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and for 2% it is a problem, decreasing quality of life up to psychic diseases. It has been recently proved that tinnitus is related with cortical reorganization. Patients with tinnitus show an altered electroencephalographic (EEG) pattern: less alpha rhythm from temporal lobe and more delta rhythm from frontal lobe, if compared with normal people. In this study we have tried to change the EEG pattern, and so to decrease tinnitus intensity, thanks to a neurofeedback training. We have selected a group of 15 patients with tinnitus of neurophysiologic aetiology. The assessment is made by Tinnitus Handicap Inventory (THI), Visuo Analogical Scales (VAS) and ratio of alpha/delta brain waves rhythms. The training is made by 12 sessions, 3 times per week. Acting on cortical plasticity, neurofeedback training is aimed on reorganization of auditory cortex. Our data show significant difference of the tinnitus intensity judged by patients, with a lower intensity at the end of the training. Comparing score of THI administered at the first session to the score of the THI administered at the last session, the difference results significant. The VAS (intensity, annoyance, effect on life, level of problems due to tinnitus) indicate lower values at the end of the training than at the beginning of it.

## **BODY COMPOSITION AND BODY IMAGE PERCEPTION AND DISSATISFACTION IN PORTUGUESE COLLEGE STUDENTS**

**Elza Alexandra da Silva Pereira, Fernanda Maria Cristino Lacerda, Natacha Rodrigues CabaçaValador, Vera Ferro Lebres**

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**Objective:** To analyze body image perception and dissatisfaction and compare it with real measures of body composition between women college students of different areas of knowledge. **Subjects:** The reported sample included 300 women college students of health, education, technologies and agrarian areas of knowledge.

**Material and Methods:** The anthropometry variables: weight, height, skin folds, circumferences and body mass index, waist-hip ratio, body fat percentage and fat-free mass were compared with reference values.

The body image perception and satisfaction were estimated using Somatomorphic Matrix and Body Shape Questionnaire (BSQ34). Dissatisfaction through body image was calculated on the basis of the difference between actual and ideal measures. T-test and Pearson correlation was used for data analysis. **Results:** The preliminary existent sample is composed of 43 women students with a mean age of 21 years, from the health area. Related with the BSQ34, most of the women are satisfied with their body image ( $n = 40$ ; Mean = 72,71; SD = 19,460; Minimum = 34; Maximum = 108). The dissatisfied women ( $n = 3$ , Mean = 133,79; SD = 7,71; Range = 124-143). The remaining results of BSQ and the measures of body composition are being elapsed. The results will be finished before the congress date.

**Conclusions:** These results constitute a first approach to body image perception and satisfaction in Portuguese students. Recent studies consider the cultural thinness preoccupation, weight prejudice and body image disturbances, mainly a discrepancy between perceived and ideal body image, as extending beyond health risks. It is a determinant of self-esteem and includes perceptual, cognitive and affective elements, which are based partly on the construct of an objective anthropometric representation.

This study could demonstrate that wiser knowledge can be related with better body image perception and could emphasize the importance of public health actions body image perception and satisfaction education in Portuguese women, as a measure for preventing eating and mental disorders.