

sex when orgasm occurs for both partners with or without vaginal intercourse, definition for all human beings.

Keywords: female orgasm, female ejaculation, vaginal intercourse

Conflict of Interest and Disclosure Statement: None

Psychometric Characteristics of Sexual Five-Facet Mindfulness Questionnaire in a Portuguese Sample

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Introduction & Objectives: Mindfulness seems to contribute positively to improved functioning, well-being, and sexual awareness, demonstrating positive effects on sexual performance. The main objective of this study is to validate and test the psychometric characteristics of the Portuguese version of the Sexual Five Facet Mindfulness Questionnaire. It is also intended to investigate how the different dimensions of this questionnaire predict the sexual functioning of women.

Method and Sample: An online sample of 400 women, and older than 18 years old will be recruited. All participants in the study will respond to a set of online questionnaires, including a self-reported measure of sexual functioning (FSFI; Rosen et al., 2000), Five Facet Mindfulness Questionnaire (FFMQ; Baer

et al., 2006) and the Sexual Five Facet Mindfulness Questionnaire (FFMQ-S; Adam et al., 2015)

Results: The results of this study will be presented at the time of the Congress, since the collection of data is still in progress. We expect that the results demonstrate that the scale is suitable for use within the Portuguese population in both clinical and basic research.

Conclusions & Recommendations: This study will contribute to the validation of adapted instruments in Portuguese population, and to the study sexual functioning of women.

Keywords: mindfulness, sexual functioning, questionnaire

Conflict of Interest and Disclosure Statement: None

The Female Orgasm: Sexual Inhibition/Excitation, Sexual Functioning and Relationship Factors

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Introduction & Objectives: 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. Thus, the present study aims to evaluate and explore the role of sexual excitation/inhibition, sexual functioning, sexual satisfaction and relational satisfaction in the different types of female orgasm in the Portuguese population.

Method & Sample: A total of 161 Portuguese women, ranging in age from 18 to 53 years, participated in this study: 60 reported having experienced

multiple orgasms, 59 reported having experienced single orgasm and 42 reported problems reaching orgasm. Participants answered several questionnaires made available through an online link, which evaluated each of the dimensions mentioned above.

Results: The results indicated that women experiencing multiple orgasms have a higher level of sexual satisfaction and relational satisfaction. Additionally, women with orgasmic difficulties revealed lower levels in the different dimensions of sexual functioning. Concerning excitation/inhibition, women with greater difficulties in orgasm reported having higher levels of sexual inhibition, whereas women with no orgasm

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

Conflict of Interest and Disclosure Statement: None