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Research Interests and Scientific Efforts

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Physiotherapist
Ph.D. in Human Movement Sciences
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Research Interests

- Physical Therapy
 - Pelvic floor muscle exercises
 - Body awareness and body image
 - Sexuality
- Public Health
 - Adherence to healthy behaviors
 - Health education
 - Physical activity & health

Motivations

- I really like my profession (physical therapy).
- I would like that more people could have access to Physical Therapy and Integral Activities, such as Yoga, to improve quality of life.
- By doing good quality research we can improve our area.

Published articles (in English)

- **SACOMORI, C.** ; CARDOSO, FERNANDO L. ; LOUZADA, F. ; PEREIRA, E. F. . Excessive daytime sleepiness and nocturia in women. *Sleep Medicine (Amsterdam. Print)*, v. 15, p. 677-680, 2014.
- PELEGRINI, A. ; **SACOMORI, C.** ; SANTOS, M. C. ; SPERANDIO, F.F. ; CARDOSO, F. L. . Body image perception in women: prevalence and association with anthropometric indicators. *Revista Brasileira de Cineantropometria & Desempenho Humano (Online)*, v. 16, p. 58-65, 2014.
- CARDOSO, F. L. ; **SACOMORI, C.** . Resilience of Athletes with Physical Disabilities: a cross-sectional study. *Revista de Psicología del Deporte*, v. 23, p. 15-22, 2014.
- **SACOMORI, C.** ; CARDOSO, FERNANDO L. ; PORTO, I. P. ; NEGRI, N. B. . The development and psychometric evaluation of a self-efficacy scale for practicing pelvic floor exercises. *Brazilian Journal of Physical Therapy (Impresso)*, v. 17, p. 336-342, 2013.
- **SACOMORI, C.** ; FELIZOLA, F. ; KRUGER, A. P. ; SPERANDIO, F.F. ; CARDOSO, F. L. . Physical activity level and sexual function of women. *Revista Internacional de Medicina y Ciencias de la Actividad Física y del Deporte*, v. 13, p. 703-717, 2013.
- KRUG, R. R. ; **SACOMORI, C.** ; LOPES, M. A. ; MARCHESAN, M. ; MAZO, G. Z. . Factors associated with being insufficiently physically active among the oldest old participating in community groups. *Journal of Aging Research & Clinical Practice*, v. 2, p. 334-338, 2013.
- da ROSA, P. C. ; SPERANDIO, F.F. ; **SACOMORI, C.** ; CARDOSO, F. L. . Analysis of occupational tasks in pregnant women with low back pain from Brazil. *Revista Internacional de Medicina y Ciencias de la Actividad Física y del Deporte*, v. 12, p. 635-647, 2012.

Published Articles

- CARDOSO, FERNANDO L. ; **SACOMORI, CINARA** ; VIEIRA, MAURO L. . Validation of a Scale for Body and Sexual Self-Esteem in Athletes with Disabilities. *Sexuality and Disability*, v. 30, p. 29-38, 2012.
- **SACOMORI, CINARA** ; CARDOSO, FERNANDO L. ; SPERANDIO, F.F. . Teaching Pelvic Floor Muscle Exercises to Women in a Primary Care Setting: Participants Adherence and Acceptance. *Journal of Yoga and Physical Therapy*, v. 02, p. 121-121, 2012.
- MAZO, G. Z. ; BENEDETTI, T.B. ; **SACOMORI, C.** . Association between Participation in Community Groups and Being More Physically Active Among Older Adults from Florianópolis, Brazil. *Clinics (USP. Impresso)*, v. 66, p. 1861-1866, 2011.
- **SACOMORI, C.** ; CARDOSO, F. L. . Sexual Initiative and Intercourse Behavior during Pregnancy among Brazilian Women: A retrospective study. *Journal of Sex & Marital Therapy*, v. 36, p. 124-136, 2010.
- **SACOMORI, C.** ; CARDOSO, F. L. ; VANDERLINDE, C. . Pelvic Floor Muscle Strength and Body Self-Perception among Brazilian Pregnant Women. *Physiotherapy*, v. 96, p. 337-343, 2010.

Gynecology & Obstetrics Related Journals

- [Journal of Pregnancy and Child Health](#)
- [Reproductive System & Sexual Disorders](#)
- [Journal of Women's Health Care](#)



Gynecology & Obstetrics Related Conferences

- [International Conference on Women's Health, Gynecology & Obstetrics](#)
- [2nd International conference on HIV/AIDS, STDs & STIs-2014](#)



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