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Abstracts

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PREVENTION OF PATHOLOGICAL ONLINE GAMBLING IN ADOLESCENTS

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Introduction: Gambling and online gambling have risen sharply in recent years and more so in the adolescent population. In 2012 over 1 million online players in Spain, with an annual cost between 500 and 600 euros were recorded. In Spain there are 44 companies online that offer different types of games, representing 83% of the total. The impact of gambling addiction manifests with serious social and health problems.

Objective: Design a program of health education in order to prevent online gaming addiction among adolescents, and for them to identify risky behaviors.

Methods: Planning a program of health education educational structured in 4 sessions of 50 minutes to 20 adolescents aged 15-17 in a district of Valladolid upper-middle class who were to conduct an initial assessment in which identify adolescents at risk for pathological gambler, and a final evaluation will test the effect of the program.

Results: Planning education program structured in 4 sessions, each in which the technique is described: Brainstorming. Current status of online gambling; Talk healthy habits I; Role playing; Talk healthy habits II.

Conclusions: The application of a health program in adolescents can avoid in the future pathological gambling and associated problems. With the initial and final program evaluation people at risk and the effectiveness of the program will be identified.

Descriptors: Program; health education; gambling; adolescent; online game.

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RESPIRATORY SYMPTOMS IN ELDERLY WITH DEPRESSION AND/OR DEMENTIA - GERIA STUDY

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Introduction: Studies describe changes of emotional state in patients with chronic diseases. It is known that depression tends to increase with age and is a risk factor for dementia. This association makes the elderly with respiratory disease more vulnerable.

Objective: To characterize respiratory symptoms in elderly with depression and/or dementia living in elderly care centers (ECC) in Lisbon and Oporto.

Methods: Within the Phase I of the GERIA study 53 ECC were randomly selected. From September 2012 to April 2013, we applied a Portuguese version of respiratory BOLD questionnaire, MMS to assess dementia and GDS-15 to assess depressive state. A descriptive analysis of the data was performed.

Results: 931 out of 2110 elderly participated in the study (79% were female and the mean age was 84.1±7.2 years). Depressive states were found in 59% of the elderly, dementia state in 61% and both in 39%. Only 18% showed no change in these states. Cough was the most common respiratory symptom, reported in 69% of residents with depression, in 67% with dementia, in 48% who had depression plus dementia and in 11% without any mental changes. Elderly with changes in both mental states reported coughing, sputum and wheezing in the last 12 months in 25%, 17% and 16% respectively.

Conclusions: In general, residents of ECC with depressive and dementia changes had a considerable prevalence of respiratory symptoms. Cough was the most common respiratory symptom. These results show the importance of respiratory symptoms for the diagnosis and monitoring of elderly people with comorbidities.

Descriptors: Elderly; respiratory symptoms; dementia; depression; comorbidity.

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