

## Resumos da 3ª Mostra de Doutoramento em Psicologia – PsihDay

Faculdade de Psicologia e de Ciências da Educação  
Universidade de Coimbra  
Coimbra, Novembro 2019

A 3ª Mostra de Doutoramento em Psicologia (MDP) foi um espaço de discussão científica e disseminação das investigações em desenvolvimento no âmbito do doutoramento em Psicologia na Faculdade de Psicologia e de Ciências da Educação da Universidade de Coimbra – FPCEUC. Decorreu a 4 de Novembro de 2019 inserida no PsihDay, um dia dedicado ao doutoramento em Psicologia na FPCEUC, no âmbito das comemorações do 39º aniversário desta Faculdade. A Comissão Organizadora foi composta na íntegra por estudantes de doutoramento em Psicologia na FPCEUC. A 3ª MDP consistiu na apresentação oral de *posters* pelas/os doutorandas/os em Psicologia, seguida de discussão. Todas/os as/os doutorandas/os em Psicologia na FPCEUC foram convidadas/os a participar, independentemente da fase em que se encontrava o desenvolvimento das suas teses e os resumos submetidos foram sujeitos a um processo de avaliação pela Comissão Científica. Os resumos apresentados neste número da *Psychologica* reflectem a diversidade de propostas científicas, quer em termos de áreas temáticas, quer dos momentos do percurso de investigação.

**COMISSÃO CIENTÍFICA** – Coordenador do Doutoramento em Psicologia, Joaquim Pires Valentim e Comissão de Coordenação do Doutoramento em Psicologia, Maria Cristina Canavarro, Maria Paula Paixão, Maria Salomé Pinho, Teresa Rebelo e Bruno Cecílio de Sousa

**COMISSÃO ORGANIZADORA** – Ana Laura Mendes, Ana Rita Martins, Diogo Carreiras, Francisca Duarte, Joana Simões, Julieta Azevedo e Susana Pereira

# A Organização da Temporalidade Subjetiva e a Adaptabilidade de Carreira no Ensino Secundário: Impacto do tipo de perfil de adaptabilidade e do percurso educativo

Francisca Duarte<sup>1</sup>, José Tomás da Silva<sup>2</sup> e Maria Paula Paixão<sup>3</sup>

## Resumo

A investigação realizada nas últimas décadas tem permitido confirmar a importância que o estudo da temporalidade subjetiva possui para a Psicologia ao nível da compreensão dos comportamentos e cognições humanas. Paralelamente, a investigação a nível internacional acerca da adaptabilidade de carreira tem sido bastante profícua nos últimos anos. No entanto, embora haja vários estudos publicados sobre o impacto da adaptabilidade de carreira e da temporalidade subjetiva na organização de trajetórias saudáveis em momentos normativos de transição, não há nenhum que estude o impacto conjunto destas variáveis. O modelo multidimensional da organização da temporalidade subjetiva para o ensino secundário, criado anteriormente pelos autores deste estudo, permite a sua utilização nos testes de adaptabilidade na transição do ensino secundário para o ensino superior ou o mercado de trabalho e na identificação de eventuais especificidades em estudantes a frequentarem diferentes percursos educativos (ensino académico vs dupla certificação). Neste contexto, o presente estudo tem como objetivo principal analisar o impacto do perfil de adaptabilidade de carreira e do percurso educativo dos estudantes nas dimensões da temporalidade subjetiva com uma amostra de 490 estudantes do ensino secundário, de ambos os sexos, com idades compreendidas entre os 15 e os 20 anos de idade ( $M = 17.03$ ;  $DP = .98$ ). Foi realizada uma análise de clusters para a extração de perfis de adaptabilidade de carreira e de seguida investigámos se esta era uma variável preditora da temporalidade subjetiva. Os resultados obtidos sugerem a existência de diferenças estatisticamente significativas em algumas das variáveis da temporalidade subjetiva em função dos perfis de adaptabilidade de carreira (mais adaptados vs menos adaptados) e do tipo de percurso educativo. São, ainda, apresentadas as limitações do

---

1 Contacto Principal | Universidade de Coimbra, Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: franciscacduarte@sapo.pt. ORCID ID: <https://orcid.org/0000-0003-3981-1030>

2 Universidade de Coimbra, Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: jtsilva@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-9995-8221>

3 Universidade de Coimbra, Centro de Investigação em Neuropsicologia e Intervenções Cognitivo-Comportamentais (CINEICC), Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: mppaixao@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-3373-8461>

estudo e discutidos os resultados em termos das potencialidades do efeito conjunto da adaptabilidade de carreira e da organização da temporalidade subjetiva para a intervenção vocacional.

**Palavras-chave:** temporalidade subjetiva; adaptabilidade de carreira; análise de clusters

\*\*\*

## Understanding and overcoming test anxiety: A new comprehensive model and group intervention based on acceptance, mindfulness and compassion for test- anxious adolescents

Cláudia P. Pires<sup>4</sup>, Maria do Céu Salvador<sup>5</sup>,  
Stefan G. Hofmann<sup>6</sup> & David W. Putwain<sup>7</sup>

### Abstract

Test Anxiety (TA) is highly prevalent and impairing in adolescents, significantly impacting on mental health and well-being. Despite lack of consensus regarding its nature and features, TA has been linked to social anxiety, shame and self-criticism. Furthermore, it associates to low self-compassion, acceptance and mindfulness, pointed out as important competencies to cope with human suffering in general, and with academic difficulties in particular. However, programs with these components with adolescents are, from our knowledge, nonexistent. The objectives of this study were: i) to contribute to a

4 Primary Contact | University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: claudia.pnpires@gmail.com. ORCID ID: <https://orcid.org/0000-0002-1394-7389>

5 University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: ceu@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-6846-8270>

6 Center for Anxiety and Related Disorders, Boston University, Boston, USA. Email: shofmann@bu.edu. ORCID ID: <https://orcid.org/0000-0002-3548-9681>

7 School of Education, Liverpool John Moores University, Liverpool, UK. Email: D.W.Putwain@ljmu.ac.uk. ORCID ID: <http://orcid.org/0000-0001-5196-4270>

better understanding of TA, exploring a comprehensive model to study the impact of several processes on TA (Study I); and ii) to develop, implement and test the efficacy of a manualized group intervention to address TA in adolescents, while fostering their general well-being (Study II). Study I will comprise a longitudinal design and recruit participants from randomly selected classes of 9th-12th grade students in schools of the Centre of Portugal. Participants will fill in self-report measures on psychopathology indicators (test anxiety, depression, social anxiety, shame), emotion regulation processes (self-criticism, striving to avoid inferiority, acceptance, self-compassion and mindfulness), type of goal orientation, and general well-being. Study II will have a longitudinal/experimental design and comprise a group intervention program for students with high TA. The program will encompass 10 weeks/sessions and include control and experimental groups, evaluated in four moments: M0 (baseline), M1 (post-test), M2 (3-month follow-up) and M4 (12-month follow-up). The intervention is expected to help students develop compassion, acceptance and mindfulness competencies to cope with test anxiety and improve general well-being. This study is expected to cast a new light into test anxiety research, integrating evolutionary variables into its conceptualization and using third-wave contextual approaches in intervention. Proven effective, this intervention might contribute to decreasing test anxiety prevalence and change students' relationship with evaluative situations in school.

