

tion scales (mastery goal orientation, performance-approach goal orientation and performance-avoidance goal orientation). The first model that we tested revealed a moderate fit to the data. When introducing some modification to the error co-variances a good fit was obtained (CMIN = 131.0, GFI = .96, CFI = .97, RMSEA = .05). As to the CHS, the dimensionality of the scale scores examined via confirmatory factor analysis procedures, revealed that each indicator loaded on the expected factor and an acceptable fit was achieved (CMIN = 30.1, $p < .001$; CFI = .98; GFI = .98; RMSEA = .07). Both the motivational and the cognitive-affective scales can be used either for research or intervention purposes.

Keywords: Goal orientation, hope, positive development, confirmatory factor analysis

Time Perspective: Portuguese studies with the Zimbardo Time Perspective Inventory – ZTPI

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Time perspective (TP) is the non-conscious psychological process by which individuals encode, store and retrieve information about personal and social objects and events, through the use of temporal categories (Zimbardo & Boyd, 1999). Thus, TP is strongly related to the cognitive and behavioral mode of operation of each individual. Concerning the measures of time perspective, the Zimbardo Time Perspective Inventory - ZTPI (Zimbardo & Boyd, 1999) has been presented as a reliable measure. In the first study the aim is to analyze the psychometric properties of ZTPI in a Portuguese sample of 436 subjects (299 - 71.4% are female and 120 - 28.6% are males) with an age mean of 24.4 years (SD = 8.4). The exploratory factor analysis (Varimax rotation) of the Portuguese version of ZTPI revealed 5 factors, which explained 35.30% of the total variance. The factor structure is highly coincident with the ZTPI study presented by Zimbardo and Boyd (1999). In the second study the aim is to explore the differences in TP in a group of college students presenting different academic results. The sample is composed by 277 college students with a mean age of 22.06 (SD = 5.4), 103 (37.2%) of which are male and 174 (62.8%) female. Results show that both students who had a high score on Present Fatalist Time Perspective and a low score in Future Time Perspective had lower academic achievement.

Keywords: Time perspective, exploratory factor analysis, academic achievement

Self-Determination Theory and Physical Exercise: Adaptation of two questionnaires for the Portuguese population

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The aim of this study is to validate two questionnaires for the Portuguese population, as part of the Self-Determination Theory. The study includes 206 individuals, with an average of 35 years (between 20 and 64), composed of 76.2% female and 23.8% male. It is a convenience sample primarily of health professionals (78.6%). We used two evaluation methods: the Treatment Self-regulation Questionnaire (exercise) and the Perceived Competence (exercising regularly), originally presented by Ryan and Connell (1989). We also added two questions in order to assess the practice of weekly physical exercise. The results indicate that the Portuguese version of the two questionnaires has adequate internal validity. The subjects present a motivational orientation for regular physical exercise predominantly autonomous and competence is a motivational factor which relates positively to the weekly practice of physical exercise.

Keywords: Motivation, physical exercise, self-determination, perceived competence

11:30-12:30 Keynote II

Auditorium 2A

Implicit Motives: Catalysts for Learning

Professor Oliver C. Schultheiss

Friedrich-Alexander University, Germany

12:30-13:30

Lunch