

Pires, Lurdes<sup>1</sup>; Fernandes, Adília<sup>1,2</sup>; Pereira, Ana Maria<sup>1,3</sup>

<sup>1</sup> Health School - Polytechnic Institute of Bragança, Portugal

<sup>2</sup>The Health Sciences Research Unit: Nursing (UICISA) – Bragança, Portugal

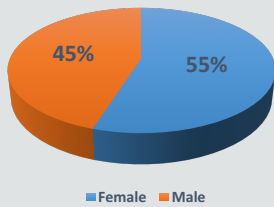
<sup>3</sup>Mountain Research Centre (CIMO), Polytechnic Institute of Bragança, Portugal

**INTRODUCTION:** Body image is a transversal concept to all humanity, closely connected to personal identity. The World Health Organization (2000) has been reporting eating behaviour imbalances closely related to body image (in)satisfaction.

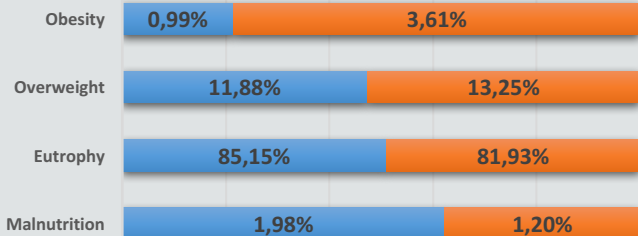
**OBJECTIVE:** To evaluate the level of (in)satisfaction with body image in high school students.

**METHODOLOGY:** Observational, transversal study. 184 students were evaluated through the application of a questionnaire that included the Collins Silhouettes Questionnaire (Collins, 1991; Simões, 2014).

## RESULTS



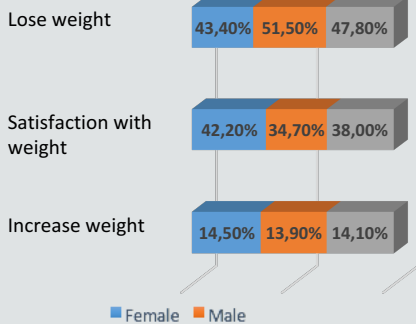
Graphic 1- Sample distribution by sex



Graphic 2- BMI characterized according to sex

The application of the Collins Silhouettes Questionnaire has revealed that only 38% of the studied students were satisfied with their body image.

It was also verified that the body image satisfaction was statistically associated to the students BMI.



Graphic 3- Characterization of satisfaction Body Image

Variables	Satisfaction with body image		Total N (%line) %column	chi square (Proof Value)
	Satisfied N (%line) %column	Not Satisfied N (%line) %column		
Sex	Male	35(42,2%) 50,0%	48(57,8%) 42,1%	1,092 (0,296)
	Female	35(34,7%) 50,0%	66(65,3%) 57,9%	
	Total	70(38,0%) 100%	114(62,0%) 100%	
BMI	Eutrophy	66(42,9%) 94,3%	88(57,1%) 79,3%	7,617** (0,006)
	Overweight	4(14,8%)	23(85,2%)	
	/Obesity	5,7%	20,7%	
	Total	70(38,7%) 100%	111(61,3%) 100%	

\*\*-significant 1%

Table 1 - Satisfaction with body image versus: sex and BMI

**CONCLUSIONS:** The results revealed high values of dissatisfaction with body image. Considering that, associated to this dissatisfaction, inappropriate eating habits appear, it is fundamental an early detection and a multidisciplinary and assertive intervention, in order to promote a healthy diet in younger populations

### BIBLIOGRAPHY

-OMS (2000). Obesity: preventing and managing the global epidemic. World Health Organization.  
-Simões, A. F. S. (2014). Avaliação da (In)satisfação com a Imagem Corporal: Estudo de Validação da Escala de Silhuetas de Collins -para Crianças e Adolescentes Portugueses. Faculdade de Psicologia e de Ciências da Educação da Universidade de Coimbra.



Centro de Investigação de Montanha



INSTITUTO POLITÉCNICO DE BRAGANÇA  
Escola Superior de Saúde