


QUALITY OF LIFE: AN ANALYSIS OF PSYCHOLOGISTS' PRODUCTIONS BETWEEN 2018-2022

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ABSTRACT

Researchers from different areas study Quality of Life (QoL) in various contexts, offering theoretical and scientific subsidies to promote and protect individual and collective health. This study aims to analyze the production on QoL published by psychologists in Brazil between 2018 and 2022. Thus, a systematic bibliographic review was carried out in the Scielo indexer of articles in Portuguese published between 2018 and 2022, with at least one psychologist among the authors. Literature review studies, research from other countries, and other forms of publication were excluded. The 28 articles selected were with information on authorship, research data and quality of life assessment. Of the articles identified, nine were written only by psychologists, most of them published in psychology journals. Half of the articles did not present a structured concept of quality of life recognized by the literature, but most incorporated theoretical foundations of Psychology, with emphasis on Social Psychology, Cognitive Behavioral, Developmental and Positive Psychology. Eight studies did not include contributions from Psychological Science in the discussion on QoL. When psychologists were the first authors, there was a 5% increase in the use of theoretical foundations of Psychology. These results indicate that the role of psychologists in authorship seems to stimulate theoretical considerations of Psychology in research on QoL. The understanding of QoL can be significantly enriched by the theoretical contributions of Psychology, exploring aspects that go beyond direct observations and addressing phenomena that often escape capture by specific methods, requiring creativity and diverse skills from the researcher in the face of human complexity.

Keywords: Research. Scientific Production. Psychology. Quality of Life. Psychological Theories.

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INTRODUCTION

The interest in studying, understanding, evaluating and describing the Quality of Life of different populations worldwide has highlighted this construct that has been the object of study in various areas of knowledge. Referring to the concept of Quality of Life (QoL), it is understood as a phenomenon related to the individual's perception of his position in life within the context in which he lives, including the culture and values that guide his goals, standards and expectations (The WHOQOL Group, 1995).

Moller et al. (2021) state that analyzing QoL does not only include factors related to physical, functional, and emotional health or well-being. This evaluation requires access to important information about people's lives, such as aspects of work life, family life, social and relational life, always considering that the personal perception of those who intend to investigate is essential. Studies on quality of life offer multiple possibilities for investigation, as it can be evaluated based on different indicators, since it is related to personal and work contexts, as well as physical and mental health, social, environmental, educational, leisure, religious, and well-being (Cancian et al., 2023).

Quality of life (QoL) has been a topic widely studied by researchers from various areas, covering disciplines such as Health, Psychology, among others, who aim to understand the multiple contexts in which QoL manifests itself, offering theoretical and scientific subsidies for the promotion and protection of individual and collective health (WHOQOL Group, 1995). In the field of psychology, research on quality of life is particularly relevant, as it addresses subjective and objective aspects of the human experience, including emotional well-being, life satisfaction, and mental health (Giacomoni, 2004).

The study and research on QoL allows the understanding of characteristics, experiences, and how collective thinking is structured (Sousa et al., 2024). The research problem of this article is to discuss the participation of psychologists in studies on quality of life in Brazil. Thus, the objective of the present study is to analyze the production of research on quality of life published by psychologists in Brazil from 2018 to 2022. This period was chosen due to the significant increase in publications and the growing interest in the intersection between mental health and quality of life, especially in the context of social and economic changes that have occurred in the country. The analysis of these scientific productions allows us to think about the volume and forms of participation of psychologists, as well as provides possible justifications for the results obtained.

The awareness of the complexity of the human being and its subjectivity places research with a psychological bias in a position that invites researchers from other areas to an even more thoughtful and cautious position both in the forms of access to the objects of study and in the work of analyzing the results obtained with the research, thus avoiding a production of data that falls into reductionist or generalist mistakes. It is of great relevance, therefore, to know how psychologists in Brazil are participating in their research focused on the QoL construct, so that one can reflect on a redirection in this form of participation in cases in which there is a still timid or inhibited involvement and afraid of the manifestation of the many contributions that Psychology can offer to the field of studies on QoL. It is also an opportunity to verify that psychologists who research QoL are positioning themselves in their research in order to contribute to the advancement of psychological science, as they are present in the discussions about this construct, presenting their theoretical contributions that tend to offer important bases for the understanding of the aforementioned object of study in question.