**Keywords:** test anxiety; acceptance and mindfulness; compassion; well-being

\*\*\*

# Attachment orientations and dyadic coping among HIV-serodiscordant couples: An exploratory study of individual and cross-partner effects

Alexandra Martins<sup>8</sup>, Maria Cristina Canavarro<sup>9</sup> & Marco Pereira<sup>10</sup>

## Abstract

HIV-serodiscordant couples, along with typical illness-related stressors, may face unique dyadic challenges, which can bring significant stress for the romantic relationship, affecting the coping strategies of both patients and their partners. Despite still limited, evidence has shown that attachment models of one's self and others influence dyadic coping (DC), a form of interpersonal coping involving both members of a couple. To our knowledge, studies exploring these associations among HIV-serodiscordant couples are non-existent. Therefore, the objective of this exploratory study was to analyze the association between attachment orientations (i.e., anxiety and avoidance) and DC among the HIV-infected and uninfected partners from HIV-serodiscordant couples. The sample of this cross-sectional study consisted of 36 HIV-serodiscordant sex-different couples, with a mean age of 48.11 years ( $SD = 10.94$ ), in an intimate relationship for an average of 15 years. The self-reported measures were completed by both partners and included the Experiences in Close Relationships-Relationship Structures and the Dyadic Coping Inventory. Significant differences between partners in DC were found – HIV-uninfected partners rated DC by the partner and common DC significantly lower than did HIV-infected partners. Regression models showed that for both partners their own higher avoidant attachment, and only for HIV-uninfected partners their own anxious attachment, were associated with one's own lower perceived common DC. For HIV-infected partners, significant cross-partner effects of attachment-related anxiety on DC by oneself were found. For HIV-uninfected partners, their own higher avoidance was associated with lower perceived DC by the partner. These findings support the hypotheses derived from attachment theory that

8 Primary Contact | University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: alexandrafsmartins@gmail.com. ORCID ID: <https://orcid.org/0000-0002-4682-5126>

9 University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: mcanavarro@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-5083-7322>

10 University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: marcopereira@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-6086-2329>

insecurely attached individuals and those living with insecure partners report poorer DC strategies. The present study suggests that coping skills training interventions may be helpful for couples to help them work together to approach HIV-related challenges, eventually improving their relationship quality.

**Keywords:** HIV-serodiscordant couples; attachment dimensions; dyadic coping; cross-partner effect.

\*\*\*

## Relation between objects and their features

Daniela Valério<sup>11</sup> & Jorge Almeida<sup>12</sup>

### Abstract

Understanding how objects are represented and processed in the semantic memory is one of the central questions in cognitive neuroscience. There is some consensus that features have an important role in this process, but the importance given to the features' role depends on the theory. The experiment goal is understanding how objects and features are related to each other. Three experiments are presented: the creation of a data set with features of 80 manipulable objects, and two experiments of property verification task where it was tested frequency and distinctiveness properties. One-hundred and thirty participants were asked to free recall as many features as they remember of 80 manipulable objects. Then, those features were extracted and classified based on frequency, category, distinctiveness, and similarity replicating in this way some databases on the field. In order to test the frequency variable, 30 participants performed two-sessions of a behavioral experiment of property verification where true and false pairs of objects-features that could be high or low frequency were presented. Participants had to answer if the feature belongs to the property as fast as possible, while their reaction times and accuracy were measured. Then, a similar

11 Primary Contact | University of Coimbra, PROACTION Lab – Perception and Recognition of Objects and Actions Laboratory, Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: [daniela.filipa.valerio@gmail.com](mailto:daniela.filipa.valerio@gmail.com). ORCID ID: <https://orcid.org/0000-0001-8062-5817>

12 University of Coimbra, PROACTION Lab – Perception and Recognition of Objects and Actions Laboratory, Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: [jorgealmeida@fpce.uc.pt](mailto:jorgealmeida@fpce.uc.pt). ORCID ID: <https://orcid.org/0000-0002-6302-7564>

behavioral experiment was done with another 30 participants testing the distinctiveness category. It was confirmed through a feature verification task that participants were faster and more accurate when features were more frequent and more distinctive. The results confirmed that this is a good data set that is representative of these 80 manipulable objects. These results support the idea that objects and their properties are related to each other in the semantic memory and features are important for the object recognition process.

**Keywords:** manipulable objects; features; property verification task

\*\*\*

## Eficácia de um Programa de Treino de Mindfulness na Prevenção da Recaída em Indivíduos Adultos

Eduardo Ramadas<sup>13</sup>, Margarida Lima<sup>14</sup> e Maria dos Anjos Dixe<sup>15</sup>

### Resumo

O maior fracasso dos tratamentos atuais para as perturbações aditivas é a alta prevalência da recaída que, em conjugação com a etiologia e fisiopatologia da adição, leva a que esta seja hoje conceptualizada como equiparável à doença crónica. Programas de Prevenção da Recaída Baseados no *Mindfulness* (MBRP) têm mostrado bons resultados na diminuição da sua prevalência, não mostrando, no entanto, manutenção destes ao longo do tempo. Como uma alternativa, as aplicações móveis são cada vez mais utilizadas para auxiliar a gestão de outras doenças crónicas, mas ainda não existe nenhuma que seja direccionada para a prevenção da recaída tendo por base um programa de MBRP. Objetivos: Avaliar a eficácia de um programa MBRP em dois grupos experimentais (E1 = Com aplicação móvel; E2 = Sem aplicação móvel) no bem-estar subjetivo e psicopatologia e na taxa de recaída; desenvolver uma aplicação móvel de apoio à gestão da doença e com exercícios tendo por base MBRP

13 Contacto Principal | Universidade de Coimbra, Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: [jeduardo@villaramadas.com](mailto:jeduardo@villaramadas.com). ORCID ID: <https://orcid.org/0000-0002-4857-6768>

14 Universidade de Coimbra, Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: [mplima@fpce.uc.pt](mailto:mplima@fpce.uc.pt). ORCID ID: <https://orcid.org/0000-0002-6239-1137>

15 Instituto Politécnico de Leiria – Escola Superior de Saúde, Leiria, Portugal. Email: [maria.dixe@ipleiria.pt](mailto:maria.dixe@ipleiria.pt). ORCID ID: <https://orcid.org/0000-0001-9035-8548>

e verificar se existem diferenças significativas entre os dois grupos experimentais. Método: Estudo Quasi-Experimental, não randomizado, com dois grupos experimentais e um grupo de controlo. A amostra será constituída por indivíduos em início de tratamento, entre os 18 e os 65 anos de idade, do sexo masculino e feminino, com diagnóstico de Perturbação Aditiva e/ou Perturbação Relacionada com Substância. Este projeto mostra-se inovador, uma vez que não pretende apenas estudar a eficácia de um programa de treino de *mindfulness* ajustado à prevenção da recaída, mas também o desenvolvimento de uma aplicação que possibilite uma manutenção do acompanhamento dos pacientes após estes concluírem o tratamento. Resultados Esperados: Programas de prevenção da recaída baseados no *mindfulness* podem contribuir para o aumento do bem-estar subjetivo, redução de sintomas psicopatológicos e para melhorar a regulação emocional. Podem ainda trazer melhores resultados no que diz respeito à prevenção de recaída.

