

P-242 - A HEALTH INTERVENTION PLAN WITH MENTAL HEALTH STUDENTS: INDICATORS OF COPING AND QUALITY OF LIFE

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Introduction: There is a lack of studies presenting the assessment of a health intervention plan with mental health students. Literature indicates that yoga benefits to cope with stress. The Yoga formed the basis of an intervention plan developed with mental health students.

Aims: To identify the relationship between the yoga practice and the coping style and the quality of life (QL).

Objective: To test the hypothesis that the Yoga practitioner would show an increase in coping strategies and a highest measure in QL at the end of the program.

Methods: It was used a base line and repeated measures. Participants were 22 mental health students (mainly medical and psychology students) enrolled in a university program. Measures: a) A questionnaire to identify the participants' health status and their quality of life; b) The Coping Responses Inventory (CRI) to identify coping styles; c) Yoga Intervention (YI) developed twice a week, lasting one hour during two months at the students' place. Results indicated the positive impact of YI over the students' health. In general coping strategies increased (35.63%) and decreased the avoidance of stress (20.46%). There was a significant difference ($p = 0.007$) in the degree of health status experienced by students at the end of the program. The QL measure also showed an important difference ($p = 0.065$). In addition participants reported the importance of the Yoga in their lives, including better school performance.

Conclusion: The results support the hypothesis of this study and encourage YI for promoting quality of life.