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and describing the emotions themselves^[2,3]. **OBJECTIVES:** To know the predominance of BES and the strategies of Emotional Regulation **METHODS:** It was carried out a quantitative and exploratory study. The data were gathered in clinical Nutrition practice in the North of Portugal. The Instrument of gathering of data was a sociodemographic and anthropometric questionnaire, Binge Eating Scale (BES)^[4] and the Difficulties in Emotion Regulation Scale (DERS)^[5] both translated and validated for the portuguese population. **RESULTS:** There were gathered 56 questionnaires of which 92,9 % pertaining to feminine type and 7,1 % to the masculine type, with ages understood between 18 and 58 years. By the BMI categorization is noted, that 32,1 % of the participants was presenting *normopeso* (normal weight); 35,7 % was presenting daily pre-obesity; 25,0 % was presenting obesity Degree I, 5,4 % was presenting Obesity Degree II and 1,8 % was presenting Obesity Degree III. Referent to BES, 69,6 % of the sample was presenting without BES, 17,9 % moderated BES and 12,5 % severe BES. In what concerns the descriptive analysis of the instrument DERS, whose variables if they express through a scale of Lickert (1=almost never to 5=almost always). The descriptive analysis reveals the next values for three different powers, respectively: *Lack of Emotional Conscience* (M=3,85; DP=1,25); *Lack of Emotional Clarity* (M=2,72; DP=1,50); continuously, *Difficulties in the Control of Impulses* (M=2,20; DP = 1,42); *Difficulties in Acting of Agreement with the Objectives* (M=2,55; DP = 1,41); *Not acceptance of the Emotional Answers* (x = 232; DP = 1,35); and finally, with the lowest frequency, the *Limited Access to Strategies of Regulation* (x=2,17; DP=1,38). **CONCLUSIONS:** The preliminary data of this study, show that the participants mostly feel a *Lack of Emotional Conscience* and difficulties in emotional management, as well as elevated obesity incidence. Corroborating studies that point that the pleasure obtained through the food ingestion replaces the difficulties and emotional pains.

Keywords: *emotional regulation, binge eating scale, food reward*

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Body Mass Index, Food Behavior and Emotions: Preliminary Data

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BACKGROUND: Studies prove that there is a panoply of food behaviors that unleash the disruption of the food ingesta and,

consequently the increase of the Body Mass Index (BMI). So, they emphasize 3 main factors / behaviors: the extern factors characterized by the stimuli of the environment being an example the smell and the presentation of the food, publicity; the defined food restriction shears ingesta of foods in excess after abstinence periods, in other words, periods of compulsion alternated with periods of food abstinence; the ingestion for emotional hunger, negative emotions and lack of affection take to the ingesta of bigger quantity of foods with the intent of obtaining pleasure and gratuity^[1,2]. **OBJECTIVES:** To characterize the sample according to the BMI and to check the predominance of three powers of the Food Behavior (Emotional Ingestion, Food Restriction, Extern Ingestion) **METHODS:** It was carried out a quantitative and exploratory study. The data were gathered in clinical Nutrition practice in the North of Portugal. The Instrument of gathering of data was a sociodemographic and anthropometric questionnaire and the Dutch Questionnaire of the Behavior Food (DEBQ)^[3] translated and validated for the portuguese population, whose variables if they express through a scale of Lickert (1=never and 5=very frequent). So, there were gathered 56 questionnaires of which 92,9 % pertaining to feminine type and 7,1 % to the masculine type, with ages understood between the 18 and 58 years. **RESULTS:** According to the categorization of the BMI it is noticed that 32,1 % of the participants was presenting *normopeso* (normal weight); 35,7 % was presenting excess weight; 25,0 % was presenting obesity Degree I, 5,4 % was presenting Obesity Degree II and 1,8 % was presenting Obesity Degree III. In what concerns the descriptive analysis of the instrument DEBQ the next values were obtained for three different powers: Food restriction (M=3,39; DP=1,13), Extern Ingestion (M=2,69; DP=1,14), Emotional Ingestion (M=2,40; DP = 1,36). **CONCLUSIONS:** According to the initial sample and the preliminary results of this study, it is possible to check that the participants resort with more frequency to the Food Restriction, following the Extern Ingestion and for last the Emotional Ingestion. Showing the importance of food and emotional re-education in the population, specially in the obese population.

