

Individual quality of life: advances in the conceptualization and emerging challenges in the disability field (pp. 453-472)

Laura E. Gómez¹, Miguel Ángel Verdugo², and Benito Arias¹

¹*University of Valladolid;* ²*INICO University of Salamanca (Spain)*

The general goal of this theoretical article consists in carrying out a review of the advances on the concept of quality of life during the last decade. We will refer to the utility and importance of the quality of life construct for different collectives, contexts and disciplines, but especially in the field of disability. We also describe and discuss the historic evolution of the concept, the present conception of individual quality of life, the models proposed to define and assess the concept emphasizing the Schalock & Verdugo's model (2002), the different phases to develop and validate this model and its applications. Finally, new challenges and emerging research lines in the quality of life field are indicated.

Learning potential and social skills in children with Asperger disorder (pp. 473-490)

Saray Bonete, M^a Carmen Vives, Antonio Fernández Parra, M^a Dolores Calero,
and M. Belén García

University of Granada (Spain)

During the past years the literature about Asperger Disorder (AD) has focused on the empirical study of its core features. Static assessment procedures have been the most common method of research. However, this perspective is particularly limited with regard to social interaction. Taking into account that several research studies have demonstrated the utility and applications of dynamic assessment in different psychological pathologies, it is possible to expect similar implications in AD. This study examines the performance of children with AD (N= 10, 11-16 years old) and a compared sample of typical peers (N= 10). Children were assessed using a static intelligence test, a dynamic assessment instrument and different tests concerning social variables such as interpersonal skills, empathy and social problem solving. Results showed no differences between groups in learning potential. On the other hand, social difficulties were confirmed, especially in the adjustment and practical effectiveness of the solutions they generated. Implications of considering dynamic assessment as a valid approach to the social dysfunction suffered in AD are discussed.

**The role of early maladaptive schemas and coping in the development
of anxiety and depression symptoms (pp. 491-509)**

María Cámara and Esther Calvete
University of Deusto (Spain)

The present prospective study examined the relationship among cognitive style, coping, and anxiety and depression symptoms in a sample of undergraduate students. Based on the Resources Model (Holahan & Moos, 1987) and Schema-Focused Therapy (Young & Klosko, 1994), it was hypothesized that the presence of early maladaptive schemas (EMS) would predict an increase in symptoms of anxiety and depression through dysfunctional ways of coping with stress. The final sample consisted of 374 students, who completed measures on EMS, coping strategies, and anxiety and depression symptoms. The results indicate that disengagement coping strategies, such as avoidance, denial, and wishful thinking, are partial and/or total mediators of the relationship between EMS and symptoms. Instead, the coping strategies of primary and secondary control did not result significant mediators. Ultimately, the mechanism through which the EMS leads to symptoms is the use of disengagement strategies, especially in the case of anxiety symptoms.

Human values education and mindfulness meditation as a tool for emotional regulation and stress prevention for teachers: an efficiency study (pp. 511-532)

Luis C. Delgado, Pedro Guerra, Pandelis Perakakis, María I. Viedma del Jesús,
Humbelina Robles, and Jaime Vila
University of Granada (Spain)

This study was aimed at testing the efficacy of a training program involving human values education and mindfulness skills as a tool for emotional self-regulation and stress prevention. Forty school teachers took part in this study. Participants were assigned to two different groups: experimental (N= 25) and control (N= 15). Subjective, behavioral and psychophysiological (respiration and skin conductance) measures were taken. The results revealed significant effects of the training program on the three types of measures. The experimental group showed significant improvements in the subjective measures of negative affect, anxiety, depression, worry, perceived stress, emotional comprehension and muscular pain. Participants who received the training program also showed, in the psychophysiological test, less activation of the sympathetic nervous system associated with less reactivity to unpleasant and stressful situations. In addition, behavioral measures suggested an improvement in the quality of attention. It is concluded that training in human values and mindfulness skills is an effective tool for emotional self-regulation and stress prevention helping to improve the quality of life for teaching professionals.

**Reduction of blood pressure in a group of hypertensive teachers through
a program of mindfulness meditation (pp. 533-552)**

Manuel de la Fuente Arias, Clemente Franco Justo, and Margarita Salvador Granados
University of Almería (Spain)

This study aimed to check the impact of a training program in mindfulness meditation on blood pressure levels in a group of secondary education teachers suffering essential hypertension, grade 1 and grade 2. A randomised controlled trial with a control group in a waiting list with pretest-posttest-follow-up measurement was designed. For the measurement of blood pressure in the study participants, a tensiometer Moron HEM-705 IT was used. Statistical analysis shows a significant reduction in both systolic and diastolic arterial pressure posttest and 4-month follow-up evaluations in the experimental group as compared to the control group. It is concluded that a programme of such characteristics can be useful and effective in interventions directed at reducing arterial pressure in hypertensive persons, although future studies should be done to increase the validity of the results.