METHOD

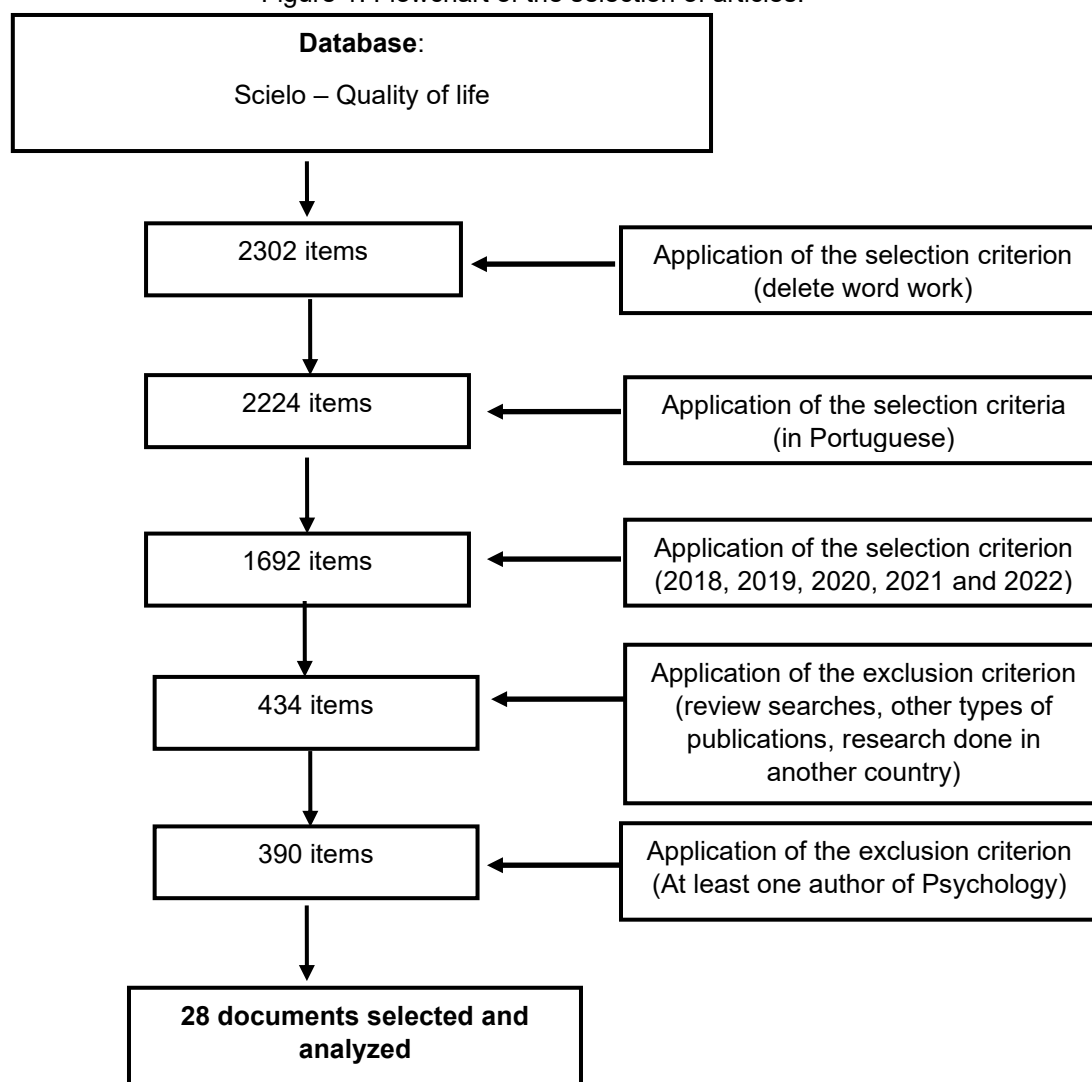
The methodology used was a systematic literature review, using the Scielo indexer as a database. To survey the results, the descriptor "quality of life" present in titles was used, initially excluding the term work. After this process, search filters were applied, such as articles published in Portuguese, with publications between the years 2018, 2019, 2020, 2021 and 2022. From then on, the abstracts were read on the website itself to apply manual exclusion and selection criteria. Exclusion criteria included literature review papers, research conducted in other countries, editorials, or letters to the editor. The articles were numbered and downloaded to a computer folder to organize this information.

Thus, a manual search was carried out in Lattes on the authorship of each article, and studies that did not have a psychologist among the authors were excluded. Thus, another folder was organized in the computer files, with the numbering of the selected articles. The final stage consisted of the analysis of the articles found, whose information was arranged in tables, organizing information on authorship, research data and on the evaluation of quality of life.

RESULTS

The search for articles with the descriptor quality of life obtained 2302 articles in the Scielo database. Excluding the word work, 2224 articles were found. Filtering only articles in Portuguese, 1692 were identified. Selecting the year of publication as the next filter, including the years 2018, 2019, 2020, 2021 and 2022, 434 articles were found. As subsequent criteria, literature review work, editorials or letters to the editor, and research carried out in other countries were excluded from reading the abstracts of the articles, resulting in 390 articles. In addition, a research was carried out on the authors' training to include only articles that had at least one psychologist researcher on the team. Thus, 28 were selected to compose this discussion. Figure 1 presents the flowchart of these results.

Figure 1: Flowchart of the selection of articles.



Thus, it was possible to identify the distribution of articles in the years selected in the research, which can be seen in figure 2.

Figure 2: Number of articles published per year.



It is possible to see that the number of publications does not follow a pattern per year, and in 2019 it reached its maximum, with 10 publications. The selected works were published in 17 different journals. Among them, the journal Psychology: Science and Profession presented the largest number of publications, with 4 articles. Information on journals is presented in table 1.

