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TRANSLATION AND SPANISH CULTURAL ADAPTATION OF THE FIBROMYALGIA KNOWLEDGE QUESTIONNAIRE (FKQ)

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Introduction: Fibromyalgia (FM) show a complex syndrome scenario that impact on the health related quality of life of patients. The level of knowledge is crucial to assess the self-management of patients but there is a lack of instruments. FM is a tool that evaluates knowledge about FM.

Objective: We aimed to translate and culturally adapt the Fibromyalgia Knowledge Questionnaire (FKQ) from the original Brazilian-Portuguese Version to Spanish.

Methods: We performed and evaluated the forward-back translation method and cultural adaptation to ensure the right comprehension by cognitive and rephrasing method. We also quantitatively assessed the level of understandability by item.

Results: The Spanish version of the FKQ was obtained. The interviewed participants indicated that the questionnaire was highly “clear and understandable”. Some adaptations were made for conceptual reasons.

Conclusions: We present the Spanish version of the FKQ, and its ease to use.

Descriptors: Chronic illness. Disease-specific knowledge. Chronic symptom. Quality of life.

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EIGHT WEEKS OF VIGOROUS EXERCISE ARE ENOUGH FOR A SIGNIFICANT REDUCTION IN BLOOD PRESSURE

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Introduction: Medical societies recommend increased physical activity to be part of antihypertensive therapies. However, the intensity and duration of the sessions that can induce significant reduction on blood pressure (BP) are to be determined.

Objective: The aim of the present study was to verify if 8 weeks of vigorous physical activity are enough to produce a significant reduction in BP of hypertensive men (i.e., BP \geq 140/90 mmHg).

Methods: Fourteen men (41.8 \pm 17.2 years of age; with overweight 27.9 \pm 5.5 kg.m⁻²) participated in 3 high intensity training sessions per week, during 8 weeks. Training included 40 min of vigorous physical activity (20 min of strength training and 20 min of aerobic exercises) after a 10 min warm-up and followed by 10 min of recovery. BP was assessed (average of 3 measurements) before the training period, in the 4th week and in the 8th week, according to established recommendations.

Results: Baseline values of systolic (SBP) and diastolic (DBP) blood pressure were 145.5 \pm 8.8 and 88.0 \pm 2.4 mmHg, respectively. Four weeks were not enough to produce a significant reduction of SBP and DBP (-3.57 \pm 1.58 and -3.10 \pm 1.10 mmHg, respectively) but 8 weeks were (SBP: -8.38 \pm 1.74 mmHg; p=0.001; η^2 =0.718; ρ =0.994; and DBP: -4.64 \pm 1.48 mmHg; p=0.034; η^2 =0.430; ρ =0.656).

Conclusions: These results suggest that 8 weeks of vigorous physical activity are enough to reduce both systolic and diastolic blood pressure in hypertensive men. Considering that low physical activity is a major risk factor for cardiovascular disease and increased mortality, health related professionals should motivate hypertensive men to engage in vigorous physical activity programs.

Descriptors: Exercise. Strength. Aerobic. Systolic blood pressure. Diastolic blood pressure.

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