

## BRIEF COMMUNICATIONS

## Track: 1. Basic Research (basic processes, neuro-physiological processes)

## SEXUAL ACTIVITY IN THE ELDERLY JAPANESE



Chineko ARAKI

*Emeritus Professor of Den-en Chofu University, Japan*Hirohisa IMAI<sup>1</sup>, Hiroyuki NAKAO<sup>2</sup>, Hidehiro SUGISAWA<sup>3</sup>, Fusako SEKI<sup>4</sup>, Nanako TAMIYA<sup>5</sup><sup>1</sup>*Graduate School of Medicine, The University of Tokyo, Tokyo, Japan;*<sup>2</sup>*Department of nursing, Miyazaki Prefectural Nursing University, Miyazaki-**ken, Japan;* <sup>3</sup>*Gerontology Program, J. F. Oberlin University Graduate School,**Tokyo, Japan;* <sup>4</sup>*Graduate school of International Social Sciences, Yokohama**National University, Yokohama, Japan;* <sup>5</sup>*Faculty of Medicine, University of Tsukuba, Ibaragi-ken, Japan*

**Objective:** Japan is the world's most rapidly aging country, raising questions about relationships between elderly individuals. A nationwide survey was conducted on sexuality in elderly people ( $\geq 65$  years).

**Method:** Questionnaires and return envelopes were sent to health professionals in the 11 prefects of Japan to be disseminated to elderly individuals. Responses were anonymous and were mailed by the respondents themselves. The survey was reviewed and approved by the research ethics committee of the National Institute of Public Health.

**Results:** 1979 questionnaires were disseminated; 571 responses (28.9%) were received, of which 568 were valid (256 men and 312 women). (1) Sexual awareness and desire: Men had a more positive attitude about sex and more permissive sexual norms than women. Men valued sexual activity more, desired intercourse more often, and had stronger desire. (2) Sexual activity in married couples: The most common physical contact other than intercourse was "massage, etc." 41% responded "almost never". 32% of married couples slept in different rooms. Intercourse occurred  $\geq 1$  times a month in 15% of married couples, several times a year in 19%, and not even once a year in 66%. About 3% of married people had a sexual relationship with a member of the opposite sex other than one's partner. (3) Single people in a relationship with a member of the opposite sex or who wished to become married: 3% had a romantic partner, 18% wanted to become married, and 7% had intercourse in the last year.

**Discussion:** This first nationwide survey of sexual activity in the elderly revealed substantial differences in sexual desire between elderly men and women, a potential source of conflict between the sexes. Most had a good married relationship, but physical contact and intercourse were rare. Sexuality and mental and physical health/socioeconomic status in the elderly warrant further study.

**Keywords:** elderly, sexuality, Japanese

**Source of Funding:** Japan Society for the Promotion of Science, Grants-in-Aid for Scientific Research.

**Conflict of Interest and Disclosure Statement:** None.

## GENDER DIFFERENCES IN THE PROCESSING OF ROMANTIC VERSUS SEXUALLY EXPLICIT STIMULI: FINDINGS FROM AN AUTOMATIC ATTENTION TASK



Joana CARVALHO

*Lusófona University, Portugal*Oleg CZOP<sup>1</sup>, Marta ROCHA<sup>2</sup>, Pedro NOBRE<sup>1</sup>, Sandra SOARES<sup>2</sup><sup>1</sup>*Universidade do Porto, Porto, Portugal;* <sup>2</sup>*Universidade de Aveiro, Aveiro, Portugal*

Previous research targeting gender differences in the processing of sex stimuli has presented mixed findings; whereas some studies suggest that men and women appraise sexual information differently, others show no significant gender effects. Also, gender differences have been partially attributed to socialization processes. Against this background, the aim of the present study was to test if gender differences in the processing of sex stimuli emerge during the automatic processing of sexual information, or at *controlled* phases, when participants performed subjective evaluations of sex pictures. Findings are expected to shed some light on the processing phase where gender differences emerge, and whether these differences may vary as a function of sexual attitudes.

