

O84**Intervention for men who batter women, a case report**

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Intimate partner violence is one of the most common forms of violence. Although men are the main authors of violence, it is essential to include actions to help them in order to produce a more effective result, because it is believed that they are able to recognize and take responsibility for the violence, using different forms of self-expression. However, it is difficult to assess the results of these actions.

This research aims to analyse the relapse of violence after participation in a batterer intervention programme. It was conducted a case study in a batterer intervention programme, where 86 men agreed to participate. The Centres for Disease Control and Prevention - Follow up questionnaire was used, adapted to be used in Brazil.

Most participants (61 %) were aged between 30 and 40, had studied 11 years (26 %), were employed (89 %), 60 % were separated, 56 % had a new relationship and 19 % had no contact with the ex-wife. About violence perpetration in the last 3 months, one reported committing physical abuse, 9 % psychological and 21 % reported one situation when they felt like hitting their partner.

The majority of participants (84 %) said that nothing would lead them to assault their partner, 31 % described behavioural changes after participation in the programme and one reported no change.

The study concludes that batterer intervention programmes have positive influence on participants; however, despite lower occurrence of physical violence, there were critical situations and psychological violence. Longer follow-ups including women are necessary, but this intervention can be a way to decrease violence against women.

Keywords

Violence against women, batterer intervention, men

O85**Immediate effects of Bowen Therapy on muscle tone and flexibility**

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Background

Bowen Therapy is a noninvasive technique that uses a series of gentle hand movements over muscles, tendons, ligaments, joints, nerves and fascia to promote relief from musculoskeletal and related neurological complaints. Although little research-based effectiveness data are available, some studies showed positive effects on pain perception, range of motion, functionality and lymphatic circulation. Objective: To investigate the immediate effects of Bowen Therapy on the mechanical properties – tone, elasticity and stiffness – of the erector spinae and biceps femoris muscles and hamstring flexibility.

Methods

Twenty-one healthy individuals (mean age: 21.05 ± 3.79 years old), 9 male and 13 female, participated in a crossover study. They were

randomly allocated to a placebo intervention or a Bowen therapy session with 8-day interval period. Before and after the intervention, hamstring flexibility was assessed by the "Sit and Reach test"; and the mechanical properties – tone, elasticity and stiffness – of the erector spinae and biceps femoris muscles were measured bilaterally using a handheld mechanical impulse-based myotonometric device.

Results

No significant changes were observed in muscle tone, elasticity or stiffness with the application of the Bowen Therapy session, but a significant improvement was observed in hamstring flexibility (34 to 42 cm, $p < 0.001$) in comparison with the placebo session.

Conclusions

A single session of Bowen Therapy immediately increases hamstring flexibility, but do not change muscle tone, elasticity and stiffness in healthy individuals.

Keywords

Bowen therapy, muscle tonus, elasticity, MyotonPRO, fascia

O86**Predictive equation for incremental shuttle walk test in adolescents**

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Background

The incremental shuttle walk test (ISWT) is one of the most used measures to assess cardiorespiratory fitness in clinical and research settings. Reference equations to predict ISWT distance (ISWD) in different adult populations have been established. However, equations for adolescents have been less explored. Objective: This study developed a reference equation to predict the ISWD for adolescents.

Methods

Healthy Portuguese adolescents aged 12–17 years were included. Socio-demographic and anthropometric (body mass index [BMI]) data were first collected. Lung function was assessed with spirometry and quadriceps muscular strength (QMS) with hand-held dynamometry. Physical activity level was evaluated through the Physical Activity Index (PAI). ISWT was performed twice and the best ISWD was used for analysis.

Results

A total of 125 participants (56 male; 14.6 ± 1.3 years) with normal lung function (forced expiratory volume in one second 104.8 ± 14.9 % predicted) completed the assessment. According to PAI, 54.4 % (n = 63) of the participants were moderately active and mean QMS was 20.7 ± 6.8 kgf. Participants walked on average 1254.0 ± 280.9 m [760–2250] in the ISWT. A multiple regression model showed that sex, BMI, QMS and PAI were independent contributors to the ISWD, explaining 54 % of the variability ($p < 0.05$). The reference equation was: $ISWD = 814.49 + (286.80 \times \text{sex}) - (3.05 \times \text{BMI}) + (8.83 \times \text{QMS}) + (22.30 \times \text{PAI})$, sex: female = 0, male = 1.

Conclusions

Sex, BMI, QMS and PAI were predictors of the ISWD in adolescents, providing a simple reference to assess their cardiorespiratory fitness. This equation is a valuable tool to interpret ISWD obtained from Portuguese adolescents, with or without a health condition.

Keywords

Cardiorespiratory fitness, Incremental Shuttle Walk Test, predictive equation, adolescents