

Further studies are needed to better understand the impacts of aerobic exercise.

**Implications:** Aerobic exercise (such as walking) is a low-cost intervention widely practiced by this population. The results of this study may influence how postmenopausal women are guided and treated regarding their urinary complaints.

**Keywords:** Aerobic Exercise, Urinary Incontinence, Postmenopause

**Conflict of interest:** The authors declare no conflict of interest.

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## EVALUATION OF CHILDBIRTH EXPERIENCE ACCORDING TO MATERNAL AGE AND MEDICAL CARE PLAN: CROSS-SECTIONAL STUDY

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**Background:** Pregnancy and childbirth are important moments in the lives of many women, and the experience of childbirth can profoundly affect the health of postpartum women. Their age and the health insurance plan used can be factors that can affect the reporting of this experience.

**Objectives:** To evaluate the childbirth experience according to maternal age and health insurance plan.

**Methods:** This is a cross-sectional study that was conducted with women up to four weeks after vaginal delivery, to apply a Childbirth Experience Questionnaire. The participants were divided into two groups for evaluation: health insurance plan and maternal age. The first group was subdivided according to the health insurance plan, with group G1 using the Unified Health System ( $n = 27$ ) and group G2 using the Private Network system ( $n = 21$ ); group G3 composed of women aged between 18 and 30 years ( $n = 23$ ); and group G4 aged between 31 and 40 years ( $n = 25$ ). All participants signed the Free and Informed Consent Form. The Student's t-test was used for independent samples and the significance level was set at  $p < 0.05$ .

**Results:** The score obtained in the group that delivered in the Private Health System was 2.72, while the group that delivered in the Public Health System (SUS) was 2.44 ( $p = 0.026$ ). Regarding the maternal age scores, the group aged between 18 and 30 years had an average of 2.65, while the groups aged between 31 and 40 years had a score of 2.52 ( $p = 0.36$ ).

**Conclusion:** A better childbirth experience was evidenced in the group with medical care in the Private Health System compared to the Unified Health System, and there was no difference between the groups regarding maternal age.

**Implications:** Based on the results obtained, which demonstrate that women who gave birth with medical assistance in a private network had a better birth experience and associated with all the socio-emotional burden that affects both the woman, the child and the family, it is extremely important to apply the recently validated and updated questionnaire that shows where the limitations are and what needs to be improved at the time of birth between the networks. This study becomes necessary to help health professionals, including physiotherapists (who are increasingly gaining space in maternity centers) to apply the questionnaire and correct what is generating a negative experience during childbirth.

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## SEXUAL FUNCTION AND ITS RELATIONSHIP WITH GENITAL SELF-IMAGE IN YOUNG MEN AND WOMEN

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**Background:** Sexuality is a fundamental aspect of human well-being. Evidence suggests that a negative perception of body image is linked to an increased risk of sexual dysfunctions. However, there is a lack of studies investigating the relationship between genital self-image and sexual function in young adults.

**Objectives:** To investigate the associations between genital self-image and sexual function in men and women aged 18 to 40 years.

**Methods:** Cross-sectional, prospective cohort study. Recruited participants through social media. A web-based survey was conducted, including assessments of sexual function (Female or Male Sexual Function Index) and genital self-image (Female or Male Genital Self-Image Scale).

**Results:** 124 women and 101 men participated in the study. Participants of both sexes with a more positive genital self-image exhibited better sexual function, considering total score, as well as improved performance in the domains of satisfaction, arousal, and lubrication/erection, along with higher self-esteem. In males, there was also a positive correlation between genital self-image and the sexual desire subdomain, whereas no such correlation was observed in women.

**Conclusion:** Both men and women with a more positive genital self-image demonstrated better outcomes in the domains of satisfaction, arousal, and lubrication/erection. Additionally, in men, a positive genital self-image was associated with sexual desire, a relationship not observed in women.

**Implications:** In men, insecurity regarding genital appearance may increase anxiety in sexual situations, potentially impairing erectile function and ejaculatory control. Similarly, in women, genital self-image directly influences sexual satisfaction and function. Negative perceptions of genital appearance are associated with orgasm difficulties and reduced sexual desire, which may be exacerbated by sociocultural factors, such as beauty standards, myths and taboos about female sexuality, ultimately impacting women's sexual health.

**Keywords:** Sexual function, body image, genital self-image

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