

the questionnaire were included. Data organization and analysis were performed using Excel® 2010 software, including the preparation of tables, charts, and graphs, in addition to the use of analyses generated by Google Forms.

Results: 104 individuals participated in the study, of which the majority were between 18 and 25 years of age ($n = 73$), identified themselves as single in relation to marital status (79.81%), had no diagnosis of sexual dysfunction (97.12%) and were students (49.04%). In addition, the majority had no abortions (92.31%) and no pregnancies (71.15%), while the minority had 3 and 4 or more pregnancies, representing 0.96% each. Regarding sexual function, 61.54% had a score above the cutoff line on the FSFI, not suggesting sexual dysfunction, while 38.46% obtained a score below the cutoff line, suggesting sexual dysfunction. Regarding perceptions, 20.19% believe that educational or professional life negatively affects sexual life and 63.46% that sexual life positively interferes with their mood. When analyzing the sexual life domain in quality of life, on a score from 0 (minimum) to 4 (maximum), it was possible to observe a good classification, in which 34.44% attributed the maximum score and 47.68% a score of 3.

Conclusion: It can be concluded that most participants presented good sexual function and that sexual life positively influences mood, in addition to having a good classification within the quality of life assessment. However, it should be noted that the sample was composed mostly of young, single adults with no history of pregnancy, which may have influenced the results. Therefore, it is essential to conduct new research with a more diverse sample.

Implications: Understanding female sexual function and its influence on quality of life is essential for the physiotherapist to identify the prevalence of dysfunctions and their impacts on the daily lives of patients, as well as the importance of effective professional monitoring.

Keywords: Sexuality, Genitalia, Women's Health

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IMPACT OF WORK-RELATED PSYCHOSOCIAL FACTORS ON THE DEVELOPMENT OF NECK PAIN IN PROFESSORS FROM BRAZILIAN PUBLIC HIGHER EDUCATION INSTITUTIONS

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Background: Psychosocial risk factors may influence mental and musculoskeletal health. Neck pain is one of the most frequently reported diagnoses by professors, which can be associated with physical and mental work demands. A broader understanding of the development of neck pain can determine whether there is a psychosocial influence and to suggest possible management strategies.

Objectives: To verify whether psychosocial factors are associated with the development of neck pain in professors at Brazilian public higher education institutions (HEIs).

Methods: This longitudinal study used baseline data collected from May to December 2022 and from May to December 2023 (12-month follow-up). Participants were invited to participate mainly by email, responding to an electronic form. For this study, we selected professors who worked 40 hours per week exclusively and without a medical diagnosis of neck pain at baseline. Psychosocial aspects were

assessed using the short Brazilian-Portuguese version of the Copenhagen Psychosocial Questionnaire (COPSOQ II-Br). Logistics and descriptive analyses of the data were performed, using the SPSS statistical software. The work-related psychosocial risk factors assessed were symptoms of stress and burnout; work-family conflict; quantitative work demands, and emotional work demands. The variables sex, age, preschool-aged children (0 to 5 years), and family income were added to the adjusted model. For family income, the monthly minimum wage (MMW) was used based on the year 2022 (MMW = R\$ 1,212.00 ? USD 230).

Results: The study included 661 professors, mean age of 48.9 (SD=9.8) years, 54% were male, 71% were white, 70.1% had a spouse, 36% had no children and only 12.3% had preschool-age children, 89% had a doctorate, 52% had a family income less than or equal to 12 MMW and 95.5% were non-smokers. Professors from all Brazilian states participated, but the majority (24.4%) lived in the state of São Paulo. The majority were in the risk category for three of the five psychosocial factors evaluated, namely: burnout (61.1%); stress (62.4%); emotional work demands (50.7%). Most professors were in the safe category for the work-family conflict factors (54.4%) and quantitative work demands (81.4%). At the 12-month follow-up, 3.5% of professors reported a medical diagnosis of neck pain. Only emotional demands showed a significant association ($p < 0,05$) with the medical diagnosis of neck pain in the 12-month follow-up in crude model ($p = 0,027$; OR: 2,91; 95% CI: 1,13–7,47) and the adjusted model ($p = 0,043$; OR: 2,69; IC: 1,03–7,05).

Conclusion: Emotional demands increase the chance of developing neck pain in professors at Brazilian public HEIs by almost three times, which suggests the need for a multifaceted approach to manage this health condition.

Implications: This result highlights the importance of a comprehensive approach that considers not only the physical assessment but also the psychosocial aspects of these workers, with multidisciplinary treatment protocols. HEIs should support the emotional demands of professors, controlling emotionally stressful situations and promoting awareness programs on mental health, emotional intelligence and resilience to prevent neck pain.

Keywords: Occupational Health, Musculoskeletal Pain, Emotional Intelligence

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FACTORS ASSOCIATED WITH WORK ABILITY IN OLDER WORKERS AS PREDICTORS OF WORK PARTICIPATION: A SYSTEMATIC REVIEW

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Background: The sustainability of the labor market for older workers has become a central issue. The prolonged participation of these workers raises concerns for organizations, which face an increase in age-related chronic conditions and disabilities, leading to higher absenteeism rates and reduced work ability. Understanding the work ability of older workers is essential for society's sustainable development.

Objectives: To identify the factors associated with work ability in older workers and whether they predict whether they will continue to participate in the workforce.

