

## P03-235

### CUMULATIVE EFFECT OF LIFE EVENTS IN PHYSICAL AND MENTAL HEALTH

A.P. Amaral<sup>1</sup>, A. Vaz Serra<sup>2</sup>

<sup>1</sup>*Escola Superior de Tecnologia da Saúde de Coimbra - IPC*, <sup>2</sup>*Serviço de Psiquiatria - Hospitais da Universidade de Coimbra, Coimbra, Portugal*

**Aims:** This study examines the cumulative effect of life events in physical and mental symptoms. We have two main goals:

1. Investigating the cumulative effect of life events in the health of the individual;
2. Examining the relationship between the nature of adverse events and type of symptoms presented in terms of physical and mental health.

**Method:** Data collection was performed in the general population, in 2 different moments: time 1 (T1) and time 2 (T2) spaced of nine months. The sample consisted initially by 552 individuals, and by 328 individuals at T2. A correlational design was used.

**Results:** The number of life events, with impact on the individual, accumulated throughout the 9 months shows significant relationships with the physical and mental health in last evaluation. The hassles with impact for the individual are the events most relevant in terms of health. Certain circumstances of life are more closely related to mental health (changing the frequency of familiar meetings, the non-recognition of tasks, the workload increased). Others are more related to physical health (have been robbed or stolen, infidelity).

**Conclusion:** Findings suggest the importance of hassles in the health and some specificity in the relation with the life events and the physical and mental symptoms.