

ARTIGO ORIGINAL

FATORES QUE INTERFEREM NA AUTOIMAGEM GENITAL DE IDOSAS MENOPAUSADAS

FACTORS THAT INTERFERE WITH THE GENITAL SELF-IMAGE OF MENOPAUSAL ELDERLY WOMEN

Deise Iop Tavares¹Gessica Bordin Viera Schlemmer²Gustavo do Nascimento Petter³Melissa Medeiros Braz⁴Hedioneia Maria Foletto Pivetta⁵

¹Graduada em Fisioterapia. Mestra em Gerontologia. Universidade Federal de Santa Maria. E-mail: deiseiop@hotmail.com

²Graduada em Fisioterapia. Mestra em Gerontologia. Docente de Fisioterapia da Universidade Franciscana. E-mail: gessicabordinviera@yahoo.com.br

³Graduado em Fisioterapia. Mestre em Educação Física. Docente de Fisioterapia da Faculdade Sogipa. E-mail: gustavo.petter@hotmail.com

⁴Graduada em Fisioterapia. Doutora em Engenharia de Produção. Docente de Fisioterapia e do Mestrado em Ciências do Movimento e Reabilitação e em Gerontologia da Universidade Federal de Santa Maria. E-mail: melissabraz@hotmail.com

⁵Graduada em Fisioterapia. Doutora em Educação. Docente de Fisioterapia e do Mestrado em Ciências do Movimento e Reabilitação e em Gerontologia da Universidade Federal de Santa Maria. E-mail: hedioneia@yahoo.com.br

Resumo

A autoimagem genital representa sentimentos, experiências e atitudes em relação aos órgãos genitais e pode ser influenciada por diversos fatores sendo preditora do autocuidado e de uma boa saúde. Este estudo teve como objetivo principal verificar a interferência de fatores sociodemográficos e também de fatores urogenitais na autoimagem genital de idosas menopausadas. Para isso, realizou-se um estudo quantitativo explicativo e retrospectivo com 132 idosas sexualmente ativas. Foram elencados como fatores a serem estudados a idade, estado civil, imagem corporal, disfunções do assoalho pélvico, cirurgias estéticas genitais, função sexual e frequência de atividade sexual. A investigação foi realizada por meio de um formulário sociodemográfico adaptado (idade, estado civil, cirurgia estéticas genitais e frequência de atividade sexual), Female Genital Self-Image Scale (autoimagem genital), Body Appreciation Scale (imagem corporal), Female Sexual Function Index (função sexual) e o questionário International Consultation Questionnaire on Incontinence - Short Form (disfunções do assoalho pélvico). A análise estatística foi realizada por meio de regressão logística binária. Os resultados mostram que nenhuma das variáveis contribuiu para o modelo de regressão logística binária, exceto a imagem corporal ($p < 0,001$). Diante dos fatores estudados, apenas a imagem corporal influenciou a autoimagem genital das idosas.

PALAVRAS-CHAVE

Imagem corporal. Genitália Feminina. Sexualidade. Menopausa. Envelhecimento.

Abstract

Genital self-image represents feelings, experiences and attitudes towards the genitals and can be influenced by several factors and is a predictor of self-care and good health. This study's main objective was to verify the interference of sociodemographic factors and also of urogenital factors in the genital self-image of menopausal elderly women. To this end, an explanatory and retrospective quantitative study was carried out with 132 sexually active elderly women. Age, marital status, body image, pelvic floor dysfunctions, genital cosmetic surgeries, sexual function and frequency of sexual activity were listed as factors to be studied. The investigation was carried out using an adapted sociodemographic form (age, marital status, genital cosmetic surgery and frequency of sexual activity), Female Genital Self-Image Scale (genital self-image), Body Appreciation Scale (body image), Female Sexual Function Index (sexual function) and the International Consultation Questionnaire on Incontinence - Short Form (pelvic floor dysfunctions). Statistical analysis was performed using binary logistic regression. The results show that none of the variables contributed to the binary

logistic regression model, except body image ($p < 0.001$). Given the factors studied, only body image influenced the genital self-image of elderly women.

KEYWORDS

Body Image. Genitalia, Female. Sexuality. Menopause. Aging.

1 Introduction

Genital self-image consists of the representation of feelings, subjective experiences, and attitudes towards the genital organs (DeMaria; Meier; Dykstra, 2019; Sharp; Tiggemann, 2016), but which influences the physical and mental well-being of the elderly (DeMaria; Meier; Dykstra, 2019; Amos; McCabe, 2016). It is described in the literature that women with good genital self-image have less risk of developing distress and depression, in addition to being related to greater care about genital health. Regarding sexual health, a positive genital self-image brings benefits as the manifestation of more desire, more satisfaction, more frequent orgasms, and performing other types of sexual practices (Gomes et al., 2019; Handelzats et al., 2017; Marvi et al., 2018).