**Palavras-chave:** *mindfulness*; prevenção da recaída; bem-estar subjetivo; psicopatologia

\*\*\*

## The environmental exposure to Potentially Toxic Elements as a risk factor for cognitive decline and dementia

Bianca Gerardo<sup>16</sup>, Mário R. Simões<sup>17</sup>, Marina Cabral Pinto<sup>18</sup> & Sandra Freitas<sup>19</sup>

### Abstract

The increase of dementia is noteworthy and the low rate of cases with strict genetic etiology highlights the necessity of investigating environmental risk factors contributing to

16 Primary Contact| University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC)/Psychological Assessment and Psychometrics Laboratory (PsyAssessmentLab), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: bianca.s.gerardo94@gmail.com. ORCID iD: <https://orcid.org/0000-0002-1229-5462>

17 University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC)/Psychological Assessment and Psychometrics Laboratory (PsyAssessmentLab), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: simoesmr@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-1311-1338>

18 Geobiotec Research Centre, Department of Geosciences, University of Aveiro, Aveiro, Portugal. Email: mcp@uc.pt. ORCID ID: <https://orcid.org/0000-0002-6908-1596>

19 University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC)/Psychological Assessment and Psychometrics Laboratory (PsyAssessmentLab), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: sandrafreitas0209@gmail.com. ORCID ID: <https://orcid.org/0000-0002-3022-5353>



its pathogenesis. Although long-term exposure to Potentially Toxic Elements (PTEs) has been proposed as one possible cause of Alzheimer's disease (AD), the specific influence of PTEs on cognitive decline remains unexplored. We aim to study long-term exposure to PTEs as a risk factor for cognitive decline and dementia. The study groups include adults and older adults residents in the industrial city of Estarreja, in the mining industry regions of Baixo Alentejo (RES-PTE groups) and in geographical regions with admissible levels of PTEs (RES-nonPTE), as well as Mild Cognitive Impairment (MCI) and AD patients. Toxicants are studied through hair and nails samples. This project includes five major studies: (1) comparison of the cognitive performances of RES-PTE groups and RES-nonPTE; (2) five-year follow-up of RES-PTE groups to analyze cognitive decline and estimate incidence rates of MCI and dementia; (3) study the presence of PTEs in MCI/AD patients and its relationship with genetic and biomarkers data; (4) exploration of potential associations between various cognitive abilities and different toxicants and how they vary across study groups; (5) two-year follow-up of the clinical groups to analyze the impact of PTEs on the progression of cognitive decline and dementia. Recently, our study group reported an association between raised levels of manganese and zinc in fingernails and severe dementia conditions, as well as a significant increasing change of mercury hair contents across groups, from healthy to dementia subjects. The innovation of this proposal resides in the crossing of biological and neuropsychological assessment data in order to detect a risk factor that may open new avenues for a more successful prevention of cognitive impairment, an earlier detection of MCI/AD and possibly new therapeutic strategies.

**Keywords:** Potentially Toxic Elements; neuropsychological assessment; aging; cognitive impairment

\*\*\*

# The European Portuguese version of the Insomnia Severity Index (ISI): Validation study based on clinical and community samples

Vanda Clemente<sup>20</sup> & Ana Allen Gomes<sup>21</sup>

## Abstract

Insomnia is the most prevalent sleep problem, but remains largely an unidentified public health issue. Easy handling instruments are needed to screen insomnia. The Insomnia Severity Index-ISI (Morin, 1993) is a brief 7-Items self-report questionnaire, long-established both in clinical and research settings. Our goal was to validate the European Portuguese ISI. After the translation protocol, a total of 1274 participants (65.54% F), 18-95 years-old ( $M = 37.52 \pm 16.82$ ) with different education levels and occupations, completed the ISI. This sample included 250 insomniacs followed at a Sleep Medicine Centre and 1024 individuals from the community. Cronbach's alpha was computed to assess reliability. Exploratory factor analysis (Oblimin rotation) was conducted to ascertain construct validity. Criterion-related validity was examined using independent clinical diagnosis. Regarding convergent/discriminant validities, Pearson correlations were calculated between ISI and PSQI, and between ISI and other constructs measures (ESS, BDI-II). To test the optimal cut-off score for insomnia detection, ROC analysis was performed within a subsample of insomniacs and controls matched by sex, age and education level ( $N = 156$ ). Cronbach's alpha was 0.88 (internal consistency), and item-total (corrected) correlations range from 0.56 to 0.83. A two-factor structure was obtained for both clinical and community samples. ISI total score has significantly differentiated insomnia disorder, no insomnia and sleep apnea disorder subgroups (ANOVA,  $p < .001$ ) with a large effect size ( $\eta^2 = 0.42$ ). The correlation between ISI and PSQI was 0.82 (convergent validity). Discriminant validity was supported by an insignificant correlation between ISI and ESS, and by a moderate correlation between ISI and BDI-II. AUC was 0.88, and optimal cut-off was 14 (82.1% sensitivity, 79.5% specificity), similar to the original one. The ISI Portuguese version is a reliable, valid, and accurate tool

20 Primary Contact | Sleep Medicine Centre – University Hospital Centre of Coimbra (CHUC) / University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: vandaclem@gmail.com. ORCID ID: <https://orcid.org/0000-0003-3455-4231>

21 University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: a.allen.gomes@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-8221-6985>

for evaluating insomnia in clinical and non-clinical population. It is suitable for screening insomnia and to assess its prevalence.

