

**Lista de posters com resultados finais apresentados pelos  
bolsheiros da Fundação Bial**  
***Posters with final results presented by Bial Foundation  
researchers***

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**1998**

***Título/Title:*** “Indicadores psicofisiológicos e psicossociais da eficácia de um programa de gestão de stress para profissionais de Saúde” – “Psychophysiological and psychosocial indicators of the efficacy of a stress management program for health professionals: Phases 1, 2 and 3”

***Instituição/Institution:*** Laboratório de Psicologia da Universidade do Minho - Braga

***Duração/Duration:*** 1998/12 - 2003/04

***Investigadores/Researchers:*** Prof. Teresa McIntyre, Prof. Scott Elmes McIntyre, Dr. António Melo, Dra. Fátima Faria, Prof. Derek Johnston

***Abstract:***

This project aimed at investigating the efficacy of an innovative stress management program for health professionals using both psychophysiological and psychosocial indicators. In *phase 1*, the GHQ-12 was given to all the 1500 health professionals from a central hospital in the northern region of Portugal as a *general stress diagnosis*. In Phase 2, the professionals with high scores on the GHQ-12 were offered an *in depth stress diagnosis* consisting of psychosocial, clinical and psychophysiological measures; 86 professionals completed this evaluation. In *Phase 3*, a *Stress Management Intervention* was offered to the stressed subjects, with random assignment to experimental and control conditions. The Experimental group had a 8-session group intervention with evaluation times at Pre-test, Post-test, and at a 2 month follow up. The *general stress diagnosis (Phase 1)* results on 705 health professionals show a prevalence of stress superior to those reported in the international literature. Professional characteristics were more important than demographic aspects in

predicting stress. *Phase 2* intended to answer two questions: 1. What is the relationship between self-report and objective indicators of stress? 2. What is the relative importance of psychosocial variables in predicting self-report and objective indicators of stress? The results indicate differential associations between negative emotional responses to stress and cardiovascular activation in an induced stress situation (e.g. anger and guilt). They also suggest that more proximal self-reports (e.g. Subject Units of Distress) are closely related with Skin Conductance Levels. Significant correlations were found between Cortisol and Diastolic Blood Pressure, illustrating the relationship between endocrine and cardiovascular systems in response to stress. In general, the psychosocial variables were not significant predictors for objective and clinical indicators of stress, but predicted subjective self-report (Question2). Some exceptions were: more stable psychosocial variables, such as social support and coping resources are related to less complex cardiovascular responses, such as heart rate; psychosocial variables predicted Skin Conductance Level. In terms of the subjective self-report of stress, results show that social support, coping style and intensity of job demands are related to self-reported stress responses such as Denial, Pressure, Anxiety, Depression, Guilt, Anger and Loss of Control. In *Phase 3*, the *stress management intervention* was given to the Experimental Group (n= 21), compared to a Control Group (n=17). Although tentative, the data points to the effectiveness of the intervention in terms of diminishing physiological stress reactivity, negative emotional responses to stress and in increasing social support, a crucial stress coping mechanism; Changes were maintained over the 2-month follow-up.

**Título/Title:** *“Estudo da relação entre memória de curto prazo e percepção subjectiva de tempo, usando como modelo a doença de Parkinson” - “Time perception: effect of aging and Parkinsonism”*

**Instituição/Institution:** *Centro Estudos Egas Moniz / H. Sta. Maria - Lisboa*

**Duração/Duration:** 1999/01 - 2002/06

**Investigadores/Researchers:** Prof. Isabel Pavão Martins, Dr. Joaquim José Ferreira, Dr. Miguel Vilhena Soares Coelho