Studies show that genital self-image can be influenced by factors such as age, marital status, body image, and pelvic floor dysfunctions, such as urinary incontinence and pelvic prolapse. Other influencing factors described in the literature are cosmetic surgery on the genitals, sexual function, and the frequency of sexual activity (Handelzats et al., 2017; Rowen et al., 2018; Herbenick et al., 2011; Pazmany et al., 2013a; Jawed-Wessel et al., 2016; Zielinski et al., 2012; Goodman et al., 2016; Lordelo et al., 2017; Pastor et al., 2017; Pazmany et al., 2013b; Silva et al., 2018; Herbenick; Reece, 2010; Sasanfar et al., 2024; Koçak; Aksoy, 2024; Arruda et al., 2023; Alavi-Arjas et al., 2023; Felder; Heinzelmann-Schwarz; Kavvadias, 2022; Tavares et al., 2022; Tavares et al., 2021; Komarnick et al., 2019; Lyatoshinsky et al., 2019; Tavares et al., 2019). However, it is important to note that all these studies found were carried out, mainly with university and pre-menopausal women.

Intervening factors in the genital self-image of the elderly can predict problems in sexual health as well as changes in the perception of the body and self-esteem, which implies implications for the quality of life and overall health of the elderly. It is also considered that a good genital self-image is a predictor of self-care and health since there are references that have a direct impact on the search for preventive or remedial care with health professionals. It is believed that due to shame and/or embarrassment about their intimate parts, elderly women may postpone visits to gynecological health services (Gomes et al., 2019; Kaya et al. 2018; Komarnick et al., 2019).

2 Objective

This study had as main objective to verify the interference of sociodemographic factors as well as urogenital factors in the genital self-image of menopausal elderly women.

3 Methods

Quantitative explanatory and retrospective study that aimed to investigate which factors interfere with the genital self-image of elderly menopausal women. The present study is part of an integrated study duly registered and approved by the institutional Ethics Committee. The sample size calculation was based on the study by Field (2013), and had as the main outcome variable the assessment of genital self-image should be performed with a sample of at least 120 women. The sample was composed of 132 women aged 60 years or older, sexually active, registered in a physical activity center of a public university in the Rio Grande do Sul, Brazil. The participants were asked at the beginning of the interview if they considered themselves sexually active. Those with cognitive deficits assessed by the Mini-Mental State Examination (Folstein et al., 1975) and

with any self-reported active genital pathology, such as vaginosis or diseases derived from hypoestrogenism, likely to interfere with the perception of genital self-image, were excluded.

To establish the variables to be investigated as well as the instruments to be used, a literature review was conducted in which factors of analysis were listed, according to the highest frequency found in the studies in question. Thus, it was elected as variables of this research: age, marital status, body image, pelvic floor dysfunctions, genital esthetic surgeries, sexual function, and frequency of sexual activity.

The assessment of the perception of genital self-image was carried out using the Female Genital Self-Image Scale (FGSIS), which is validated in Brazil (Mendes; Oliveira; Raposo, 2021) and consists of seven questions with answers in descending order as "totally agree", "agree", "disagree" and "totally disagree" (Herbenick et al., 2011). To identify whether the sample had a good genital self-image they should have a score greater than or equal to 21.8 points (DeMaria; Hollub; Herbenick, 2012). To evaluate the domains of the instrument according to the question the model of Schlemmer (2018) was used: safety, appearance, comfort, smell, functioning, examination, and shame in which each domain ranges from one (1) to four (4) points. However, there are no studies that show cut-off points for each domain, but the higher the score, the better the genital self-image.

The recording of sociodemographic data was performed in an evaluation form adapted from the diagnostic form used by the Gerontology Laboratory (LAGER) of the Santa Catarina State University. Information such as gynecological and obstetric history was also noted on this instrument as well as the time spent practicing physical activity at the Physical Activity Center of the aforementioned public university. To evaluate the sexual function, the Female Sexual Function Index (FSFI) was used which is validated in Brazil (Thiel et al., 2008). It is composed of 19 questions divided into six domains of sexual response (desire, arousal, lubrication, orgasm, satisfaction, and pain or discomfort). The elderly woman who had a total score greater than or equal to 26.55 points had a satisfactory sexual function. For the domains, the following values were used: Desire: 4.28; Excitement: 5.08; Lubrification: 5.45; Orgasm: 5.05; Satisfaction: 5.04 and Pain: 5.51, that is, scores greater than or equal to these values meant a good domain (Pechorro; Diniz; Vieira, 2009; Ferreira et al., 2013; Tonetto et al., 2016).

To evaluate the appreciation of body image we used the Body Appreciation Scale (BAS), which is validated in Brazil (Ferreira; Neves; Tavares, 2014) which has eight questions with answers ranging from "never" to "always". The total score is calculated by the average of all answers, with scores greater than or equal to 3.5 points indicating greater body appreciation (Soulliard et al., 2019).

To evaluate pelvic floor dysfunctions such as urinary incontinence (UI), we used the International Consultation on Incontinence Questionnaire - Short Form (ICIQ-SF), which is validated in Brazil (Tamanini et al., 2004) and composed of five questions and evaluates the frequency, severity, and impact of UI, besides having a set of eight self-diagnostic items that relate the situations of urinary loss experienced by individuals (Rosa et al., 2014). The sample was considered incontinent when it presented a score greater than or equal to one (01) point (Dellú, 2015).

For the application of the instruments, which was carried out from July to November 2019, the elderly women were individually approached at the places where the physical activities of the groups registered at the Center for Integrated Studies and Support for the Elderly (NIEATI) are performed. After the invitation, they were informed about the objectives, procedures, risks, and benefits of the research to later obtain the Free and Informed Consent Form (ICF) with a guarantee of confidentiality and anonymity of the information collected. The instruments were applied on the same day, with only the researcher and the elderly woman present. All ethical principles were followed, according to Resolution 466/2012 of the National Health Council.

