

EFFECTS OF PHYSIOTHERAPY ON QUALITY OF LIFE, SUBJECTIVE WELL-BEING, OPTIMISM AND PELVIC MUSCLE EXERCISES SELF-EFFICACY IN WOMEN WITH STRESS URINARY INCONTINENCE

Hypothesis / aims of study

to investigate the effects of physiotherapy on quality of life (QoL), subjective well-being (SWB), optimism and pelvic muscle exercises self-efficacy in women in with stress UI, and to explore the relation between SWB and those psychological variables and to ascertain the social-demographic variables that predict SWB.

Study design, materials and methods

In this pre-post test study, 157 (aged 20-68 years) women with stress UI, participated an experimental group that carried out a 12-week physiotherapy programme to pelvic floor (n=100), whereas the control group (n=57) received usual medical care. Before each intervention and after 12-weeks, different psychological and social-demographic variables were evaluated according to the following scales: Portuguese version of King's Heath Questionnaire, Positive and Negative Affect Scale, Satisfaction with Life Scale, Optimism Scale and the Pelvic Muscle Exercises Self-Efficacy Scale.

Results

We found that pelvic floor physiotherapy increased QoL ($p<.001$), SWB ($p<.001$), self-esteem ($p<.001$), optimism ($p<.001$) and pelvic muscle exercises self-efficacy ($p<.001$).

Interpretation of results

The variables QoL, optimism, pelvic muscle exercises self-efficacy, economic situation and age proved to be predictors of SWB. The pelvic floor physiotherapy revealed beneficial effects in the above mentioned psychological variables.

Concluding message

We can thus conclude that the implications of these results are therefore discussed, highlighting the importance of the use of different methodologies in positive psychology and physiotherapy in women with UI.

Disclosures

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