

Book of Abstracts of the 4th International Congress of Health and Well-Being Intervention - Innovation, Technology and Research (ICHWBI 2025)

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ISBN: 978-989-759-265-2

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Editor: Instituto Piaget CRL.

Edition - January 2026

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Best regards

Gustavo Desouzart

President of 4th ICHWBI

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pode ter condicionado a generalização dos resultados. **Resultados:** Não foram encontradas diferenças estatisticamente significativas entre os níveis de flexibilidade e os hábitos posturais ($p = 0,560$). As meninas apresentaram uma média de flexibilidade significativamente superior à dos meninos ($23,8 \pm 9,4$ cm vs. $18,9 \pm 7,7$ cm; $p = 0,002$), embora com correlação fraca ($\rho = 0,285$). Não se verificaram diferenças significativas entre ciclos escolares ($p = 0,081$). Os testes SRT e SST não apresentaram resultados consistentes entre si ($p = 0,706$), sugerindo que avaliam componentes distintos da flexibilidade corporal. **Conclusões:** A hipótese de que maior flexibilidade se associa a melhores hábitos posturais não foi confirmada, embora essa relação não possa ser completamente descartada devido ao tamanho reduzido da amostra. Verificou-se que o género feminino apresenta, em média, maior flexibilidade. Os testes SRT e SST devem ser utilizados de forma complementar, e não como substitutos. Este estudo destaca a necessidade de mais investigações sobre a relação entre flexibilidade, idade e hábitos posturais em crianças e adolescentes, com amostras maiores e mais representativas, a fim de fundamentar intervenções eficazes em saúde escolar.

Keywords: Flexibilidade; Hábitos posturais; Crianças; Adolescentes; Aptidão física relacionada com a saúde.

Acknowledgements: Agradeço à escola superior de saúde Jean Piaget de viseu pelo apoio prestado ao longo deste trabalho, à instituição de ensino parceira pela colaboração e disponibilidade, e a todos os participantes que, de forma voluntária, contribuíram para a concretização deste estudo.

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PREVENTION OF BURNOUT IN UNIVERSITY STUDENTS: A NARRATIVE LITERATURE REVIEW

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Introduction: Student burnout has emerged as a significant mental health issue in the context of higher education, affecting psychological well-being, academic performance, and students' retention in institutions. Identifying effective preventive strategies is crucial for addressing this phenomenon proactively.

Objectives: This narrative review aims to identify and analyse the key strategies for preventing burnout in university students, exploring evidence-based interventions that promote well-being and reduce the risk of emotional exhaustion. **Methods:** A narrative review of the scientific literature published between 2005 and 2025 was conducted using the PubMed, Scopus, and Web of Science databases. Empirical studies, and systematic reviews, on burnout prevention in university contexts were included. The analysis focused on identifying preventive practices, risk factors, and evidence-based recommendations. **Results:** The most frequently mentioned prevention strategies included programmes to promote socio-emotional skills, mindfulness-based interventions, self-efficacy support, institutional support through tutoring and counselling, as well as initiatives aimed at balancing academic demands with personal life. The effectiveness of these approaches depends on their adaptation to the specific university context and the active involvement of both students and institutions. **Conclusions:** Preventing burnout in university students requires a multidimensional approach, focusing on strengthening individual and institutional protective factors. Investments in structured mental health promotion programmes and a more inclusive and supportive academic culture are crucial to mitigate the effects of burnout and promote students' sustainable well-being.

Keywords: Student burnout, Prevention, Mental Health, Higher Education, Well-Being.