**Keywords:** Insomnia Severity Index (PT version); reliability; validity; clinical accuracy

\*\*\*

## A Dialectical Behaviour Therapy Skills' based intervention program for Bipolar Disorder – development of Bi-REAL

Julieta Azevedo<sup>22</sup>, António Macedo<sup>23</sup>, Michaela Swales<sup>24</sup> & Paula Castilho<sup>25</sup>

### Abstract

Bipolar Disorder (BD) is a serious mental disorder characterized by episodes of mania/hypomania and depression, mood instability, significant functional impairment, lower quality of life and high risk of suicide. Psychopharmacological treatment prevails as the primary and often single intervention in BD. However, most patients are not fully stabilized on drugs therapy alone and frequently experience residual symptoms. Growing evidence supports the need to use psychosocial interventions as adjunctive therapies to improve recovery in BD, and a recent systematic review highlighted positive findings regarding the use of Dialectical Behavior Therapy (DBT) intervention and emphasizes the necessity for further research. The program Bi-Real – Respond Effectively, Assertively and Live mindfully – was developed to fulfill that need, and offers a 12 session DBT skills' training program for BD, with a Module of Mindfulness (two sessions), Emotion Regulation (five sessions), Distress tolerance (two sessions) and a Module of Interpersonal Effectiveness

22 Primary Contact | University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences / Department of Psychological Medicine, Faculty of Medicine, Coimbra, Portugal. Email: [julietazevedo@gmail.com](mailto:julietazevedo@gmail.com). ORCID ID: <https://orcid.org/0000-0001-8537-1043>

23 University of Coimbra, Department of Psychological Medicine, Faculty of Medicine, Coimbra, Portugal. Email: [amacedo@ci.uc.pt](mailto:amacedo@ci.uc.pt). ORCID ID: <https://orcid.org/0000-0003-2180-2718>

24 Betsi Cadwaladr University Health Board & North Wales Clinical Psychology Programme, School of Psychology, Bangor University, Bangor, Wales. Email: [m.swales@bangor.ac.uk](mailto:m.swales@bangor.ac.uk)

25 University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: [paulacastilhofreitas@gmail.com](mailto:paulacastilhofreitas@gmail.com). ORCID ID: <https://orcid.org/0000-0003-1864-3146>

(three sessions). Our study aims to assess the acceptability and efficacy on this program in improving the lives of people with BD and their sense of competence in dealing with mood changes and challenging situations. Our study will follow a pilot trial design, assessing qualitatively and quantitatively (through self-report and clinical interview) the impact and acceptance of Bi-REAL, and participants will be assessed immediately pre and post intervention, and then three and six-month after program. We expect to see improvement in personal recovery variables (Bipolar Recovery Questionnaire), emotion regulation skills (Difficulties in Emotion Regulation Scale – DERS), mindfulness, positive affect (PANAS) and quality of life (Quality of Life questionnaire for Bipolar Disorder) and decrease in psychological distress.

**Keywords:** Bipolar Disorder; DBT; psychological intervention; recovery; intervention

\*\*\*

## Programa de intervenção cognitivo-emocional para idosos com Declínio Cognitivo Ligeiro confinados ao domicílio

Andreia G. Jesus<sup>26</sup>, Margarida Pedroso de Lima<sup>27</sup>, Manuela Vilar<sup>28</sup> e Nancy Ann Pachana<sup>29</sup>

### Resumo

Assiste-se, atualmente, ao aumento significativo de pessoas idosas confinadas ao domicílio, devido a múltiplas vulnerabilidades físicas, psicológicas e/ou sociais, que apresentam défices cognitivos, mais especificamente Declínio Cognitivo Ligeiro (DCL) – uma condição de risco para o desenvolvimento de demência –, frequentemente acompanhado

26 Contacto Principal | Universidade de Coimbra, Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: [jesus.andreia03@gmail.com](mailto:jesus.andreia03@gmail.com). ORCID ID: <https://orcid.org/0000-0002-2957-3537>

27 Universidade de Coimbra, Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: [mplima@fpce.uc.pt](mailto:mplima@fpce.uc.pt). ORCID ID: <https://orcid.org/0000-0002-6239-1137>

28 Universidade de Coimbra, Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: [m hilar@fpce.uc.pt](mailto:m hilar@fpce.uc.pt). ORCID ID: <https://orcid.org/0000-0001-5245-7000>

29 School of Psychology, University of Queensland, Australia. Email: [n.pachana@psy.uq.edu.au](mailto:n.pachana@psy.uq.edu.au). ORCID ID: <https://orcid.org/0000-0002-8927-4205>

por sintomas de depressão e de ansiedade. Embora o funcionamento cognitivo geral e a capacidade funcional destes idosos se encontrem relativamente preservados, os défices cognitivos e as dificuldades emocionais interferem negativamente na sua Qualidade de Vida (QdV). Os programas de intervenção centrados na cognição e na sintomatologia associada ao DCL têm-se revelado eficazes no incremento das capacidades mnésicas/atencionais e na redução da sintomatologia depressiva e/ou ansiógena em idosos. Contudo, apesar da crescente investigação, são escassos os estudos a aplicar/avaliar a eficácia destes programas em idosos confinados ao domicílio, sendo mesmo inexistentes em Portugal. Ademais, dada a preferência da maioria das pessoas idosas em viver na sua casa na última etapa do ciclo de vida, e considerando que a prevalência de doenças físicas/psicológicas – frequentemente sinalizadas apenas quando ocorre uma emergência – é elevada em idosos confinados ao domicílio, revela-se crucial sinalizar esta população, bem como desenvolver/implementar programas de intervenção estruturados capazes de responder às suas necessidades, proporcionar um suporte cognitivo-emocional e contribuir para o incremento da sua autonomia e QdV. Neste sentido, a presente investigação visa colmatar a falha supracitada através do desenvolvimento, implementação e avaliação de um programa de intervenção cognitivo-emocional para idosos portugueses com DCL confinados ao domicílio.

**Palavras-chave:** idosos confinados ao domicílio; Declínio Cognitivo Ligeiro; sintomatologia depressiva e ansiógena; programa de intervenção cognitivo-emocional

\*\*\*

# Low treatment adherence of adults living with Type 1 Diabetes. What about individual risk profile and family predictors?<sup>30</sup>

Helena Jorge<sup>31</sup>, Isabel Catarina Duarte<sup>32</sup>, Bárbara Regadas Correia<sup>33</sup>,  
Ana Paula Relvas<sup>34</sup> e Miguel Castelo-Branco<sup>35</sup>

## Abstract

Diabetes Mellitus Type1 (T1DM), a global health chronic disease, requires iterated daily decision making behaviors with interference on family routine as glycemic monitoring and special care with meals. Systematic difficulties on disease management led to several long-term health complications. We hypothesize that high rates of low adherence might be related to decision-making impairments and family variables. Diabetes Mellitus Type 1 adults (aged 22-55) with stable metabolic control (MC,  $N = 49$ ) and without metabolic control (NoMC,  $N = 42$ ) filled out a multidimensional battery of risk decision making, including three measures of risk perception (delay discounting, past and present risk and risk taking in different domains), impulsivity (Barratt Impulsivity Scale-BIS-11), eating behavior (Dutch Eating Behavior Questionnaire) and three experimental interactive tasks based on Game Theory (Balloon Analogue Risk Task and two new games, investigating neuroeconomic and health contexts). Family assessment (Congruence Scale, SCORE-15 and Quality of Life), personality (Eysenck Personality Questionnaire), fluid (Raven's Progressive Matrices) and crystallized (WAIS-Vocabulary) intelligence, executive functions (Digit Span) and a sociodemographic questionnaire were also accomplished. Independent sample parametric and non-parametric tests allowed us to find out group differences. Groups were matched for age, gender and civil status and no cognitive differences were