Regarding the statistical analysis, descriptive statistics were initially performed to characterize the sample. Next, the multicollinearity analysis in which all variables had a tolerance greater than 0.1 and VIF (Variance

inflation factor) less than 10. Finally, a binary logistic regression by the stepwise forward by likelihood method was performed to verify whether age, sexual function (total score FSFI), genital esthetic surgery, pelvic floor dysfunctions such as prolapse and urinary incontinence (total score ICIQ), sexual frequency, and body image (total score BAS) are predictors of dissatisfaction with the genital image ($FGSIS < 21.8$).

4 Results

The results found suggest that age ($p=0.618$), marital status ($p=0.931$), pelvic floor dysfunctions such as urinary incontinence ($p=0.685$) and pelvic prolapse ($p=0.454$), esthetic surgeries on the genitals ($p=0.908$), sexual function ($p=0.369$) and frequency of sexual activity in the last month ($p=0.106$) do not interfere in the genital self-image of the elderly women studied. The model incorporating the body image score (BAS) was significant [$X^2(1)=17.909$, $p<0.001$, $R^2\text{Negelkerke}=0.214$]. None of the variables contributed to the model, except for significant body image ($OR=8.552$; 95% CI 2.72-26.84).

This study presented a sample consisting of 132 elderly women with ages ranging from 60 to 87 years, most of them being widows (45.5%), as shown in Table 1. Table 2 shows that the elderly women presented a frequency of 2.5 ± 3.8 of sexual activity in the last month.

Table 1 - Sociodemographic data of postmenopausal women who practice physical activity, Brazil, 2020.

Age (years)		69,5 $\pm$ 6,8
BMI (Kg/m ²)		26,6 $\pm$ 4,6
Time participating in NIEATI (Years)		10,2 $\pm$ 7,5
Time of menopause (Years)		20,3 $\pm$ 7,6
Marital status	Single	04(03)
	Married/Cohabiting	53(40,1)
	Separated/Divorced	15(11,3)
	Widow	60(45,5)
Education	Illiterate	0(0)
	Elementary school not completed	50(37,9)
	Elementary school completed	27(20,4)
	High School not completed	09(6,8)
	High school completed	37(28)
	Higher Education completed	08(6)
	Post-graduation completed	01(0,7)
Pregnancies	None	08(6,1)
	One	07(5,3)
	Two or more	117(88,6)
Deliveries	None	09(6,8)
	One	07(5,3)
	Two or more	116(87,9)
Vaginal delivery	None	35(26,5)
	One	15(11,3)
	Two or more	82(62,2)
Cesarean delivery	None	74(56,1)
	One	32(24,2)
	Two or more	26(19,7)
Gynecological esthetic surgeries	Yes	14(10,6)
	No	118(89,4)
Pelvic floor dysfunctions		
IU	Yes	42(31,8)
	No	90(68,1)
Prolapse	Yes	31(23,4)
	No	101(76,5)

Values represented in Average $\pm$ DP or N(%).

Source: field data. Authors' elaboration.

Fatores que interferem na autoimagem genital de idosas menopausadas

Table 2 - Sociodemographic data concerning the sexuality of menopausal women who practice physical activity, Brazil, 2020.

Related to	Men	132(100)
	Women	0(0)
	Both	0(0)
Frequency of sexual activity in the last month		2,5±3,8

Values represented in Average±DP or N(%).

Source: field data. Authors' elaboration.

Table 3 presents the scores of sexual function and its domains, showing that the elderly women in this study may have indications of sexual dysfunction with alteration in all domains, with the worst scores in arousal, lubrication, and orgasm.

Table 3 - Sexual function (FSFI) of menopausal women who practice physical activity, with total score and score of its domains, Brazil, 2020.

Total score	18,8±12,7
Desire	3,2±1,8
Excitement	2,9±2,1
Lubrication	2,9±2,1
Orgasm	3,0±2,4
Satisfaction	3,6±2,1
Pain	3,3±2,6

Values represented in Average±DP.

Source: field data. Author's elaboration.

Regarding the issue of image perceptions, table 4 shows the genital self-image scores with better results in the safety and smell domains. Table 5 shows the rating of genital self-image and body image.

Table 4 - Genital self-image (FGSIS) and body image (BAS) scores of menopausal women who practice physical activity, Brazil, 2020.

FGSIS	Total score	25,4±3
	Safety	3,8±0,4
	Appearance	3,7±0,5
	Comfort	3,3±0,9
	Smell	3,8±0,5
	Functioning	3,7±0,5
	Exam	3,4±0,8
	Shame	3,7±0,6
BAS	Total score	4,8±0,4

Values represented in Average±DP.

Source: field data. Author's elaboration.

Table 5 - Classification of the genital self-image (FGSIS) and body image (BAS) of menopausal women who practice physical activity, Brazil, 2020.

FGSIS	Good	110(83,3)
	Bad	22(16,6)
BAS	Good	128(96,9)
	Bad	04(3)

Values represented in N(%).

Source: field data. Author's elaboration.

