



P349/S6-P28 STAGE-TAILORED NUTRITIONAL INTERVENTION THROUGH WHATSAPP FOR BRAZILIAN ADOLESCENTS

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Introduction: Health programs that compared a tailored-intervention group to a control one for adolescents obtained satisfactory post-intervention results. However, not all studies that compared a tailored intervention group to a non-tailored intervention group achieved the expected results, and most of these programs did not deliver similar contents for all groups, making it difficult to compare the results. **Objective:** The study aimed at comparing the effects of a stage-tailored nutritional intervention to a non-tailored one for adolescents. **Methods:** Eight schools were randomly selected, and a total of 347 students participated in the study. A WhatsApp-based intervention was implemented in three groups: stage-tailored nutritional educational group, a non-tailored nutritional educational one, and a control group. Daily messages were sent to all students for 42 days, one per day. The content of the messages was similar on both nutritional intervention groups, but for the tailored one it was considered the stages of change and processes of change for personalization. Control group received messages on another health theme. Food consumption, stage of change, nutritional knowledge, and self-efficacy for adopting healthy eating behaviors were measured. Wilcoxon test, Kruskal-Wallis rank test and the pair-wise comparison method, and Pearson's chi-square test were performed. **Results:** Intra-group analyzes revealed that the tailored group showed a significant increase in the scores of knowledges and self-efficacy and a decrease in the score of unhealthy eating. Comparing the groups, the tailored intervention showed a significant increase on items of the self-efficacy' scale. **Conclusions:** The tailored group showed to be the most suitable format for nutritional interventions via WhatsApp for adolescents.

Keywords: adolescent, transtheoretical model, healthy eating, online intervention, behavior change.

P350/S6-P29 VALIDACIÓN DEL INSTRUMENTO DYFAS 2.0 FOR CHILDREN EN UNA MUESTRA DE ADOLESCENTES CHILENOS

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Introducción: Presentar sobrepeso (SP) u obesidad (OB) durante la infancia y adolescencia se asocia con consecuencias adversas para la salud a corto y largo plazo. investigaciones en obesidad reconocen diversos factores que han interactuado entre sí para favorecer ambientes obesogénicos, entre ellos, el consumo de alimentos hiperpalatables de origen ultraprocesados. **Objetivo general:** Adaptar culturalmente y validar el instrumento dyFAS 2.0 for children, en una muestra de adolescentes chilenos. **Métodos:** Estudio descriptivo, de corte transversal. Muestra conformada a través de la técnica bola de nieve. **Tamaño muestral:** 120 sujetos. **Sujetos de estudio:** Adolescentes entre 10 y 19 años de edad, hombres y mujeres de nacionalidad chilena. Traducir y adaptar culturalmente el instrumento dyFAS 2.0 for children.

Evaluar la consistencia interna de la versión chilena del instrumento dyFAS 2.0 for children. Evaluar la validez de constructo de la versión chilena del instrumento dyFAS 2.0 for children. Evaluar la validez convergente del instrumento dyFAS 2.0 for children. **Técnicas estadísticas:** Análisis descriptivo: promedio y desviación estándar, frecuencia relativa y distribución percentilar. Validez de constructo: análisis factorial exploratorio y análisis factorial exploratorio. Consistencia interna: coeficiente alpha de Cronbach. Validez convergente: coeficiente de correlación de spearman. **Conclusión.** Se espera que la versión traducida, adaptada y validada en una muestra de adolescentes chilenos dyFAS 2.0 presente: validez de constructo y validez convergente. coeficiente de alpha de cronbach mayor a 0.7

Palabras clave: obesidad, adicción a la comida, alimentos ultraprocesados.

