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Coordination by:
Gustavo Desouzar



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This book contains information obtained from authentic and highly regarded sources. This is an edition made for publication of the works resulting from the ICHWBI2021 which are available on Congress website, where the reader will find a significant heterogeneity. Abstracts are ongoing or completed project-based research papers submitted by researchers from various academic degrees. This diversity is also found in the authors' scientific areas, reflecting on the variety of research themes presented at the Congress itself.

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Based on ICHWBI2021 abstracts that are available at

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variável categórica risco/sem risco. Efetuou-se ainda uma regressão logística baseada no R quadrado de Nagelkerke para análise do risco de desenvolver patologia do comportamento alimentar por sexo. **Resultados:** A frequência de casos de risco na amostra é relativamente baixa (4,47%), sendo os adolescentes com atividade física elevada os que apresentam maior frequência de casos de risco de desenvolver patologia do comportamento alimentar ($r_{SP}=,181$, $p<,001$), a correlação verifica-se sobretudo para a dimensão “comportamentos bulímicos” ($r_{SP}=,188$, $p<,001$). Comparando os sexos, as raparigas apresentam atividade física mais reduzida ($\chi_{(2)}^2=28,2$, $p<,001$) mas um risco maior de desenvolver patologia do comportamento alimentar ($t=3,54$; $p<,0001$; $OR=4,04$; $R^2_{NK}=,053$). Este risco, apresenta correlação significativa com a dimensão “motivação para a magreza” ($t=5,98$; $p<,001$). **Conclusões:** O maior risco de desenvolver uma patologia do comportamento alimentar, associa-se a uma prática mais acentuada de atividade física e apresenta maior prevalência no sexo feminino. As diferenças encontradas entre os géneros, podem justificar intervenções diferenciadas nomeadamente no que respeita a trabalhar a autoimagem.

Palavras-chave: *adolescentes, atividade física, distúrbios, comportamento alimentar, atitudes*

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O impacto da COVID-19 na frequência dos contextos festivos e no consumo de substâncias psicoativas em jovens da região de Viseu

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INTRODUÇÃO: A COVID-19 introduziu mudanças profundas na forma como as pessoas se relacionam, em virtude de fenómenos como o isolamento e o distanciamento social (Magalhães, Lopes e Silva, 2020), os quais podem ter influência na alteração dos hábitos e nas práticas de consumo de substâncias psicoativas (SPA's). Com efeito, esta pandemia trouxe novos desafios aos utilizadores de SPA's ilícitas, como a diminuição do acesso a estas substâncias, alterações na sua distribuição e nos preços de venda (EMCDDA, 2020). Por outro lado, os mercados online e parecem estar a desempenhar um papel mais proeminente no fornecimento de SPA's, sendo possível que estas alterações se venham a manter no futuro (EMCDDA, 2020). O aumento dos níveis de stress e ansiedade também pode despoletar um acréscimo do consumo de SPA's, numa tentativa de gerir toda a carga emocional negativa associada a este fenómeno, como realçam Hamilton e Stevens (2020). O contexto pandémico e as medidas de isolamento social também podem ter tido impacto ao nível do setting de consumo, mudando do ambiente social e na companhia de amigos, para o consumo em casa e solitário ou até em happy hours e raves vituais (Palamar e Acosta, 2020).

Objetivos: Com este estudo exploratório de abordagem qualitativa, pretendeu-se compreender e caracterizar o fenómeno do consumo de substâncias psicoativas e frequências dos contextos festivos em Viseu durante a COVID-19, e se apresentou diferenças em relação ao período anterior à pandemia. **Métodos:** Para tal, procedeu-se à recolha de dados através de um questionário online construído com o software LimeSurvey, realizado a indivíduos com idade igual ou superior a 18, residentes na região de Viseu, utilizadores de SPA's lícitas ou ilícitas e/ou frequentadores de contextos festivos. **Resultados:** A partir da análise dos dados preliminares foi possível perceber que 50% dos indivíduos considera não ter alterado o seu consumo e 35,7% afirma ter alterado. Estes últimos assinalaram como principais alterações a diminuição ou o aumento do consumo de SPA'S, sendo que a diminuição surge mais nas SPA's associadas aos contextos festivos e o aumento em substâncias como as Benzodiazepinas. **Conclusões:** Foi possível detetar também o início do consumo de algumas SPA's durante a pandemia Covid-19.

