

Encontro Investigação Jovem da Universidade do Porto

**BOOK OF
ABSTRACTS**

**06 - 07 - 08
Maio 2026**

19.^a Edição



ORGANIZAÇÃO



APOIO



Encontro Investigação Jovem da Universidade do Porto

**YOUNG
RESEARCHERS
MEETING**

**06 - 07 - 08
Maio 2026**

19.ª Edição



ORGANIZAÇÃO



APOIO



TÍTULO | *TITLE*

Livro de Resumos do 19.º Encontro de Investigação Jovem da U.Porto / *Book of Abstracts
Young Researchers Meeting of U.Porto*

Universidade do Porto

Vice-Reitor para a Investigação e Inovação

Professor Doutor Pedro Rodrigues

ijup@reit.up.pt

ISBN

978-989-746-462-1

Design

Serviço de Comunicação e Imagem da U.Porto

COMISSÃO CIENTÍFICA | *SCIENTIFIC COMMITTEE*

Pedro Rodrigues

Alexandra Pinto

Ana Rita Gaio

Aurora Teixeira

Carlos Sequeira

Elisabete Ferreira

Elisa Keating

Filipe Castro

Gonçalo Furtado

Graciela Machado

Hugo Barreira

Inês Guedes

Jorge Teixeira

Laura Oliveira

Liliana Grenho

Manuel Simões

Maria Oliveira

Maria Paula Santos

Patrícia Antunes

Patrícia Valentão

Ricardo Fernandes

Rute Pedro

Sérgio Sousa

Encontro Investigação Jovem da Universidade do Porto



PROGRAM

**06 - 07 - 08
Maio 2026**

19.^a EDIÇÃO

May, 6th

May, 7th

May, 8th

8H	Opening of the secretariat for all participants		
8H30 > 10H30	PARALLEL ORAL SESSIONS I A1 – Criminology and Law I A2 – Health Sciences I A3 – Sport Sciences I A4 – Architecture I A5 – Engineering I A6 – Biological Sciences I	PARALLEL ORAL SESSIONS IV A1 – AgroFood I A2 – Health Sciences IV A3 – Sport Sciences III A4 – Astronomy A5 – Chemistry I A6 – Biological Sciences IV	PARALLEL ORAL SESSIONS VII A1 – Arts I A2 – Health Sciences VII A3 – HSS IV – History, Archeology, Cultural Studies and Communication Sciences A4 – Physics I A5 – Chemistry III A6 – Biological Sciences VII
10H30 > 11H	Coffee Break		
11H > 13H	PARALLEL ORAL SESSIONS II A1 – Criminology and Law II A2 – Health Sciences II A3 – Sport Sciences II A4 – Architecture II A5 – Engineering II A6 – Biological Sciences II	PARALLEL ORAL SESSIONS V A1 – AgroFood II A2 – Health Sciences V A3 – Sport Sciences IV A4 – Maths & Physics A5 – Engineering IV A6 – Biological Sciences V	PARALLEL ORAL SESSIONS VIII A1 – Environment II A2 – Health Sciences VIII A3 – Psychology & Education Sciences III A4 – Physics II A5 – Chemistry IV A6 – Economics & Management
13H > 14H30	Lunch Break		
14H30 > 16H	POSTER SESSION I Architecture Biological Sciences I Criminology and Law Engineering I Health Sciences I Sport Sciences I	POSTER SESSION II AgroFood Biological Sciences II Chemistry Engineering II Health Sciences II Sport Sciences II	POSTER SESSION III Arts Astronomy, Physics & Maths Economics & Management Environment & Geology Health Sciences III History & Sociology Psychology & Education Sciences
16H > 16H30	Coffee Break		
16H30 > 18H30	PARALLEL ORAL SESSIONS III A1 – HSS I – Political Sciences A2 – Health Sciences III A3 – Psychology & Education Sciences I A4 – HSS II – Political Sciences, Sociology and Geography A5 – Engineering III A6 – Biological Sciences III	PARALLEL ORAL SESSIONS VI A1 – Environment I A2 – Health Sciences VI A3 – Psychology & Education Sciences II A4 – HSS III – History of Art A5 – Chemistry II A6 – Biological Sciences VI	PARALLEL ORAL SESSIONS IX A1 – Arts II A2 – Health Sciences IX A3 – Psychology & Education Sciences IV A4 – HSS V – History A5 – HSS VI – Literature and Philosophy A6 – Health Sciences X

Mariana Costa¹; Sara Cascarejo¹; Daniela Sousa²; Sandra Torres³; Patrícia Padrão¹

¹Faculty of Nutrition and Food Sciences, University of Porto, Porto, Portugal; ²Institute of Public Health, University of Porto, Porto, Portugal; ³Faculty of Psychology and Education Sciences, University of Porto, Porto, Portugal;

Background & Aim: While Plant-based (PB) Diets are increasingly adopted for health and sustainability reasons, their association with Body Image (BI) remains unclear. We aimed to systematically review the evidence on differences in BI between individuals adhering to PB Diets and those following other dietary patterns. **Methods:** A systematic search was conducted in Medline, Web of Science, Scopus and EBSCO, yielding 18 eligible observational studies. **Results:** Findings were heterogeneous, with most studies reporting non-significant or mixed results. However, some trends emerged: vegans showed a higher drive for thinness, and semi-vegetarians appeared to be at higher risk of self-objectification. The motivation for dietary adherence - particularly weight control versus ethical reasons - emerged as a key moderating factor. **Conclusions:** Current evidence does not support a consistent association between PB diets and BI. Further research is needed, using standardised definitions and methodologies to clarify this relationship and its psychological implications.

Keywords: Plant-based Diets; Body Image; Systematic Review