Table 1: Number of articles published by journals

Magazine	Articles	References
Psychology Science and Profession Journal	4	SÁ; SANTOS (2018); PARENZA.; CHAMBER (2022); GENTLEMAN; SCALLOP; SILVEIRA (2022); SÁ; SAMPAIO (2022)
School and Educational Psychology	2	FREITAS; CALAIS; CARDOSO (2018)
Psychology: theory and research	2	SILVEIRA; PORTUGUEZ (2019); MENEZES, et al. (2019)
Psico-USF	2	WEBER, et al. (2019); ANDRADE, et al. (2021); XIMENES; QUELUZ.; BARHAM (2022)
Science and Collective Health	2	MARTINI; PEROSE; PADOVANI (2019); SILVA, et al. (2020)
Journal of Pediatrics	2	SARRIA, et al. (2019); MENDONÇA, et al. (2020)
Brazilian Journal of Geriatrics and Gerontology	2	FLESCHE, et al. (2019); VALERO, et al. (2021)
Revista Paulista de Pediatria	2	ROTELLA, et al. (2020); OLIVEIRA.; MARINHO; LEMOSA (2022)
Brazilian Journal of Nursing	2	SOUZA JÚNIOR, et al. (2022); PERSEGUINO; OKUNO; HORTA (2022)
Psychology under study	1	RONCA, et al. (2019)
Brazilian Journal of Nephrology	1	SCARPIN; MARTIN; NEME (2019)
Brazilian Journal of Pulmonology	1	LIMA, et al. (2019)
Latin American Journal of Nursing	1	SOUZA, et al (2019)
Brazilian Journal of Special Education	1	VALVERDE; JURDI. (2020)

Brazilian Journal of OTORHINOLARYNGOLOGY	1	SILVA, et al. (2020)
CoDAS	1	MOLLER, et al. (2021)
Interface: communication, health and education	1	SANTOS JÚNIOR; POLETO; BATISTA (2022)

Source: Prepared by the authors (2024).

From table 1, it can be seen that the highest concentration of publications carried out is in Psychology journals, totaling 11 articles. In addition, it is worth noting that the references marked in italics indicate research carried out only by authors in the field of Psychology. Thus, it is noted that, preferably, these authors published in journals in the area, with the exception of two publications, one in the Journal of Science and Collective Health and one in the Brazilian Journal of Geriatrics and Gerontology. In addition, the variety of areas in the journals may be related to the diversity of partnerships made by psychologists in their research.

In this sense, regarding the authors' training, of the 28 selected articles, nine were written by a team containing only psychologists. The others (19) are multiprofessional articles, and the team is composed of researchers from medicine, nursing, speech therapy, physiotherapy, nutrition, administration and social communication. Analyzing the main author's area of training, 17 articles were identified. Research, according to data from Clementino et al. (2022), is one of the most frequently performed activities by psychologists. However, there is a strong association between research and teaching activity. In the data analyzed by the authors, 30.5% of the participants who reported having the research activity were teachers. In addition, 6.2% indicated research in the primary health field and 3.7% in the hospital environment. This data can help to understand the difference between the initial result of 434 articles, only 17 of which have psychologists as the main author. Thus, it can be related that research is not the most prevalent activity among these professionals, being a field more restricted to teaching and graduate programs and institutions.

Quality of Life (QoL) research is an interdisciplinary area that has received attention due to its relevance in the promotion of well-being and in the formulation of public health policies (Giacomini, 2004). However, the specific scientific production on QoL by psychologists in Brazil is still relatively small compared to other areas of Psychology, such as psychopathology and organizational psychology (Hutz et al., 2013).

Recent research indicates that, despite a growing interest in the subject, the number of studies on Quality of Life carried out by psychologists in Brazil is still restricted. According

to data from the Lattes platform and scientific databases such as Scielo and PubMed, the number of publications by Brazilian psychologists on QoL has increased in recent years, but remains a small fraction of the total research in Psychology. Studies such as those by Fleck et al. (2000) and Seidl and Zannon (2004) are pioneering examples that have established important foundations, but the continuity and expansion of these studies are still challenging.

The paucity of research on quality of life can be attributed to several factors. First, the lack of funding and resources limits the ability of researchers to develop broad and long-term studies, especially in the humanities and psychology (Pinto, 2018). In addition, the priorities of psychology research in Brazil are often focused on areas considered more urgent, such as severe mental disorders, school psychology and work psychology, which can result in less focus and investments in topics such as quality of life (Hutz et al., 2013). The methodological challenges are also significant, as the assessment of quality of life is complex and multifaceted, requiring specific instruments and methodologies that are often not easily accessible or applied. Psychologists may face difficulties in adapting and validating these instruments to the Brazilian reality, which may discourage research in this area (Fleck et al., 2000). Finally, the lack of a strong culture of interdisciplinary collaboration, which is necessary for quality of life research involving psychologists and other professionals, may be an additional barrier (Nahas et al., 2000).

Even in the face of such possible limitations, studies on quality of life developed by psychologists are extremely important due to the ability of Psychology to integrate subjective and objective aspects of human experience, offering a holistic understanding of individual and collective well-being. Psychologists can use specific theoretical and methodological approaches to assess psychological, social, and environmental factors that influence quality of life, such as emotional well-being, mental health, and interpersonal relationships (Giacomoni, 2004).