Chronic pain experience in older people with osteoarthritis: cognitive-behavioural dimensions and adjustment (pp. 553-577)

Almudena López¹, Ignacio Montorio², María Izal Fernández², José Luis González¹,
and Miriam Alonso¹

¹Rey Juan Carlos University; ²Autonoma University of Madrid (Spain)

Despite previous research has shown the important role of different psychological variables in older people with chronic pain, a more comprehensive evaluation of the multiple dimensions of pain experience and their relationship with adjustment is needed. The objective of the present work is to identify new meaningful underlying variables that show the relationship between different cognitive-behavioural and sensorial variables involved in the pain experience of the older people, and to evaluate how these new variables explain the emotional and functional adjustment to chronic pain. A sample of 104 older people with osteoarthritis was evaluated. Principal Component Analysis was performed on pain coping strategies, pain beliefs, pain behaviours and sensory pain parameters. Regression analyses were done to analyze the role of the new variables in predicting depression and disability. Four dimensions of the pain experience were identified. These components do not represent either different response systems or the traditional three dimensions described by Melzack and Wall (1965) but other cognition-behaviour patterns that may help explain the emotional and functional adjustment to the pain experience.

Cannabis consumption and risk perception in University students (pp. 579-590)

Rosario Ruiz-Olivares¹, Valentina Lucena², M. José Pino¹, Antonio Raya¹,
and Javier Herruzo¹

¹*University of Córdoba;* ²*Renacer Center (Spain)*

The aim of this study was to relate the consumption of cannabis with the perception of risks such as traffic accidents, temporary health problems, legal problems, difficulty with interpersonal relations, a decrease in the capacity to perform tasks, and permanent health problems. With an ad hoc questionnaire, relevant socio-demographic information and risk perceptions regarding the consumption of cannabis were collected from 1011 students of the University of Córdoba. The results revealed that, in general, the students who consumed the most cannabis were those who judged the possible risks of the drug to be smallest. The regression model indicated that low perceptions of a particular risk can predict greater consumption of the drug associated with the risk. In conclusion, the observed trend of drug consumption among university students and the low perceived risk of the negative consequences of consumption suggest the need to set up prevention programs targeting these perceptions in university students.

Sexual Activity Scale: a measure to predict the early onset of sexual intercourse

(pp. 591-611)

Elvia Vargas¹ and Vicente Ponsoda²

¹*University of Los Andes (Colombia);* ²*Autonoma University of Madrid (Spain)*

This study evaluated the usefulness of the “Sexual Activity Scale” (SAS; Vargas & Barrera, 2002) to predict the early onset of penetrative sex. A total of 591 adolescents (260 women, 331 men) responded to the five items of the scale in five independent studies in Bogotá, Colombia. The factor analysis confirmed two factors: one of conventional expressions of affection and another that includes pre-penetrative and coital practices. The logistic regression analysis revealed that from the age and the score in the first four items of the EAS it is possible to correctly classify 80.3% of those adolescents who acknowledged having had sexual intercourse. The instrument is useful for health personnel and teachers in order to identify when teens are interested in receiving information about self-care practices and willing to seek guidance for making decisions about sexual activity.

Dynamic factors of recidivism among drug-dependent prisoners in therapeutic community treatment (pp. 613-627)

Victoria Ramos¹ and Rodrigo J. Carcedo²

¹*University of Burgos*; ²*University of Salamanca (Spain)*

This study identifies the dynamic variables of recidivism in a sample of drug-dependent inmates released from Burgos prison (Spain) in the third prison grade to finish their prison sentence in a Therapeutic Community. The documentary sources, consulted for collecting information of 120 subjects, males and between 21 and 40 years (age of release), were the prison record, the classification and treatment protocol, and the social record. Applying a descriptive statistical analysis with contingency tables, the characteristics of the variables that showed higher percentages of recidivism were: lack of work habits, HIV infectious disease, higher scores in extraversion, finalizing the treatment with expulsion or abandonment, and shorter stay in a therapeutic community. These results suggest that relapse prevention can achieve positive results, if we achieve a significant influence on these variables through the penitentiary treatment.

Peer sexual harassment: incidence and emotional reaction in a sample of 4th year students in obligatory secondary education (pp. 629-650)

Isabel Vicario-Molina, Antonio Fuertes, and Begoña Orgaz
University of Salamanca (Spain)

The purpose of this paper was to explore peer sexual harassment in adolescence. 283 students (53% boys, 47% girls) between 15 and 17 years of age completed an anonymous questionnaire designed to obtain information about the incidence of victimization and perpetration during the previous year, and the emotional response to recent episodes. Results indicate that sexual harassment related behaviors are part of the interactions among adolescents, since most of participants have been involved in some situation of peer sexual harassment (89.4%). Although boys and girls are victims to the same extent, boys are more likely to commit sexual harassment than girls. Moreover, girls reported feeling worse in specific episodes. Finally, data also underscore the need for additional research in patterns of sexual victimization among adolescents that allows us to design future interventions that promote the wellbeing in interpersonal relationships.