

BOOK OF ABSTRACTS

5TH MEETING
OF YOUNG RESEARCHERS
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IJUP'12

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CREDITS

Livro de Resumos IJUP'12

5º Encontro
de Investigação
Jovem da U.Porto

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Design
Tiago Campeã
Rui Mendonça

Impressão e acabamentos
Invulgar — artes gráficas

Tiragem
1300 exemplares

Depósito Legal
340336/12

ISBN
978-989-8265-82-1

Self-Concept Evaluation on the Bariatric Patient

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Background: Obesity is a public health problem that affects an increasing number of subjects and morbid obesity's prevalence has been increasing. There is a greater prevalence of psychological and psychiatric morbidity among obese subjects when compared to normal-weight ones [1]. Today, Bariatric Surgery's considered, in the long-term, obesity's most effective therapeutic option, resulting in significant improvements on the individual's physical, psychological and social health [2]. Research in this field has focused on the diseases' psychological aspects, however, Self-Concept (perception that the subject has of himself) has been drawn down.

Objectives: Evaluate Self-Concept on the subject with morbid obesity, about to undergo bariatric surgery, and characterize it's variation following the surgical procedure.

Methods: This study included patients from a central hospital, who have undergone adjustable gastric banding. They were evaluated before, 1 and 3 months after surgery at a Nutrition follow-up appointment. Anthropometric data were collected and Self-Concept was evaluated using ICAC.

Results: In the studied sample a significant ($p=0,046$) increase in mean physical activity levels was observed between pre and post-surgical evaluations. After surgery, significant ($p<0,05$) reductions on mean body weight, BMI and waist and hip perimeters were found. Self-concept's total score lowered a mean of 1,5 points between the two evaluation moments. A variation in the associations for total self-concept and their factors was observed, however none of the associations showed statistical significance.

Discussion: Studies are needed with samples of adequate size and with periodic follow-up superior to understand the importance of assessing the ICAC in the framing of obesity with specific clinical indication for bariatric surgery.

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