

BOOK OF ABSTRACTS

**YOUNG
RESEARCHERS
MEETING**



IJUP
4.5.6 MAIO 2022

ONLINE
REITORIA
DA U.PORTO

15.ª EDIÇÃO

U.PORTO



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 **Santander**
Universidades

TÍTULO | TITLE

Livro de Resumos do 15.º Encontro de Investigação Jovem da U.Porto

Universidade do Porto

Vice-reitor para a investigação, inovação e internacionalização

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PROGRAMA PROGRAM



ONLINE EVENT LINK (CLICK HERE)

RECTORATE OF THE UNIVERSITY OF PORTO

MAY, 4TH

MAY, 5TH

MAY, 6TH

08:00 – 18:00

PARALLEL ORAL SESSIONS I

A1 – Mathematics
A2 – Architecture I
A3 – Chemistry I
A4 – Environment I
A5 – AgroFood I
A6 – Health Sciences I

09:00 – 10:30

Break

PARALLEL ORAL SESSIONS II

A1 – Health Sciences II
A2 – Architecture II
A3 – AgroFood II
A4 – Environment II
A5 – Physics I

10:40 – 12:00

Break

PARALLEL ORAL SESSIONS III

A1 – Economics & Management
A2 – Biological Sciences I
A3 – Architecture III
A4 – Chemistry III
A5 – Sport Sciences I
A6 – Health Sciences III

12:20 – 13:40

Lunch Break

PARALLEL ORAL SESSIONS IV

A1 – Arts I
A2 – Biological Sciences II
A3 – Sport Sciences II
A4 – Chemistry IV
A5 – Architecture IV
A6 – Health Sciences IV

14:30 – 16:00

Break

PARALLEL ORAL SESSIONS V

A1 – Astronomy & Physics
A2 – Arts II
A3 – Sport Sciences III
A4 – Biological Sciences III
A5 – Health Sciences V

16:10 – 17:40

PARALLEL ORAL SESSIONS VI

A1 – Biological Sciences IV
A2 – Engineering I
A3 – Physics II
A4 – Language & Communication
A5 – Health Sciences VI
A6 – Psychology & Sciences of Education I

PARALLEL ORAL SESSIONS VII

A1 – Biological Sciences V
A2 – Engineering II
A3 – Chemistry II
A4 – Geo-Politics I
A5 – Health Sciences VII
A6 – Psychology & Sciences of Education II

PARALLEL ORAL SESSIONS VIII

A1 – Biological Sciences VI
A2 – Engineering III
A3 – Geo-Politics II
A4 – Health Sciences VIII
A5 – Health Sciences IX
A6 – Psychology & Sciences of Education III

PARALLEL ORAL SESSIONS IX

A1 – Biological Sciences VII
A2 – Engineering IV
A3 – Law and Criminology I
A4 – Health Sciences X
A5 – Heritage & History I
A6 – Psychology & Sciences of Education IV

PARALLEL ORAL SESSIONS X

A1 – Law and Criminology II
A2 – Health Sciences XI
A3 – Psychology & Sciences of Education V
A4 – Heritage & History II

08:30 – 09:00

Opening of the secretariat for all participants

09:00 – 10:00

POSTER SESSION I

10 min

Coffee-break

10:10 – 11:00

POSTER SESSION I

11:00 – 11:15

Break

11:15 – 12:00

POSTER SESSION II

10 min

Coffee-break

12:10 – 13:15

POSTER SESSION II

13:15 – 15:00

Lunch Break

15:00 – 18:00

CLOSING SESSION AND CELEBRATION
OF THE 15-YEARS ANNIVERSARY OF IJUP



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Relationship between Sociodemographic factors and the adherence to Mediterranean Dietary Pattern

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Abstract

The goal of our work was to study the relationship between sociodemographic factors - sex, age and education level - and the adherence to the Mediterranean Dietary Pattern (MDP). After measuring this relationship, we aimed to find out which aspects of the PREDIMED questions had to be encouraged to consume, and in each of the sociodemographic factors analyzed as well. We used to IAN-F (2017) and the Adherence to de Mediterranean Dietary Pattern study (DGS-2020) to compare our results to.

As methodology we used the PREDIMED questionnaire that consists in 14 questions, to categorize as high or low adherence to MDP (0-14 points), and analyzed our data using SPSS.

We reach the conclusion that there is no significant differences between sexes in the adherence to the MDP, contrary to the DGS study where women have a higher adherence, and the IAN-F reach the opposite conclusion. Regarding the relationship between age and the adherence to MDP, we concluded that it raises as the age raises, the same conclusion as the IAN-F, and opposite to the DGS one. Finally, the relationship between the education level and the adherence to the MDP, we didn't find any relation between the two, and there was no data in IAN-F, but DGS found that the adherence raises with higher levels of education.

We found the aspects to promote were the ingestion of olive oil, nuts, fruits and wine (taking into consideration the age and moderate ingestion), and we had in common with DGS the fruits and nuts, and with IAN-F the fruits.

We then analyzed the relationship between these 4 aspects and the 3 sociodemographic factors. We found that we need to encourage the consumption of fruits in men, in younger people, and that it hadn't any relationship with education level.

As to nuts, there is a need to encourage the consumption in women, in adults, and as the education level is higher.

As to wine, encourage the moderate consumption in adults.