

perception of safety during the assessment, all pregnant women rated it as “very safe.” Concerning the use of telehealth as a means of communication with healthcare professionals, 20 participants (83.33%) fully agreed, 3 (12.50%) agreed, and 1 (4.17%) did not respond. Regarding the positive aspects of the session, participants highlighted the teleconsultation itself, the professionals, and accessibility, as well as their perceptions. Five responses (20.83%) emphasized safety, 9 (37.50%) highlighted the care, attention, and guidance provided by the professionals, 6 (25.00%) mentioned the clarity and quality of the information, and 3 (12.50%) pointed to the convenience and accessibility of telehealth as positive aspects. Regarding the perception of physical therapists about participants' safety, 91.67% (22) fully agreed that the participants were safe, while 4.17% (1) remained neutral and 4.17% (1) disagreed.

Conclusion: There was a positive perception of the teleconsultation assessment for the pregnant women and physical therapists in this study.

Implications: The results of this study contribute to clinical practice by reducing transportation costs and improving access to physical therapy. They also support integrating telehealth into public health systems, increasing national access to specialized care. Clinical trial design studies are necessary to further explore the results.

Keywords: Physiotherapy, Telerehabilitation, Women's health

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128

IMPACT OF URINARY INCONTINENCE ON THE QUALITY OF LIFE OF WOMEN WITH SYSTEMIC LUPUS ERYTHEMATOSUS

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Background: Urinary incontinence (UI) is a condition that can affect the quality of life of affected women. The impact of UI can be even greater in women with chronic conditions, such as systemic lupus erythematosus (SLE), which can compromise various systems. Thus, it is necessary to understand the impact of UI on different aspects of life, such as social, emotional, and daily activities of women with SLE.

Objectives: To analyze the impact of urinary incontinence on the quality of life of women with systemic lupus erythematosus.

Methods: Cross-sectional study with 21 women diagnosed with SLE and complaints of urinary incontinence aged 18 years or older. The study was conducted at the Rheumatology outpatient clinic of a University Hospital. Participants answered the “urinary impact questionnaire” (UIQ-7) subscale of the Pelvic Floor Impact Questionnaire-7 (PFIQ-7), which contains seven questions about the impact of urinary incontinence on different aspects of life. Means and standard deviations (SD), absolute and relative frequencies were calculated.

Results: 21 women with a mean age of 46.76 years (SD = 11.92) participated in the study. Regarding the type of UI, 42.8% of women had stress urinary incontinence (SUI), 28.6% urge urinary incontinence (UUI), and 28.6% mixed urinary incontinence (MUI). Regarding the UIQ-7 responses, 19 women (90.5%) did not report an impact on

their ability to perform domestic activities. 14.3% of women indicated a significant impact on their ability to perform physical activities. Regarding entertainment activities, 4.8% indicated a slight impact and 14.3% reported a significant impact. Regarding the ability to travel long distances, 61.9% of women reported no impact. In social activities, 14.3% reported a moderate impact. 14.3% reported a significant impact on emotional health. Regarding the feeling of frustration, 28.6% consider themselves very frustrated with the situation.

Conclusion: The UIQ-7 results reveal that urinary incontinence has a considerable impact on the quality of life of women with SLE. It is recommended that further studies be carried out with larger samples.

Implications: This study highlights the importance of assessing the impact of urinary incontinence on the quality of life of women with SLE. The results can be used to stimulate the development of interventions aimed at improving the quality of life of these women.

Keywords: Pelvic Floor Disorders, Quality of Life, Urinary Incontinence

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129

EFFECT OF AEROBIC EXERCISE ON URINARY COMPLAINTS IN POSTMENOPAUSAL WOMEN: PRELIMINARY RESULTS OF A CLINICAL TRIAL

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Background: Aerobic exercise, widely practiced by postmenopausal women, is described as effective in reducing some typical symptoms of this period. Urinary complaints, particularly those related to continence, are among the most common complaints in this population. **Objectives:** Therefore, the aim of the study was to evaluate the effect of aerobic exercise on urinary complaints in postmenopausal women.

Methods: This is a clinical trial that included women in the postmenopausal period. All participants followed a 12-week aerobic exercise protocol, which included warm-up, walking, and cooling down three times a week for 50 minutes, with an increase in intensity every 4 weeks. Before and after the 12 weeks, participants were assessed regarding the impact of urinary complaints on quality of life using the International Consultation on Incontinence Questionnaire - Short Form (ICIQ-SF). The Wilcoxon test was applied to compare the differences between the ICIQ-SF questionnaire scores (questions 3, 4, 5, and total score) before and after the intervention.

Results: Thirty-five women were included in the study (mean age: 57.5 years, SD: 7.05). The results showed a significant difference only for question 3 of the ICIQ-SF, which refers to the frequency of urinary leakage ($p = 0.046$), suggesting a reduction in the frequency of urinary complaints after the aerobic intervention. No significant differences were found for other variables after the intervention ($p > 0.05$).

Conclusion: It is concluded that aerobic exercise led to a slight improvement in urinary complaints in postmenopausal women.

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

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130

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.

Keywords: Pregnancy, Maternal Age, Medical Assistance

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131

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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