

P40: Post-traumatic stress among adolescents: an exploratory study with LASC (Los Angeles Symptom Checklist)

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Introduction: Post-traumatic stress disorder (PTSD) becomes a concern for researchers, seeking its causes, risk factors and symptoms. Among adolescents these studies are scarce, with few instruments for its diagnosis and mental health evaluation.

Objectives: To present an exploratory study focused on the adaptation of *Los Angeles Symptom Checklist* (LASC) among adolescents.

Materials and Methods: Sociodemographic questionnaire, LASC and EADS (anxiety/depression/stress scale) were applied to 695 anonymous students of Porto. Mean age was 12.9 years, 54% were female and they were 10-20% distributed between 5th to 11th school year. Statistical analyses were R Pearson correlation, independent t-student test, Oneway-anova, Qui-Square and factorial analysis with varimax.

Results and Discussion: Low presence of PSPT (15%) and stress/anxiety/depression, with older students presenting more depression, stress and PTSD, and females presenting more anxiety, stress, depression and PTSD. A positive correlation between anxiety and depression among individuals revealing PTSD was found (R Pearson between 0.292 and 0.405). LASC presents good alphas (0.93 and 0.98 for 43 and 17 items versions) but exploratory factorial analysis shows, like the original version, a concentration on the first factor, not well discriminating the symptoms of intrusion, avoidance and hyperarousal.

Conclusion: Despite adequate psychometric properties of LASC, more data are need to adapt this scale, since it can be useful to identify early symptoms of PTSD, that tend to increase due society tragic incidents such as violence scenarios, road accidents, drug crimes, etc. Online LASC format will allow to better identifying PTSD and regular evaluation using new health technologies.

References

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