Also observing the main author, it is identified that the majority are female, considering the 28 articles found, 20 are female, representing 71.4%. Another possibility of analysis takes into account only articles whose first author is from the area of Psychology. Thus, of the 17 articles whose main authors are from Psychology, 15 are female, which consists of 88.2%. It is worth noting that of these, 8 were written entirely by teams composed of women. Thus, it is identified that most of the studies were produced by the female sex. According to Bastos et al. (2010), "the recognition of Psychology as a female

profession has appeared since the first studies on the profession". Psychology is still a predominantly female profession, according to data from CensoPsic, in 2022, 79% of professionals identify with the female gender. This data corroborates previous surveys, carried out in 1980 and 2013, which indicated 91% and 87%, respectively, of women psychologists, characterizing Psychology as a female profession, in numerical configuration and linked to an idea of care (Carvalho-Freitas, et al., 2022)

The analysis of the location of the surveys indicates that 20 articles were the results of surveys carried out in the Southeast region, with 5 in the South, 2 in the Northeast and 1 in the Midwest. The largest concentration of scientific studies on QoL is found in the southeast region. According to an article published in the *Jornal da USP*, by Escobar (2019), "15 public universities produce 60% of Brazilian science", indicating data from the report by the company Clarivate Analytics. According to the publication, seven of the fifteen universities are located in the states of São Paulo and Rio de Janeiro.

Research approaches include planning and procedures, including the design of the research and how results will be analyzed. These research approaches include qualitative, quantitative, and mixed methods, which are also called qualitative-quantitative studies (Creswell; Creswell, 2021). Analyzing the approach adopted, the results indicate two possibilities of analysis. Considering the presence of a psychologist in the team of authors, of the 28 articles found, 25 are quantitative approaches, 3 are qualitative and 2 are mixed-method. The articles with the first psychologist author total 17, of which 14 are quantitative, 1 qualitative and 1 mixed-method.

The distinctions of research approaches have implications in practical, empirical and technical characteristics. This choice represents different possibilities of handling the research problem, including possibilities of dealing with time to understand the phenomenon analyzed. In this sense, quantitative research is associated with determinants of the value of the research, such as validity, reliability, and the possibility of generalization (Günther, 2006; Silva et al., 2017). Thus, these factors that characterize the quantitative approach can explain the differences in quantity between the research approaches, and it should be noted that the quantitative and qualitative methods are equally scientific and valid, there is a difference in the way research questions are approached (Günther, 2006).

Table 2 allows the analysis of the instruments used in QoL research.

Table 2: Number of instruments used and their focus of evaluation

Instrument	Number of articles	Instrument focus	References
World Health Organization Quality of Life (WHOQOL-BREF)	8	Overall quality of life	FREITAS; CALAIS; CARDOSO (2018); WEBER, et al. (2019); SCOTT; PORTUGUEZ (2019); SILVA; et al. (2020); MOLLER, et al. (2021); PERSECUNO; OKUNO; HORTA (2022); GENTLEMAN; SCALLOP; SILVEIRA (2022); SÁ; SAMPAIO (2022)
Pediatric Quality of Life Inventory TM versão 4.0 (PedsQL TM)	3	Overall quality of life	SARRIA, et al. (2019); ROTELLA, et al. (2020); ANDRADE, et al. (2021)
Semi-structured interview	3	Overall quality of life	SÁ; SANTOS (2018); RONCA, et al. (2019); SANTOS JÚNIOR; POLETO; BATISTA (2022)
Imaginative Child Quality of Life Self-Questionnaire (AUQEI)	2	Overall quality of life	MARTINI; PEROSE; PADOVANI (2019); OLIVEIRA.; MARINHO; MOSS (2022)
World Health Organization Quality of Life for Older Persons (WHOQOL-OLD)	2	Overall quality of life	SOUZA JÚNIOR, et al. (2022); PERSEGUINO; OKUNO; HORTA (2022)
Control, Autonomy, Self-realization and Pleasure (CASP-19)	2	Overall quality of life	FLESCHE, et al. (2019); VALERO, et al. (2021)
Kidney Disease and Quality of Life Short-Form (KDQOL-SF)	1	Context-specific health-related quality of life	SCARPIN; MARTIN; NEME (2019)
Medical Outcomes Study 36-item Short-Form Health Survey (SF-36)	1	Health-related quality of life	LIMA, et al. (2019)
Quality of Life Instrument for Young Diabetics (IQVJD)	1	Context-specific health-related quality of life	SOUZA, et al (2019)
KIDSCREEN-52 Quality of Life Questionnaire	1	Health-related quality of life	MENEZES, et al. (2019)
Family Quality of Life Scale (FQOLS)	1	Specific quality of life	VALVERDE; JURDI. (2020)
Questionário Children with Cochlear Implants: Parent's	1	Context-specific health-related quality of life	SILVA, et al. (2020)
Food Allergy Quality of Life Questionnaire - Parent Form (FAQLQ-PF) e Food Allergy Quality of Life - Parental Burden (FAQL-PB) Questionnaire	1	Context-specific health-related quality of life	MENDONÇA, et al. (2020)
Quality of Life in Alzheimer's Disease Scale, Caregiver/Family Version (CQdV)	1	Context-specific health-related quality of life	COLORENES; QUELUZ.; BARHAM (2022)
Own questionnaire	1	Overall quality of life	PARENZA.; CÂMARA (2022)

Source: Prepared by the authors (2024).

