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Dr. Luis Soares Luis, Doctor in Public Health, specializing in Health Promotion, Master in Food Science and Technology and Bachelor in Production Engineering.

University teacher for about 20 years in Portugal and during a school year in Cape Verde. President of the Pedagogical Council at the Polytechnic of Leiria Health School. Coordinator of the Degree in Human and Social Nutrition at the Jean Piaget School of Education (Almada) and of the Master's Degree in Hygiene and Safety at Work at the Jean Piaget University of Cape Verde and currently Coordinates the Master Degree in Intervention for an Active Aging at the Polytechnic of Leiria Health School. Responsible

for two research projects, one of which resulted in a doctoral thesis. Collaborator in two funded research projects. Supervised a doctoral thesis in Health Technologies and a Master's thesis in Intervention for Active Aging. Author of several publications in international scientific journals with peer review and presentations at national and international congresses.



Dr. Roberta Frontini has an European PhD by the Inter-university PhD Program in Clinical Psychology between the University of Coimbra and the University of Lisbon and has a master in Cognitive-Behavioural Therapy in Psychological Disorders and Health from the University of Coimbra. Currently she's a researcher at the Center for Innovative Care and Health Technology (CiTechCare) of the Polytechnic Institute of Leiria, working on the TeenPower project.



Dr. Pedro Sousa has a degree in Nursing, a master in Pedagogic Psychology, a postgraduate specialization in Medical-Surgical Nursing and a PhD in Nursing. He's a Professor at the Polytechnic Institute of Leiria (Portugal), coordinator of the degree in Healthcare Information Sciences (IPLeiria) and a researcher at the Center for Innovative Care and Health Technology (CiTechCare) of the Polytechnic Institute of Leiria (Portugal). He's area of scientific activity as well as recent scientific production is in critical care nursing, obesity/overweight and e-therapy/e-health.



Diogo Teles, Diana Ribas, Vanessa Sousa and Jéssica Martins Dietetics and Nutrition students at the Escola Superior de Saúde - Polytechnic Institute of Leiria (Portugal), working on the TeenPower project.

Nutritional Behaviours of Portuguese Adolescents Integrated in an E-Health Intervention Program (TeenPower)

Luís Luís^{1,2}, Roberta Frontini², Pedro Sousa^{1,2}, Diogo Teles¹, Diana Ribas¹, Vanessa Sousa¹, Jéssica Martins¹

¹ Escola Superior de Saúde (ESSLEI), Instituto Politécnico de Leiria, Portugal, ² Center for Innovative Care and Health Technology (CiTechCare), Instituto Politécnico de Leiria, Portugal

Background. The TeenPower project aims to develop an e-health intervention program (mobile app) to promote healthy behaviours and prevent obesity in adolescents. It is an innovative transdisciplinary project with multiple components: nutritional, physical activity, and behavioural strategies; monitoring tools (e.g., planning meals, nutritional data, daily activity, weight recording); group support and self-reported characteristics (weight loss motivation, etc.). In order to better tailor the intervention program, it is important to better understand some nutritional characteristics of the future users of the app.

Aim. The main aim of this exploratory study is to characterize a sample of Portuguese adolescents regarding their eating behaviours.

Methods. The sample was recruited online and comprised adolescents from 12 to 16 years old, with easy access to internet and smartphones/tablets (inclusion criteria for the participation in the intervention program). In order to assess their eating behaviours, the Adolescent Food Choices Questionnaire (Pereira, Silva & Sá, 2015) was used.

Results. A number of factors were assessed, especially regarding body weight control/satisfaction, ethical concerns, sensory qualities, convenience and humour.

Conclusions. The assessment and understanding of the nutritional characteristics and behaviours of the future users of the mobile app is of utmost importance to better adequate the intervention program. Understanding the eating habits of adolescents may also help the creation of future prevention programs.

Keywords: Eating behaviours, Intervention, Nutrition, TeenPower

Corresponding author: Luís Francisco Soares Luís, luís.luis@ipleiria.pt