30 This study was supported by the Foundation for Science and Technology Portugal under Grants [SFRH/BD/132881/2017]

31 Primary Contact | PIDFIP (Inter-university PhD Programme in Psychology, speciality in Clinical Psychology, thematic version Family and Family Intervention Psychology), University of Coimbra & University of Lisbon, Portugal. Email: helena.vmjorge@gmail.com. ORCID ID: <https://orcid.org/0000-0003-1745-6891>

32 University of Coimbra, Coimbra Institute for Biomedical Imaging and Translational Research (CIBIT)/Institute for Nuclear Sciences Applied to Health (ICNAS), Coimbra, Portugal. Email: catarinaduarte@uc.pt. ORCID ID: <https://orcid.org/0000-0002-5620-2424>

33 Biostatistic Department, Institute for Clinical and Biomedical Research (iCBER) – Faculty of Medicine of University of Coimbra, Portugal. ORCID ID: <https://orcid.org/0000-0003-0467-7951>

34 University of Coimbra, Faculty of Psychology and Educational Sciences /Center for Social Studies – University of Coimbra, Coimbra, Portugal. Email: aprelvas@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0001-9011-2230>

35 University of Coimbra, Coimbra Institute for Biomedical Imaging and Translational Research (CIBIT)/Institute for Nuclear Sciences Applied to Health (ICNAS), Faculty of Medicine, Coimbra, Portugal. ORCID ID: <https://orcid.org/0000-0003-4364-6373>

found. NoMC group showed evidence for reduced self-control, misperception of risk in health context, higher past and present general risk, lower capacity to delay reward and worse performance in BART. During trust games, both groups identify correctly the contingencies of each player (they are able to learn), but they choose differently. Including Family variables, SCORE-15 & EC, Income, Educational level, HbA1c values, and Emotional Eating Behaviour proved to be significant predictors of lower metabolic control. This study identifies a decision-making profile for NoMC patients, takes evidence about family and illness management predictors, pointing out specific information that helps to design future interventions which is of great public health relevance.

**Keywords:** Diabetes Type 1; decision-making; family-assessment; treatment-adherence

\*\*\*

## Testing the tripartite emotion regulation systems theory in community adolescents: Exploring different Heart Rate Variability Patterns when triggering the Threat, Drive and Soothing Systems

Rúben Sousa<sup>36</sup>, Nicola Petrocchi<sup>37</sup>, Paul Gilbert<sup>38</sup> & Daniel Rijo<sup>39</sup>

### Abstract

Adolescence has been described as a crucial developmental stage in the acquisition of adaptive emotion regulation strategies. Evolutionary approaches to human behavior propose three affect regulation systems designed for survival: Threat: a defense and protection-

<sup>36</sup> Primary Contact | University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: rubenabrantessousa@gmail.com. ORCID ID: <https://orcid.org/0000-0003-0137-2423>

<sup>37</sup> John Cabot University, Rome, Italy: nicola.petrocchi@gmail.com. ORCID ID: <https://orcid.org/0000-0002-7210-2319>

<sup>38</sup> University of Derby, School of Allied Health and Social Care, Derby, United Kingdom: paul.gilbert@compassionatemind.co.uk. ORCID ID: <https://orcid.org/0000-0001-8431-9892>

<sup>39</sup> University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: drijo@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-5368-0770>

-seeking system; Drive: a reward, incentive and resource-seeking system; and Soothing: a system focused on affiliation and prosocial behavior. Moreover, a new-wave of research has proposed Heart Rate Variability (HRV) as an important psychophysiological biomarker of emotion (dys)regulation when assessing the autonomic nervous system balance, specifically, when exploring parasympathetic and sympathetic activity under emotional activation. This study aims to test theoretical assumptions of the affect regulation systems theory (i.e., the association of different HRV patterns with the activation of the threat, drive and soothing systems) in 156 community adolescents (71 male and 85 female), through an experimental procedure designed to trigger the different emotion regulation systems. The experimental procedure is composed of baseline, activation (i.e., audio scenarios) and recovery periods for the three emotion regulation systems and the psychophysiological markers are assessed in all time intervals. It was hypothesized that triggering the Threat System would decrease HRV and triggering the Soothing System would increase HRV. Distress markers, such as a decrease in HRV, were also expected for the triggering of the Drive System. Results showed that the triggering of both the Threat and Drive systems was associated with decreases in HRV, reflecting decreases in parasympathetic activity. Contrarily, the activation of the Soothing system was associated with an increase of HRV and parasympathetic activity. This work represents an empirical validation of the tripartite Emotion Regulation Systems theory in community adolescents, both male and female, exploring the physiological and emotional correlates of the different systems activation. Moreover, HRV is validated as an index of emotion regulation and its use is sustained for both clinical and research settings.

**Keywords:** adolescence; emotion regulation; affect regulation systems theory; Heart Rate Variability (HRV)

\*\*\*



## Exploring the factors associated with flourishing in postpartum women

Fabiana Monteiro<sup>40</sup>, Ana Fonseca<sup>41</sup>, Marco Pereira<sup>42</sup> & Maria Cristina Canavarro<sup>43</sup>

### Abstract

There is a lack of research on the determinants of high positive mental health (i.e., flourishing) in the postpartum period. Increasing this knowledge is important for women's overall mental health, which has an impact on the child's health, as well as on economic and social outcomes. The aim of this study was to explore the factors (sociodemographic, clinical, infant-related and psychological) associated with flourishing among postpartum women. A sample of 661 postpartum women was questioned about sociodemographic, clinical and infant-related data and answered a set of questionnaires assessing flourishing, psychological flexibility, self-compassion, resilience and maternal confidence. Overall, 55.2% ( $n = 365$ ) of the sample was flourishing. Women who were employed (OR=1.65, CI: 1.11-2.45), who perceived their infants as having an easier temperament (OR=1.78, CI: 1.37-2.30) and who appraised the support received by others as good (OR=1.50, CI: 1.32-1.71) had a higher likelihood of being flourishing. Postpartum women who had a previous history of psychological problems (OR=0.42, CI: 0.30-0.60), who reported more problems with their infant's sleep (OR=0.49, CI: 0.34-0.70) and who did not share caregiving tasks with the father (OR=0.49, CI: 0.35-0.67) were less likely to be flourishing. Regarding psychological factors, women with higher levels of maternal confidence (OR=9.08, CI: 5.33-15.49), self-compassion (OR=1.20, CI: 1.17-1.24), psychological flexibility (OR=1.14, CI: 1.12-1.17) and resilience (OR=1.13, CI: 1.11-1.16) were more likely to be flourishing. The psychological factors explained a larger proportion of the variance in flourishing

40 Primary Contact | University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: fgmonteiro.91@gmail.com. ORCID ID: <https://orcid.org/0000-0002-7978-1107>

41 University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: ana.fonseca77@gmail.com. ORCID ID: <https://orcid.org/0000-0003-1395-1406>

42 University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: marcopereira@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-6086-2329>

43 University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: mcanavarro@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-5083-7322>

(15%-40%) than sociodemographic, clinical and infant-related factors (1.2%-7.7%). A variety of factors were found to be associated with flourishing in the postpartum period. Nevertheless, psychological factors seem to play a key role in the presence of flourishing. As these factors could be more easily modifiable through psychological interventions, they should be considered when developing interventions focused on the promotion of maternal mental health.

