

## EV1204

### Confirmatory factor analysis of a Portuguese short version of the cognitive emotional regulation scale

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**Introduction** The cognitive emotions regulation questionnaire (CERQ) is a 36-item questionnaire to measures specific cognitive emotion regulation strategies used in response to the experience of threatening or stressful life events. The Portuguese version of CERQ proved to be a reliable and valid measure to evaluate eight dimensions: Positive reappraisal and planning, positive refocusing, rumination, blaming others, putting into perspective and self-blame.

**Objective** To confirm the dimensional structure of a Portuguese short version of the CERQ using Confirmatory Factor Analysis (CFA).

**Method** Items selection was based on the previous results of the exploratory factor analysis of the 36-items version. Items presenting the highest loading ( $\geq 70$ ) in their respective factor were selected. A preliminary short version composed of 22 items were answered by a sample of 480 university students (81.9% females), with a mean age of 19.49 years (SD=2.047; range=17–30). CFA (using Mplus software) was used to test if the eight dimensions' model suggested by prior exploratory factor analyses fitted the data.

**Results** The eight dimensions' model has a good fit ( $\chi^2 = 424.015$ ,  $P < .01$ ; RMSEA=0.056, 90%CI= 0.049–0.063; CFI=0.930; TLI=0.910; SRMR=0.051). Although composed of fewer numbers of items, all subscales presented good reliability (Cronbach alpha $<$ 70).

**Conclusions** The CERQ-22 is a reliable and valid measure to evaluate cognitive emotion regulation strategies in young adults. Being a shorter version it is particularly useful for multivariate and prospective studies. In the near future we will test this structure in a clinical sample.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EV1205

### The Portuguese validation of the impulsive sensation seeking scale

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**Introduction** Personality traits such as Impulsivity and Sensation seeking are associated with aggressive and/or risky driving behaviour. Understanding the influence of these traits in the driving task is important to perform a more comprehensive study of road trauma, which is an increasing public health and economic concern.

**Objective** To study the reliability and the construct validity of the Portuguese version of impulsive sensation seeking scale (ImpSS) using exploratory and confirmatory factor analysis (EFA and CFA).

**Methods** 747 participants [417 (55.8%) women; mean age = 42.13  $\pm$  12.349 years; mean driving license years = 21.30  $\pm$  11.338; mean years of regular driving = 20.33  $\pm$  11.328] answered an online

survey which included this scale, and other socio-demographic information. Inclusion criteria were: driving license and regular driving for at least three years and age lower than 75 years old. The total sample was randomly divided in two sub-samples, with sample A ( $n = 373$ ) being used to perform EFA, and sample B to perform CFA.

**Results** The most acceptable factor model for ImpSS scale was the two-factor model found with EFA, excluding items 4, 6, 7 and 10 ( $\chi^2/df = 2.13$ ; TLI = .90; CFI = .92; RMSEA = .05,  $P = .211$ ). The internal consistency analysis resulted in: Sensation seeking,  $\alpha = .79$ ; Impulsivity,  $\alpha = .76$ ; total ImpSS score,  $\alpha = .82$ .

**Conclusions** These findings suggest that the ImpSS Scale is a valid and reliable measure to assess those personality traits in the Portuguese drivers.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EV1206

### Different subjective criteria for quality of life appraisal in youth with non-psychotic depression, recovering after first psychotic episode and healthy controls

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**Introduction** Although a plenty of instruments for quality of life in mental illnesses was developed, both general and specific instruments could be biased if the process of well-being appraisal is different in different illnesses.

**Objectives** We consider personal appraisal of quality of life as a result of the decision making process, which could have different subjective criteria in mental illnesses.

**Aims** The aim was to compare the contribution of the quality of life domains to the appraisals of general life satisfaction in mental illnesses.

**Methods** Three groups of males 17–28 years old (74 with non-psychotic depression, 90 developing recovery after the first psychotic episode and 185 healthy controls) filled quality of life and enjoyment questionnaire (version for mental illnesses) and Happiness Scale.

**Results** Moderation analysis reveals that in non-psychotic depression health, emotional sphere and functioning during the day are more important predictors of general well-being than in the two other groups. Patients developing recovery after psychotic episode are less oriented to the emotional and social domains and financial well-being when appraising their life satisfaction than other participants.

**Conclusions** Results demonstrate the importance of identifying and working with subjective criteria and process of appraisal of general well-being in patients with mental illnesses. Direct comparisons of quality of life in different clinical groups are biased by different subjective criteria that are important for patients.

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