



4<sup>th</sup> International Conference on  
**PSYCHOLOGY AND MENTAL HEALTH**  
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## **TITLE: Dreams in women**

**Name:** Joana Pires

**Affiliation:** Assistant Professor at Higher School of Health Dr. Lopes Dias

**Country:** Portugal

**Email ID:** joanapires83@gmail.com

### **ABSTRACT (upto 300 words)**

Women tend to recall their dreams more often than men. Studies on EEG analysis and its correlation with dreams in women are rare. We aimed to evaluate REM dreams' recall frequency and content and their emotional characteristics in healthy young women. 20 young women adults', nonclinical volunteers, without any history of psychoactive medication and psychiatric disorders performed two consecutive nights of complete Video-Polysomnography recording. REM awakenings dreams were collected, after 10 consecutive minutes of uninterrupted REM. For every dream described, we applied the Hall and Van Castle method of quantitative and systematic dream content analysis and compared to published normative Hall and Van Castle data. The differences of this Portuguese women group and normative USA data obtained in female college students concern mostly dreaming about family, with dead and imaginary characters, while having increased rates of failure and striving. The cultural influences are a possible explanation.

### **BIOGRAPHY (upto 300 words)**

Joana Pires has completed his PHD at Faculty of Medicine of Lisbon.

Degree in Neurophysiology, with two postgraduate degrees and a master's degree in Sleep Sciences from the Faculty of Medicine of Lisbon.

Obtained the somnologist degree from the European Sleep Research Society, in 2014. Areas of interest in research, sleep, dreams and emotional regulation.

Professor at the Dr. Lopes Dias Higher School of Health (ESALD). She has been serving as an editorial board member of some reputed journals.



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**Presenter Name:** Joana Pires  
**Mode of Presentation:** Oral  
**Contact number:** +351931654231



**SCIENTEX CONFERENCES LLC**

1309 Coffeen Avenue STE 1200, Sheridan, WY 82801, United States  
[www.scientexconference.com](http://www.scientexconference.com)

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[mentalhealth@scientexconferences.com](mailto:mentalhealth@scientexconferences.com)

+1-213-463-2413