5 Discussion

This study had as main objective to verify the interference of sociodemographic factors as well as urogenital factors in the genital self-image of menopausal elderly women. The factors studied were age, marital status, body image, pelvic floor dysfunctions, esthetic surgeries on the genitals, sexual function, and frequency of sexual activity, according to what is mostly reported in the literature of the area.

Among the variables analyzed by the binary logistic regression model, the only one that showed influence on genital self-image was body image ($p<0.001$). This can be justified because the elderly women in this study also presented a positive body image ($BAS=4.8\pm0.4$). Besides, the genitals may be considered "just" another part of the body, not valuing or minimizing this region even at this stage of their lives. This is confirmed by DeMaria, Meier and Dykstra (2019) when referring to the genitals as being a specific place of identity and

sexuality. They also mention that this similar perception regarding the body and genitals is influenced by autonomy, functionality, appreciation, and overall wellbeing promoting pleasant choices for health and lifestyle.

Another fact that may explain this result is the regularity in physical activity practice for more than 10.2 ± 7.5 years. The groups perform stretching exercises, strengthening, relaxation, and recreational activities at least twice a week. This regular practice is considered a very effective way to reduce the negative effects that arise with aging, regarding physical and/or mental aspects (Chodzko-Zajko et al., 2009). Several authors reinforce the idea that physical activity is one of the most effective treatments for altered image perceptions (DeMaria; Meier; Dykstra, 2019; Gomes et al., 2019; Cameron et al., 2018; Fougner et al., 2019).

The sum of regular physical activity practice with group socialization contributes to better self-esteem and a more satisfactory body image (Copatti et al., 2017; Tavares et al., 2022; Tavares et al., 2021). Some authors reinforce that with advancing age, the concern about the genital region revolves more around functionality than appearance (Cameron et al., 2018; Fougner et al., 2019; Farias et al., 2018). In our study, the appearance and functionality domains have, in principle, the same representation (3.7 ± 0.5).

Besides, it is believed that the elderly person suffers less social and media influence regarding appearance. This is endorsed by Gomes (2016) when referring that at the time of the youth of these older women there was not so much exposure on television programs, which made them suffer less influence of the standards imposed by the media. The media increases the likelihood of women presenting negative feelings regarding the genital appearance by insinuating a model appearance according to stigmatized standards, which cannot always be followed due to the diversity of size, shape, and color of vulvas (Schick et al., 2010; Truong; Amaya; Yazdany, 2017), and this can affect health and sexuality (Smith et al., 2017). However, for Meneses et al. (2019), the elderly are not influenced by the ideals imposed by the media or others as they value acceptance, protection, and respect for the body.

It is important to highlight that this study differs from the results found in other researches since it presents a different population from what is usually studied. Most studies are conducted with young women, preferably college students, who have a higher educational level, which can generate divergences in the perception regarding genital self-image.

Finally, it should be noted that our results may have been limited by the small number of participants who presented changes in genital self-image since this affects the model's ability to perceive variables that act negatively on this aspect. Also, we highlight the possibilities of future research that stratifies the age groups (60 to 69 years, 70 to 79 years, 80 years or more), composing the sample of elderly women from different age groups. And also, to analyze data such as BMI and physical activity as variables that may be associated with genital self-image. Also, it is important to highlight that there are very few studies that investigate genital self-image in elderly women, which makes the comparative analysis difficult.

Based on the results found, it is believed that this study is important in clinical practice since genital self-image can interfere with self-care and, consequently, delay the search for health services, which can increase the risks of a late diagnosis of a disease that could have been prevented or even treated. It is also believed that genital self-image can influence body image and, consequently, self-esteem, which can interfere with the quality of life in general.

6 Conclusion

We conclude that the factors described in the literature as most likely to interfere in the genital self-image of women and listed for this research were age, marital status, body image, pelvic floor dysfunctions, esthetic surgeries on the genitals, sexual function, and frequency of sexual activity. Of these, only body image

influenced the genital self-image of elderly women. It is suggested for further studies qualitative research on the conception of sexuality by the elderly women in this age group and how they perceive the genital selfimage in issues related to their sexuality, issues that only quantitative instruments are not able to capture with preservation of the spirit of the elderly person's opinion.

Referências

AMOS, Natalie; MCCABE, Marita. Positive perceptions of genital appearance and feeling sexually attractive: Is it a matter of sexual esteem? **Archives of Sexual Behavior**, Canadá, v. 45, p. 1249–1258, jul. 2016. DOI: <https://doi.org/10.1007/s10508-015-0680-4>. Disponível em: https://www.researchgate.net/publication/293646472_Positive_Perceptions_of_Genital_Appearance_and_Feeling_Sexually_Attractive_Is_It_a_Matter_of_Sexual_Esteem. Acesso em 05 ago. 2019.

ARRUDA, Guilherme Tavares et al. Relationship Involving Sexual Function, Distress Symptoms of Pelvic Floor Dysfunction, and Female Genital Self-Image. **Revista Brasileira de Ginecologia e Obstetrícia**, São Paulo, v. 45, n. 9, p. e542-e548, sep. 2023. DOI: <https://doi.org/10.1055/s-0043-1772474>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/37846187/>. Acesso em 30 ago. 2024.

CAMERON, Erin et al. The female aging body: A systematic review of female perspectives on aging, health, and body image. **Journal of Women & Aging**, London, v. 31, n. 1, p. 3-17, jan-feb. 2018. DOI: <https://doi.org/10.1080/08952841.2018.1449586>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/29558298/>. Acesso em 04 jun. 2020.

