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Book of Abstracts of the
3rd International Congress of Health and Well-being Intervention

Health, Well-being and Sustainable Development (ICHWBI 2023)



Coordination by:
Gustavo Desouzar

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<https://healthwellbeingcongress.ipiaget.org/pt-pt/abstracts>

Best regards
Gustavo Desouzart

Keywords: Frailty, Social Isolation, Older Adults, Accelerometry, Pets

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IMPACTO PSICOLÓGICO DA PANDEMIA DE COVID-19 EM ESTUDANTES UNIVERSITÁRIOS

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Introdução: A pandemia por Covid-19 causou desafios para a saúde mental da população em geral e muito em particular dos estudantes universitários. **Objetivos:** descrever o estado da arte sobre o impacto da pandemia na saúde mental de estudantes universitários. **Métodos:** a revisão sistemática seguiu o protocolo publicado no *Inplasy* (N. 202310006). A pesquisa realizou-se na PubMed, Psychinfo e Web of Science, com a conjugação dos termos: Covid-19, Sars-Cov-2, *university student*, *higher education*, *mental health* e *psychological impacts*, publicados nos últimos 3 anos (2019 a 2022) em português, inglês ou espanhol. **Resultados:** A busca resultou em 1229 artigos: 227 disponíveis em *free full text*. Após seleção de acordo com a metodologia PRISMA considerou-se a pertinência de 18 artigos científicos. Os estudos incluídos foram publicados entre o ano de 2020 e 2022, fornecendo uma visão abrangente dos efeitos da pandemia na saúde mental dos estudantes universitários, foram principalmente estudos transversais e longitudinais, sendo que a maioria foram conduzidos nos EUA. **Conclusão:** As medidas de prevenção da propagação da pandemia parece ter tido um impacto negativo no bem-estar psicológico dos estudantes universitários, nomeadamente ansiedade, depressão, alterações do sono e dificuldades financeiras, comportamentos de dependência tais como o uso excessivo da internet e o consumo de álcool (Yang et al., 2022; Huang et al., 2022). Como implicações para a prática sugerimos a implementação de intervenções psicológicas, que devem ser amplamente disponibilizadas e promovidas proactivamente, como meio de minimizar os impactos negativos de situações adversas como situações pandémicas ou de elevado stress.

Palavras-chave: Covid-19, impacto psicológico, estudantes universitários, bem-estar

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PREVALÊNCIA DE LESÕES MÚSCULO-ESQUELÉTICAS EM JOGADORES DE TÊNIS DE MESA PORTUGUESES E FRANCESES: ASSOCIAÇÃO COM FATORES DE RISCO

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Introdução: O ténis de mesa é praticado por mais de 260 milhões de pessoas, sendo considerado um desporto com um risco elevado de lesões, devido à sua unilateralidade, à velocidade e repetição dos movimentos. Apesar da crescente popularidade são escassos os estudos nesta área. **Objetivo:** Determinar a prevalência de lesões nos jogadores de ténis de mesa portugueses e franceses, e verificar a associação com os fatores de risco. **Métodos:** Estudo observacional analítico transversal, em 162 atletas, tendo sido aplicado um questionário online para recolher dados sociodemográficos, estado de saúde e bem-estar, história médica, prática de ténis de mesa e características das lesões músculoesqueléticas. Foi realizada estatística descritiva e inferencial, com um nível de significância de 0,05. **Resultados:** A amostra foi constituída, maioritariamente, por jogadores franceses (n=103). A maioria dos atletas eram do sexo masculino, com uma média de idades (dp) de 37,53 ± 11,4 anos (atletas portugueses) e 32,15 ± 10,9 anos (atletas franceses). A prevalência de lesões foi de 27,2%, tendo sido as lesões mais comuns identificadas nos ombros (30,6%) em atletas portugueses e nos tornozelos e pés (21,0%) nos atletas franceses. Encontraram-se associações estatisticamente significativas entre a nacionalidade e as lesões (p=0,010) e para os atletas portugueses entre as lesões e o sexo (p=0,048). **Conclusão:** A prevalência das lesões músculo-esqueléticas foi baixa a moderada, sendo superior nos atletas portugueses. Os fatores de risco identificados neste

estudo apenas foram a nacionalidade e nos atletas portugueses o sexo.

Palavras-chave: Desporto, Raquete, Nacionalidade, Movimentos repetidos, Lesões desportivas.

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THE EFFECT OF A BEHAVIOR CHANGE INTERVENTION IN A SUPERVISED HOME-BASED EXERCISE THERAPY PROGRAM ON QUALITY OF LIFE

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Background: Peripheral arterial disease (PAD) causes pain in the lower limbs and impairs walking abilities affecting patients' quality of life (QoL) (Kolh, 2010). Physical exercise is a successful therapeutic measure to reduce claudication pain and increase ambulation ability (Aboyans et al., 2018), with positive effects on QoL (McDermott et al., 2018). **Objectives:** This study analyzes the evolution of QoL in a sample of patients who participated in a 6-month, Home-based Exercise Therapy (HBET) program subjected to a behavioral change and motivational intervention. **Methods:** Sixty patients received a prescription to perform an HBET program for 6 months and were evaluated using the following tests and instruments: Treadmill Test (TT), 6-minute Walk Test (6MWT), Depression Geriatric Scale (DGS), Anxiety Geriatric Scale (AGS), and Vascular Disease-Specific Quality of Life Questionnaire (VascuQoL-6). **Results:** One-way Repeated Measures of Variance showed a significant main effect of time, indicating that there were differences over time with a large effect size in QoL. (Wilks' Lambda=. 54, F(2,58)= .23.95, p<.001; η^2 = .45). QoL at 6 months was predicted by a longer walking distance in the 6MWT and a low level of depressive symptoms at baseline. **Conclusions:** This is the first study showing a positive evolution in the QoL during a 6-month in HBET program. Prescribing an HBET program supported by a behavior change intervention was useful and effective in increasing patients' QoL over a 6-month period, regardless of distances achieved during the program or initial distances at baseline.

Keywords: peripheral arterial disease, walking distance, quality of life.

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OLDER WOMEN PERFORMANCE IN LOWER LIMBS

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Background: Falls are one of the major declining health conditions in older women (Barrett, Noordegraaf, & Morrison, 2018). Besides, the decrease in functional performance, special the strength in lower limbs, seems to be related to the increased frequency of falls in the elderly (Bailey et al., 2018). **Objectives:** The present study aimed to investigate the correlation between velocity and 2 minutes step test in older women. This study included 23 older women physically active (65.83±4.7 years). **Methods:** The subjects were physically active and performed a community multicomponent exercise program 2 times per week. After a familiarization period with both test exercises, each subject was divided into 5 stations and performed each test on different days. For functional and strength performance, each participant performed the 2 minutes step test (Rikli & Jones, 2008). For the velocity test, each participant performed 10 meters of gait speed. The collecting data take into consideration the average of three times for each test and they were performed on different days but with the same supervisor specialized in Sport Science. **Results:** The collected data reported a significant correlation between both tests (p=0.002 and r=0.05). **Conclusions:** The loss of velocity in lower limbs is correlated to the loss of strength. These results are important to the future design of exercise activities for older adults, especially women.

Keywords: older, women, exercise, performance.

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