

noteworthy that most women had a low level of physical activity, which may impact their pregnancy health.

Implications: Studies with a larger number of participants are necessary to evaluate the relationship between physical activity levels and gestational trimesters. Since physical activity directly impacts maternal and fetal health, it is highly recommended by the World Health Organization.

Keywords: Pregnancy, Physical Activity, Sedentary Behavior

Conflict of interest: The authors declare no conflicts of interest.

Funding: FAPESP - Process Number 78496324.3.0000.5504.

Ethics committee approval: No. 6.227.397.

Registration: Not applicable.

<https://doi.org/10.1016/j.bjpt.2025.101409>

147

IMPACT OF ANXIETY AND SEXUAL FUNCTION ON CHRONIC PELVIC PAIN

Leticia Mignoni, Karin Luana Jung, Maite Prado Matiossi, Thais Petrocelli Gonçalves, Mariana Della Valentina Pessoa, Luis Fernando Ferreira, Gabriela Tomedi Leites, Patrícia Viana da Rosa
Universidade Federal de Ciências da Saúde de Porto Alegre (UFCSPA), Porto Alegre, RS, Brazil

Background: Chronic pelvic pain (CPP) is a multifactorial condition that affects a significant number of women. It is characterized by persistent pelvic pain lasting more than six months. This condition can compromise quality of life and is frequently associated with psychological factors such as anxiety. Additionally, CPP may negatively impact sexual function. CPP has been linked to sexual dysfunction and anxiety, both of which can significantly affect patients' sexual and relational health.

Objectives: To investigate the association between anxiety levels, pelvic pain intensity, and female sexual function.

Methods: A cross-sectional study was conducted with 800 women aged 18 to 65 years. Pelvic pain intensity was assessed using the visual analog scale, while anxiety symptoms were measured using the Beck Anxiety Inventory. Sexual function was evaluated using the Female Sexual Function Index (FSFI), which assesses six domains: desire, arousal, lubrication, orgasm, satisfaction, and pain. Statistical analyses included correlation tests and regression models to determine the strength and significance of associations between variables.

Results: Higher anxiety levels were significantly associated with greater pelvic pain intensity ($p < 0.05$). Women with moderate to severe pain had significantly higher anxiety scores compared to those with mild or no pain. A correlation was observed between pelvic pain and sexual function: pelvic pain was negatively correlated with the total FSFI score ($r = -0.141$), with a more pronounced impact on the domains of desire ($r = -0.183$) and orgasm ($r = -0.095$).
Conclusion: The findings reinforce the complexity of chronic pelvic pain and its relationship with psychological and physiological factors. The correlation between greater pain intensity, higher anxiety levels, and lower sexual function scores suggests the need for multidisciplinary therapeutic approaches that include pain management, psychological support, and sexual function rehabilitation to improve patients' quality of life.

Implications: The results highlight the importance of an integrated approach that combines medical, psychological, and sexual health interventions to optimize patient care. Addressing anxiety and sexual function as part of chronic pelvic pain management may contribute to better therapeutic outcomes.

Keywords: Chronic Pelvic Pain, Anxiety, Sexual Function, Quality of Life, Women's Health

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

Funding: CNPq.

Ethics committee approval: No. 6.189.198.

Registration: Not applicable.

<https://doi.org/10.1016/j.bjpt.2025.101410>

148

PHYSICAL ACTIVITY LEVELS BY COMPONENT IN PREGNANT WOMEN WITH AND WITHOUT LUMBOPELVIC PAIN IN THE THIRD TRIMESTER: A DESCRIPTIVE ANALYSIS

Leticia Tagliati Nogueira^a, Maria Eduarda de Oliveira Gonçalves^a, Camila Nascimento^a, Angélica Lorena Dos Santos Oliveira^a, Simone Meira Carvalho^a, Elaine Andrade Moura^b, Heloisa da Costa Souza^a, Diogo Simões Fonseca^a
^a *Faculdade de Fisioterapia, Universidade Federal de Juiz de Fora (UFJF), Juiz de Fora, MG, Brazil*

^b *Empresa Brasileira de Serviços Hospitalares (EBSERH), Programa de Pós Graduação em Ciências da Reabilitação e Desempenho Físico-Funcional, Faculdade de Fisioterapia, Universidade Federal de Juiz de Fora (UFJF), Juiz de Fora, MG, Brazil*

Background: Lumbopelvic pain is a common condition during pregnancy, impacting quality of life of pregnant women and influencing their physical activity levels. Regular physical exercise is recommended to improve maternal health and reduce pain symptoms; however, adherence to physical activity during pregnancy remains low. Understanding how different components of physical activity are distributed among pregnant women with and without lumbopelvic pain is essential to guide effective interventions and recommendations.

Objectives: To descriptively analyze the level of habitual physical activity in pregnant women in the third trimester of pregnancy with and without lumbopelvic pain, divided into components: occupational physical activities, leisure-time physical exercises, and physical activities during leisure and locomotion.

Methods: A cross-sectional study design was performed. Ten pregnant women were divided into two groups of five each: with and without lumbopelvic pain. Inclusion criteria were being in the third trimester of a singleton pregnancy and being at least 18 years old. Exclusion criteria were using assistive devices for walking, having neurological conditions affecting locomotion, history of spinal or lower limb surgeries, inflammatory or rheumatic diseases, and contraindications to exercise. Data collection included sociodemographic, anthropometric, and clinical information. Physical activity levels were assessed using the Baecke Habitual Physical Activity Questionnaire. Pain intensity was measured using the Numeric Pain Rating Scale. Differences between groups were analyzed descriptively due to the small sample size.

Results: The mean age in the pain-free and pain groups was 35.2 ± 7.3 years versus 29.4 ± 6.2 years, respectively. Gestational age was 34 weeks and 5.2 days ± 2 weeks and 4 days in the pain-free group versus 36 weeks and 3.6 days ± 2 weeks and 1 day in the pain group. Additionally, the pain group had a Numeric Pain Rating Scale score of 5.8 ± 1.9 . Regarding the results from the Baecke Habitual Physical Activity Questionnaire, descriptively findings suggested that pregnant women with pain engaged more in occupational activities and less in leisure-time physical exercises and physical activities during leisure and locomotion compared to the pain-free group. However, total physical activity levels were similar between the two groups: mean 10,825 and 8,975, respectively. The mean values for the components of occupational physical activities, leisure-time