CHODZKO-ZAJKO, Wojtek. J. et al. Exercise and physical activity for older adults. **Medicine and Science in Sports and Exercise**, Madison, v. 41, n. 7, p. 1510-1530, jul. 2009. DOI: <https://doi.org/10.1249/MSS.0b013e3181a0c95c>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/19516148/>. Acesso em 04 jun. 2020.

COPATTI, Sedinei Lopes et al. Imagem corporal e autoestima em idosos: uma revisão integrativa de literatura. **Estudos interdisciplinares sobre o envelhecimento**, Porto Alegre, v. 22, n. 3, p. 47-62, dez. 2017. DOI: <https://doi.org/10.22456/2316-2171.60583>. Disponível em: <https://seer.ufrgs.br/RevEnvelhecer/article/view/60583>. Acesso em 10 mai. 2020.

DELLÚ, Máyla Cecilia. **Incontinência urinária no climatério: prevalência, fatores associados e impacto na qualidade de vida**. 2015. 106 f. Tese (Doutorado em Ciências) – Universidade de São Paulo, São Paulo, 2015. DOI: <https://doi.org/10.11606/T.6.2015.tde-19102015-100242>. Disponível em: <https://teses.usp.br/teses/disponiveis/6/6136/tde-19102015-100242/pt-br.php>. Acesso em 11 jan. 2020.

DEMARIA, Andrea; HOLLUB, Ariane; HERBENICK, Debra. The Female Genital Self-Image Scale (FGSIS): validation among a sample of female college students. **The Journal of Sexual Medicine**, Chicago, v. 9, n. 3, p. 708-18, mar. 2012. DOI: <https://doi.org/10.1111/j.1743-6109.2011.02620.x>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/22240088/>. Acesso em 11 jan. 2020.

DEMARIA, Andrea; MEIER, Stephanie; DYKSTRA, Chandler. “It’s not perfect but it’s mine”: Genital self-image among women living in Italy. **Body Image**, Ohio, v. 29, p. 140-148, jun. 2019. DOI: <https://doi.org/10.1016/j.bodyim.2019.03.011>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/30959326/>. Acesso em 11 jan. 2020.

FARIAS, Raquel Rousselet et al. Body image satisfaction, sociodemographic, functional and clinical aspects of Community dwelling older adults. **Dementia & neuropsychology**, São Paulo, v. 12, n. 3, p. 306-313, jul-sep. 2018. DOI: <https://doi.org/10.1590/1980-57642018dn12-030012>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/30425795/>. Acesso em 11 jan. 2020.

ALAVI-ARJAS, Fatemeh et al. The strength of correlation between female genital self-image and sexual function: a systematic review and meta-analysis. **The Journal of Sexual Medicine**, Chicago, v. 20, n. 12, p.

1376–1383, dec. 2023. DOI: <https://doi.org/10.1093/jsxmed/qdad118>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/37814530/>. Acesso em 30 ago. 2024.

FELDER, Laetitia; HEINZELMANN-SCHWARZ, Viola; KAVVADIAS, Tilemachos. How does colpocleisis for pelvic organ prolapse in older women affect quality of life, body image, and sexuality? A critical review of the literature. **Women's health**, London, v. 18, p. 17455057221111067, jan.-dec. 2022. DOI: <https://doi.org/10.1177/17455057221111067>. Disponível em: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9274413/>. Acesso em 30 ago. 2024.

FERREIRA, Clarissa de Castro et al. Frequency of sexual dysfunction in women with rheumatic diseases. **Revista Brasileira de Reumatologia**, São Paulo, v. 53, n. 1, p. 3546-40, fev. 2013. DOI: [https://doi.org/10.1016/s2255-5021\(13\)70004-x](https://doi.org/10.1016/s2255-5021(13)70004-x). Disponível em: <https://pubmed.ncbi.nlm.nih.gov/23588514/>. Acesso em 11 jan. 2020.

FERREIRA, Lucilene; NEVES, Angela Nogueira; TAVARES, Maria da Consolação Gomes Cunha Fernandes. Validity of body image scales for Brazilian older adults. **Motriz**, Rio Claro, v. 20 n. 4, p. 359-373, out./dez. 2014. DOI: <https://doi.org/10.1590/S1980-65742014000400002>. Disponível em: <https://www.scielo.br/j/motriz/a/RpYbPrwFRjJrfrpNCqTLsGM/abstract/?lang=pt>. Acesso em 30 ago. 2024.

FIELD, Andy. **Descobrimos a estatística usando o SPSS**. Second Edition. Porto Alegre, RS, Brazil: Artmed. 2013.

FOLSTEIN, Marshal F.; FOLSTEIN, Susan E.; MCHUGH, Paul R. "Mini-mental state". A practical method for grading the cognitive state of patients for the clinician. **Journal of Psychiatric Research**, New York, v. 12, n. 3, p. 189-98, nov. 1975. DOI: [https://doi.org/10.1016/0022-3956\(75\)90026-6](https://doi.org/10.1016/0022-3956(75)90026-6). Disponível em: <https://pubmed.ncbi.nlm.nih.gov/1202204/>. Acesso em 05 jan. 2019.