From the analysis of Table 2, it can be identified that 8 articles used the World Health Organization Quality of Life (WHOQOL-BREF) as a research instrument, with the aim of assessing general QoL. The WHOQOL-BREF is an instrument with 26 questions, which provides an assessment that requires less time, with two general questions and the others representing the 24 facets regarding quality of life (Fleck, 2008). As it is an instrument developed by the WHO, with wide publication and use in research, it is possible to understand the use in the surveyed research.

It can also be observed, in Table 2, that the instruments are related to the objectives and audiences of the research. In the case of the investigation of children, the Pediatric Quality of Life InventoryTM version 4.0 (PedsQLTM) was used in three studies to assess children's general quality of life. The same can be seen in two studies with the elderly population, which used the World Health Organization Quality of Life for Older Persons (WHOQOL-OLD).

For specific contexts, the research has instruments that assess quality of life related to specific health contexts, such as kidney disease, general health, diabetes, family life, cochlear implants, Alzheimer's disease. Adding up the studies that sought to assess the quality of life in specific contexts, it is identified that they were used in 8 studies, suggesting the advances of studies that allow reliable measures of quality of life in very specific contexts.

Regarding the use of instruments, it is known that the scientific method attributes to them a status of infallible and precise knowledge, with the systematization of theoretical models that allow the analysis of the researched phenomenon. Thus, research instruments are important validated tools that enable data collection and subsequent discussion. The existence of different instruments is related to the need for science to be dynamic, in a process in constant evolution, revision and updating (Piacentini, Winck, 2023).

Despite the manifest proposal or indirect intention to discuss quality of life in different contexts, 50% of the articles researched did not present a structured concept recognized by the specialized literature in studies on this construct, referring to quality of life in a diffuse way and in general terms. This information is presented in Table 3.

Table 3: Number of articles and the presentation of the concept of Quality of Life

Quality of Life Concept	Number	References
Presented	14	<u>FREITAS; CALAIS; CARDOSO (2018)</u> ; MARTINI; PEROSA; PADOVANI (2019); LIMA, et al. (2019); SOUZA, et al (2019); RONCA, et al. (2019); MENEZES, et al. (2019); VALVERDE; JURDI. (2020); MENDONÇA, et al. (2020); VALERO, et al. (2021); MOLLER, et al. (2021); XIMENES; QUELUZ.; BARHAM (2022); SOUZA JÚNIOR, et al. (2022); CAVALHEIRO; VIEIRA; SILVEIRA (2022); SÁ; SAMPAIO (2022)
Did not present	14	SÁ; <u>SANTOS (2018)</u> ; SARRIA, et al. (2019); SCARPIN; MARTIN; NEME (2019); WEBER, et al. (2019); SILVEIRA; PORTUGUEZ (2019); FLESCHE, et al. (2019); ROTELLA, et al. (2020); SILVA; et al. (2020); SILVA, et al. (2020); ANDRADE, et al. (2021); OLIVEIRA; MARINHO; LEMOSA (2022); SANTOS JÚNIOR; POLETTO; BATISTA (2022); PERSEGUINO; OKUNO; HORTA (2022); PARENZA; CÂMARA (2022)

Source: Prepared by the authors (2024).

From the 80's on, several sectors showed interest in the topic of Quality of Life. The term grew in popularity with the development of post-war economies, which raised the need to study, deepen and develop measures that quantified this concept. It is important to emphasize that everyone has their own idea of a concept of quality of life, which can lead to different interpretations of this concept (Ribeiro, 1994). In the survey, half of the articles presented a concept for quality of life and half did not. This could be explained by the fact that the concept is widely known. But, due to the wide possibility of interpretations, it is important that research situates the vision it brings to quality of life.

Chart 1 presents the definition of quality of life adopted in each article.

Table 1: Concept of Quality of Life presented

Reference	QoL concept mentioned
<u>FREITAS; CALAIS; CARDOSO (2018)</u>	Individual's perception of their position in life, in their context of culture and value system, and in relation to their goals, expectations, standards, and concerns (Fleck et al., 2000). QoL refers, therefore, to a subjective evaluation influenced by cultural, social and environmental contexts, going beyond the concept of well-being, health or mental status (Chachamovich; Fleck, 2008).
MARTINI; PEROSE; PADOVANI (2019)	Individual's perception of their position in life, in the context of the culture, and value system in which they live and in relation to their goals, expectations, standards and concerns (WHO, 1995).
LIMA, et al. (2019)	QoL is something intrinsic, only possible to be evaluated by the subject himself. Since expectations related to health and the ability to cope with limitations can affect a person's perception of their health and satisfaction with life; two people with the same health condition can have very different QoL (SEGRE; FERRAZ, 1997).
SOUZA, et al (2019)	QoL is the individual's perception of his position in life, in the context of the culture and value system in which he lives, and

