

The influence of the dysfunctional sexual beliefs on the male and female sexual function of young Spaniards without sexual problems



Author: Antonio Jesús Castell Domínguez (47936470P)
Tutor: Estefanía Ruiz Palomino

FINAL DEGREE PROJECT-PSYCHOLOGY;
2017-2018

Introduction and aims

- Sexual beliefs are relatively stable ideas, thoughts or opinions about oneself or the environment that guide sexual behavior (Ruíz, Enrique, & Ballester, 2011)
- Dysfunctional sexual beliefs (DSB) are influenced by cultural differences or the close social context (Morton & Gorzalka, 2013; Clarke, Marks, & Lykins, 2015).
- DSB have been recognized in the population by previous studies, revealing as predisposing factors of an unsatisfactory sexual life (Carvalho & Nobre, 2011; Ruiz, Enrique, & Ballester, 2011)
- DSB negatively influence on sexual function, moderating the frequency of unsuccessful sexual episodes and the activation of incompetence schemes against negative sexual events (Peixoto & Nobre, 2017a; Peixoto & Nobre, 2017b)

AIM 1. To evaluate the existence of dysfunctional sexual beliefs in young Spanish men and women without sexual problems

AIM 2. To examine the influence of dysfunctional sexual beliefs on sexual function in young Spanish men and women without sexual problems

AIM 3. To analyze the functional relationship between dysfunctional sexual beliefs and sexual function in young Spanish men and women without sexual problems

Methods

1. Participants

Initial sample: 1000 participants (642 men and 358 women) between 15 and 67 years old

Exclusion criteria: Between 18 and 35 years old, Spaniards, without physical, mental or sexual illness, and consumption of drugs or substances

Final sample: 480 subjects (317 men (M age = 24.71, SD = 4) and 163 women (M age = 23.58, SD = 3.53))

Similar characteristics of the final sample in men and women: Higher studies, studying or active labor, atheists or agnostics, heterosexuals, and stable relationship

2. Assessment instruments

SDBQ (men)	SDBQ (women)
Evaluates attitudes toward sexuality (40 items Likert 1-5)	Evaluates attitudes toward sexuality (40 items Likert 1-5)

F1. Sexual conservatism F2. Female sexual power F3. Macho beliefs F4. Beliefs about women's satisfaction F5. Restrictive attitudes toward sex F6. Sex as an abuse of men's power

F1. Sexual conservatism F2. Sexual desire and pleasure as a sin F3. Age related beliefs F4. Body-image beliefs F5. Denying affection primacy in sex F6. Motherhood primacy

Higher score in a factor, greater number of beliefs in said factor

IIEF	FSFI
Evaluates male sexual function (15 items Likert 0 (or 1) to 5)	Evaluates female sexual function (19 items Likert 0 (or 1) to 5)

F1. Erectile function F2. Orgasmic function F3. Desire F4. Intercourse satisfaction F5. Overall satisfaction

F1. Desire F2. Sexual arousal F3. Lubrication F4. Orgasm F5. Sexual satisfaction F6. Sexual pain

Minimum score 4 and maximum 75 Minimum score 3 and maximum 95

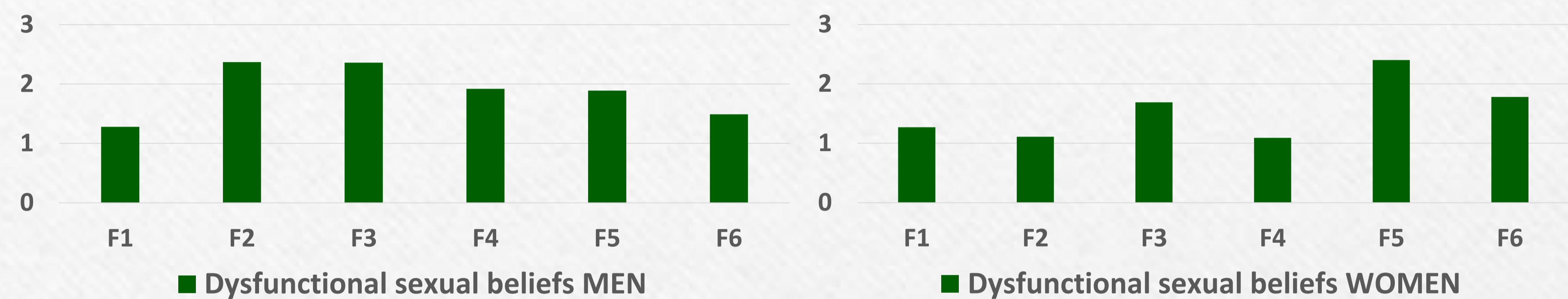
Higher score in one factor, better sexual performance in that area. Sum of the scores of all factors = total score (TS) of sexual function (SF) where a higher TS better SF

4. Statistical analysis

- Descriptive analysis of quantitative variables
- Frequencies of the dysfunctional sexual beliefs
- Pearson correlation analysis for the relationship between sexual function (DV) and beliefs (IV)
- Linear regressions to analyze the functional relationship between the DV and the IV.