**Keywords:** positive mental health; flourishing; postpartum period

\*\*\*

## **Efetividade de um programa de estimulação cognitiva na memória e no funcionamento executivo, e seu impacto na confabulação provocada e memórias falsas, em indivíduos com comportamentos aditivos**

Tânia Caetano<sup>44</sup>, Maria dos Anjos Dixe<sup>45</sup> e Maria Salomé Pinho<sup>46</sup>

### **Resumo**

O abuso de substâncias provoca alterações ao nível do córtex pré-frontal, o que conduz a prejuízos neurocognitivos, designadamente na memória e funções executivas. Existem ainda poucos estudos sobre a eficácia da estimulação neuropsicológica recorrendo à realidade virtual (RV) no âmbito dos comportamentos aditivos. No que respeita às confabulações provocadas, há estudos que mostram que estas podem estar associadas apenas à disfunção executiva, sem défice ao nível da memória, não sendo ainda clara esta relação. Também as memórias falsas têm sido pouco estudadas neste contexto, sendo os resultados encontrados inconsistentes. Pretende-se avaliar a efetividade de um programa de estimulação

44 Contacto Principal | Universidade de Coimbra, Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: taniascaetano@gmail.com. ORCID ID: <https://orcid.org/0000-0002-9335-0602>

45 Instituto Politécnico de Leiria – Escola Superior de Saúde, Leiria, Portugal. Email: maria.dixe@ipleiria.pt. ORCID ID: <https://orcid.org/0000-0001-9035-8548>

46 Universidade de Coimbra, Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: salome@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0001-9786-2819>

cognitiva (PEC) ao nível da memória e do funcionamento executivo, recorrendo a uma plataforma de RV e a uma aplicação móvel (android e iOS) de *follow-up*, bem como avaliar o impacto do PEC na produção de memórias falsas e confabulações provocadas. Estudo quasi-experimental, não randomizado, de carácter quantitativo e longitudinal, com pré e pós-teste e grupo de controlo. A amostra será constituída por aproximadamente 150 pacientes com comportamentos aditivos (substâncias distintas), com idade igual ou superior a 18 anos. Serão constituídos dois grupos de estudo: grupo experimental (grupo a que será administrado o PEC e aplicação móvel de *follow-up*) e grupo de controlo. Estudos recentes têm explorado a eficácia da estimulação neuropsicológica, verificando que a sua utilização tem mostrado resultados positivos. Contudo, ainda são escassos os que relacionam a estimulação cognitiva no âmbito dos comportamentos aditivos, sendo fundamental o desenvolvimento de mais investigação nesta área. A introdução da RV neste contexto é algo também recente e inovador. São esperadas melhorias ao nível do funcionamento executivo, memória e velocidade de processamento, nos indivíduos que participaram no PEC comparativamente com os indivíduos do grupo de controlo. Contribuir para esclarecer a influência da estimulação cognitiva na confabulação provocada e memórias falsas.

**Palavras-chave:** programa de estimulação cognitiva; realidade virtual; comportamentos aditivos; memória; funcionamento executivo

\*\*\*

# Violência nas relações de intimidade: Uma abordagem diádica à luz dos modelos evolucionários

Marta Capinha<sup>47</sup>, Daniel Rijo<sup>48</sup>, Marco Pereira<sup>49</sup> e Marlene Matos<sup>50</sup>

## Resumo

A violência nas reações de intimidade (VRI) é reconhecida internacionalmente como problema de saúde pública, com graves consequências físicas, psicológicas e relacionais, e elevado impacto socioeconómico. A prevenção e combate são prioritários em muitos países, incluindo Portugal, onde a violência doméstica está tipificada como crime público. Apesar dos progressos jurídico-sociais, traduzidos em intervenções cada vez mais especializadas para agressores e vítimas, não existem modelos psicológicos explicativos da VRI que considerem o papel das variáveis evolucionárias, e que se fundamentem no estudo da díade (agressor/vítima) enquanto casal. Os modelos evolucionários são promissores na conceptualização da VRI, postulando que o desenvolvimento da espécie humana implicou a capacidade de identificar/responder a sinais sociais (ataque/submissão, prestação/solicitação de cuidados), criando papéis inatos de relacionamento interpessoal com impacto na regulação do afeto e manifestação de comportamentos sociais. Conceptualizando a desregulação do afeto como resultando de elevados níveis de vergonha, conjugados com limitadas experiências de calor/afeto e segurança nas relações precoces, os modelos evolucionários podem ajudar a explicar as vulnerabilidades de agressores e vítimas para o envolvimento em relações violentas. Este estudo tem como objetivo geral testar um modelo de base evolucionária para compreensão do comportamento interpessoal no conflito conjugal, em casais heterossexuais com e sem história de violência na intimidade, visando a compreensão dos processos intrapessoais e diádicos por detrás da (des)regulação do afeto em relações de intimidade. Este projeto visa a produção de conhecimento científico que possa fundamentar ações de prevenção/intervenção mais eficazes na área

47 Contacto Principal | Universidade de Coimbra, Centro de Investigação em Neuropsicologia e Intervenções Cognitivo-Comportamentais (CINEICC), Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: marta.ilcapinha@gmail.com. ORCID ID: <https://orcid.org/0000-0003-2585-1357>

48 Universidade de Coimbra, Centro de Investigação em Neuropsicologia e Intervenções Cognitivo-Comportamentais (CINEICC), Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: drijo@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-5368-0770>

49 Universidade de Coimbra, Centro de Investigação em Neuropsicologia e Intervenções Cognitivo-Comportamentais (CINEICC), Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: marcopereira@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-6086-2329>

50 Departamento de Psicologia Aplicada da Escola de Psicologia, Universidade do Minho, Portugal. Email: mmatos@psi.uminho.pt. ORCID ID: <https://orcid.org/0000-0002-2194-839X>

da VRI, podendo contribuir para a redução das consequências nefastas para os envolvidos, promovendo relações mais saudáveis e, em última análise, contribuindo para uma sociedade mais pacífica e igualitária.