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ADHERENCE TO THE MEDITERRANEAN DIET AND THE RISK OF METABOLIC SYNDROME: A PRELIMINARY STUDY

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Introduction: The Mediterranean Diet has been widely recognized for its protective effects against cardiovascular and metabolic diseases (Zazpe et al., 2008). Metabolic syndrome, often defined as the simultaneous occurrence of health-related risk factors, is a growing concern in ageing populations (Swarup et al., 2024). Understanding how dietary patterns influence metabolic health in older adults is essential for promoting healthy ageing and preventing disease. **Objectives:** To explore the association between adherence to the Mediterranean Diet and health-related risk factors among older adults. **Methods:** A cross-sectional study was employed. Self-administered questionnaires were used to collect participant data and assessed for sociodemographic characteristics, self-reported health status, presence of chronic diseases. Diet adherence was evaluated through the PREDIMED instrument (Zazpe et al., 2008). Metabolic Syndrome was inferred following cut-off values defined by The Third Report of the National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Cleeman, 2001). Blood collection for laboratory tests was performed following WHO guidelines. Informed consent obtained from all participants. Study approved by Ethical Council of Unidade Local de Saúde do Nordeste, N°41/2024. **Results:** Ten participants, aged 69 to 81, adhere to the study. Most were female (90%), with 70% reporting at least one chronic disease. Abdominal obesity was noted in 40%, and 10% had elevated triglycerides, while 20% had high blood pressure. Approximately 50% of individuals exhibited a high level of Diet adherence, while 40% demonstrated moderate and low adherence. No participants met the criteria for Metabolic Syndrome. Statistically significant associations were found between adherence to the Mediterranean Diet and the presence of chronic disease ($r=0.869$, $p<0.01$), and an inverse correlation with Mediterranean Diet score and the number of Metabolic Syndrome criteria ($r=-0.707$, $p<0.05$). Moreover, the Mediterranean diet score was inversely associated with cholesterol ($r=-0.740$, $p<0.05$). **Conclusions:** While no participants fulfilled the criteria for metabolic syndrome, individual risk factors were present in the sample. Higher adherence to the Mediterranean Diet was associated with fewer metabolic risk factors and better overall health indicators. These preliminary findings suggest that dietary patterns may play a key role in the metabolic health of older adults and warrant further investigation with a larger sample.

Keywords: Dietary Patterns, Healthy Aging, Risk Factors, Metabolic Syndrome

Acknowledgements: This work was co-financed by the european regional development fund (feder) through the programme interreg vi-a spain—portugal (pocstep) 2021–2027: novas sociedades longevas (0137_nsl_6_e).

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REFRAMING TRANSFORMATION: HEALTH EQUITY AND THE UNEQUAL IMPACTS OF BIODIVERSITY

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Introduction: Contemporary discussions on sustainability and health equity increasingly emphasize the need for transformative change to address intersecting ecological and social crises. However, prevailing frameworks often approach transformation from technocratic and universalist perspectives, neglecting how structural inequality and epistemic exclusion shape health outcomes and environmental vulnerabilities (Scoones et al., 2020; Pereira et al., 2020). Grounded in feminist, decolonial, and intersectional theories, this work critically engages with the conceptual foundations of transformative change to examine how health sustainability is shaped by uneven experiences of biodiversity loss. The objective is to analyze how dominant sustainability discourses incorporate—or fail to incorporate—the differentiated health impacts faced by structurally marginalized populations, including racialized communities, Indigenous peoples, women in rural and peripheral regions, and precarious migrants. Methodologically, this study is based on a theoretical and critical literature review developed within the Horizon Europe project BioTraCes, complemented by reflections from participatory research practices and interdisciplinary debates in planetary health (Horton & Lo, 2015; Myers & Frumkin, 2020). Our analysis showcase that although biodiversity loss is widely acknowledged as a threat to human health—through its impacts on food systems, disease exposure, air and water quality, and access to medicinal resources—its consequences are not equally distributed. These disparities are often ignored in global health and sustainability policies, where structurally vulnerable populations remain underrepresented in both knowledge production and decision-making processes (Nightingale, 2011). The results highlight a significant gap in how transformative change is theorized and operationalized: by failing to account for intersectional health injustices, current frameworks risk reinforcing the very inequities they seek to resolve. We conclude that achieving health sustainability requires redefining transformation as a justice-driven process, grounded in the lived experiences and knowledges of those disproportionately affected by environmental decline. Practical implications include the need to co-create participatory tools and indicators that reshape governance frameworks, and support inclusive strategies for biodiversity protection and ecological regeneration. A truly transformative approach must therefore place equity—not just sustainability—at the center of policy, research, and action for healthier, more resilient societies.