

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

physical exercises, and physical activities during leisure and locomotion were 2.975, 2.45, and 5.4 in the pain-free group, compared to 2.875, 1.8, and 4.4 in the pain group.

Conclusion: Lumbopelvic pain impacts physical activity patterns in pregnant women. As this is a preliminary result of a descriptive analysis, findings should be interpreted with caution, and further studies with a larger sample size and more robust statistical analyses are needed.

Implications: These findings reinforce the need for policies that encourage adapted physical activity programs for pregnant women, promoting awareness of the benefits of exercise in reducing pain. In clinical practice, physiotherapists can use this information to develop personalized strategies, balancing occupational load and encouraging mobility. In education, the importance of training professionals to guide pregnant women is highlighted, while in management and public policies, expanding access to maternal health programs is recommended.

Keywords: Lumbopelvic Pain, Physical activity, Pregnancy

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

Funding: CAPES - Finance Code 001.

Ethics committee approval: CAAE 50820221.9.0000.5345.

Registration: NCT05608954.

<https://doi.org/10.1016/j.bjpt.2025.101411>

149

PROFILE OF HEALTH PERSONNEL MANAGING PAIN IN THE BRAZILIAN FEMALE POPULATION: A PATIENT'S PERSPECTIVE

Marina Almeida de Souza, Guilherme Tavares de Arruda, Sabrina Gonzaga, Pâmela Calixto de Moraes, Ingrid da Costa Vilela, Mariana Arias Avila, Patrícia Driusso
Universidade Federal de São Carlos (UFSCar), São Carlos, SP, Brazil

Background: Understanding the profile of health personnel is key to improving quality of life and ensuring patients' needs are met. Data reveals how often patients seek care, sometimes due to misdiagnoses or unresolved issues. It's crucial to assess if health professionals understand pain, emotions, and external factors affecting patients. Many struggle to express symptoms clearly, so recognizing their perspective can enhance communication and care quality.

Objectives: To analyze the profile of healthcare and understand how the professionals interpret symptoms, in addition to evaluating patients' ability to express them.

Methods: This is a cross-sectional study that included women and individuals who identified as female, aged 18 or older, and residing in Brazilian territory. This research followed the ethical precepts established by National Health Council (CNS) resolution n° 510/2016 and its complementary and followed General Law on the Protection of Personal Data (LGPD) 13.709/2018. A structured questionnaire was created on Google Forms to assess healthcare experiences. It includes questions about which professionals treated the patient, how often they sought care, and whether they felt understood. It also examines patients' ability to express their pain and how many professionals truly understood their condition. Data is presented in percentages.

Results: Of the 1,152 responses received, 1000 were included in this study according to the inclusion criteria. Most patients sought health care and consulted with various medical specialties, with the following prevalence rates: doctors (59.0%), physiotherapists (38.4%), psychologists (26.5%), physical education professionals (15.0%), nutritionists (12%), and dentists (12%). Additionally, 22.5% did not receive any medical care. It is important to note that these percentages do not sum to 100% since many women consulted with

more than one specialty. About how many times patients sought health care per year, 18.6% had one appointment in the year, 32.3% had two to three times, 26.7% had four or more appointments and 22.2% did not have any type of health care. If patients consider that professionals understand their pain, 37.7% reported that professionals completely understand their pain symptoms, 46.9% partially understand, and 6% do not understand. Regarding how patients report their pain to doctors, 3.6% do not know how to express their pain, 32.5% express it partially, and 56.2% express it completely. Of the professionals who attended the patients, 44.7% more than half understood the patients' pain symptoms, 23.6% half of the professionals, and 21.0% less than half. A total of 9% of patients did not seek healthcare.

Conclusion: The results show that patients with partial pain seek more healthcare, showing a diagnostic profile focused on treatment rather than prevention of symptoms, as observed in the frequency of times these patients sought healthcare. One factor that needs to be considered is that patients consider that most health professionals do not understand their pain complaints.

Implications: This study emphasizes the need for active listening in healthcare professional to improve pain reporting. Better symptom-tracking tools and communication can enhance care. Training programs and changes in care should focus on patient-centered assessments and therapeutic relationships.

Keywords: Health Personnel, Pain, Women's Health

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

Funding: CAPES - Finance Code 001.

Ethics committee approval: CAAE: 28540620.6.1001.5133.

Registration: Not applicable.

<https://doi.org/10.1016/j.bjpt.2025.101412>

150

LEVEL OF EDUCATION AND ADHERENCE TO TREATMENT WITH PHOTOBIOMODULATION IN WOMEN WITH MYOFASCIAL PAIN OF THE PELVIC FLOOR

Ana Virginia Marques Da Costa, Jose Carlos Tatmatsu Rocha, Maria Alice Teixeira Alves, Marjorie de Almeida Nogueira, Vilela Barros de Figueiredo

Programa de Pós-Graduação em Fisioterapia e Funcionalidade (PPGFisio), Universidade Federal do Ceará (UFC), Fortaleza, CE, Brazil

Background: Myofascial pelvic floor pain (MPFP) significantly impacts women's quality of life, affecting physical, emotional, and social aspects. Photobiomodulation (PBM) has emerged as a promising therapy for managing this condition. However, treatment adherence may be a critical factor for therapeutic success.

Objectives: To investigate adherence to PBM treatment in women with MPFP.

Methods: A cross-sectional observational study, derived from a feasibility study for a randomized clinical trial, was conducted with 21 women aged 18 years or older diagnosed with myofascial pelvic floor pain (MPFP). Participants were divided into three groups receiving different PBM dosages: G1 (1J), G2 (4J), and G3 (6J), over eight intervention days, twice a week. Treatment adherence was assessed based on attendance frequency, with adequate adherence defined as attending at least 80% of the sessions. Education level was categorized into incomplete high school and high school or higher. Socio-demographic data, including education level, were collected using a standardized form.

Results: Treatment adherence rates were 100% in the 1J group, 88% in the 4J group, and 100% in the 6J group, with no statistically