## Knowlegde of Cervical Posture Using Smartphone

### *Conhecimento da Postura Cervical usando Smartphone*

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**Introduction:** In today's world, we are facing a society dependent on technologies, more specifically smartphones. The repeated movements and the bad posture alongside its excessive usage promote discomfort and musculoskeletal malfunctions.
**Objective:** Firstly, evaluate the individual's knowledge about the cervical posture when using the smartphone, secondly, understand if there is any association between posture and the discomfort felt within the users and, finally, understand what is the self-awareness of the individuals regarding the posture they use, and what do they consider as correct.
**Methodology:** There was an observational analytical transversal study with 318 students and it was applied to all a questionnaire to characterize the sample with questions related to students' knowledge about cervical posture. After the data was collected, it was analyzed and processed through the software IBM SPSS 25.0, with a significance level of 0,05.
**Results:** It was verified that 52 individuals have knowledge about the best cervical posture to adopt while using the phone, and they indeed adopt it. It was as well understood that there was an association between having knowledge and adopting good cervical posture and having less discomfort, however not statistically significate (p=0,079). This association was kept in the protective sense, but was statistically significant when adjusted for age, body mass index and schooling (OR=0,47; IC 95%: 0,22-0,97).
**Conclusion:** The individuals with the knowledge about good posture and indeed adopt it while using their phones, reveal a tendency to have less discomfort than the others. This association remained regardless the age, body mass index and schooling of the individuals.

**Key-words:** Discomfort, Information, Self Perception, Text Neck

## Lifestyle Perception: Higher Education Students From Portugal and Brazil

### *Percepção do Estilo de Vida: Estudantes de Ensino Superior de Portugal e Brasil*

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**Introduction:** Lifestyle has an important role in promoting and protecting health. In order to implement health promotion / education strategies and taking into account that the transition in academic life of young people, from secondary to higher education, it is required research about their behaviors and lifestyle. This study aims to characterize the lifestyle of students of the Polythecnic of Guarda, Portugal, and of the Universities Estácio de Sá and Federal Fluminense, Brazil.
**Methods:** An exploratory, descriptive, cross-sectional, quantitative study was carried out. The "Fantastic Lifestyle" questionnaire was used, which was distributed to two communities of higher education students, one in Portugal and the other in Brazil, by e-mail.