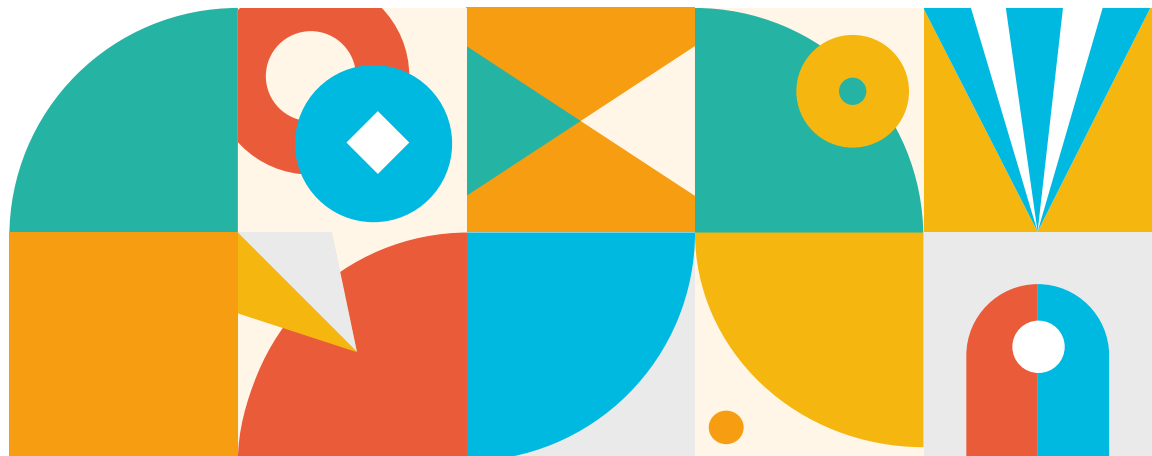




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# **Book of Abstracts**

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decrease in positive emotions, such as happiness and gratitude. A decrease in some psychological resources was also observed. This includes confidence in oneself and in others, the ability to focus on the present moment, competence to take care of oneself, and compassion towards others. As a result, it is imperative to develop and implement interventions and preventive measures tailored to the Portuguese population's needs to deal with the psychological suffering caused by COVID-19. Taking into account the results obtained, it is pertinent to develop emotion regulation strategies such as mindfulness and compassion to deal with negative emotions.

**Keywords:** COVID-19 pandemic, Mental health, Adults, Lockdown

### **Poster Presentation #57**

**Title:** Age as a predictor of Working Memory Performance

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**Abstract:**

**Introduction:** Working memory is a retention of a small amount of information in an easily accessible way, it is essential in the execution of numerous daily tasks. Existing literature has shown that working memory declines with adult age. Digit Span Test (DST) is often used in clinical practice to assess working memory.

**Objectives:** The present study was conducted to assess individuals' working memory and its relation with age. We examined if there are differences in working memory between the age groups (Group 1: 18-29 YO; Group 2: 30-59 YO; Group 3: 60+ YO). Further we analyzed if those differences would remain when controlling the effects of state-anxiety. Moreover, we intended to assess if age is predictive of working memory performance.

**Methods:** We collected a sample of 39 participants (M = 41.67, DP = 20.52). To assess state-anxiety we used the Self-Evaluation Questionnaire (STAI-Y2). To assess the working memory, we used the Digit Span Test in forward and backward order.

**Results:** The results of the one-way analysis of variance showed statistically significant differences in the scores between the age groups in the forward order, Group 1 performed better on the task than Groups 2 and 3, also, Group 2 performed better than Group 3. The covariance analyses demonstrated that the effect of age in the individuals' performance remained when controlling for the effect of state-anxiety. The regression analyses revealed that age is a statistically significant predictor of performance in the backward order.

**Conclusions:** This study supports the existing literature that emphasizes age as a predictor of working memory performance. We concluded that as age increases, performance in working memory decreases. Pointedly, aging is associated with deterioration of working memory capacities and psychological flexibility.

**Keywords:** Working Memory; Digit Span Test; Aging; State-Anxiety

### **Poster Presentation #58**

**Title:** Adaptation and validation of the Female Sexual Subjectivity Inventory (FSSI) in a Sample of the Portuguese Population

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**Abstract:**

**Introduction/Objective:** To assess sexual subjectivity, more precisely women's sexual self-perceptions about bodily pleasure and the experience of being sexually active, Horne and Zimmer-Gembeck (2006) created the Female Sexual Subjectivity Inventory (FSSI). The aim of the present study is to adapt, validate, and explore the psychometric properties of this instrument in a sample of Portuguese women.

**Methods:** The sample was collected online, with the participation of 206 Portuguese women over 18 years old, who completed a set of self-response measures.

**Results:** Confirmatory factor analysis revealed a 5-factor structure, like the structure of the original questionnaire. The internal consistency was good, with Cronbach's alpha values