

The Role of Sexual Inhibition/Excitation and the Quality of Relationships in Female Orgasm.

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Rationale/Background: In general, orgasm has been described as a subjective experience accompanied by a series of psychophysiological changes and on which we still have limited knowledge (Meston, Levin, Sipski, Hull & Heiman, 2004), namely the role of various psychological and relational dimensions.

Research Questions: The present study aims to evaluate and explore the role of sexual excitation/inhibition and relationship quality in the different types of female orgasm in the Portuguese population. Considering previous scientific findings, we expect that women with higher levels of sexual excitation, relational satisfaction, and sexual satisfaction have higher levels of orgasm frequency, including multiple orgasms. Also, women with greater orgasm difficulties will present higher levels of sexual inhibition and lower levels of relational and sexual satisfaction compared to women with no orgasm difficulties. Higher levels of sexual arousal, as well as sexual and relational satisfaction will predict the frequency and type of female orgasm.

Methods: The sample will have approximately 300 women over 18 years of age, of whom, 100 will experience multiple orgasms, 100 will experience single orgasms and 100 will have problems reaching orgasm. Participants will answer to a set of online questionnaires: a general introductory questionnaire, the Female Sexual Functioning Index (FSFI), the Sexual Excitation/Sexual Inhibition Inventory (SESSI-W/M), the Scale of Evaluation of the Satisfaction on the Marital Areas of Life (EASAVIC), the Global Measure of Sexual Satisfaction (GMSEX) and the Global Measure of Relationship Satisfaction (GMREL).

Results/Conclusions: Data is still being collected. and the results will be presented at the seminar. The results of this study may contribute to a deepening of knowledge about orgasm and may have implications in the way it is subject to evaluation and intervention in clinical context.

Key Words: Orgasm; multiple orgasm; sexual inhibition / excitation; sexual satisfaction; relational satisfaction.