Twenty-six women and 30 men performed an automatic attention task (participants engaged in a cognitive demanding task while sexually explicit stimuli and romantic stimuli were displayed as distractors). Response accuracy and times to the cognitive task were defined as markers of automatic attention. The experiment was followed by the subjective evaluation of the pictures (self-reported emotional valence, general activation, and subjective sexual arousal). Sociosexuality (the positive endorsement of casual sex) was introduced as a moderator.

Findings revealed no gender differences at the automatic attention task. Instead, gender differences emerged at the controlled phase of the task (the self-report evaluation of the stimuli), as women rated sexually explicit pictures as significantly less pleasant than men, and men reported significantly more general arousal and subjective sexual arousal to the sexually explicit stimuli. No significant differences were found regarding romantic stimuli. No moderation effects were found.

Findings suggest that gender differences in the processing of sex stimuli emerge at the controlled level of assessment, rather than during automatic processing. This pattern of results is possibly explained by the social expectations endorsed by participants and their congruence with gender role scripts.

**Keywords:** gender differences, attention, sex stimuli

**Conflict of Interest and Disclosure Statement:** None.

## BIOPSYCHOSOCIAL PREDICTORS OF SEXUAL DESIRE LEVEL IN MEN



Filippo Maria NIMBI

*Department of Dynamic and Clinical Psychology, "Sapienza" University of Rome, Rome, Italy*Francesca TRIPODI<sup>1</sup>, Roberta ROSSI<sup>1</sup>, Chiara SIMONELLI<sup>2</sup><sup>1</sup>*Institute of Clinical Sexology, Rome, Italy;* <sup>2</sup>*Department of Dynamic and Clinical Psychology, "Sapienza" University of Rome, Rome, Italy*

**Introduction & objectives:** Literature showed a close relationship between desire and arousal on female side, emphasized by DSM-5. On the contrary, male sexual response has historically been considered more simple and mechanistic. Aim of this study was to evaluate the role of some biopsychosocial variables affecting male sexual desire such as Quality of Life (QoL), psychological symptoms, emotions, alexithymia, sexual function, distress, satisfaction, couple adjustment, sexism, cognitive schema, beliefs, and scripts.

**Population sample:** A self-administered survey reached 238 heterosexual male subjects (age  $32.01 \pm 10.27$ ).

**Method(s):** It was composed by 14 questionnaires exploring biopsychosocial elements involved in sexual response: SF36, BDI II, STAI-Y, SCL-90-R, TAS-20, IIEF, PESI, SSS-M, SDS-M, DAS, SMQ, SDBQ, and QCSASC.

**Results:** Results of this preliminary study showed "Lack of erotic thoughts" as main predictor of low level of sexual desire in men ( $\beta = -.28$ ). "Desire of having a baby", "Energy/fatigue", "Depression", "Premature ejaculation severity", "Sexual Distress", "Subjective sexual response", and "Sexual conservatism" are strictly connected to level of sexual desire.

**Conclusion & recommendations:** Male sexual desire is characterized by a complex interaction between biological, psychological, and social elements. At the current state of art, the analysis of these predictors seems to suggest that current models are not sufficient to explain the complexity of male sexual desire.

**Keywords:** sexual desire, male sexuality, sexual interest

**Conflict of Interest and Disclosure Statement:** None.

## Track: 2. Behavioural, Social &amp; Historical Research (non-clinical)

## "OUCH! IT HURTS": AN APPROACH ABOUT THE FACTORS CONTRIBUTING TO THE EXPERIENCE OF PAIN DURING RECEPTIVE ANAL INTERCOURSE



Mahamoud BAYDOUN

*Program of Studies in Human Sexuality, Faculty of Medicine of the University of São Paulo, São Paulo, Brazil & Masters Program in Health Psychology, Federal University of Rondônia, Porto Velho, Brazil*Carla Maria de ABREU PEREIRA<sup>1</sup>, Carmita Helena NAJJAR ABDO<sup>2</sup>, Giancarlo SPIZZIRRI<sup>3</sup><sup>1</sup>*Program of Studies in Human Sexuality, Faculty of Medicine of the University of São Paulo, São Paulo, Brazil;* <sup>2</sup>*Program of Studies in Human Sexuality*