**Palavras-chave:** violência nas relações de intimidade; estudos diádicos; modelos evolucionários; vergonha

\*\*\*

## Escala de Experiências Atuais de Cuidados e Segurança para adolescentes: Dimensionalidade e invariância do modelo de medida

Laura Santos<sup>51</sup>, Rúben Sousa<sup>52</sup>, Maria do Rosário Pinheiro<sup>53</sup> e Daniel Rijo<sup>54</sup>

### Resumo

As experiências de cuidado, calor e segurança com outros são fundamentais para a ativação do *Sistema de Soothing*, relevante na regulação emocional. Os instrumentos disponíveis para estudar estas experiências restringem-se, contudo, a uma retrospeção referente a memórias de infância. Este trabalho apresenta uma medida breve, adaptada a partir da Escala de Memórias de Experiências Precoces de Cuidados e Segurança, destinada a avaliar em que medida os adolescentes vivenciam presentemente experiências desta natureza. Para validar a Escala de Experiências Atuais de Cuidados e Segurança para Adolescentes

51 Contacto Principal | Universidade de Coimbra, Centro de Investigação em Neuropsicologia e Intervenções Cognitivo-Comportamentais (CINEICC), Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: lsantos\_cineicc@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-3416-8544>

52 Universidade de Coimbra, Centro de Investigação em Neuropsicologia e Intervenções Cognitivo-Comportamentais (CINEICC), Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: rubenabrantesousa@gmail.com. ORCID ID: <https://orcid.org/0000-0003-0137-2423>

53 Universidade de Coimbra, Centro de Investigação em Neuropsicologia e Intervenções Cognitivo-Comportamentais (CINEICC), Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: mrpinheiro@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-4365-638X>

54 Universidade de Coimbra, Centro de Investigação em Neuropsicologia e Intervenções Cognitivo-Comportamentais (CINEICC), Faculdade de Psicologia e de Ciências da Educação, Coimbra, Portugal. Email: drijo@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-5368-0770>

(EEACS-A) recolheu-se uma amostra de 772 adolescentes (49% rapazes e 51% raparigas, com uma média de idade de 15.62 anos), que inclui 453 adolescentes comunitários e 319 adolescentes em acolhimento residencial. A análise fatorial confirmatória indicou bons índices de ajustamento para um modelo unifatorial de 12 itens ( $\chi^2/df=158.025/53$ ,  $p<.001$ ; CFI=.971; RMSEA=.051; SRMR= .026). A EEACS-A revelou uma consistência interna adequada nas diferentes amostras ( $\alpha > .92$ ) e estabilidade temporal aceitável na amostra comunitária ( $r = .623$ ) e de risco ( $r = .768$ ). Revelou ainda validade de constructo em relação a variáveis externas, encontrando-se positivamente associada a medidas de compaixão, afeto positivo e de proximidade e ligação aos outros, e inversamente associada a sintomas de ansiedade, depressão e stress, afeto negativo, desconexão com os outros e conflitos entre pares. Confirmada a invariância do modelo de medida, procedeu-se à comparação de médias latentes entre géneros e grupos, que indicou que os rapazes reportam significativamente mais experiências de cuidado e segurança comparativamente às raparigas. Como esperado, adolescentes em acolhimento residencial reportam significativamente menos experiências de cuidado e segurança do que os pares comunitários. Conclui-se, assim que, a EEACS-A é uma medida de autorresposta apropriada para avaliar experiências atuais de cuidado e segurança em adolescentes, comunitários e de risco, disponibilizando uma nova ferramenta para fins de investigação e para a prática clínica.

**Palavras-chave:** experiências de cuidados e segurança; adolescência; acolhimento residencial; análise psicométrica

\*\*\*

# Future Time Orientation and Life Project: A theoretical and empirical approach from a psychological perspective

Vinicius Coscioni<sup>55</sup>, Marco Antônio Pereira Teixeira<sup>56</sup> & Maria Paula Paixão<sup>57</sup>

## Abstract

Psychological future has been investigated through different constructs. Among these the literature employs: (1) “future time orientation” (FTO), defined as a personal disposition concerning the degree to which psychological future impacts present psychological functioning at different levels; and (2) “life project” (LP), conceived as an integrated and persistent set of short to long-term goals oriented by a plan of actions that guides self-concept and present activities. This research aims to develop an innovative approach to these psychological constructs. The whole project encompasses three studies: a systematic review of the literature and two empirical ones. The review of the literature aims to identify the properties and evaluation methods associated with the term “life projects”. After searches on data bases, 137 papers with theoretical and/or empirical relevance were selected. By using a thematic analysis, six dimensions were created in order to describe the theoretical contents: volitional-strategic; identity-biographic; teleological-existential; dialectic-contextual; developmental; and historical. As for the methods, LPs were assessed mostly by interviews. The first empirical study is a qualitative one which aims to identify the motivational, cognitive, and behavioral elements of the LPs of individuals in different stages of life cycle. Preliminary results of the interview carried out with 26 Brazilian participants reveal that LPs have particularities associated to the lifespan stage, although similar structural elements can be found across ages. The third study aims to provide new measures of FTO and LP for persons aged between 15 and 60 years living in 12 countries located in three continents. After checking the scales’ theoretical and semantic adequacy, a survey involving a wider sample will evaluate their psychometric properties, and also their relations with socio-demographic and other psychological variables. This

<sup>55</sup> Primary Contact | Federal University of Rio Grande do Sul, Brazil / University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. [viniciuscoscioni@gmail.com](mailto:viniciuscoscioni@gmail.com). ORCID ID: <https://orcid.org/0000-0003-4007-957X>

<sup>56</sup> Institute of Psychology – Federal University of Rio Grande do Sul, Porto Alegre, RS, Brazil. Email: [mapteixeira.psi@gmail.com](mailto:mapteixeira.psi@gmail.com). ORCID ID: <https://orcid.org/0000-0001-7981-9788>

<sup>57</sup> University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: [mppaixao@fpce.uc.pt](mailto:mppaixao@fpce.uc.pt). ORCID ID: <https://orcid.org/0000-0002-3373-8461>

transcultural study will not only provide evidences for the assessment of FTO and LP, but also a framework regarding their facets across cultures.

**Keywords:** future time orientation; life project; future time perspective; psychometric

\*\*\*

## Mothers' preferences and acceptability of mindfulness-based parenting interventions for the postpartum period: Preliminary results

Daniela Ventura Fernandes<sup>58</sup>, Maria Cristina Canavarro<sup>59</sup> & Helena Moreira<sup>60</sup>

### Abstract

Mindful parenting interventions have been shown effective in promoting mindful parenting skills, parents' mental health and positive parent-child relationships in several stages of life, including in the postpartum period. However, despite the increasing research in this area, there are no studies exploring the acceptability of these interventions in the postpartum period, particularly in Portugal. Therefore, this study aims to: (i) examine the Portuguese mothers' acceptability of a mindfulness-based parenting intervention during the postpartum period, and (ii) examine mothers' preferences concerning the main characteristics of the intervention. Mothers were recruited online and completed the Edinburgh Postnatal Depression Scale (EPDS) and a survey assessing mothers' preferences and acceptability of mindfulness-based interventions. The sample comprises 599 mothers ( $Mage = 32.82$  years,  $SD = 4.71$ , range = 18-50) with a child aged 12 months or

58 Primary Contact | University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: daniela\_fvf@hotmail.com. ORCID ID: <https://orcid.org/0000-0002-8947-5138>

59 University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: mcanavarro@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-5083-7322>

60 University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: hmoreira@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-1487-0539>



younger ( $Mage = 5.28$  months,  $SD = 3.13$ , range = 0-12). From 55.1% of the sample that referred emotional difficulties during the postpartum period, 71.5% referred that those difficulties were related to coping with the baby and/or the mother's role, with 35.9% of mothers presenting scores above the cut-off on the EPDS. Almost all mothers (97.7%) reported to consider useful a parenting intervention that can help them to cope with those difficulties. Most of the mothers (78.0%) reported to be available to participate in a parenting intervention and considered useful a mindfulness-based intervention (94.5%). Regarding the preferences about the characteristics of the intervention, most mothers reported to prefer a weekly frequency (85.0%), an average of 10 sessions (48.6%), and a length of each session between 45 and 60 minutes (52.6%).

