suggests that physical therapists should be particularly attentive to OBS symptoms, given their significant negative impact on quality of life.
Implications: Our study demonstrates that three effective transcutaneous electrostimulation options exist for inhibiting detrusor muscle hyperactivity, which can subsequently improve the quality of life for women with OBS.
Keywords: Urinary Bladder Overactive, Transcutaneous Electric Nerve Stimulation, Behavior Therapy

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IMPACT OF DYSMENORRHEA ON FUNCTIONING IN BRAZILIAN WOMEN: A QUALITATIVE ANALYSIS

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Background: Dysmenorrhea is the menstrual pain and significantly impacts on women's functioning (i.e., "an umbrella term for body function, body structures, activities and participation, and it denotes the positive or neutral aspects of the interaction between a person's health condition(s) and that individual's contextual factors"). Understanding how dysmenorrhea impacts on functioning can reveal barriers to proper management and highlight the need for culturally relevant interventions.
Objectives: To qualitatively analyze the reports of Brazilian women on the impact of dysmenorrhea on their functioning.
Methods: This qualitative and online study was conducted from January 2022 to March 2023. Participants were recruited through social media and universities and schools across Brazil. We included cisgender Brazilian women aged 18—29 years with dysmenorrhea in the past three months. We also included only women who responded to the open-ended item "Feel free to comment on your experience with menstrual pain". Data analysis followed a four-step process by two independent researchers: reading of the responses, thematic categorization, coding, and final interpretation. Responses were analyzed using thematic analysis to explore women's perceptions of the impact of dysmenorrhea on functioning.
Results: Of the 234 women who responded to the open-ended item, the responses from 130 (55.6%) women (23.9 ± 3 years) met the eligibility criteria and were included in this study. Most of the participants were from the Southeast region of Brazil (n = 69, 53.1%) and had higher education (n = 129, 99.2%). The thematic category "impact on daily activities and functioning" was divided into "impact on movement and physical activity", " impact on concentration and mood", " impact on work, study, and/or relationships with colleagues", and " impact on sleep and/or eating". The following reports highlighted the impact of dysmenorrhea on functioning related to bodily functions, daily activities, and activities and participation. The ensuing reports underscored how dysmenorrhea impacts bodily functions, daily routines, and various activities and participation: "My cramps are so strong that I cannot sit or walk for long periods of time. It is difficult to get up, to take a shower, much less to go to the toilet. I cannot see anyone, I cannot communicate, and I cannot go out" and "My cramps affected my life to the point where I cannot sleep at night because of the pain and no position is comfortable. The discouragement and pain also took away my social life. I stopped leaving the house. I had to sit and stay in antalgic positions all the time".
Conclusion: This study highlights the significant impact of dysmenorrhea on women's functioning, affecting mobility, concentration, social participation, and daily activities. The findings reinforce the need for greater awareness of dysmenorrhea as a condition that extends beyond physical pain, influencing multiple aspects of life. Future studies should further explore the long-term consequences of dysmenorrhea and the effectiveness of interventions to mitigate its impact.
Implications: The findings emphasize the importance of integrating dysmenorrhea management into healthcare policies and educational programs, particularly in physiotherapy. Strategies such as exercise-based interventions should be further investigated and promoted to improve women's functioning.
Keywords: Dysmenorrhea, Activities of Daily Living, Qualitative Research

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QUALITY OF LIFE AND ADHERENCE OF WOMEN TO PELVIC FLOOR TRAINING VIA MOBILE APPLICATION

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Background: Urinary incontinence (UI) is a prevalent issue among women, affecting their quality of life and daily functionality. Pelvic floor muscle training (PFMT) is an effective strategy for managing UI, and mobile technologies have emerged as an alternative to improve treatment adherence.
Objectives: This study analyzed the effects of using a mobile application for pelvic floor muscle training in women with stress and mixed urinary incontinence, focusing on adherence, perceived health improvement, and impact on activities of daily living.
Methods: This randomized controlled trial followed CONSORT guidelines and included 52 women diagnosed with stress or mixed urinary incontinence, who used a mobile application for pelvic floor training. The intervention lasted 12 weeks, with pre- and post-intervention assessments using the International Consultation on Incontinence Questionnaire - Short Form (ICIQ-SF) and King's Health Questionnaire (KHQ). Adherence was monitored, and the impact on ADLs and quality of life was analyzed. The data were analyzed by intention to treat. The collected data were tabulated in a database of the EXCEL® program and analyzed using the SPSS statistical software (Statistical Package for the Social Sciences). A descriptive analysis of the data was performed, using simple frequency, mean, standard deviation, p-value, and effect size (D of Cohen) of the