Results

1. To evaluate the existence of dysfunctional sexual beliefs



2. To examine the influence of dysfunctional sexual beliefs on sexual function

MEN	SDBQ						WOMEN	SDBQ					
	F1	F2	F3	F4	F5	F6		F1	F2	F3	F4	F5	F6
Erectile function	-0,180	-0,149	-0,005	-0,037	-0,158	-0,106	Desire	-0,059	-0,005	-0,058	0,101	0,068	0,002
Orgasmic function	-0,173	-0,163	-0,015	-0,098	-0,123	-0,140	Sexual arousal	-0,061	-0,034	0,024	-0,039	-0,059	-0,097
Desire	-0,150	-0,046	0,099	0,063	-0,132	-0,036	Lubrication	-0,098	-0,008	0,006	-0,003	-0,079	-0,050
Intercourse satisfaction	-0,129	-0,148	-0,006	0,004	-0,123	-0,060	Orgasm	-0,105	-0,061	0,013	-0,130	-0,099	-0,071
Overall satisfaction	-0,115	-0,131	-0,026	-0,008	-0,120	-0,088	Sexual satisfaction	0,029	0,038	0,140	-0,001	-0,179	-0,007
Total Score IIEF	-0,180	-0,162	-0,002	-0,027	-0,160	-0,106	Sexual pain	0,716	0,626	0,075	0,986	0,023	0,930
	0,001	0,004	0,974	0,630	0,004	0,058	Total Score FSFI	-0,016	0,030	0,013	0,026	-0,054	-0,021
								0,838	0,704	0,870	0,742	0,490	0,787
								-0,062	-0,008	0,036	-0,023	-0,095	-0,056
								0,431	0,917	0,651	0,774	0,227	0,478

3. To analyze the functional relationship between dysfunctional sexual beliefs and sexual function

MEN	R2					IC	F4 IIEF	F2 SDBQ	F4 SDBQ	F1 SDBQ	F5 IIEF	F2 SDBQ	F5 FSFI	F5 SDBQ
	TS IIEF	F1 SDBQ	Beta	t	Sig									
TS IIEF	0,029	-0,803	-3,250	0,001	-1,289/-0,317	0,042	-0,193	-3,030	0,003	-0,318/-0,068				
F1 IIEF	0,029	-0,385	-3,243	0,001	-0,619/-0,152	0,042	0,264	2,858	0,005	0,082/0,445				
F2 IIEF	0,027	-0,118	-3,115	0,002	-0,193/-0,044	0,014	-0,157	-2,006	0,046	-0,311/-0,003				
F3 IIEF	0,044	-0,085	-3,630	0,000	-0,131/-0,039	0,014	-0,070	-2,344	0,020	-0,129/-0,011				
		0,057	2,992	0,003	0,020/0,095									

Discussion and Conclusions

Perhaps the way young Spaniards are educated influence the type of false beliefs that tend to develop (Ören, Zengin, Yazici, y Akinci, 2018)

Men: congruent results of the analysis of the relationship between variables with other studies (Peixoto and Nobre, 2017; Abdolmanafi et al, 2016). Women: results incongruent with other studies

Sexual conservatism: main explanatory factor of male sexual function that may be due to a lower interest in sex of men with conservative beliefs (Nimbi, Tripodi, Rossi, y Simonelli, 2018)

Need for specific studies that confirm or discuss the obtained results

Possible influences on the obtained results:

- Different sexual functioning (gender approach) (Bogaert, Visser, y Pozzebon, 2015)
- Limitations of the study (lack of specific previous studies on the subject, form used to collect the data, influence of social factors and self-reported data with possible biases)

Applications:

- High prevalence of beliefs in young Spanish population that emphasizes the need to improve sex education
- The relationship of dysfunctional sexual beliefs with male sexual function will allow to prevent sexual disorders more effectively and promote sexual health

References

- Abdolmanafi, A. y cols. (2016). Determinants of Women's Sexual Dissatisfaction: assessing a Cognitive-Emotional Model. *The Journal of Sexual Medicine*, 13(11), 1708-1717
- Bogaert, A.F., Visser B.A., y Pozzebon J.A. (2015). Gender Differences in Object of Desire Self-Consciousness Sexual Fantasies. *Archives of Sexual Behavior*, 44(8), 2299-310.
- Carvalho, J. & Nobre, P. (2011). Biopsychosocial determinants of men's sexual desire: testing an integrative model. *The Journal of Sexual Medicine*, 8(3), 754-763.
- Clarke, M.J., Marks, A.D., & Lykins, A.D. (2015). Effect of normative masculinity on male's dysfunctional sexual beliefs, sexual attitudes, and perceptions of sexual functioning. *Journal of Sex Research*, 52(3), 327-337.
- Morton H. & Gorzalka B.B. (2013). Cognitive aspects of sexual functioning: differences between East Asian-Canadian and Euro-Canadian women. *Archives of Sexual Behavior*, 42(8), 1615-1625.
- Nimbi, F.M., Tripodi, F., Rossi R., y Simonelli, C. (2018). Expanding the Analysis of Psychosocial Factors of Sexual Desire in Men. *Journal of Sex Medicine*, 15(2), 230-244.
- Ören, B., Zengin, N., Yazici S., y Akinci, A.C. (2018). Attitudes, beliefs and comfort levels of midwifery students regarding sexual counselling in Turkey. *Midwifery*, 56, 152-157.
- Peixoto M.M. & Nobre P. (2017). "Macho" Beliefs Moderate the Association Between Negative Sexual Episodes and Activation of Incompetence Schemas in Sexual Context, in Gay and Heterosexual Men. *The Journal of Sexual Medicine*, 14(4), 518-525.
- Peixoto M.M. & Nobre P. (2017). The Activation of Incompetence Schemas in Response to Negative Sexual Events in Heterosexual and Lesbian Women: The Moderator Role of Personality Traits and Dysfunctional Sexual Beliefs. *The Journal of Sexual Medicine*, 54(9), 1188-1196.
- Ruiz, E., Enrique, A., & Ballester, R. (2011). Creencias sexuales disfuncionales en población joven femenina: resultados preliminares. *Fórum de recerca*, 16, 1125-1140.