	in relation to his goals, expectations, standards, and concerns (WHO, 1995). Health-related QoL (HRQoL) refers to the individual's perception of both their physical and mental health, as well as the consequences of a disease and its therapy, with regard to the person's ability to develop their potential and have a full life (FARIA et al., 2013).
RONCA, et al. (2019)	QoL is a subjective feeling of the individual for the improvement of life, as well as satisfaction and happiness in life. This includes physical well-being, psychological state, social relationships within and outside the family, environmental effects, and beliefs (Tekinarslan, 2013).
MENEZES, et al. (2019)	The new approaches consider quality of life as a construct that encompasses psychosocial adjustment, well-being, self-esteem, stress, and coping strategies (Matos et al., 2012).
VALVERDE; JURDI. (2020)	Family QoL considers subjective perception of the satisfaction of needs, as well as the family's potential, self-confidence and empowerment, in addition to the support provided by the environment, services and support networks (VALVERDE; JURDI, 2020).
MENDONÇA, et al. (2020)	Health-related quality of life (HRQoL) is defined as an individual perception of the effects of a disease and the consequences of its therapy, considering physical, social and psychological aspects (POST, 2014).
VALERO, et al. (2021)	Three central concepts: (a) satisfaction of living conditions (objective conditions of life such as financial situation, health and functionality), (b) general subjective well-being (or hedonic well-being, indicated by satisfaction with life) and (c) sense of completeness in relation to the main dimensions of human life (eudaimonic in nature), such as the search for personal growth, self-knowledge, self-acceptance, control, autonomy, positive relationships with others, and purpose (Boggatz, 2015).
MOLLER, et al. (2021)	Quality of Life (QoL) can be considered, among several definitions, as the individual's perception of their position within the context in which they live, including the culture and values that guide their goals, standards, and expectations (MÖLLER et al., 2021).
COLORENES; QUELUZ.; BARHAM (2022)	According to the World Health Organization (WHO, 1995), quality of life can be defined as the perception of various aspects of physical health, psychological state and social relations in the context of the culture and value system in which the individual is a part.
SOUZA JÚNIOR, et al. (2022)	QoL as "the individual's perception of his or her position in life, in the context of the culture and value systems in which he or she lives, and in relation to his or her goals, expectations, standards, and concerns (WHO, 1998).
GENTLEMAN; SCALLOP; SILVEIRA (2022)	QoL as "the individual's perception of his or her position in life, in the context of the culture and value system in which he or she lives, and in relation to his or her goals, expectations, standards, and concerns" (WHO, 2018).
THRUST; SAMPAIO (2022)	The WHO (2012) describes quality of life as "the individual's perception of his or her position in life, in the context of the culture and value system in which he or she lives, and in relation to his or her goals, expectations, standards, and concerns."

Source: Prepared by the authors (2024).

However, it was noted that implicit in the discussion brought up in these studies about quality of life in their respective contexts, the concept of quality of life proposed by the WHO is present, albeit indirectly and not referenced, supporting the construction of its objects of study, the instruments chosen and the arguments about the results produced. Based on the study by Nassi-Calò (2014), this fact can be understood based on hypotheses such as: insufficient theoretical domain (research on the concept) regarding the construct that underlies the discussion of the object of study, discouraging authors from theoretically evidencing the construct used; The method used to access the object of study is not consistent with its theoretical foundation, so that the discussion of the results from the concept brought and evidenced (in the present study, the concept of quality of life), would reveal this inconsistency between the chosen method and the theoretical foundations of the construct used to analyze the phenomenon studied.

Erikson and Erlandson (2014) argue in this regard that referencing a concept used in a study means acknowledging and giving credit to the contributions and relevance of the studies that are cited, which does not always happen due to the difficulty of some authors in recognizing this need. Often this is not the intention of the researchers and even the recognition for the contributions is so present that it frames the entire discourse of the professionals in their scientific practices and productions, to the point of believing in the obviousness of such recognition in the scientific community, and then they do not pay attention to the need to cite the scholars and authors of the theories they bring in their studies. The complexity of understanding the motivation of the authors of scientific papers, of the attention that should be paid to the importance of citations or references to the authors of the concepts that are used, is an aspect also observed by Nassi-Calò (2014) in his studies.

Regarding the authors' contributions presenting Psychology precepts in the discussion of their objects of study related to quality of life, 71.42% of the studies present theoretical foundations of Psychology in their discussion (Chart 2): 6 articles whose theoretical contribution is from Social Psychology (2 from Socio-Historical Psychology); 6 articles with theoretical contribution of Cognitive Behavioral Psychology; 5 works with theoretical foundations of Positive Psychology; 6 articles with emphasis on Developmental Psychology; 1 article of psychoanalytic theoretical foundation; 4 studies with discussion focused on Health Psychology; 2 articles related to Work Psychology; 2 studies of theoretical foundation of Environmental Psychology.

