

# Multiple Approaches to the Study and Intervention in

September 29th 2018 — University of Évora



## 08:30 Registration

## 09:00 Opening Session

Director of IFFA  
Director of the School of Social Sciences  
Director of the Dep. of Psychology  
Director CIEP  
Director of CIEO

## 09:30 Stresse: Conceptualization and multiple approaches

### Studies on stress

Konrad Reschke, Institut für Psychologie (U.Leipzig)

### Studies on stress in nurses: An analysis of cognitive, emotional and biological factors

Edgar Galindo (CIEP, U.Évora)

### Moderating variables on the relationship between economic stress factors and mental health

João Viseu & Saul Jesus (CIEO, FCHS, U.Algarve)

### Interoception and body awareness in the response to stress

José Marmeleira & Guida Veiga (ECT, U.Évora)

### Evaluación de la salud laboral docente: Marco teórico y estudios empíricos

Victoria Fernandez  
(U.Ramon Llull)

## 11:00 Coffee break

## 11:15 Stress: Impact in the health of the professionals

### Qualidade do sono e stresse

Cláudia Carmo & Saul Neves de Jesus (U.Algarve)

### Impact of stress and burnout on the health and wellbeing of Portuguese Teachers

Liberata Borralho (U.Évora, IIFA, CIEO, U.Algarve),  
Adelinda Candeias (U.Évora, ECS-DO, CIEP)  
& Saúl Neves de Jesus (U.Algarve, FCHS-DPCE, CIEO)

### Workplace harassment stress and burnout in teachers

António Portelada (U.Évora), Adelinda Candeias  
(U.Évora, ECS-DO, CIEP)  
& Ana João (ARS Lisboa e Vale do Tejo, ACES Lezíria)

### Workplace Bullying and stress in the nursing profession

Ana João (ARS Lisboa e Vale do Tejo, ACES Lezíria),  
Adelinda Candeias U.Évora, ECS-DO, CIEP)  
& António Portelada (U.Évora)

### Workplace stress, burnout and satisfaction with work and life in Portuguese school psychologists

Glória Franco (U.da Madeira)

## 13:00 Lunch

## 14:30 Intervention Programs – Stress management

### Studies on stress in nurses: A stress management program

Edgar Galindo, Rodrigo Pires, Carole Neves, Nélia Vasconcelos, & Luísa Grácio  
(Dep. of Psychology, U.Évora)

### Programa de intervenção junto de estudantes universitários

Roberto Chiodelli & Saul Neves de Jesus (U.Algarve)

### Psychomotor therapy in stress management (with nurses)

Guida Veiga, Andreia Rodrigues, Elsa Lamy  
& José Marmeleira (ECT-U.Évora)

### Attachment and emotional maladjustment in adolescents

Raquel Domingues (ECT-U.Évora),  
Maria João Carapeto (ECS-U.Évora)  
& Guida Veiga (ECT-U.Évora)

### Study achievement motivation at neurotic, stress-related and somatoform disorders

Tapalova O. Bisenova (Kazakh National Pedagogical University), Zhiyenbayeva N. Bisenova (Kazakh Academy of Labor and Social Relations), Tapalov Sultan (LLP "Asian Gas Pipeline") & Zhiyenbayeva Zarema (LLP "Asian Gas Pipeline")

## 16:00 Coffee Break

## 16:15 Intervention in Stress and Trauma

### Body and trauma: From comprehension to intervention in female victims of domestic violence

Beate Mitzscherlich  
(Westfälische Hochschule Zwickau)

### Trauma Psychotherapy

Catarina Vaz Velho  
(Dep. of Psychology, U.Évora)

### From Comprehension to intervention in female victims of domestic violence

Joana Machorrinho, Guida Veiga, Graça Santos  
(Dep. of Psychology U.Évora) & José Marmeleira  
(Dep. Sports and Health, ECT, U.Évora)

### Trauma and stress intervention in the context of war and peace military missions

António Correia Rosário  
(Liga dos Combatentes, CIP-U.Autónoma de Lisboa)  
& Francisco Rosário  
(Liga dos Combatentes)

## 18:00 Closing session

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# STRESS

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## Organisers

### Portugal

University of Évora (UE), Department of Psychology, Research Centre for Education and Psychology (CIEP)

### Germany

University of Leipzig, Institute of Psychology

## Organising Committee

Adelinda Candeias, Catarina Vaz Velho, Heldemerina Pires, Maria Luísa Grácio, Nuno Costa & Edgar Galindo  
*University of Évora – School of Social Sciences (ECS)*

Luísa Ribeiro

*Lisbon Autonomous University – Research Centre in Psychology (CIP)*

## Scientific Committee

Adelinda Candeias, Edgar Galindo, Heldemerina Pires, Maria Luísa Grácio, Graça Santos – U.Évora-ECS & CIEP

Catarina Vaz Velho – U.Évora-ECS

Madalena Melo – U.Évora-ECS & SEC-PSI

Evelin Witruk, Konrad Reschke – U. Leipzig

Constança Biscaia – U.Évora-ECS & SEC-PSI

Saul de Jesus & João Viseu – U.Algarve; FCHS & CIEO

Cláudia Carmo – U.Algarve; FCHS & CIP

Odete Nunes, João Hipólito, Rute Brites – U.Algarve & CIP

José Marmeleira – U.Évora-ECT

Guida Veiga – U.Évora-ECT

António Correia – CIP-U.Autónoma de Lisboa

## Supporting Institutions