FOUGNER, Marit et al. Aging and exercise: Perceptions of the active lived-body. **Physiotherapy theory and practice**, London, v. 35, n. 7, p. 651-662, jul. 2019. DOI: <https://doi.org/10.1080/09593985.2018.1456584>. Disponível em: <https://www.tandfonline.com/doi/full/10.1080/09593985.2018.1456584>. Acesso em 11 jan. 2020.

GOMES, Tâmara Barbara Silva. **Associação entre imagem corporal e imagem genital de mulheres matriculadas em academias: um estudo observacional**. 2016. 55 f. Dissertação (Mestrado em Tecnologias em Saúde) – Escola Bahiana de Medicina e Saúde Pública, Salvador, BA, Brasil; 2016. Disponível em: <https://repositorio.bahiana.edu.br:8443/jspui/handle/bahiana/236>. Acesso em 11 jan. 2020.

GOMES, Tamara Barbara Silva et al. Female genital image: is there a relationship with body image? **Turkish journal of obstetrics and gynecology**, Turkey, v. 16, p. 84-90, 2019. DOI: <https://doi.org/10.4274/tjod.galenos.2019.49799>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/31360580/>. Acesso em 11 jan. 2020.

GOODMAN, Michael P. et al. Evaluation of body Image and sexual satisfaction in women undergoing female genital plastic/cosmetic surgery. **Aesthetic Surgery Journal**, Oxford, v. 36, n. 9, p. 1048-57, oct. 2016. DOI: <https://doi.org/10.1093/asj/sjw061>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/27084062/>. Acesso em 11 jan. 2020.

HANDELZATS, Jonathan E. et al. The impact of genital self-image on sexual function in women with pelvic floor disorders. **European Journal of Obstetrics Gynecology and Reproductive Biology**, Amsterdam, v. 211, p. 164–168, apr. 2017. DOI: <https://doi.org/10.1016/j.ejogrb.2017.02.028>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/28279890/>. Acesso em 11 jan. 2020.

HERBENICK, Debra et al. The Female Genital Self-Image Scale (FGSIS): Results from a Nationally Representative Probability Sample of Women in the United States. **The Journal of Sexual Medicine**, Chicago,

v. 8, n. 1, p. 158-66, jan. 2011. DOI: <https://doi.org/10.1111/j.1743-6109.2010.02071.x>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/21044269/>. Acesso em 05 jan. 2019.

HERBENICK, Debra; REECE, Michael. Development and validation of the Female Genital Self-Image Scale. **The Journal of Sexual Medicine**, Chicago, v. 7, n. 5, p. 1822-30, may 2010. DOI: <https://doi.org/10.1111/j.1743-6109.2010.01728.x>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/20233278/>. Acesso em 11 jan. 2020.

JAWED-WESSEL, Sofia; HERBENICK, Debra; SCHICK, Vanessa. The relationship between body image, female genital self-image and sexual function among first time mothers. **Journal of Sex & Marital Therapy**, Ohio, v. 43, n. 7, p. 618-632, oct. 2017. DOI: <https://doi.org/10.1080/0092623X.2016.1212443>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/27420566/>. Acesso em 20 abr. 2019.

KAYA, Asky Ellibes et al. The Female Genital Self-Image Scale (FGSIS): cross-cultural adaptation and validation of psychometric properties with in a Turkish population. **International urogynecology journal**, London, v. 30, n. 1, p. 89-99, 2018. DOI: <https://doi.org/10.1007/s00192-018-3688-1>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/29961112/>. Acesso em 30 ago. 2024.

KOÇAK, Vesile; AKSOY, Yasemin Erkal. Female genital self-image and body appreciation in Turkish women: a mixed methods study. **Archives of women's mental health**, New York, v. 27, p. 219–232, 2024. DOI: <https://doi.org/10.1007/s00737-023-01397-y>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/38006426/>. Acesso em 30 ago. 2024.

KOMARNICKY, Tina et al. Genital Self-Image: Associations with Other Domains of Body Image and Sexual Response. **Journal of Sex & Marital Therapy**, Ohio, v. 45, n. 6, p. 524–537, 2019. DOI: <https://doi.org/10.1080/0092623X.2019.1586018>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/30836857/>. Acesso em 20 abr. 2019.

LYATOSHINSKY, Polina et al. Pelvic organ prolapse patients' attitudes and preferences regarding their uterus: comparing German- and Russian-speaking women. **International urogynecology jornal**, London, v. 30, n. 12, p. 2077-2083, Dec. 2019. DOI: <https://doi.org/10.1007/s00192-019-03918-9>. Disponível em: <https://pmc.ncbi.nlm.nih.gov/articles/PMC6861192/>. Acesso em 30 ago. 2024.

LORDELO, Patricia et al. Relationship between Female Genital Self-Image and Sexual Function: Cross-Sectional Study. **Obstetrics & Gynecology International Journal**, Florida, v. 7, n. 4, p. 00253, jul. 2017. DOI: <https://doi.org/10.1080/0092623X.2016.1212443>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/27420566/>. Acesso em 20 abr. 2019.

MARVI, Nahid et al. The Relationship between Sexual Satisfaction and Genital Self-image in Infertile Women. **Journal of Midwifery & Reproductive Health**, Irã, v. 6, n. 4, p. 1468-1475, oct. 2018. DOI: <https://doi.org/10.22038/jmrh.2018.21564.1233>. Disponível em: https://jmrh.mums.ac.ir/article_11027.html. Acesso em 20 abr. 2019.

