

RSP Revista de Saúde Pública

Volume 48
Special Number
May 2014



Ipleiria International Health Congress

09^{and} 10, MAY 2014

CHALLENGES & INNOVATION
IN HEALTH

Abstracts

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RSP

Revista de Saúde Pública

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Published bimonthly, in February, April, June, August, October and December.

INDEXES

All articles are also published in English language.

The on-line abstracting and indexing services that cover the Journal are:

Thomson Scientific (ISI): Web of Science, Current Contents/Social Behavioral Science, Social Science Citation Index; MEDLINE; Biosis; Global Health; EMBASE; HEALSAFE; Health Star; PubMed; POPLINE; Wildlife Worldwide (NISC); Scopus; SciELO; LILACS; PERIODICA.

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285

PERCEPTION OF THREAT, STRESS, AND ANXIETY IN ATHLETES OF PORTUGUESE FOOTBALL CHAMPIONSHIPS

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Introduction: In the field of sport activities the high frequency of anxiety is a concern for the participants. Certain potentially threatening situations that contribute to stress and anxiety make athletes produce anxious responses, which affect their performance and balance.

Objective: We want to explore the impact of the perception of threat, stress and competitive anxiety in football players. We also want to verify if there are differences among these football players regarding age, formal education and professional status.

Methods: 192 football players, age ranging 13 to 39 years ($M \pm SD = 23.30 \pm 6.07$), participating in the Portuguese junior and senior championships were assessed with the Sport Anxiety Scale/SAS-2 (Cruz & Gomes, 2007), and the Cognitive Appraisal Scale in Sport Competition – Threat Perception/CASSC-TP (Cruz, 1996).

Results: Players revealed that the more threatening situations were “not reaching an important goal in their career”, “failing or making mistakes in crucial moments”, “not meeting the expectations of others”, and “not performing as desired”. The youngest players significantly presented higher levels of competitive anxiety, somatic anxiety, pre-occupation and problematic concentration. Players with lower formal education significantly revealed higher levels of competitive anxiety, and of somatic anxiety. The non-professional players significantly showed higher levels of somatic anxiety, and cognitive anxiety with problematic concentration. Finally, perception of threat and competitive anxiety were significantly and moderately correlated.

Conclusions: Psychotherapeutic interventions should target younger, lower educated, and non-professional football players.

Descriptors: Stress. Anxiety. Threat perception. Football players.

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286

PRESCRIPTION OF ANTIBIOTICS BY DENTISTS: A PILOT STUDY

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Introduction: Antibiotic resistance, primarily related to the inappropriate use of antibiotics, jeopardises the ability to effectively treat infectious diseases. Antibiotics are among the most frequent drugs prescribed by dentists.

Objective: To explore issues related to antibiotic prescribing by dentists. This paper focuses on issues related to information needs in clinical practice and continuing education.

Methods: Semi-structured qualitative interviews with 14 purposively selected dentists. Interviews were audio-taped, subjected to written consent, and transcribed verbatim. Data were analysed using the five-stage “Framework Approach”¹ with the aid of the software WebQDA. Ethical approval was obtained.

Results: There were variations in the extent to which interviewees reported patient-specific questions concerning antibiotic prescribing, ranging from “rarely” to “sometimes”. A few dentists acknowledged uncertainty on whether antibiotics were needed; when in doubt there was evidence of defensive prescribing. Analysis suggests that interviewees managed their clinical questions using four strategies: consulting bibliographic sources, following recommendations of colleagues from other medical specialties, relying on other dentists or making use of their own experience. Consulting bibliographic sources emerged as the most common strategy to respond to patient-specific questions, both on a paper and on-line format. Two divergent views were offered pertaining continuing education on antibiotic prescribing. Some interviewees showed awareness of its importance while others considered it unnecessary.

Conclusions: Lack of awareness on the judicious use of antibiotics may influence dentists’ perceptions of patient-care information and education needs. A larger study is warranted on this topic, to inform the design of a multimodal intervention to increase appropriateness of antibiotic prescribing by dentists.

Descriptors: Antibiotic prescription; Dentist; Information; Formation.

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