This study supports mothers' acceptability of a mindfulness-based intervention for the postpartum period and highlights the importance of considering mothers' preferences when designing an intervention for this period.

**Keywords:** mindful parenting; postpartum; acceptability; preferences

\*\*\*

## Saúde mental e bem-estar em pessoas Lésbicas, Gays e Bissexuais (LGB): Modelo concetual e programa de intervenção baseado na compaixão

Daniel Seabra<sup>61</sup>, Maria do Céu Salvador<sup>62</sup>, Jorge Gato<sup>63</sup> e Nicola Petrocchi<sup>64</sup>

### Resumo

Apesar da despatologização da homossexualidade ter acontecido há 46 anos, o estigma relativamente a pessoas Lésbicas, Gays e Bissexuais (LGB) prevalece na sociedade atual.

61 Contacto Principal | University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Portugal. Email: daniel\_seabra@hotmail.com. ORCID ID: <https://orcid.org/0000-0002-6330-6213>

62 University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: ceu@fpce.uc.pt. ORCID ID: <https://orcid.org/0000-0002-6846-8270>

63 Centro de Psicologia da Universidade do Porto – Faculdade de Psicologia e Ciências da Educação da Universidade do Porto, Portugal. Email: jorgegato@fpce.up.pt. ORCID ID: <https://orcid.org/0000-0001-6402-3680>

64 John Cabot University, Rome, Italy: nicola.petrocchi@gmail.com. ORCID ID: <https://orcid.org/0000-0002-7210-2319>

Pessoas LGB manifestam níveis mais elevados de psicopatologia decorrentes do estigma quando comparadas com pessoas heterossexuais. Em Portugal, desconhecem-se intervenções grupais específicas com pessoas LGB. Objetivos: 1 - Explorar e relacionar variáveis psicológicas e socioculturais de pessoas LGB e o seu impacto na saúde mental; 2 - Realizar um estudo piloto de eficácia de uma intervenção baseada na compaixão, adaptada às especificidades destes indivíduos, pretendendo diminuir níveis de psicopatologia, promover uma relação mais saudável consigo próprios e aumentar a satisfação com a vida. Metodologia: dois estudos; o primeiro, de natureza transversal e não-experimental, com duas amostras do tipo não-probabilístico de 176 indivíduos cada (pessoas LGB e heterossexuais) que preencherão instrumentos que avaliam variáveis concetualizadas no Modelo Evolucionário e Biopsicossocial da Vergonha e no Modelo de Stress Minoritário. O segundo estudo, de natureza longitudinal e experimental, incluirá uma intervenção com pessoas LGB com risco de psicopatologia. Terá a duração de 12 sessões/semanas e contemplará grupos de controlo e grupos experimentais avaliados em quatro momentos: T0 (pré-teste/baseline), T1 (pós-teste), T2 (follow-up três meses) e T3 (seis meses). Baseada na Terapia Focada na Compaixão, esta intervenção terá adaptações considerando a população em questão (e.g. psicoterapia afirmativa) e abordará sistemas de regulação de afetos, acontecimentos de vida, mindfulness e aceitação, autocompaixão, emoções difíceis e preparação para o futuro. Relevância: Este estudo permitirá uma compreensão mais rigorosa das especificidades psicológicas e socioculturais desta população e testará a eficácia de uma intervenção baseada na compaixão. Se a intervenção se mostrar eficaz, poderá ser um contributo crucial na diminuição das disparidades ao nível da saúde.

**Palavras-chave:** LGB (Lésbicas, Gays e Bissexuais); stress minoritário; vergonha; (auto) compaixão

\*\*\*

# Clinical Interview for Borderline Personality Disorder for Adolescents (CI-BOR): Presentation and qualitative data

Diogo Carreiras<sup>65</sup>, Marina Cunha<sup>66</sup> & Paula Castilho<sup>67</sup>

## Abstract

Several studies evidenced that borderline features can be identified in adolescence and adolescents with marked borderline traits have a strong probability to develop Borderline Personality Disorder (BPD) in adulthood. Indeed, some of these youths may have clinical criteria of BPD before 18. Given the lack of instruments to assess Personality Disorders in adolescents, this work aimed at presenting the new Clinical Interview for Borderline Personality Disorder for Adolescents (CI-BOR), developed by Portuguese Clinical Psychologists and Researchers in Clinical Psychology. It was based on CI-BPD by Zanarini (2003) and the evidence reported by Sharp et al. (2012). In comparison with CI-BPD, CI-BOR adds the possibility to assess an adolescent according with the DSM-5 categorical and dimensional approaches of Personality Disorders, has a more detailed group of initial questions, assesses a larger number of criteria (15 items divided into four sections), presents a decision table to help the clinicians to decide the presence of BPD (according with both categorical and dimensional approaches) and has an appendix to further assessment of self-harm (when applied). Qualitative data was collected with clinicians who were asked to read and assess clients with CI-BOR and they gave very good feedback about the interview, emphasizing that it is easy to administer, it has several examples the clinician can use with the patients and an interesting appendix able to collect relevant clinical information. Adolescents who were interviewed reported that although it was slightly extensive, it was also interesting and reflexive. The data to explore the psychometric properties of CI-BOR is currently being collected in high schools, and some preliminary studies will be reported in the next years. Overall, results evidenced that CI-BOR has the potential to be a good and useful new tool, in clinical field and research, to early detection of BPD and further assessment in adolescents.

**Keywords:** Borderline Personality Disorder; clinical interview; self-harm; adolescents

65 Primary Contact | University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: diogocarreiras1@gmail.com. ORCID ID: <https://orcid.org/0000-0003-2048-1895>

66 University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: marina\_cunha@ismt.pt. ORCID ID: <https://orcid.org/0000-0002-5957-1903>

67 University of Coimbra, Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, Coimbra, Portugal. Email: paulacastilhofreitas@gmail.com. ORCID ID: <https://orcid.org/0000-0003-1864-3146>