others and adaptation during their first semester at university. 49% (n=134) students were classified as FGS; analysis showed that they did not differ from NFSG on indicators of economic situation. However, FSG reported higher scores than NFSG on culture shock related to family relationship (p < .001) and values (p < .05), and lower scores on social support (p < .001) from parents. Although the relations between the culture shock dimensions and adaptation were negative for both FGS and NFSG they generally stronger among FGS.

Keywords: Self-efficacy; Adult roles; resilience; gender; SES

Therapeutic environment: Reflections of dyads of clients and therapists
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This study intends to analyse if there is a relationship between the way the therapists and clients perceive the therapeutic environment and if these perceptions change throughout the therapeutic process. It also aims to explore whether there is a significant difference in the average values of the perception of therapeutic environment, between clients who drop-out from therapy and those who continue in psychotherapy. To achieve this purpose, 39 dyads of therapists and clients of the Northern Region of Portugal participated in this study. The Modified Health Care Climate Questionnaire (mHCCQ), therapist version and client version (Williams, McGregor, King, Nelson & Glasgow, 2005) was used in four moments of the therapy (1st, 3rd, 5th and 8th session). By analysing the results, we concluded that there were no significant correlation between the way the therapist and the client perceived the therapeutic environment, although the mean values perception of the therapeutic environment were slightly high for both therapists and clients. Therefore these results might suggest that therapeutic environment is perceived as autonomy support in this sample of dyads. We also observed no significant differences throughout the therapeutic process at the perceptions of therapeutic environment for both therapist and client, when the results where analyzed separately for each one of them. In the same sense, no significant differences, in the average values (p=0.231) of the perception of therapeutic environment between the clients who give up and those who decided to continue in the psychotherapy.

Keywords: Therapeutic environment, autonomy support, dyads, psychotherapy