

overweight population). As we hypothesized, and consistent with the current literature, chance LOC had a negative impact on adherence to immunosuppressant medication. Our findings help to bridge the gap in knowledge on adherence problems in heart transplant patients.

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## 102 Evaluation of stress reactivity and coping in breast cancer patients

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**Introduction:** as a stress experience, breast cancer diagnosis induces psychological and physiological responses that may impair healthy adjustment and disease prognosis. This study aims to characterize and relate coping styles and autonomic reactivity measures, as stress responses to natural and induced stressors, in breast cancer patients and healthy controls. **Methods:** patients were assessed prior to breast cancer treatments. After informed consent, all participants completed the Brief-COPE Questionnaire and psychophysiological measures (Electrodermal Activity, Respiratory Frequency, and Blood Volume Pressure) were recorded while answering a sociodemographic and clinical inquiry that was divided in Baseline, Arithmetic, Clinical and Life Events questions, to elicit different psychophysiological responses. **Results:** sample included 67 females, 32 patients and 35 controls. Patients mean age was 42.8 years and the mean time since diagnosis was 1 month. In Brief-COPE patients had significant higher scores in Use of Emotional Support ( $p < 0.05$ ), Acceptance ( $p < 0.05$ ), and Religion ( $p < 0.05$ ) and significantly lower results in Behavioural Disengagement ( $p < 0.01$ ). Control group was significantly more reactive in EDA Mean Level for each moment of the interview ( $p < 0.01$ ) and EDA Mean Amplitude in Baseline ( $p < 0.01$ ) and Arithmetic ( $p < 0.05$ ). Both groups show negative correlations between adaptive coping styles and EDA Mean Level ( $p < 0.05$ ) for every interview moments except for Life Events question in control group. **Conclusions:** these results reflect patient's adaptive coping and psychophysiological responses to breast cancer diagnosis and highlight the association between coping strategies, as emotional regulation patterns, and autonomic reactivity, as suggested by control group outcomes.

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## 103 Reports of obese women who had adequate weight gain during pregnancy – qualitative research in southeastern Brazil

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**Introduction:** obesity is considered a major public health issue, and its prevalence has been steadily increasing over the past few decades. The number of women in reproductive age with obesity is also growing. The objective of this study was to understand the psychological meanings reported by obese women who had adequate weight gain during pregnancy. **Methods:** non-experimental, clinical-qualitative method, applying fundamentals of the psychoanalysis. The sample was completed by the criterion of saturation of information and the technique used was semi-direct interview. The interviews were conducted in a public Women's

Healthcare Center in South Eastern Brazil. The technique of data processing were done through: the full transcript of the interviews, categorization to conduct the discussion of the results. **Results:** the analysis of the first 7 interviews indicated that these women associate the weight gain to emotional issues, like anxiety, and not directly to the food and the ingested amount. The systematic accompaniment of the health service is perceived as a contributing factor for the adequate weight gain. The fear of mother and child death due to comorbidity associated to obesity was identified to be a motivating element to the adherence to the self-care and adequate pregnancy weight gain. **Conclusions:** this research intends to seek results that can aid the team of health professionals who provide prenatal care to encourage adherence to the recommendations by obese women during their pregnancies and thereby contribute to maternal post-pregnancy health. Further interviews will be realized to collect more data to complement this study.

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## 104 Lifestyle and metabolic syndrome in psychiatric inpatients

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**Introduction:** lifestyle risk factors contribute to the high prevalence of the Metabolic Syndrome (MS) in patients with serious mental illness. In this study we aimed to evaluate lifestyle factors in a sample of psychiatric patients and its association with metabolic disturbances. **Methods:** one hundred and forty three inpatients were evaluated during a time frame of 5 months. Data were collected through a questionnaire designed by the authors. Anthropometric and analytical parameters were obtained on admission. The prevalence of the MS was assessed using the American Heart Association diagnostic criteria. **Results:** thirty seven point eight per cent of patients were smokers and 27.3% consumed alcohol daily. Only a minority of patients (26.1%) practiced some sort of physical exercise. The prevalence of the MS was 35.7%. Considering the individual components of the MS, reduced HDL cholesterol was the most common change (75.9%), followed by elevated waist circumference (49.3%). Almost sixty one per cent of patients presented elevated LDL cholesterol. Regarding body mass index, 40.1% of the patients were overweight and 19.7% were obese. There was a statistically significant association of the MS with increased body mass index and older age. We did not find any association between the MS and lifestyle risk factors, such as smoking, alcohol consumption, and lack of exercise. **Conclusions:** although we did not find any association between the MS and the lifestyle factors evaluated in our study, the role that lifestyle modifications played in treating these metabolic disturbances cannot be ignored. It would be important to further study other lifestyle factors such as dietary habits as well as treatment with psychiatric drugs.

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## 105 How do brain lesions affect the patients' relationship with the caregiver? an exploratory study in stroke patients

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**Introduction:** the relationship with the caregiver is central for patients to cope with their disorders. The effect of brain lesions and