving offences and penalties.
Results: Out of the 55 potential drivers who performed the breathalyzer test, 59.6% had a positive BAC result, and 38.5% had a BAC higher than the legal limit, ranging from 0.40 to 2.06 (severe, very severe, and criminal offenses). Since these results are not compatible with safe driving, a brief intervention was developed to change the potential drivers' intention to drive. All of them decided not to drive and designated another driver (who also performed the breathalyzer test), chose to walk or use public transport, or returned later to reassess their BAC.
Conclusions: The knowledge of the blood alcohol content and the development of brief interventions may contribute to change young people's decision to drive under the influence of alcohol.
Keywords: Alcohol. Prevention. Driving.

5. EDUCATION POLICIES ON SEXUALITY AND SEX EDUCATION

EDUCATIONAL INTERVENTION PROGRAM FOR UNIVERSITY STUDENTS: ACCESSION PREDICTORS

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Introduction: Literature states that longitudinal studies where participation is not mandatory and participants have no immediate benefits are usually subject to compliance failures.
Methods: We looked at the predictors of adherence to an intervention program in reducing the risk of HIV infection. Inclusion criteria included being a 1st-year-student of the University of Coimbra and 18 to 24 years old. A questionnaire with indicators of UNAIDS was employed. The quantitative study included two stages: in the first one 551 young agreed to complete the questionnaire and participate; in the second stage the survey respondents and those who joined the programme were signalled. Respondents were 18 years old on average, 76.2% female, 63% were Health Sciences students and 69.2% sexually active.
Results: The model features 10 independent variables (age, sex, perception of risk, scientific area, time of first sexual intercourse, number of sexual partners over a lifetime and in the last 12 months, knowledge of transmission and prevention). Four independent variables had a statistically significant contribution (perception of risk, scientific area, early sex life and number of sexual partners in the last 12 months). The best adherence predictor was the age of sexual initiation, with odds of 3.63 (OR = 3.63; 95%CI 1.27-8.91), indicating that students who began their sexual life are 3 times more likely to join a program. The odds ratios of 1.98 (OR = 1.98 ; 95%CI 1.27-2.87).
Conclusions: It seems to indicate that the information campaigns, awareness and prevention do not offer an effective model of awareness of the problem and risk perception to students that do not follow courses in health.
Keywords: predictors. programmes. HIV. students. odds ratio.

AFFECTIVE SEXUALITY IN PEOPLE WITH CHANGES OF EATING BEHAVIOR (CEB) – CONTRIBUTION TO A SEXUAL EDUCATIONAL REFLECTION

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The initiation and frequency of sexual activity are indicators of the human beings development, and seem to present with some behavioral changes in people with changes of eating behavior (CEB), replacing the act of eating for sexual pleasure, hiding his sexual desires and escaping enjoy sexuality. This phenomenon should be addressed when considering youth education. Access the epidemiological perspective regarding the initiation and frequency of sexual activity in people with CEB and percive if it can must or not must be considered in youth sex education programs policies. An exploratory study of quantitative character was developed in a sample of 218 patients of both genders (68.3% female and 31.7% male) aged between 18 and 65 years. Data were collected in several hospitals in the center and north of the country. The Data Collection Tools were the Sexual Satisfaction Index (ISS), (Pechorro et al, 2009) and the Binge Eating Scale (Freitas et al, 2001). In the whole sample were found 78 respondents without CEB and 140 respondents with CEB. Of these, it was verified that both sexual initiation is earlier as more severe CEB level: in moderate CEB is registered a mean of 19 years (SD = 4,161) and severe CEB is 17,7 years (SD = 2.287). As regards the frequency of sexual activity, there are differences: respondents without CEB assume a sexual frequency two to three times per week and with CEB, once or twice per week, independent of whether the CEB is moderate or severe. The phenomenon of CEB took evidence of moderating variable, regarding the initiation and frequency of sexual activity in people with and without CEB. CEB modifies life style development in general and sexual and affective life in particular, relevant fact to be included in youth sex education programs policies.
Keywords: Affective sexuality. Eating behavior. Sexual education.

ADAPTATION AND VALIDATION OF HIV ANTIBODY TESTING ATTITUDE SCALE IN PORTUGUESE

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Introduction: The awareness of HIV positiveness is important for the health of the individual and of the community. The identification of HIV antibodies is possible both using conventional lab tests and quick result tests. In the Bibliography it was made clear that there are no instruments in Portuguese to assert the reactions to the HIV quick tests and it was therefore considered it would be useful to adapt and validate a scale in Portuguese, since the language is the official language of 7 different countries and spoken by more than 250 million people.