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Introdução: Sustentando o modelo transdiagnóstico da disregulação emocional (Hofmann et al., 2012), em amostras clínicas, os estilos afetivos e as dificuldades de regulação emocional são preditoras de psicopatologia (Totzeck et al., 2018). **Objetivos:** Avaliámos a influência destes dois grupos de fatores nos níveis de psicopatologia numa amostra comunitária, considerando separadamente a sintomatologia depressiva, ansiosa e de stresse. **Métodos:** Estudo observacional e transversal, com 278 adultos portugueses (80,22%, mulheres), com uma idade média de 39 anos. O protocolo, disponibilizado online, incluiu um questionário sociodemográfico, o Questionário de Estilos Afetivos (Hofmann & Kashdan, 2010), a Escala de Dificuldades de Regulação Emocional (Coutinho et al., 2010) e as Escalas de Ansiedade, Depressão e Stresse (Pais-Ribeiro et al., 2004). **Resultados:** Foi realizada uma regressão linear múltipla. Para a depressão, os preditores foram, além da escolaridade ($\beta = -0,10$; $p = 0,020$), diversas dificuldades de regulação emocional: acesso limitado a estratégias ($\beta = 0,55$; $p \leq 0,001$), não aceitação de respostas emocionais ($\beta = 0,22$; $p = 0,001$), dificuldades no controlo de impulsos ($\beta = -0,17$; $p = 0,007$), dificuldades de agir de acordo com os objetivos ($\beta = -0,13$; $p = 0,039$). Para a ansiedade, os preditores incluíram o estilo afetivo Tolerar ($\beta = -0,13$; $p = 0,018$) e o acesso limitado a estratégias de regulação emocional ($\beta = 0,52$; $p \leq 0,001$). Para o stresse, os preditores foram o estilo afetivo Conter ($\beta = 0,13$; $p = 0,033$) e duas dificuldades de regulação emocional: acesso limitado a estratégias ($\beta = 0,22$; $p = 0,021$) e não aceitação das respostas emocionais ($\beta = 0,21$; $p = 0,004$). **Conclusões:** O acesso limitado a estratégias de regulação emocional é um preditor positivo comum à depressão, ansiedade e stresse. Os estilos afetivos podem ter um papel prejudicial ou benéfico na psicopatologia.

Keywords: Regulação emocional, Stresse, estilos afetivos, ansiedade, depressão.

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Effect of exercise order on number of repetitions and rate of perceived effort in trained men

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Background: When a stimulus, as in the case of resistance training (RT), is applied to the muscle, it adapts. Among the adaptations that can be modulated through the manipulation of the training variables, the order of the exercises is highlighted in this study. The order of the exercises refers to the sequence of performing the exercises during a training session (Vanni, Tibana, Aguiar, Nascimento, Santana, & Balsamo, 2011; Gentil, Oliveira, Júnior, Carmo & Bottaro, 2007). Evidence shows that this order can affect the number of repetitions, the total training volume (TTV) and ratings of perceived exertion (RPE) (Gil, Roschel, Batista, Ugrinowitsch, Tricoli & Barroso, 2011). **Objectives:** The aim of this study was to observe the effect of different orders of resistance exercises for lower limbs in the number of repetitions, TTV and RPE. **Methods:** The sample consisted of twelve trained men in RT (age: 24.22 ± 2.44 years, body mass: 75.2 ± 8.8 kg; height: 1.79 ± 0.07 m). The protocol consisted of five sessions separated by at least 48 hours. Day 1 - presentation of research. Days 2 and 3 - test and re-test load corresponding of one repetitions maximum (1RM). Days 4 and 5 - implementation of randomized training protocols characterized by two inverted order with respect to the size of the muscle group. Consisting of three sets and the maximum repetition to the load of 80% 1RM and two minutes recovery between sets and exercises. Leg Press (LP), Leg Curl (LC) and Leg Extension (LE) in different orders (PCE & ECP). **Results:** The number of repetition in LP and LE decreased when done at the end of the session, regardless of starting with a compound or more isolated exercise. The repetition performed in LP were similar in both orders. The RPE was higher in the exercise performed at the end of the session. The TTV did not show significant differences in the two orders. **Conclusions:** We conclude that starting the session with a compound exercise, or a more isolated exercise, does not affect the total number of repetitions, TTV or RPE. Coaches and sports training specialists should use the RT following a sequence that meets the needs and goals of each practitioner.

