



UNIVERSIDADE
FEDERAL DO DELTA
DO PARNAÍBA

Trabalho de Conclusão de Curso
Curso de Fisioterapia
Resumo Expandido

**IMPACTO DAS DISFUNÇÕES SEXUAIS NA SAÚDE MENTAL DE ADULTOS:
UMA REVISÃO SISTEMÁTICA**

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Introdução

As disfunções sexuais estão associadas a complicações psicológicas que impactam a qualidade de vida e o bem-estar dos pacientes. A relação entre essas disfunções e alterações psicológicas requer maior compreensão, especialmente por meio de abordagens biopsicossociais.

Objetivo

Realizar uma revisão sistemática para avaliar a associação entre disfunções sexuais e complicações psicológicas em adultos, considerando aspectos biopsicossociais e clínicos.

Método

Seguindo as diretrizes PRISMA, foram incluídos estudos de ensaios clínicos publicados até julho de 2024, selecionados de bases de dados como PubMed, Scopus e Cochrane. O risco de viés foi avaliado usando a ferramenta Cochrane Risk of Bias 2.

Resultados

9 estudos foram incluídos, abrangendo 2.008 participantes. As alterações psicológicas mais frequentes foram baixa autoestima, depressão e ansiedade. A associação entre disfunções sexuais e alterações psicológicas foi consistente, impactando na qualidade de vida e nas relações sociais e familiares.

Conclusão

As disfunções sexuais estão fortemente associadas a comprometimentos psicológicos e sociais, reforçando a necessidade de abordagens multimodais e tratamento interdisciplinar.

Palavras-chave: Disfunções sexuais, saúde mental, revisão sistemática, qualidade de vida.

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