

tended the CBT program. We tested the extent of adherence to self-imposed rules and severity of kleptomania twice (before and after the program).

Regarding the severity of kleptomania, scores on Kleptomania Symptom Assessment Scale significantly decreased ($t(7) = 6.98, p < .01$) after the program. Score on Distress Tolerance Scale as extent of adherence to self-imposed rules significantly decreased ($t(7) = 3.01, p < .05$). Additionally, regarding quality of life (QOL), scores on SRS-18 as a measure of short-term QOL significantly decreased ($t(7) = 2.82, p < .05$), but those on GHQ28 and SDISS as a measure of long-term QOL did not. Improvement of distress tolerance suggested that CBT with mindfulness is effective for reducing adherence to self-imposed rules. Moreover, it is assumed that improvement of long-term QOL was necessary to directly treat complications in kleptomania for improving daily distress.

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Exploring the Test of Mobile Phone Dependence psychometric properties in Portuguese Population

Paulo Dias^{1}, Paulo César Dias², Mariano Chóliz³*

¹Catholic University of Portugal

²Universidade Católica Portuguesa

³Universidad de Valencia

pcdias@braga.ucp.pt

Mobile phones are indispensable in our daily life. Although their original function was to allow people to connect with each other, currently they allow us to have access to information, to involve in social networks, to pay services, to play games, etc. Additionally, research has suggested that most of the users tend to make an appropriate use of this technology, but many of them present an excessive use. In this paper, we investigate the psychometric properties of the Test of Mobile Phone Dependence, a measure developed by Chóliz (2012), in accordance with the dependence criteria of the Diagnostic and Statistical Manual for Mental Disorders-Fourth Edition-Text Revised (DSM-IV-TR; American Psychiatric Association, 2000). Data was collected in a sample of 907 Portuguese adolescents and adults, aged 12 to 25 years old. Results of the exploratory factor analysis, with promax rotation, suggest an adequate structure of the measure with a four factor structure - abstinence, excessive or problematic use, consequences of mobile use, tolerance and lack of control – with loadings higher than .4. Reliability of the measure was high, with Cronbach alphas ranging between .754 and .888. Gender differences were found. These data allow us to recommend TDM use in Portuguese population.