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Keywords: Muscle strength, perceived exertion, resistance training, physical exercise

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Atividade Antioxidante de espécies de Euphorbia

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Introdução: As plantas constituem importantes fontes de compostos bioativos, com uma grande variedade de atividades biológicas [1]. Quando sujeitas a stress, as células produzem espécies reativas de oxigénio que podem causar danos para a saúde humana, estando associadas a doenças cardiovasculares, neurodegenerativas e cancro [2]. Destacam-se atualmente os compostos com potencial antioxidante, associados ao tratamento e prevenção de doenças. Muitas espécies da família das Euphorbiaceae têm sido utilizadas como medicina tradicional nos países do mediterrâneo [3], incluindo Portugal. **Objetivos:** O trabalho tem como objetivo avaliar a capacidade antioxidante de dois extratos metanólicos de espécies do género *Euphorbia* (*E. paralias* e *E. hirsuta*). **Métodos:** Recorreu-se à maceração das partes aéreas secas das plantas, em metanol (80:20 V/V), proporção 1/10 (m/V), por 48h à temperatura ambiente e escuro. O rendimento da extração, o teor total de compostos fenólicos (método de Folin-Ciocalteu) e a atividade antioxidante dos extratos (ensaio do radical DPPH e quelação do ferro) foram determinados. Resultados: Obteve-se um rendimento de extração superior na espécie *E. paralias* (8,1%) face à *E. hirsuta* (6,7%). No ensaio de quelação do ferro, a espécie *E. paralias* obteve o valor mais baixo de IC₅₀ (49,6 ± 2,9 µg/mL). No entanto, no ensaio do radical DPPH, a planta com melhor potencial antioxidante foi a *E. hirsuta* (IC₅₀ = 14,9 ± 1,0 µg/mL), face a um IC₅₀ de 43,0 ± 4,2 µg/mL para a *E. paralias*. O teor total de compostos fenólicos foi superior para a *E. paralias* (293,37 ± 20,25 mg de equivalentes de ácido gálico/g) face à *E. hirsuta* (21,24 ± 1,01 mg de equivalentes de ácido gálico/g). **Conclusão:** Face aos valores encontrados, as plantas parecem ter potencial antioxidante, no entanto mais ensaios são necessários para confirmar os resultados e associar os compostos ativos presentes nos extratos aos resultados encontrados.

Keywords: *antioxidant activity, phenolic content, E.paralias, E.hirsuta, iron chelating activity, DPPH scavenging*

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Relationship between causes of death in Portugal and quality of life

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Background: The causes of death and the quality of life are often interconnected, and it is difficult to understand, in this context, what is the cause and what is the consequence. That is, it is the quality of life that influences the causes of death, or it is the causes of death that determines the quality of life. **Objectives:** In this perspective, the objective of this paper was to evaluate, first, the existence of correlation between the main causes of death in

Portugal and the quality of life (proxies as the purchasing power per capita, for example, were considered). Subsequently, it was intended to evaluate which of the dimension is the cause and what is the consequence and finally the relationship between these two dimensions was identified through panel data methodologies following the procedures proposed by Stata (2020). **Methods:** Pearson and Spearman's correlation coefficients were considered as methodology and regressions were performed (including with spatial lag and spatial error effects). Spatial lag effects come from values verified in neighboring spatial units for the variable being analyzed, and spatial error effects are random and come from neighboring spatial units as well. INE (2020) data were considered for Portuguese municipalities (for the year 2017) and dados.gov (2020) shapefile files. These shapefile files were worked with QGIS (2020). **Results:** The results showed the existence of relevant levels of correlation between the main causes of death and the quality of life. On the other hand, causality relations depend on several factors and, finally, the regression model allowed to quantify the relations between these two dimensions. **Conclusions:** The results obtained can be an interesting basis for the various stakeholders, namely to help policymakers design public policies that can always be readjusted.

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Keywords: *Panel data, Regressions, Purchasing power parity per capita*

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Sexual knowledge and attitudes and sexual risk behaviors among college students

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Background: Several factors, including sexual knowledge and attitudes, influence sexual behaviors among college students. Scientific research in this area suggests that positive information and attitudes regarding condom use and sexually transmitted infections (STI) have a strong association with protective behaviors (Amare, Yeneabat, & Amare, 2019; Farih, Freeth, Khan, & Meads, 2015; Marston & King, 2006; Santos, Ferreira, & Ferreira, 2016; SaraçoGlu, Erdem, DoGan, & Tokuç, 2014). **Objectives:** This study aimed to analyze knowledge and attitudes about STI and attitudes towards condom use. **Methods:** This a cross-sectional study with a representative sample of college students ($n = 840$) in one university in Portugal. A validated self-reported questionnaire was administered to a proportional stratified random sample of students by year of study during the academic year of 2018/2019. A previously validated self-reported questionnaire was applied to measure the sexual risk behaviors,