



Análisis de la efectividad de las Terapias de Tercera Generación en las Disfunciones Sexuales: Una Revisión Sistemática [

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text (article)

Analítica

Avoiding suffering and excessive worry has led to the emergence of new complementary therapeutic approaches, such as third-generation therapies. Sometimes, this suffering is derived from sexual dysfunctions. The aim of this study is to analyse the effectiveness of Third Generation Therapies, specifically Eye Movement Desensitisation and Reprocessing Therapy (EMDR); Mindfulness; Acceptance and Commitment Therapy; and Functional Analytic Psychotherapy; in Sexual Dysfunctions. After a bibliographic search in the main databases and a selection process, thirty-seven articles were selected. Text mining was used to carry out the review, using the IRaMuTeQ 0.7 alpha 2 software. The results indicate that these third generation therapies show significant improvements in the treatment of sexual dysfunctions in the vast majority of cases, with the use of Mindfulness standing out. We conclude with the need to carry out research with more heterogeneous samples so that the data can be generalised to the rest of the population

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