Conclusions The Portuguese version of RAFS has good reliability and construct validity. It could be very useful both in clinical and research contexts, namely in an ongoing project on the relationship between regret, personality and psychological distress.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EW482

Validation of the Depression, Anxiety and Stress Scale–DASS-21 in a community sample of Portuguese pregnant women

S. Xavier [1,*], E. Bento [1], J. Azevedo [1], M. Marques [1], M.J. Soares [1], V. Freitas [1], D. Mota [2], A. Macedo [1], A.T. Pereira [1]

[1] *Faculty of medicine - university of Coimbra, psychological medicine, Coimbra, Portugal*
[2] *Coimbra hospital and university centre- Portugal, psychiatry, Coimbra, Portugal*
* *Corresponding author.*

Introduction The Depressive Anxiety and Stress Scale (DASS-21; Antony et al., 1998) had been widely used to measure psychological distress among clinical and non-clinical populations, including in Portugal (Pais-Ribeiro et al., 2004). Although DASS-21 has been considered useful to evaluate psychological distress in the perinatal period, studies reporting on its psychometrics are scarce (Brunton et al., 2015).

Objective To investigate the psychometric properties of the DASS-21 in a Portuguese sample of pregnant women.

Methods Four hundred and twenty-seven pregnant women (mean age: 32.56 ± 4.785 years) in their second trimester of pregnancy (17.34 ± 4.790 weeks of gestation) completed the Portuguese versions of DASS-21 and of Postpartum Depression Screening Scale (PDSS-24; Pereira et al., 2013).

Results The DASS-21 Cronbach's alpha was "very good" (a = 0.92). Following the Kaiser and the Cattel Scree Plot criteria, two factorial structures were explored. Three factors structure (explained variance/EV = 57.18%): F1-stress (included 8 items; $\alpha = 0.89$); F2-Anxiety (7 items; $\alpha = 0.79$); F3-Depression (6 items; $\alpha = 0.82$). In the two factors structure (EV = 50.96), the Stress and Anxiety items load in the same factor (F1: 15 items; $\alpha = 0.91$) and the F2 is composed of the Depression items (F2: 6 items; $\alpha = 0.82$). Pearson correlations between DASS-21 total and dimensional scores and the PDSS-24 scores were all significant, positive and moderate to high (@.50).

Conclusions The Portuguese version of DASS-21 has good reliability, construct and concurrent validity when used with pregnant women. Its factorial structure significantly overlaps with the original, with only one item loading in another factor. DASS-21 could be very useful in diverse settings in the perinatal period.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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Portuguese validation of the Version of the Regret Scale

D. Borges [1], A.T. Pereira [2,*], J. Borges [1], A.S. Cabral [3], S. Xavier [2], A. Macedo [2]

[1] *University of Coimbra, faculty of medicine, Coimbra, Portugal*
[2] *Faculty of medicine - university of Coimbra, psychological medicine, Coimbra, Portugal*
[3] *Coimbra hospital and university centre, Coimbra hospital and university centre, Coimbra, Portugal*
* *Corresponding author.*

Introduction Regret is defined as an aversive negative emotion associated to specific cognitive contents, felt when we consider that our current situation could be better, if we had taken a different decision (Zeelenberg and Pieters 1997). Regret Scale/RS corresponds to the regret-trait dimension of Regret and Maximization Scale developed by Schwartz et al. (2002).

Objective To investigate the psychometric properties of the RS Portuguese version.

Methods A community sample composed of 108 university students and 79 employees (78.1% females; mean age = 33.16 ± 13.175; range: 17-62) answered the Portuguese preliminary versions of the RS and Bedtime Counterfactual Processing Questionnaire (BCPQ) and also the Profile of Mood States to evaluate Negative Affect/NA. To study the temporal stability, 31 participants (83.9% females; mean age = 26.54 ± 18.761) answered the RAFS again after 6 weeks.

Results The EA Cronbach alpha was "very good" (a = 0.72). All the items contributed to the internal consistency. The test-retest correlation coefficient was high, positive and significant (0.72; $P < 0.001$). Following Kaiser and Cattel Scree Plot criteria, only one factor was extracted, meaning that the scale is unidimensional. Pearson correlations of EA and BCPQ2 and NA were significant and high (r@.50).

Conclusions The Portuguese version of RS has good reliability and validity. It could be very useful both in clinical and research contexts, namely in an ongoing project on the relationship between regret, personality and psychological distress.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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Bedtime Counterfactual Processing Questionnaire (BCPQ): Validation of the Portuguese version

J. Borges [1], D. Borges [1], A.T. Pereira [2,*], A.S. Cabral [3], J. Azevedo [2], A. Macedo [2]

[1] *University of Coimbra, faculty of medicine, Coimbra, Portugal*
[2] *Faculty of medicine - university of Coimbra, psychological medicine, Coimbra, Portugal*
[3] *Coimbra hospital and university centre, Coimbra, Portugal*
* *Corresponding author.*

Introduction Counterfactual thinking is a set of mental representations of alternatives to the past actions. When it focuses on personal decisions, the emotion that results is regret, which has important implications for psychological distress (Borges et al., 2015). The Bedtime Counterfactual Processing Questionnaire (BCPQ; Schmidt and Linden, 2009) was developed to assess the frequency of regret-related counterfactual thoughts during the pre-sleep period.

Objective To investigate the psychometric properties of the BCPQ (extended version) Portuguese version.

Methods A community sample composed of 108 university students and 79 employees (78.1% females; mean age = 33.16 ± 13.175; range: 17-62) answered the Portuguese preliminary versions of the BCPQ and Regret Scale (Schwartz et al., 2002). To study the temporal stability, 31 participants (83.9% females; mean age = 26.54 ± 18.761) answered the BCPQ again after 6 weeks.

Results The BCPQ2 Cronbach alpha was "very good" (a = 0.81). All the items contributed to the internal consistency. The test-retest correlation coefficient was high, positive and significant (0.78; $P = 0.05$); there was not significant difference between test and re-test scores [29.87 ± 5.309 vs. 30.13 ± 5.353, t (30) = -0.204, $P = 0.840$]. Following the Kaiser and the Cattel's Scree Plot criteria, two meaningful factors were extracted which explained variance (EV) was of 65.06%: F1 Regret (EV 43.17%; a = 0.88), F2 low pride