Methods: This is a systematic review of prospective cohort studies. The search was conducted between May and July 2024 in the following databases: PubMed, CINAHL, EMBASE, and Scopus. Only prospective cohort studies were included, with workers over 45 years of age and that had as an outcome an indicator of work ability and associated factors that should be able to predict whether to be involved in work (this includes retirement, total or partial disability pension). Studies with unemployed workers, which did not discriminate between age groups in the results and did not predict the ability to work and participate in work and continue working, were excluded. The methodological quality of the studies was assessed using the Newcastle-Ottawa Scale tool, a version for cohort studies.

Results: 1,063 studies published between 1969 and 2024 remained for the review of titles and abstracts. After reading the remaining 39 articles in full, 33 were excluded based on eligibility criteria, leaving six studies that passed the quality assessment process, of which five were classified as good quality and only one as poor quality. Work ability is a key predictor of prolonged absences and early retirement, influenced by older age, obesity, smoking, strenuous physical conditions, and compromised mental health. Depression and intense physical and emotional demands were associated with low mental and physical work ability over time. Factors such as temporary employment, low job satisfaction, and lack of investment in training increased the risk of dismissal. In addition, support and control in the workplace decreased the risks of early retirement and dissatisfaction.

Conclusion: Low work ability, other indicators of illness, heavy workload, dissatisfaction with life and work, employability, and inadequate training may influence whether workers continue to participate in the workforce.

Implications: This systematic review expands understanding of the interaction between individual health and the work environment across the career path, suggesting that modifiable factors such as control and support at work, in addition to reducing risk behaviors, can prevent absences and prolong healthy employment. The results indicate the importance of tailored workplace health promotion programs, including interventions focused on reducing smoking and weight control and measures that increase psychological support. The results obtained in this systematic review support managers, companies, and governments in improving working conditions, indicating the need for work planning, adequate training, and strategies to remain in work.

Keywords: Aging work, work capacity, predicting factors

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PREDICTORS OF PHYSICAL ACTIVITY MAINTENANCE OVER ONE YEAR IN PROFESSORS FROM BRAZILIAN PUBLIC HIGHER EDUCATION INSTITUTIONS

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Background: Physical inactivity contributed to a significant mortality rate between 1990 and 2017 in Brazil. Professors who do not practice physical activity (PA) have greater stress, worse quality of life and health. On the other hand, the practice of physical activity has a protective effect on physical and mental health.

Objectives: To identify which factors, predict the maintenance of PA over one year among professors.

Methods: This longitudinal study used an electronic form. Baseline data were collected from May to December 2022 and a 12-month follow-up from May to December 2023. Professors with exclusive dedication of 40 hours per week in Brazilian public higher education institutions (HEIs) were invited to participate mainly by email. PA was assessed using the short version of the International Physical Activity Questionnaire (IPAQ) and classified as active or sedentary. For this study, only cases of active professors in the baseline study data were selected. Logistic regression analyses were performed with each of the following variables: personal (sex; age; preschool age of children; family income; body mass index; satisfaction with: sleep, activities of daily living, work capacity, self-esteem, personal relationships, sexual activity; social support; home environment; accessibility to health and social care; and transport), health conditions (hypothyroidism; arterial hypertension; low back pain; sleep apnea; obesity; menopause; depression; anxiety disorder) and psychosocial risk factors (symptoms of stress and burnout (physical exhaustion or emotional exhaustion), work-family conflict, emotional work demands, and quantitative work demands).

Results: A total of 451 professors participated in the study, with a mean age of 49.5 years (± 9.7). Most professors lived in the state of São Paulo (25.2%), were male (52.4%), white (72%), lived with a partner (69%), and 64% had children, of which 10.6% were of preschool age. The majority had a doctorate (90%), had a family income less than or equal to 12 minimum wages (50.7%), worked in federal HEIs (67.6%), in graduate programs (61.8%), and were at the current HEI more than 10 years (64.6%). Most professors were overweight (56.1%), non-smokers (95.8%), and had at least one of the eight medical diagnoses assessed (60.4%) at baseline. According to the 12-month follow-up, 13.3% of professors became sedentary. Among personal factors, satisfaction with activities of daily living ($p = 0.010$; OR = 2.05; 95% CI: 1.19-3.56) and work capacity ($p = 0.006$; OR = 2.15; 95% CI: 1.24-3.73) showed a significant association with PA in the 12-month follow-up. Among health conditions, only hypothyroidism showed a significant association ($p < 0.001$; OR = 0.25; 95% CI: 0.12-0.54). Among psychosocial risk factors, physical exhaustion ($p = 0.003$; OR = 0.33; 95% CI: 0.16-0.69) and quantitative work demands ($p = 0.044$; OR = 0.50; 95% CI: 0.26-0.98) showed significant associations.

Conclusion: Professors at psychosocial risk for quantitative demands, those with physical exhaustion or diagnosed with hypothyroidism are less likely to remain active in one-year follow-up. Professors who are satisfied with their ability to perform daily activities and those who are satisfied with their ability to work are more likely to remain active.

Implications: This study offers valuable insights into how to maintain professors' PA through improved working conditions, psychosocial support, health promotion, and increased job satisfaction.

Keywords: Occupational Health, Sedentary Behavior, Exercise

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