MENDES, José; OLIVEIRA, Susana; RAPOSO, Rosa Inês. Translation and adaption of the Female Genital Self-Image Scale for the portuguese population: A psychometric study. **Revista da Associação Portuguesa de Enfermeiros Obstetras**, v. 21, n. 1, p. 7-16, 2021. DOI: <https://doi.org/10.53795/rapeo.v21.2021.13>. Disponível em: https://www.researchgate.net/publication/358515963_Translation_and_adaption_of_the_Female_Genital_Self-Image_Scale_for_the_portuguese_population_A_psychometric_study. Acesso em 30 ago. 2024.

MENESES, Laura et al. Extending the use of the Body Appreciation Scale-2 in older adults: a portuguese validation study. **Body Image**, Ohio, v. 29, p. 74-81, jun. 2019. DOI: <https://doi.org/10.1016/j.bodyim.2019.02.011>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/30861485/>. Acesso em 30 ago. 2020.

PASTOR, Zlatko et al. Sexual Life of Women With Mayer-Rokitansky-Küster-Hauser Syndrome After Laparoscopic Vecchiotti Vaginoplasty. **Sexual Medicine**, Oxford, v. 5, n. 2, p. 106-113, jun. 2017. DOI: <https://doi.org/10.1016/j.esxm.2016.12.003>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/28274598/>. Acesso em 20 abr. 2019.

PAZMANY, Els et al. Aspects of Sexual Self-Schema in Premenopausal Women with Dyspareunia: Associations with Pain, Sexual Function, and Sexual Distress. **The Journal of Sexual Medicine**, Oxford, v. 10, p. 2255-2264, sep. 2013a. DOI: <https://doi.org/10.1111/jsm.12237>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/23845053/>. Acesso em 20 abr. 2019.

PAZMANY, Els et al. Body Image and Genital Self-image in Pre-menopausal Women with Dyspareunia. **Archives of Sexual Behavior**, New York, v. 42, n. 6, p. 999-1010, aug. 2013b. DOI: <https://doi.org/10.1007/s10508-013-0102-4>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/23605571/>. Acesso em 20 abr. 2019.

PECHORRO, Pedro; DINIZ, António M.; VIEIRA, Rui. Satisfação sexual feminina: Relação com funcionamento sexual e comportamentos sexuais. **Análise psicológica**, v. 27, n. 1, p. 99-108, mar. 2009. DOI: <https://doi.org/10.14417/ap.187>. Disponível em: <http://publicacoes.ispa.pt/index.php/ap/article/view/187>. Acesso em 20 abr. 2019.

ROSA, Luís Henrique Telles et al. Prevalência da incontinência urinária em idosos de Porto Alegre-RS. **Geriatrics Gerontology and Aging**, Rio de Janeiro, v. 8, n. 2, p. 104-109, 2014. Disponível em: https://www.researchgate.net/publication/332977296_Prevalencia_de_Incontinencia_Urinaria_em_Idosos_de_Porto_Alegre-RS. Acesso em 20 abr. 2019.

ROWEN, Tami S. et al. Characteristics of genital dissatisfaction among a nationally representative sample of U.S. Women. **The Journal of Sexual Medicine**, Amsterdam, v. 15, p. 698-704, may 2018. DOI: <https://doi.org/10.1016/j.jsxm.2018.03.004>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/29699755/>. Acesso em 20 abr. 2019.

SASANFAR, Tayebbeh et al. Comparative Investigation of Genital Self-image and Sexual Function in Women with and Without a History of Female Genital Cosmetic Procedures: A Cross-sectional Study. **International Journal of Community Based Nursing Midwifery**, Iran, v. 12, n. 2, p. 121-134, apr. 2024. DOI: <https://doi.org/10.30476/IJCBNM.2024.101051.2399>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/38650960/>. Acesso em 30 ago. 2024.

SCHICK, Vanessa R. et al. Genital Appearance Dissatisfaction: Implications for Women's Genital Image Self Consciousness, Sexual Esteem, Sexual Satisfaction and Sexual Risk. **Psychology of women quarterly**, Cambridge, v. 34, n. 3, p. 394-404, sep. 2010. DOI: <https://doi.org/10.1111/j.1471-6402.2010.01584.x>. Disponível em: <https://pmc.ncbi.nlm.nih.gov/articles/PMC2931365/>. Acesso em 20 abr. 2019.

SCHLEMMER, Géssica Bordin Viera. **Limiar de dor no assoalho pélvico, função sexual e autoimagem genital de idosas com e sem fibromialgia**. 2018. 82 f. Dissertação (Mestrado em Gerontologia) – Universidade Federal de Santa Maria, Santa Maria. 2018. Disponível em: <https://repositorio.ufsm.br/handle/1/14886>. Acesso em 20 abr. 2019.

SHARP, Gemma; TIGGEMANN, Marika. Educating women about normal female genital appearance variation. **Body Image**, Ohio, v. 16, p. 70-78, mar. 2016. DOI: <https://doi.org/10.1016/j.bodyim.2015.11.006>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/26723015/>. Acesso em 20 abr. 2019.

