

difficulties, presented higher levels of sexual excitation. Finally, regression analyses showed that relational satisfaction was a significant predictor of multiple orgasm frequency, and that sexual excitation was a significant predictor of single orgasm frequency.

**Conclusion & Recommendations:** The present study demonstrates the importance of different variables in the orgasm experience, and their significant

influence on the way it is experienced. The results of this study may contribute to deepening the knowledge about orgasm and may have several clinical implications.

**Keywords:** orgasm, sexual inhibition/excitation, satisfaction

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

## Sexuality and Aging: Biopsychosocial Predictors and its Impact on Well-Being

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A healthy aging process presumes the continuity of healthy sexual experiences (Kirkman, Fox, & Dickson-Swift, 2016). Evidence suggests that although age emerges as a risk factor for declining sexual activity (e.g. Gillespie, 2017), maintaining sexual interest is positively associated with successful aging (Stulhofer, Hinchliff, Jurin, Hald, & Traeen, 2018). Therefore, recognizing the right to sexual health throughout the life-span, the present PhD project aims to: (1) describe sexual behavior, functioning and satisfaction of Portuguese men and women with 55 years or above; (2) assess the impact of biopsychological (i.e. health, medication, cognitive and executive functioning, sexual beliefs, automatic thoughts, sexual inhibition, relational satisfaction) on sexual functioning and satisfaction throughout the aging process; and (3) evaluate the impact of sexual behavior, functioning and satisfaction in satisfaction with life and psychological well-being throughout the aging process.

It is projected that the sample will be composed of a total of 250 participants (N = 250), with 55 years or above, with representative sociodemographic

characteristics. Participants must be healthy and functionally independent to participate in the study. A longitudinal structural equation model (SEM) will be employed in order to evaluate the role of biopsychosocial in sexual behavior, function and satisfaction and their impact on satisfaction with life and well-being.

In general, participants who report less dysfunctional sexual beliefs, a higher propensity for arousal and lower sexual inhibition, and higher relational satisfaction are expected to present higher levels of sexual function and satisfaction and higher levels of sexual satisfaction and higher levels of satisfaction with life and well-being.

This study may contribute to increase knowledge about predictors of sexual satisfaction and well-being in older people, and their role in promoting well-being and satisfaction with life. The results could contribute to the development of sexual health and wellness programs directed to the needs of older people.

**Keywords:** Sexual Health, Aging, Well-being

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