

have broader implications for understanding of health decision-making. They suggest that, when definitive medical answers are unavailable, the propensity exists for a self-managed approach to health, seen here in elimination of suspect foods and self-administration of unregulated or natural medications. We discuss the possible role of simple heuristics in decisions by health-motivated individuals and the potential for paradoxical increases in risk of nutritional deficiencies or delayed diagnosis and treatment of any underlying medical conditions. We also consider theoretical implications of self-management of health for individuals' receptiveness to public health interventions.

CORRESPONDING AUTHOR: Prof. P. Mohr, University of Adelaide, Australia, philip.mohr@adelaide.edu.au

P537

PSYCHOSOCIAL PREDICTORS OF EXCLUSIVE BREASTFEEDING DURATION TO SIX MONTHS POSTPARTUM

E. De Jager, J. Broadbent, M. Fuller-Tyszkiewicz, C. Nagle, S. McPhie, H. Skouteris
Deakin University, MELBOURNE, Australia

Introduction. The World Health Organization recommends that for optimal growth and development, all infants worldwide should be exclusively breastfed for the first six months of life. Previously, studies have shown that psychosocial factors such as self-efficacy are important for a woman's ability to maintain exclusive breastfeeding. However to date, there has been limited research examining these factors, specifically for exclusive breastfeeding and for a duration beyond three months postpartum.

Method. In this longitudinal study, 125 pregnant women completed questionnaires at three time points; 32 weeks pregnancy, two and six months postpartum. The questionnaire measured psychosocial variables such as breastfeeding self-efficacy, body attitude, psychological adjustment, attitude towards pregnancy, intention, confidence and motivation to exclusively breastfeed and importance of exclusive breastfeeding. Exclusive breastfeeding behaviour up to six months postpartum was also measured.

Results. The results of the path analyses showed that at 32 weeks gestation a woman's confidence to achieve exclusive breastfeeding was a direct predictor of exclusive breastfeeding duration to six months. At two months postpartum, psychological adjustment and breastfeeding self-efficacy were predictive of exclusive breastfeeding duration. Finally, at six months postpartum, psychological adjustment, breastfeeding self-efficacy, confidence to maintain and feeling fat were directly predictive of exclusive breastfeeding duration.

Conclusion. Psychosocial factors self-efficacy, psychological adjustment, body image, motivation and confidence are important psychosocial factors for the maintenance of exclusive breastfeeding to six months. Therefore, antenatal breastfeeding education and postpartum support may be strengthened by strategies that build a woman's confidence to exclusively breastfeed.

CORRESPONDING AUTHOR: Miss E. De Jager, Deakin University, Australia, edejager@deakin.edu.au

P538

INCIDENTAL SUN EXPOSURE: USING THE PROTOTYPE-WILLINGNESS (PW) MODEL TO EXPLAIN THE UNEXPLORED

K. Morris, A.L. Swinbourne, S.L. Harrison
James Cook University, TOWNSVILLE, Australia

Introduction: Compared to deliberate tanning and sun protection, the psychosocial factors surrounding incidental sun exposure are relatively unexplored. Unlike other sun-related behaviours, incidental sun exposure is not reasoned or planned thus novel theoretical frameworks are required for its exploration. The current study aimed to determine whether the Prototype Willingness (PW) model provides a useful framework for the

investigation of incidental sun exposure. **Method:** An experimental 1-factor design with three levels aimed to manipulate the favourability of the incidental exposer prototype. Community participants ($n = 96$) were exposed to either a positively or negatively framed fabricated newspaper article about the prototypical person who incidentally exposes themselves to the sun. Those in the control condition read an article about an unrelated health behaviour. Participants also responded to items assessing PW model variables and sun-related behaviour. Skin reflectance spectrophotometry was used to measure skin colour at point of recruitment and again at approximately 1-month follow up. **Results:** Preliminary findings after wave 1 recruitment suggest that the manipulation was effective. Within-group differences were detected for prototype favourability ratings. **Conclusions:** Current findings suggest that the PW model, particularly the social reactive pathway provides a useful framework for the exploration of incidental sun exposure behaviour.

CORRESPONDING AUTHOR: Ms K. Morris, James Cook University, Australia, kayla.morris@my.jcu.edu.au

P539

LONG-TERM EFFECT OF MUSICAL DISTRACTION ON DENTAL ANXIETY IN CHILDREN AND DENTAL CHAIR BEHAVIOR

P.E. Espinoza¹, A. Herrera², M. Rios², P. Barahona², Y. Molina², P. Cadenasso³, V. Zambrano¹, G. Rojas²

¹Universidad de Chile, SANTIAGO DE CHILE, Chile

²Behavioral science area, Faculty of Dentistry, Universidad de Chile, SANTIAGO DE CHILE, Chile

³Alfonso Leng Dental Care Center, SANTIAGO DE CHILE, Chile

⁴Recreo Care Center, SANTIAGO DE CHILE, Chile

Introduction: Patient's behavior is primordial in the development and prevention of oral diseases. Dental anxiety is a multifactorial process that can be a barrier to receive care. Researchers support that musical distraction could be an effective mechanism on dental anxiety and pain reduction. The goal of this research was to study the long-term effect of musical distraction on dental anxiety and dental chair behavior in children from Santiago, Chile.

Method: 109, 6 year-old participants, were randomized into two groups: the experimental group received standard dental care with musical distraction and the control group received only standard dental care. FIS scale was used for the measurement of dental anxiety; while Frankl Behavior Scale was used for dental chair behavior. Measurements were taken at baseline, end of treatment and six months later. Analysis was performed using Mann-Whitney U test.

Results: In General children presented low level of dental anxiety. There is no effect of musical distraction on child dental anxiety neither at the end of the treatment ($N = 109$; $U = 1475$; $p = 0.949$) nor six months later ($N = 77$; $U = 701$; $p = 0.638$). There is no effect of musical distraction on child behavior in dental chair neither at the end of the treatment ($N = 109$; $U = 654$; $p = 0.506$) nor six months later ($N = 77$; $U = 654$; $p = 0.506$).

Conclusions: Musical distraction is not an effective method for dental anxiety management in children with low level of dental anxiety.

CORRESPONDING AUTHOR: Dentist P.E. Espinoza, Universidad de Chile, Chile, paulinaespinoza88@gmail.com

P540

THE PREDICTIVE VALUE OF MINDFULNESS AND SELF-COMPASSION FOR PSYCHOLOGICAL WELL-BEING OVER ONE YEAR TIME

A. López Angarita, R. Sanderman, M.J. Schroevers

University Medical Center Groningen, GRONINGEN, Nederland

Introduction: The benefits of mindfulness and self-compassion for psychological well-being are increasingly being examined, in observational as well as intervention studies. Prior research, mainly cross-sectional,