SILVA, Thamara Brito et al. Análise da função sexual e imagem genital em primíparas e múltíparas pós-parto vaginal. **Id on Line Revista de Psicologia**, Paraíba, v. 11, n. 39, p. 97-111, jan. 2018. DOI: <https://doi.org/10.14295/idonline.v12i39.982>. Disponível em: <https://idonline.emnuvens.com.br/id/article/view/982>. Acesso em 20 abr. 2019.

SMITH, Nicole K. et al. Genital Self-Image and considerations of elective genital surgery. **Journal of Sex & Marital Therapy**, New York, v. 43, n. 2, p. 169-184, feb. 2017. DOI: <https://doi.org/10.1080/0092623X.2016.1141820>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/26881739/>. Acesso em 20 abr. 2019.

SOUILLIARD, Zachary et al. Examining positive body image, sport confidence, flow state, and subjective performance among student athletes and non-athletes. **Body Image**, Ohio, v. 28, p. 93-100, Mar. 2019. DOI: <https://doi.org/10.1016/j.bodyim.2018.12.009>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/30623802/>. Acesso em 20 abr. 2019.

TAMANINI, José Tadeu Nunes et al. Validação para o português do International Consultation on Incontinence Questionnaire - Short Form (ICIQ-SF). **Revista de Saúde Pública**, São Paulo, v. 38, n. 3, p. 438-444, jun. 2004. DOI: <https://doi.org/10.1590/S0034-89102004000300015>. Disponível em: <https://www.scielo.br/j/rsp/a/sJjtsdfRRnmcgBSLB6gGqDx/>. Acesso em 30 ago. 2024.

TAVARES, Deise lop et al. Associação entre a função sexual, imagem corporal e autoimagem genital de idosas fisicamente ativas. **Estudos interdisciplinares sobre o envelhecimento**, Porto Alegre, v. 27, n. 1, p. 199-213, 2022. DOI: <https://doi.org/10.22456/2316-2171.107350>. Disponível em: <https://seer.ufrgs.br/index.php/RevEnvelhecer/article/view/107350>. Acesso em 30 ago. 2024.

TAVARES, Deise lop et al. Effects of water pilates on urinary loss, genital self-image and sexual function of elderly women. **Acta Scientiarum. Health Sciences**, Maringá, v. 43, e51900, 2021. DOI: <https://doi.org/10.4025/actascihealthsci.v43i1.51900>. Disponível em: <https://periodicos.uem.br/ojs/index.php/ActaSciHealthSci/article/view/51900>. Acesso em 30 ago. 2024.

TAVARES, Deise lop et al. Autoimagem genital feminina no processo de envelhecimento: revisão integrativa de literatura. **Revista Kairós Gerontologia**, São Paulo, v. 22, n. 4, p. 189-207, dez. 2019. DOI: <https://doi.org/10.23925/2176-901X.2019v22i4p189-207>. Disponível em: <https://revistas.pucsp.br/index.php/kairos/article/view/48065>. Acesso em 30 ago. 2024.

THIEL, Rosane do Rocio Cordeiro et al. Tradução para português, adaptação cultural e validação do Female Sexual Function Index. **Revista Brasileira de Ginecologia e Obstetrícia**, São Paulo, v. 30, n. 10, p. 504-10, 2008. DOI: <https://doi.org/10.1590/S0100-72032008001000005>. Disponível em: <https://www.scielo.br/j/rbgo/a/bF7SYs4SbxJV4fJZZFSC3vP/?lang=pt>. Acesso em 20 abr. 2019.

TONETTO, Larissa da Silva et al. Função sexual de idosas com incontinência urinária. **Kairos Gerontologia**, São Paulo, v. 19, n. 4, p. 305-318, out./dez. 2016. DOI: <https://doi.org/10.23925/2176-901X.2016v19i4p305-318>. Disponível em: <https://revistas.pucsp.br/index.php/kairos/article/view/33896>. Acesso em 20 abr. 2019.

TRUONG, Christina; AMAYA, Stephanie; YAZDANY, Tajnoos. Women's perception of their vulvar appearance in a predominantly low-income, minority population. **Female pelvic medicine & reconstructive surgery**, Hagerstown, v. 23, n. 6, p. 417-419, nov. 2017. DOI: <https://doi.org/10.1097/SPV.0000000000000442>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/28657997/>. Acesso em 20 abr. 2019.

UNIVERSIDADE DO ESTADO DE SANTA CATARINA (UDESC). **Instrumentos de avaliação utilizados no LAGER**. Florianópolis: UDESC, 2019. Disponível em: https://drive.google.com/file/d/1jpRYE7wse_jmLiFcU0o4KbG7whGt6HQ7/view. Acesso em: 5 fev. 2020.

ZIELINSKI, Ruth et al. Validity and reliability of a scale to measure genital body image. **Journal of Sex & Marital Therapy**, Ohio, v. 38, n. 4, p. 309-24, jun. 2012. DOI: <https://doi.org/10.1080/0092623X.2011.569639>. Disponível em: <https://pubmed.ncbi.nlm.nih.gov/22712817/>. Acesso em 20 abr. 2019.

Submissão: 03/04/2023

Aceite: 06/10/2024

Como citar o artigo:

TAVARES, Deise Iop et al. Fatores que interferem na autoimagem genital de idosas menopausadas. **Estudos Interdisciplinares sobre o Envelhecimento**, Porto Alegre, v. 29, e131525, 2024. DOI: 10.22456/2316-2171.131525