

all samples and uniform pattern was noted: females have higher median values, indicating that they have more favorable attitudes towards sexual health.

Conclusions: Sexual attitudes reveal a multidimensional structure based in the female identity, that shows responsibility towards family planning and sexual education, as well as towards individual self-care regarding the body and sexual and reproductive health. An attitudinal profile by gender emerges, accentuating the polarity between male and female. The importance of the training process in nursing following the personal and social development of students is corroborated.

Keywords: Sexuality attitudes. Nursing students. Teachers.

KNOWLEDGE AND ATTITUDES ON SEXUAL AND REPRODUCTIVE HEALTH IN COLLEGE STUDENTS

Maria José Santos^a, Elisabete Ferreira^b, Manuela Ferreira^c

^a*Escola Superior de Enfermagem de Vila Real da Universidade de Trás-os-Montes e Alto Douro, Vila Real; Instituto de Ciências Biomédicas de Abel Salazar da Universidade do Porto, Porto, Portugal;* ^b*Faculdade de Psicologia e de Ciências da Educação da Universidade do Porto, Porto, Portugal;* ^c*Escola Superior de Saúde de Viseu do Instituto Politécnico de Viseu, Viseu, Portugal.*

Contact details: mjsantos@utad.pt

Introduction: Knowledge provides the foundation for values, attitudes and behavior. Knowledge of the sexual and reproductive health (SRH) and positive attitudes is essential to perform a protective behavior.

Objectives: The aim of this study was to evaluate SRH knowledge and attitudes in college students and their association to sexual behaviors.

Methods: A cross-sectional study was conducted in a sample of 1,946 college students. Data were collected using a self-report questionnaire on sociodemographic characteristics of the sample and an inventory on SRH knowledge and attitude scale and analyzed with descriptive and inferential statistics (ANOVA).

Results: The sample included 64% girls and 36% boys with a mean age of 21 years. The majority was sexually active and used contraception. The SRH knowledge was median (22.27 ± 5.79 ; maximum score = 44); the average SSR attitude score is more favorable (118.29 ± 13.92 ; maximum score = 140). Female and younger students studying in life and health sciences showed higher ($p < 0.05$) SRH knowledge and attitude scores. The consistent use of contraception and the health care surveillance were highly dependent on the SRH knowledge and attitude. The engagement on sexual risk behaviors was associated to students with lower scores in these variables.

Conclusions: Strategies to increase SRH knowledge and attitude are important tools to improve protective behaviors, namely on contraception, health care surveillance and exposure to sexual risk. Older boys studying in other than life-sciences should be a priority target for intervention due to their status of higher sexual risk. Nursing interventions might have a key role in these aspects, resulting in a better understanding of the college students of the benefits of having a protective behavior.

Keywords: Attitude. Knowledge. Sexual behavior. College student.

WITHDRAWN ABSTRACT

CONTRACEPTION IN COLLEGE STUDENTS: PRACTICES AND CHALLENGES

Maria José Santos^a, Elisabete Ferreira^b, Manuela Ferreira^c

^a*Escola Superior de Enfermagem de Vila Real da Universidade de Trás-os-Montes e Alto Douro, Vila Real; Instituto de Ciências Biomédicas de Abel Salazar da Universidade do Porto, Porto, Portugal;* ^b*Faculdade de Psicologia e de Ciências da Educação da Universidade do Porto, Porto, Portugal;* ^c*Escola Superior de Saúde de Viseu do Instituto Politécnico de Viseu, Viseu, Portugal.*

Contact details: mjsantos@utad.pt

Introduction: The promotion of sexual and reproductive health (SRH) acquires a particular importance in young adults since this population is at high risk for STIs and unintended pregnancies. Health professionals play a key role in contraception education by providing the students with the ability to choose the best methods and improving their ability to use contraception.

Objectives: Describe contraceptive practice of college students and identify factors which influence contraceptive choices.

Methods: A correlational quantitative study was conducted in an university in the north of Portugal, and involved 1946 college students with a mean age of 21 years. Data was collected by self-report questionnaire for socio-demographic and contraceptive behavioral characterization. The data was stratified by sex and analyzed using descriptive and inferential statistics (chi-square).

Results: The majority of students (76.9%) was sexually active and uses contraception (96.7%). The most commonly used methods are hormonal (43.7%) and the condom (21.8%). Only 30.8% of the participants referred using the condom consistently. Emergency contraception was used by 23.8% of the students. The main source of information about contraception was doctors 38.9%, nurses 21.8% and the internet (22.7%). There were significant differences in contraceptive practices ($p < 0.001$) with gender, age, scientific area of studies, type of relationship and sexual risk behaviors (alcohol and drugs use, casual partners).

Conclusions: The orientations to an adequate contraceptive practice in college students should: take into consideration gender, age, relationship stability and sexual risk behaviors, as well as, reinforce

WITHDRAWN ABSTRACT

the importance of using a condom consistently and dual protection (hormonal methods and condom).

Keywords: Contraception. College students. Sexual health.

THE KNOWLEDGES OF THE RESIDENTS OF ÉVORA'S UNIVERSITY CAMPUS ON HIV AND SEXUAL PRACTICES

Ana Frias, Margarida Sim-Sim, Maria Antónia Chora, Maria da Luz Barros, Gertrudes Silva

Universidade de Évora, Portugal.

