

Método y muestra: se utilizó la escala de deseo sexual del cuestionario Deseo Sexual y Aversión (DESEA). La muestra se obtuvo mediante un muestreo no probabilístico, método de muestreo casual o incidental. Los participantes contestaron al cuestionario a través de un enlace habilitado en la página web de la Academia Internacional de Sexología Médica y del Instituto Andaluz de Sexología y Psicología. La muestra estaba formada por 1894 hombres de 39 países, con una media de edad de 36.87 años y una desviación típica de 11.34. Se analizó el deseo en función de la edad, orientación sexual y tipo de pareja.

Resultados: mediante la prueba de Kruskal-Wallis, se detectó que había diferencias significativas, siendo los hombres entre 29 y 38 años los que obtienen una

mayor puntuación media (11.99) y los hombres 69-78 (9.67) los de menor puntuación. En cuanto a la pareja los hombres que tienen una relación en exclusiva (12.09 > 11.08) pero no conviven son los de mayor nivel de deseo y en cuanto a orientación las puntuaciones más altas las obtienen quienes se declaran bisexuales (45.69 > 42.17).

Conclusiones: Los hombres con más deseo son los que tienen una pareja pero no conviven con ella, en un margen de edad entre 29 y 39 años, y de orientación bisexual.

Palabras clave: desea, deseo sexual, hombres

Conflicto de interés y declaración de divulgación: Ninguno

Towards Understanding Sexual Boredom: Preliminary Findings

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Introduction & objectives: Sexual boredom is widely discussed in the media but does not seem to appeal to researchers of human sexuality. This may be related with the apparent overlap with other constructs such as sexual desire and sexual satisfaction. However, when we integrate the existent scientific knowledge on general boredom into a preliminary theory of sexual boredom the last seems to diverge from the other sexuality concepts. Nevertheless, the empirical data on sexual boredom seems anecdotal and both qualitative and quantitative studies are much needed. It is the aim of this project to shed some light over sexual boredom processes and implications for adults, namely in what concerns meanings of sexual boredom in lay people's voices, the cognitive-emotional and physiological processes that may play a role and clarify the relation with other individual, relationship and sexuality factors.

Methods & sample: This research project will comprise three studies. A qualitative study with in-person focus groups will be conducted with 6-8 participants from the community paired by sex and age group; responses will be subject to thematic analysis. In a

laboratory study will be collected quantitative psychophysiological data using erotic clips and affect induction with of 40 men and women divided in experimental and control groups. The last study will collect information from self-report measures with an online sample of 500 men and women.

Results: This is an ongoing project in the context of the Doctoral Program of Human Sexuality in Porto, Portugal. Preliminary findings of the qualitative study will be presented.

Conclusion & recommendations: Sexual boredom may be a construct in its own name and a phenomenon contributing to the over diagnosis of sexual dysfunction. It seems relevant to conduct empirical researches on sexual boredom as they are practically non-existent and might have implications for the sexual health of couples.

Keywords: sexual boredom, sex, relationships

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