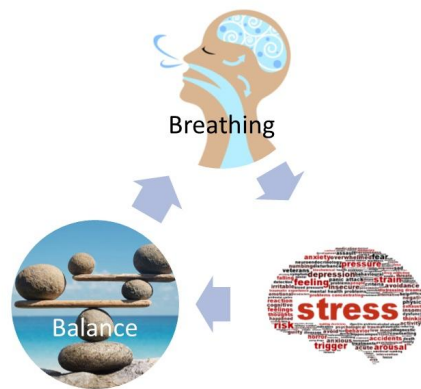


Planetary Wellbeing Seminar Series
Tuesday, February 28th, 13-14 CET
Room: 40.113 (Campus Ciutadella)

Simone Tassani

Department of Information and Communication Technologies (UPF)

BYMBOS - Body Mind Interaction in Students



There is an increasing incidence of musculoskeletal conditions (58% increase from 1990 to 2017), especially among adolescents (up to 75% of the population). Psychological factors such as mismanaged stress, anxiety, and other emotions may be contributing factors. Breathing affects motor control, postural stability, and plays several roles in physiological and psychological regulation [3]. Hence, breathing may be a mediator between posture and emotions. Yet, results from preliminary studies suggest that many cannot intentionally perform diaphragm breathing, impacting their posture, and affecting their emotional regulation abilities. This study aims to identify a possible triangular link among posture, breathing, and stress.

The breathing and posture of UPF volunteers were monitored using stereophotogrammetric technology while anxiety and self-esteem were evaluated using a survey.

Breathing is a possible mediator showing relations to stability and psychological health. However, in both cases, the relationship is inverted by gender. Such differences do not seem explicable by mere biology, and social canons should be taken into consideration.

Sing up [HERE](#) for the Zoom link.