

Conferência 3

Relação Entre Imagem Corporal e Saúde The Relationship between Body Image and Health

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The body image is the expression of the physical self. Originating from the earliest experiences in infancy, it is a complex and multi-layered construct.

This presentation will look at 4 main functions served by the body image:

- The provision of comfort and pleasure or pain and distress
- The provision of a sense of competence and independence or of difficulty and disability
- The contribution to a sense of attractiveness or conversely to ugliness
- The provision of predictability and control or unexpectedness and insecurity

These issues will be examined in their relationship to health or to the experience of illness. Drawings by patients will be used to help illustrate the ideas.