Chart 2: Contributions of Psychology in the discussion on QoL

Reference	Presents	It does not present	Theoretical foundations
SA; SANTOS (2018)	x		Social Representation of Sexuality and Health - Social Psychology
FREITAS; CALAIS; CARDOSO (2018)	x		Self-Efficacy Theory (Bandura); Cognitivist-Behavioral Psychology; Theory of Psychological Well-Being - Positive Psychology.
MARTINI; PEROSA.; PADOVANI (2019)	x		Children's communication skills - Developmental Psychology and Subjective Well-being - Positive Psychology.
SARRIA, et al. (2019)	x		Relationship between aversive childhood experiences and the development of adaptive psychological processes - Behavioral Psychology
SCARPIN; MARTIN; NEME (2019)		x	
WEBER, et al. (2019)	x		Acculturation and Integration Processes – Social Psychology
LIMA, et al. (2019)		x	
SOUZA, et al (2019)		x	
SCOTT; PORTUGUEZ (2019)		x	
FLESCHE, et al. (2019)	x		Theories of Self-Efficacy and Contingency - Cognitivist Behavioral Psychology
RONCA, et al. (2019)	x		Theories on psychological development in adolescence and family ties in adolescence - Psychology of Emotional Development; Theory of Adaptive Psychological Strategies in the Face of Disabilities – Cognitive Psychology;
MENEZES, et al. (2019)	x		Psychological aspects of adolescence - Developmental Psychology; Psychological well-being – Psychology; Self-perception and perception of experiences – Cognitive Psychology.
ROTELLA, et al. (2020)	x		Unconscious psychic phenomena (fantasies, anxieties, ego defense mechanisms) – Psychoanalytic Psychology.
VALVERDE; JURDI. (2020)	x		Bronfenbrenner's Bioecological Theory of Development – Developmental Psychology; Early intervention strategies in mental health – Health Psychology.
SILVA; et al. (2020)	x		Social Support, economic conditions of life influencing the perception of QoL – Social Psychology.
SILVA, et al. (2020)		x	
MENDONÇA, et al. (2020)		x	
ANDRADE, et al. (2021)		x	
VALERO, et al. (2021)	x		Description of psychological needs in old age – Developmental Psychology; Psychological well-being – Positive Psychology.
MOLLER, et al. (2021)	x		Conceptual considerations about the influence of economic conditions on subjectivity; considerations regarding the role of the group as a potential space for

			the expression of subjectivity and linguistic conditions – Socio-Historical Psychology.
COLORENE; QUELUZ.; BARHAM (2022)	x		Conceptual considerations regarding Social skills with emphasis on affective expressiveness; theoretical considerations on assertiveness and resilience – Cognitive Behavioral Psychology; theoretical considerations on positive affects and psychological well-being – Positive Psychology.
OLIVE TREE.; MARINE; LEMOSA (2022)		x	
SOUZA JÚNIOR, et al. (2022)	x		Conceptual considerations on affectivity, expression of feelings and psychological well-being in old age – Developmental Psychology and Positive Psychology.
SANTOS JÚNIOR; POLETO; BATISTA (2022)	x		Conceptual considerations on Identity, group representativeness, historical process of identity construction – Socio-historical Psychology; Theoretical considerations on the health-disease process, health promotion – Health Psychology; theoretical considerations on workers' health – Occupational Psychology.
PURSUE; OKUNO; HORTA (2022)	x		Theoretical considerations on economic factors and their influence on QoL and health perception; theoretical considerations on the phenomenon of feminization – Social Psychology; Theoretical considerations on prevention and health promotion – Health Psychology.
PARENZA.; CÂMARA (2022)	x		Theoretical considerations on the phenomena of social interaction between human beings and the environment (spaces), mobility, accessibility, perception and social representation – Environmental Psychology and Social Psychology.
GENTLEMAN; SCALLOP; SILVEIRA (2022)	x		Theoretical considerations on living conditions and economic circumstances, social transformations in Brazil, urbanization processes and the phenomenon of neglect in Brazilian history; –Social psychology; considerations on the use of spaces, the relationship between humans and the environment, mobility problems – Environmental psychology.
THRUST; SAMPAIO (2022)	x		Theoretical considerations on mental health and work – Work Psychology.

Source: Prepared by the authors (2024).

It is observed that most of the studies are based on theoretical foundations in the areas of Social Psychology, Cognitivist Behavioral Psychology, Developmental Psychology and Positive Psychology, and that the aspects that are pointed out and discussed about QoL are in line with the conceptual proposal of QoL of the WHO (1995), favoring the discussion about this construct.

Thus, Cognitivist Behavioral Psychology manifests its theoretical contribution by emphasizing the cognitive repertoire of each person, influencing their perception of life and its demands; Developmental Psychology making it possible to consider the psychosocial needs of each stage of life; Social Psychology, emphasizing the social determinants for the discussion of QoL; and Positive Psychology supporting the discussion of QoL as a phenomenon that should be evaluated considering the presence, absence and management of emotions and feelings, in the face of different realities, that is, each one providing the theoretical foundations necessary for this discussion. The presence of only 1 psychoanalytic study for the discussion of quality of life is highlighted, because the classic definition of QoL by the WHO (1995) is more focused on human subjectivity as a psychosocial phenomenon (cognitive, relational, cultural and linked to social and material conditions of life), than as a phenomenon linked to aspects of unconscious psychic life – fantasies, anxieties and ego defense mechanisms. However, psychoanalytic studies on quality of life would provide great contributions to the field of psychological science, since, according to Freud (1914-1990), human perception, the ability to judge, observable behaviors and the nature of thoughts and intellectual constructions that are employed for psychological adjustment or maladjustment in the face of different realities of life, are psychological manifestations motivated in large part by unconscious phenomena, that constitute the psychological world or internal reality of each person.

