

-3.170,  $p = 0.002$ ). Young men who use the Internet more often as a source of information feel significantly less secure on the Internet ( $t = -2.237$ ,  $p = 0.026$ ), as do those who use the Internet more often to expand communication in social networks ( $t = -2.040$ ,  $p = 0.043$ ). For girls, the goals of using the Internet and the sense of subjective security on the Internet were not significantly related.

**Conclusions:** Using the Internet to communicate, buy and receive services, and search for information can negatively affect the assessment of own health and subjective safety, especially among young people. The research was supported by the Russian Science Foundation, with the grant 15-18-00109.

**Keywords:** goals of Internet use; adolescents; subjective safety

## EPP0141

### The role of shame in the relationship between bullying and self-harm in portuguese adolescents

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**Introduction:** Bullying consists in acts of intentional and repeated physical or psychological violence, completed by an individual or a group of individuals, provoking pain, distress and shame. Currently, it is considered a serious problem with health implications in adolescents. Shame is a self-conscious, multifaceted and socially focused emotion that relates to a negative self-assessment.

**Objectives:** The study aim was to investigate the mediating role of Shame in the relationship between Bullying and Self-harm and Suicide Ideation in Portuguese adolescents.

**Methods:** 346 adolescents (58.4% girls), aged  $15.32 \pm 1.193$  from public and private schools (9<sup>th</sup> to 12<sup>th</sup> grades) in Coimbra, answered the validated Portuguese versions of the Bullying Questionnaire, the Other as Shame Scale for Adolescents and the Self-Harm and Suicidal Ideation Questionnaire. For data analysis the SPSS 26 and Macro Process (Hayes 2020) was used.

**Results:** Bullying Victimization had a prevalence of 18.78%. Girls and boys significantly differ in Bullying Victimization, Self-Harm, Suicidal Ideation and Shame mean scores (all  $p < .05$ ). In girls, Bullying Victimization was correlated with Shame and Suicidal Ideation. The mediation analysis showed that, in girls, Shame partially mediated the relationship between Bullying and Suicidal Ideation ( $p < .001$ ). We didn't find these results in boys.

**Conclusions:** Bullying is a global problem that needs to be addressed. Adolescents of today are the adults of tomorrow. In a physical growth and mental maturation phase, it is urgent to avoid disruptors which lead to psychopathology. Our results corroborate that Shame can be a harmful factor in Bullying with deleterious consequences in adolescents.

**Keywords:** Portuguese adolescent girls; Bullying Victimization; Suicidal ideation

## EPP0142

### Habits and quality of life in portuguese girl adolescents: Association with psychological disturbance distress

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**Introduction:** Adolescence is a life period with considerable biological, psychological and social changes. Quality of life is a complex and multifactorial construct that necessarily encompasses the adolescent's mental well-being. Some life habits like sleep, sport practice and screen time can be either risk factors or protective factors, influencing the quality of life and mental health.

**Objectives:** To investigate the role of sleep habits, sport practice and screen time in quality of life, and psychological distress in a Portuguese adolescent girl sample.

**Methods:** 409 girls, mean aged  $13.51 \pm 2.298$ , from public and private schools in Coimbra answered questions about sleep time, sport practice and screen time habits; the Portuguese versions of the Quality of Life Questionnaire (reduced version) and the Anxiety, Depression and Stress Scale. SPSS 26 was used.

**Results:** Girls mentioned to sleep 8,2 hours/night during the week and 9,4 hours/night at the weekend. They spend 1,5 hours/day during the week and 1,8 hours/day at the weekend with Screens. They spend 2,1 hours/ week in Sport Practice. Quality of Life was positive correlated with Sleep Time and negative correlated with Screen Time, Anxiety, Depression and Stress (all  $p < .05$ ). Multiple regression analysis showed that Screen Time, Anxiety and Depression were all significant predictors of Quality of life in girls ( $p < .05$ ).

**Conclusions:** Our findings show that Screen Time is related with poor Quality of Life in girls. These results suggest the importance of addressing Screen Time and Psychological Distress in adolescent girls during adolescent health care consults.

**Keywords:** screen time; quality of life; Portuguese adolescent girls

## EPP0143

### Comorbidity of autism with hyperkinetic disorder

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**Introduction:** Autism spectrum disorders encompass a heterogeneous group of neurodevelopmental disorders. Autism may be accompanied by other mental and neurological disorders. Comorbidity in autism is the rule rather than the exception (as reflected in DSM-5).

**Objectives:** To study comorbidity in patients with childhood autism and hyperkinetic disorder.