Keywords: *body mass index, food behavior, emotions*

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Well-being between generations: new media contribution

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BACKGROUND: The new media cohabit with the Portuguese families in various settings. The question arises as to whether family intergenerational relationships have been altered by their presence and the way that they affect – or not – these relationships, with repercussions for family well-being, at the level of autonomy and authority in this context. This is caused by

the adults' resistance to the use and mastery of these new media, as opposed to the natural propensity of the younger generation, creating intergenerational imbalances within the family context^[1,2]. We consider well-being taking into account the life cycle, which includes family, personal values and the happiness factor. The passage of time and the way in which the media make it appear pose challenges to the concept of well-being, in this work focused on intergenerational relationships^[1]. **OBJECTIVES:** We intend to present the main domains of affectation of these media in relationships between generations and to identify the repercussions in intergenerational relations. **METHODS:** The research is of a quantitative and qualitative nature, using methodological triangulation^[3]: a survey conducted by interview and by questionnaire. We applied semi-structured interviews to a study group composed of 13 families, whose profile was previously defined according to the following variables: family profile; info-communicational literacy and intergenerational relationships and conflict and family cooperation relationships. We applied questionnaires to a sample consisting of a total of 1902 respondents aged between 6 and 18, attending the different cycles of compulsory schooling in Portugal. **RESULTS:** We found that, within the family setting, the younger ones master the new media and their use, but they are also sensitive to the sharing of this knowledge^[4]. In some family contexts, parental authority, given the unequal index of literacy, has indicated conflicting scenarios and variations in intergenerational flows^[2]. **CONCLUSIONS:** According to the survey responses, we infer that the use of new media is a common practice among school children and young people; Adults tend to seek information so that the technological gap is smaller; the Media in the family context are an unavoidable reality and have an impact on family relationships, regarding communication time. Time, once spent around the fireplace, seems to have turned into an "electronic-fireplace", conditioning the topics of interaction^[5]. Changes in the level of time and quality of intergenerational communication can be envisaged, since parents and children or young people have distinct levels and usages of literacy.

Keywords: *new media; families; well-being; intergenerational relations.*

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Effectiveness of a Job Coaching intervention in the sewing sector of an automobile industry

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BACKGROUND: Job coaching is defined as a work tool that uses concepts of ergonomics, biomechanics and safety at work to teach, on job, the best way to perform a task, to reduce physical hazards. It aims towards a multidisciplinary perspective, and this may include protocols such as active ergonomic principles and behavioral-cognitive therapy using a multidisciplinary team of professionals^[1]. **OBJECTIVE:** to verify the efficacy of a job coaching intervention in the variables associated with the perception of exertion and symptomatology, and in what ways they interact at the psychosocial level (task-worker-labour context), affecting other concepts related to production, such as absenteeism values. **METHODS:** A quasiexperimental study was developed in the context of an automobile sewing industry, with a duration of 4 weeks, in which the impact of a psychoeducational intervention was assessed in two different groups (intervention n=27, control n=28). Evaluation methodology included the assessment of painful body regions, using the *Nordic musculoskeletal Questionnaire*; work physical hazards and perceived exertion using *Strain Index*; pain pressure using digital algometry and absenteeism values were collected before and after the intervention. **RESULTS:** 55 participants completed the study, aged between 19 and 63 years, in a population made up of 98.18% women, there are no significant differences in any sociodemographic variables ($p > 0.05$), including seniority (median = 10 years), daily workload (varying between 8 and 10 hours) and pain presence (median = 6.5 degrees in the VAS - moderate-intense degree). Significant differences between group were only found in perceived exertion ($p < 0.05$) after the intervention. The analysis of psychosocial element assessed with the medium version of *Copenhagen Psychosocial Questionnaire*, demonstrates differences in the "work pace" percentage (26.45%), the "possibilities of development" are under normal values by 13.06% and "labour insecurity" with more 16.51% over the average national values. Finally, concerning the "general health" is below by 30, 58%, "burnout" is over normal values by 32.67 percent, "trouble sleeping" is over by 31.91%. **CONCLUSION:** Results correspond positively to psychosocial models related to perceived social support and trust of employee at work. Psychosocial intervention support is a very important tool to reduce stress in the workplace as the "Job demand – Control – Support" support the concept that individual control mitigates the experience of occupational stress and it is extremely important for the performance of the task to educate on strategies to improve postural control, minimizing musculoskeletal discomfort, which is closely related to the tasks demands^[2,3].

Keywords: *Physiotherapy, Postural training, MSWD, Occupational Health*

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