It is noted that 8 of these studies (28.57% of the 28 selected articles) did not present contributions from Psychological Science in their considerations regarding the QoL of their respective objects of study, expressing support for biomedical considerations and statistical description of the data of their studies, without referring to a psychological analysis of the QoL phenomenon. This fact can be understood as a reflection of some issues that permeate the construction of the psychologist's identity, as a professional category that presents in its constitution epistemological bases from different fields of knowledge such as Medical Science, which favors, even today, concerns, ambiguities and insecurities in the formation of the identity of these professionals, who are not sure if they are health professionals (of biomedical influence) or if they are professionals in the "humanities" area. This confusion and insecurity, in turn, tend to have repercussions in the field of scientific production, also generating insecurities in the way they contribute with their theoretical considerations, especially when their production peers are professionals in the biological

area, tending to manifest considerable theoretical inhibition for the discussion of results produced in the studies.

Trepte and Ferla (2017, p. 1) argue that health research – the QoL articles that were selected for this study are mostly focused on Psychology as a health science – are subject to the biomedical discourse in which phenomena such as "(...) control over an abstract biological body, constituted by imaginaries and statistics and crossed by the logic of the market (...)". This argument generates important implications when the object of study is human Subjectivity, the human being who has a body but who is also constituted of an identity that develops in social and affective relations, a being endowed with a mind, a psychic reality, and so many other expressions that designate a being that cannot be apprehended in its complexity through methodological resources that do not consider this fact, which suggests a reductionist analysis of human phenomena. And, in this impasse, it is understandable that in partnership with researchers recognized as researchers in the health area, psychologists find themselves in a challenging experience because it is not possible to generate theoretical tensions with fellow researchers from other areas of knowledge, because they are fewer in the group of researchers (when the publications are multidisciplinary), in addition to factors such as the prestige of the biological sciences in general to the detriment of the recognition that other areas of knowledge have gained in the scientific community, as is the case of Psychology. Thus, in doubt of incurring some theoretical mistake or of raising questions that may generate theoretical (and sometimes political) concerns, some psychological researchers seem to choose to only offer support or support to the theoretical considerations of science scholars who are notably recognized scientifically.

On the other hand, when psychologists publish their studies as the first authors (60.7% of the selected articles), it is noted that the percentage of contribution to the theoretical foundations of Psychology has an increase of 5%, as well as the percentage of non-contribution to the precepts of Psychology, which also had a decrease of 5%.

These results suggest that the theoretical empowerment of psychologists (being the first author of the study) seems to favor their initiative in presenting theoretical considerations of Psychology in their discussions on QoL. Roso and Romanini (2014) highlight the phenomenon of empowerment as an act of emancipation or liberation, which in the present study refers to an intellectual emancipation to argue about QoL, the conquest of a space for this intellectual manifestation favored by the security or confidence in the

recognition and appreciation of their knowledge, constructions and theoretical apprehensions, and experiences obtained in the different practices in Psychology. Being the first author of a scientific production seems to contribute to this perception and attitude, despite the responsibility that this implies.

CONCLUSIONS

Psychology professionals, as well as professionals in other areas of knowledge, are faced with the need to use the knowledge they assimilate and develop in their training process, in different ways, in an incessant process of intellectual and affective investment. Among these forms of applicability of the knowledge he acquires and builds is scientific research. Challenging and necessary is the task and commitment that Psychology professionals must assume with society, with regard to the knowledge and experiences they develop in their areas of expertise.

Valuable experiences are lived and produced in the different fields of Psychology, but they often remain hidden because they are not disseminated and published in the scientific community, which could greatly benefit from such experiences for the progress of psychological science. And what can be said of society as a whole, which could also benefit from the publication of this knowledge and these hidden experiences, sometimes filed in computers, drawers, or even in practices that have not yet received the deserved space for reflection and discussion in order to gain visibility and even respectability in the scientific environment. Scientific research in Psychology thus presents itself as an important way to share experiences and build new knowledge about psychological phenomena that become objects of study, such as quality of life and, therefore, deserves to be considered as a practice that could happen concomitantly with other practices in this field of knowledge. Knowing the reality of scientific production on quality of life, carried out by psychologists, will enable the knowledge of this scenario in Brazil.

Studies focused on Quality of Life carried out by psychologists are fundamental for understanding the various predictors that influence people's well-being and, then, identifying ways to foster these factors for the promotion and maintenance of individual and collective integral health. In addition, the study of Quality of Life is important because it covers several areas of knowledge, in addition to integrating the psychologist in multidisciplinary work. Research on this theme can also provide subsidies for the creation of public policies and other health-focused initiatives aimed at improving the conditions of

human life. For psychologists, knowing the volume of scientific productions in research on the theme of Quality of Life can provide an analysis of their practices and performances, in addition to the possibility of producing new forms of knowledge based on the scope of Psychology.

The understanding of the QoL phenomenon, which has been increasingly studied by researchers from different areas of science, can be considerably expanded by the theoretical contributions of Psychology, which can elucidate a lot about the individual and collective perception of what is necessary to consider oneself to have a satisfactory living condition, considering aspects that transcend a more direct observation, listing phenomena that sometimes cannot be apprehended by this or that instrument, demanding creative potential and other skills from the researcher who is faced with human complexity.

While studies on QoL conducted by psychologists are considered essential for understanding predictors of well-being and promoting whole-range health, it is important to recognize some limitations and challenges. The intrinsic complexity of Quality of Life, which involves subjective and multidimensional aspects, can make it difficult to accurately measure and compare different studies. In addition, the integration of the psychologist in multidisciplinary work may face barriers due to methodological and epistemological differences between disciplines, which can hinder effective collaboration.

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