

**Proceedings of the  
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Health and Well-being in the Life cycle (ICHWBI 2021)

**1<sup>st</sup> international conference on human kinesiology (ICOHK)**



**2<sup>nd</sup> Health  
& Well-Being  
Intervention**

INTERNATIONAL  
CONGRESS



**International Conference  
on Human Kinesiology**

Kinesi Lab



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**INSTITUTO PIAGET UNIVERSITY  
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**Coordination by:**  
Gustavo Desouzart



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**RECI**

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ICOHK**

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This book contains information obtained from authentic and highly regarded sources. This is an edition made for publication of the works resulting from the ICHWBI2021 which are available on Congress website, where the reader will find a significant heterogeneity. Abstracts are ongoing or completed project-based research papers submitted by researchers from various academic degrees. This diversity is also found in the authors' scientific areas, reflecting on the variety of research themes presented at the Congress itself.

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## Oral Communications – 1<sup>st</sup> ICOHK

### O - ICOHK\_210507

#### Comparing body image and exercise dependence between different fitness groups during COVID-19

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**Background:** The practice of physical exercise (PE) has several mental and physical benefits, however, due to COVID-19 gyms were closed. Therefore, it is relevant to analyse psychosocial variables in different fitness groups, especially body image (BI) and exercise dependence (ED), an addictive behaviour and a public health problem (Marques et al., 2019). BI is analyzed considering that it could be a risk factor for ED (Cunningham et al., 2016). **Objectives:** To characterize BI and the levels of PE dependence in practitioners of bodybuilding, crosstraining, and cardio and strength training/group classes during the second confinement imposed by COVID-19. **Methods:** An online questionnaire was applied including the Exercise Dependence Scale (Hausenblas et al., 2002) and the Figure Rating Scale (Stunkard et al., 1983). The sample consisted of 84 crosstraining practitioners (34.23±7.56 years), 101 cardio and strength training/group classes practitioners (34.66±13.42 years) and 49 bodybuilding practitioners (25.02±8.40 years). **Results:** All groups showed symptoms of ED. Differences between groups were found ( $p<0.05$ ). Averages were 58.98±17.66 on the crosstraining group, 52.63±18.18 on the cardio and strength training/group and 57.20±18.03 on the bodybuilding group. Prevalence of ED was 5% in the cardio and strength training/group, 9.50% in the crosstraining group, and 18.40% in the bodybuilding group. Regarding (dis)satisfaction of BI, the crosstraining group had an average of 0.86±1.08, the cardio and strength training/group classes an average of 0.68±0.94, and the bodybuilding group an average of 0.34±1.10. Differences were found between crosstraining and bodybuilding groups ( $p<0.05$ ). The cardio and strength training/group group had the highest percentage of participants wanting to lose weight, and in the bodybuilding group participants reported the highest percentage of wanting to gain weight. **Conclusions:** Since ED may be associated with a disruptive practice of PE, it should deserve the attention of researchers and fitness professionals. This study has several practical implications: it implies the importance of controlling the total time and frequency spent on exercise considering the international and health recommendations; and the importance of creating multidisciplinary work in the evaluation and monitoring of practitioners. Moreover, it is important to use images that value a healthy weight instead of a low weight. Future studies should explore the relationship between these variables.

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**Keywords:** exercise dependence, body image, fitness, physical exercise, COVID19.

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### O - ICOHK\_210508

#### Orofacial and temporomandibular region symptomatology in musicians

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**Background:** Temporomandibular disorders consist of a group of pathologies that affect the temporomandibular joint, masticatory muscles and other components of the stomatognathic system (Clemente et al., 2015; Santos & Fragelli, 2017). Temporomandibular disorders can be associated with lifestyle and occupation and they are notably becoming more frequent in instrumentalists musicians (Glória et al., 2018). **Objectives:** To determine the frequency of orofacial and temporomandibular region symptomatology in musicians, as well as to determine the existence of differences between instrumentalists groups (wind, stringed and percussion). The secondary objective is to analyse the relation between potential risk factors, such as the number of years of instrumental practice experience, the average number of practice hours per week and the type of instrumental practice as a profession or a hobby in the different domains evaluated. **Methods:** A cross-sectional study was conducted with 102 instrumentalists musicians who participated voluntarily. A link with two questionnaires was published on social media to characterize the sample concerning their instrumental practice and about orofacial symptomatology, temporomandibular region and psychosocial aspects. **Results:** The frequency of orofacial pain was 17.6%, 29.5% reported headaches, 28.5% presented articular sounds and the limitation when opening and closing the mouth was 4.9%. The most common signs and symptoms were back pain (56.8%), tiredness and lack of energy (37.3%) and difficulty sleeping (35.3%). Percussion instrumentalists were most likely to grind their teeth, when compared to wind instrumentalists, and stringed instrumentalists were more depressed, feeling down or hopeless, when compared to percussion instrumentalists ( $p<0.05$ ). **Conclusions:** Low frequencies of orofacial and temporomandibular region symptomatology were observed. An evident existence of significative differences between instrumentalists groups was not observed, as well as the existence of relation between the potential risk factors.

**Keywords:** temporomandibular joint; temporomandibular disorder; instrumentalists musicians; frequency; risk factors

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