

P02-85 - HEALTH STATE AND ACADEMIC PERFORMANCE IN A SAMPLE OF UNDERGRADUATE STUDENTS

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Objectives: The purpose of this study was to examine the impact of health variables and work variables on academic performance of undergraduate students. We have two main goals:

- 1) Examining the relationship between emotional and physical disturbances and academic performance;
- 2) Investigating the influence of a parallel professional activity on academic performance.

Methods: Data was obtained on Superior School of Health Technology of Coimbra, in 2 different times: time 1 (T1), at the beginning of the academic term (195 students) and time 2 (T2), at the end of this term (177 students). A correlational design was used.

Results: Main results suggest that:

- 1) Students that have a parallel professional activity have a performance academic worst than those who haven't this activity;
- 2) From all the variables considered, only age may be considered predictor of the academic performance;
- 3) Students that have been medically assisted had a worst performance; 4) No statistically relevant differences were found on the academic performances of individuals with and without chronic diseases, and of individuals with and without emotional disturbances;
- 5) No statistically relevant differences were found either the start and the end of the academic term, on the physical and emotional symptoms under evaluation.

Conclusions: Given the results obtained, the main conclusion can be drawn from this study is: Although the emotional and physical symptoms are not relevant, when they are medically assisted, they report worst academic performance.

Keywords: Mental and physical health, academic performance.