

Methods: medical and pedagogical, observation, examination, assessment.

**Results:** Variants of the child's psychophysical development: Option 1. (75%): children with a predominance of violations in behavior, emotional and volitional sphere. There is aggressiveness, inconsistency and impulsiveness of actions, lack of distance with an adult, and difficulties in complying with accepted norms and rules. Option 2 (25%): children with the following manifestations: timidity, tearfulness, distrust, fears, lack of initiative. All children have difficulty sleeping, eating disorders, and frequent psychosomatic illnesses.

**Conclusions:** Children with intellectual disabilities in an inclusive practice need comprehensive assistance, taking into account different variants of their psychophysical characteristics. The studied children were found to have neurotic and neurosis-like disorders, as well as pathological personality development. All children have: low performance, lability of the nervous system, lack of voluntary regulation, impaired activity, learning difficulties. There are behavioral and mental disorders that require medical, psychological and pedagogical rehabilitation.

**Keywords:** children with intellectual disabilities; inclusive education; learning difficulties; behavior disorder

## Mental health care

### EPP0715

#### The effect of exercise on the cognitive and physical function of patients with dementia

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**Introduction:** Dementia is characterized by a decrease in mental functions, while disorders of balance, coordination of movements and gait are gradually added. In recent years there has been a growing interest in the role of exercise as a therapeutic strategy for people with dementia.

**Objectives:** The aim of this study was to investigate the effect of different types of exercise and its parameters on cognitive and physical function in patients with dementia after reviewing the relevant literature.

**Methods:** Review of the literature based on the research of original scientific articles published in the electronic databases PubMed / Medline and Google scholar using as keywords the terms dementia, cognitive function, physical function, functionality, aerobic exercise, resistance exercise.

**Results:** A review in the literature highlights the beneficial effect of exercise on patients with dementia. Aerobic exercise and mixed interventions have been studied more, while resistance interventions have been less studied. All three types of exercise have shown positive effects. The methodology differences of the studies make it difficult to draw definitive conclusions about the optimal intervention in the cognitive and physical function for the optimal result, the type of exercise, the duration, the frequency and the intensity.

**Conclusions:** Exercise (physical) may help maintain or improve cognitive function and functionality in patients with dementia but additional study is needed to clarify optimal intervention and establish guidelines.

**Keywords:** dementia; Exercise; cognitive function; physical function

### EPP0716

#### Burden of the family caregivers of the person with mental illness in Portugal: A cross sectional study

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**Introduction:** The provision of mental health care should be promoted at the community level, in order to facilitate their recovery process. Thus, the people who care for these individuals go through a situational transition, as they have to play the role of Family Caregivers (FC).

**Objectives:** a) to characterize the FC burden of the person with Mental Illness; and b) to correlate FC overload with the variables age, gender, cohabitation, degree of kinship and level of education.

**Methods:** A cross-sectional correlational study was conducted. The sample consisted of FC who went to consultations and to the inpatient psychiatric unit of a Portuguese hospital. Data were collected through a questionnaire which included sociodemographic data, the Lawton-Brody Index and the Zarit Burden Interview (ZBI).

**Results:** Of the 119 FC, 66.4% were female, with an average age of 53.8 years. 73.1% of FC cohabited with the person they care for, in which the majority was cared for by their child or spouse, 45.2% and 36.1%, respectively. It should also be noted that 71.4% felt the need for more support from health professionals. As for autonomy, 52% of the individuals cared for by FC were moderately dependent. It was verified that about 45% of the FC had an intense overload. Female gender has greater overload and that there are no significant differences between the level of education and cohabitation.

**Conclusions:** Considering the results, it is understood the importance of valuing FC, as a target and care partners, in order to reduce the burden, they feel when caring for people with MI.

**Keywords:** Caregiver Exhaustion; Family Caregivers; Person with Mental Illness; Situational Transition

### EPP0717

#### Profile of mood states-27: A valid and reliable measure of negative and positive affect for Brazilian pregnant women

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