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cultural variables that show negative or positive correlation with hopelessness, therefore they can be seen as important predictors of suicide. The results of the study will be presented in detail.

BINGE EATING DISORDER PREVALENCE IN COLLEGE STUDENTS: DIFFERENCE BETWEEN STUDY AREA

C. Santos, O. Oliveira, M.J. Morais, V. Ferro-Lebres
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Objective: The purpose of the study was to find the prevalence of binge eating disorder (BED) in college students and determine the association of BED with the gender, body mass index (BMI) and the study area. **Method:** The BED was quantified using the Binge Eating Scale. The height, weight, gender, and study area was self-reported. **Results:** There were 572 participants (286 men, 286 women), aged 17-54 years inserted in 4 areas of study: health, education, agriculture, technology and management. The prevalence of BED in college students in Portugal is 5,2% according to the original author scale treatment. Bruce Smith suggested a new scale treatment, according to this last author Portuguese college students have a BED prevalence of 19,1%, being higher than the general population of others studies ($p = 0,00$). The BED is more frequent in women than men ($p=0,00$). There is a statistically significant difference between the prevalence of BED in agriculture students in comparison with students from other study areas ($p = 0,008$). **Conclusions:** Although the study confirmed that the prevalence of BED is higher for females, there is also a significant prevalence in males, demonstrating the importance of planning actions to prevent this disorder among this population, as it is also clear the high prevalence of BED among college students compared with other populations.

PARADOXAL STRATEGIES AND EMPOWERMENT TO RETRIEVE THE RELUCTANT PARTNER

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We present a treatment program that has been developed and applied to ten women who wanted to retrieve their reluctant partners (RP), who had stated that they did not wish to continue the relationship. The women were manifesting an anxious or depressive disorder, neglected personal aesthetic, employment, family, social, recreational, vocational lives, with expressions of low self-esteem, irritability, anger, crying, etc. They also showed behaviors such as frequent pressure, harassment, excessive jealousy, hypervigilance, suspicion, review behaviors, claims, aggression and increased requirements for the RP. They also showed behaviors of over-dependence and over-obedience, submission, low assertiveness and diminished social activities. The RP showed affective distancing behaviors, frequent criticism and in some cases there was a parallel relationship. The couple relationship was damaged by boredom, monotony, and constant exchange aversive for the same behavior with which the person came to psychotherapy. We applied a set of strategies using the paradox of changing behaviours and factors that were keeping the relationship inappropriate actions. We programmed to generate a progressive interest and motivation of the RP and development strategies for women's empowerment. In all cases the results have been successful noting that women