Keywords: *COVID-19; jovens; contextos festivos; consumo de SPA's; Viseu*

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Alternatives to the traditional backpack: a scope review about proposal models

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BACKGROUND: The backpack, when used correctly, is the healthiest and most frequent way of transporting material, by schoolchildren. However, represents a considerable external perturbation that can lead to postural changes. **Objectives:** To identify and synthesize which changes have been proposed to the

traditional backpack, in order to minimize the impact of the side effects of its use. **Methods:** This scope review was performed according to the Preferred Reporting Items for Systematic Reviews and Meta-analysis extension for Scoping Reviews guidelines. The MedLine®, PubMed®, PEDro and Science Direct databases were consulted concerning the Population, Concept and Context strategy, in English and Portuguese, from 1st January, 2000 to 25th June, 2020. A manual search was also carried out to cover a larger number of studies. Systematic reviews and meta-analyses, conference proceedings and technical reports were excluded. All articles were submitted to three levels of screening by three reviewers, and the disagreements were resolved through a fourth reviewer whenever necessary. Finally, a table of results was constructed that included the main characteristics of each of the articles under analysis. **Results:** 5 articles met the eligibility criteria proposed in this review. Only one study showed modifications to the traditional backpack, while the rest developed new models of school backpack (n = 4). Among the main changes proposed to the traditional backpack, there is an attempt to improve the distribution of the load inside, as well as an adjustment of its dimensions to the anthropometric characteristics of the user. It should be noted the importance given to an approach centered on the preferences of children and young people, as well as their usability. **Conclusions:** A new approach to this long-lasting problem requires a new vision for the backpack, so we should look to it as part of the solution instead of part of the problem.

Keywords: *Backpack, School Age, Prototypes*

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Backpack weight and load distribution: kinetic assessment tools in schoolchildren - scope review

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BACKGROUND: The backpack is the most used mean of transporting school supplies among children and young people, and the weight and distribution of the load, in its inside, is often variable. The adverse consequences, resulting from these parameters, have raised a growing concern on the part of the scientific community, parents and teachers. **Objectives:** To identify the kinetic parameters used to verify the effects of weight and load position, inside the backpack, in school aged children and young people. **Methods:** A literature search was performed, according to the PRISMA Extension for Scoping Reviews guidelines, considering the Population, Concept and Context strategy, in the electronic databases MedLine®, PubMed®, PEDro and Science Direct. Articles published between 1st January 2000 and 9th June 2020, in Portuguese and English, without restriction of geographical area, were included. The aim population was children and youth between 6 and 18 years of age, using a backpack as a mean of transporting school supplies. Systematic reviews and meta-analyses, conference proceedings, theses, technical reports and studies whose participants had neuro-musculoskeletal conditions were excluded. The general characteristics extracted from the units of analysis were recorded in a table of results. **Results:** 14 articles were considered for final analysis, in which 1 analyzed the position of the load inside the backpack and the rest (n=13) on the effects of the backpack's weight. Of the total considered (n=14), the kinetic parameters identified in the different studies were the ground forces reaction (n=10) and muscle activity (n=4). **Conclusions:** The kinetic parameters considered to verify the effect of the weight and the position of the load inside the backpack were, mainly, on upper and lower trapezius, spinal erector and rectus abdominus muscle activity, as well as the ground forces reaction, in different functional tasks.

Keywords: *Children, Backpack, Kinetics, Load Position, Backpack Weight*

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Carrying backpack: motor tasks and kinematic assessment tools on schoolchildren - scope review

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