Contact details: anafrias@uevora.pt

Introduction: Portugal, during the year of 2014, accentuated the tendencies to the decrease of the number of new declared cases of infection for HIV. Since the beginning of the epidemic in Portugal, 74.2% of the declared cases occurred in an age group of 20-44 and 14.6% in people over 49 years old. If the manifestations take, sometimes, a long period until its clinical diagnosis (Boyer & Kegeles, 1991). To implement prevention campaigns it's necessary to know its recipients. The knowledge of the university students on HIV is satisfactory (Jahanfar, Lye, & Rampal, 2009; Sutton et al., 2011) but it is not documented on residents of University Campus.

Objectives: To describe the knowledge on HIV infection of the students who live in University Residences.

Methods: It was done a quantitative, descriptive and transversal study. Convenience sample from 200 subjects with average ages of 21.77 years old (DP = 2.24), being 66.5% girls. The survey concerns on socio-demographic aspects, course attended and knowledge on HIV through a scale. (Zimet, 1998).

Results: The level of knowledge is high (M = 18.17; DP = 2.26). The students of a graduation course have bigger knowledge than the ones attending masters and doctorates graduations and other trainings, in these final ones with meaningful differences. It's the subjects who have a regular partner and that simultaneously have sexual relations with others that have weaker knowledge on HIV.

Conclusions: Sexual education in compulsory education, the promotion in the mass media and health education campaigns, may justify the score of the sample. However it will be necessary to find strategies to bind the knowledge to safe behaviours.

Keywords: University students. HIV Infection. Sexuality.

SEXUALITY IN ADOLESCENTS: FORMATIVE INTERVENTION

Marilene de Almeida^a, João Duarte^b, Paula Nelas^b, Carla Cruz^b

^aCHLO-Hospital de São Francisco Xavier, Portugal; ^bEscola Superior de Saúde de Viseu, Portugal.

Contact details: marilene.ms@hotmail.com

Background: Adolescents with access to knowledge will be able to change their attitudes and their behavior.

Objectives: Characterize adolescents in sexual variables; identify the knowledge about STIs and family planning; identify attitudes towards sexuality, pill and condoms; identify the motivation to have or not have sex; determine the effectiveness of an educational intervention.

Methods: The data collection instrument is a questionnaire with sociodemographic and sexual characteristics, attitudes to sexuality in adolescents scale (Nelas et al., 2010), knowledge about infections of sexual transmission scale (Nelas et al., 2010), attitudes towards condom scale (Ramos et al., 2008), attitudes towards pill scale, knowledge about family planning scale (Nelas et al., 2010), motivation to have or not have sex scale (Alfares, 1997).

Results: The sample consists of 56 students (28 in the control group and 28 in the experimental group). The control group consists of adolescents with a minimum of 13 and maximum of 17

years; the experimental group consists of participants with a minimum of 14 and a maximum of 18 years, students of older experimental group, with a mean age of 15.29. The girls in the control group showed more knowledge about sexually transmitted infections in both evaluation moments, the male adolescents, in both moments, reveal more knowledge about family planning, compared to adolescent females. The positive rates before the training intervention corresponded best rates after the training intervention.

Conclusion: The nurse specialist in health education should promote attitudes and necessary personal skills to adopt healthy behaviors by adolescent.

Keywords: Adolescents. Sexuality. Sex education. Training intervention.

ATTITUDES OF TEENAGERS TOWARDS SEXUALITY

Eugénia Anes^a, Filomena Sousa^a, Adília Fernandes^a, Augusta Mata^a, Marta Sousa^b

^aDepartamento de enfermagem. ESSa-IPB, Portugal; ^bHospital S. Vicent Paul. Paris, França.

Contact details: eugenia@ipb.pt

Introduction: The area of sexuality is seen as very relevant at any stage of life, but with specific characteristics in adolescence. Attitudes, behaviors, beliefs and values related to sexuality in the life cycle stage, are factors that can influence the health of adolescents, affecting the integrity of the various levels of functionality.

Objectives: To know the attitudes of teenagers towards sexuality and analyze its relationship with gender and religion.

Methods: It is a study of quantitative approach, observational, descriptive and analytical. A questionnaire was applied on a sample of 432 adolescents aged between 14 and 18 years.

Results: The results show that most young people presents more liberal positions and less conservative towards sexuality positions. The girls expressed more liberal attitudes compared to boys. The girls value more affective dimension. With regard to religion, the attitudes of teenagers towards sexuality Catholics no are different from non-Catholic teens.

Conclusions: Although in recent years there had been changes in cultural patterns, which are reflected in a relative change of mentalities, we found that sexuality in general still remains associated with myths and taboos. Teens revealed liberal attitudes about sexuality in general, but also show fear, shame and embarrassment regarding their sexuality and embarrassment in communicating about it.

Keywords: Sexuality. Attitudes and adolescence.

23. SLEEP DISORDERS AND STRESS

BIOFEEDBACK AND STRESS MANAGEMENT IN UNIVERSITY FIRST YEAR NURSING STUDENTS

Anabela Pereira, Paulo Chaló, Helena Mateus, Luis Sancho

University of Aveiro, Portugal.

Contact details: anabelapereira@ua.pt

Introduction: Stress is a problem with high prevalence among higher education students, with impact on their well-being and academic performance. Limited resources require the research for cost-effective solutions (Dyson & Renk, 2006). Biofeedback has