

**Introduction:** Erectile dysfunction (ED) affects quite a lot of men and its incidence increases with age. It is mostly determined by organic factors. Well known is the connection between the metabolism and erection, especially between the endothelial dysfunction and erection. The first-line cure in ED is phosphodiesterase type 5 inhibitors (iPDE5). We present a case of patient whose response to the therapy and PDE5 was insufficient.

**Method:** a case study.

**Population sample:** 46 years old man with erectile dysfunction lasting for 5 years, gradually progressing, non-responsive to iPDE5.

**Results:** A family history of repeated myocardial infarction and thromboembolic disease. In addition, the thrombophilic mutation test and MTHFR were indicated. A medicine containing sildenafil was prescribed. The effect of the medication was insufficient in order to complete the coitus. The genetic test showed homozygous mutations C677T in the gene for MTHFR. Elevated levels of homocysteine and low level of folate in the blood serum were confirmed. The patient increased the intake of folic acid and vitamin B2, B6, and B12.

After two months therapy, the levels of homocysteine and folate were adjusted and patient response to sildenafil was excellent. In the following months, the patient changed his eating habits, extra regular physical activity was added and in most cases, he was capable of high-quality erections and intercourse without using sildenafil.

**Findings & discussion:** Hyperhomocysteinemia and low folate levels may cause endothelial dysfunction with consequent deterioration in the quality of erection. If we would follow the strictly applicable guidelines for the erectile dysfunction treatment, the patient would be probably indicated for the treatment of intracavernosal injections of alprostadil.

**Recommendations:** During the examination of the patient is necessary to emphasize detailed personal and family history. As shown in our case study, an unconventional approach can sometimes be a simple solution to the case.

**Keywords:** erectile dysfunction, hyperhomocysteinemia, mutations C667T in gene for MTHFR

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

#### THE IMPACT OF INDIVIDUAL COUNSELLING BASED ON SELF-AWARENESS SKILLS OF SEXUAL SATISFACTION IN WOMEN OF REPRODUCTIVE AGE IN GORGAN, IRAN



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**Introduction and Objectives:** Sexual satisfaction predictors of emotional intimacy between the couple plays a key role of marital satisfaction as more marital satisfaction forecasts more sexual desire. Sexual satisfaction is also an important indicator of sexual health and is strongly associated with satisfaction with interpersonal relationships. Self-awareness refers to a tendency to respect and pay attention to the thoughts, feelings, and inner motivations and it occurs in the initial stages of interpersonal relationships. In this research, a study was conducted to determine the impact of individual counselling based on self-awareness skills of sexual satisfaction in women of reproductive age in Gorgan, Iran.

**Population Sample and Method:** This interventional study was conducted with 78 reproductive age women, who were in the health care system, by randomly assigning the women to intervention and control groups. The Persian version of questionnaires about sexual satisfaction were completed by women in both groups twice (before and one month after intervention). Next, the participants were provided with six to seven sessions of individual counselling based on a self-awareness skills intervention. The obtained data were analyzed using SPSS16 software. Normality distributed variables were analyzed by T-tests while the Mann-Whitney tests were used to test non-normality variables.

**Results:** Mann-Whitney tests revealed that there was no statistically significant relationship between the mean score of sexual satisfaction before intervention between the

control ( $103.25 \pm 9.93$ ) and intervention groups ( $102.07 \pm 10.06$ ). However, there was a statistically significant relationship between the mean score of sexual satisfaction after the intervention;  $103.39 \pm 10.04$  for the control group and  $112.1 \pm 7.97$  for the intervention group ( $P\text{-Value} < 0.0001$ ).

**Conclusion & recommendations:** The results show that to increase sexual satisfaction promoting awareness about sexual issues is not the only solution, but also promoting self-awareness skills by recognizing their positive and negative characteristics. The results also showed that women with high self-esteem have higher sexual satisfaction. Hence, if a healthcare provider does not have enough knowledge about sexual issues or they cannot make conversation with their clients about sexual issues, they can try individual counselling based on self-awareness skills to increase sexual satisfaction.

**Keywords:** sexual satisfaction, self-awareness, women

**Source of Funding:** IR.GOUMS.REC.1395.9 Counseling and Reproductive Health Research Centre, Golestan University of Medical Sciences, Gorgan, Iran.

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

#### Track: 5. Public Health, Epidemiology & Public Policies

#### BEGINNING AND MAINTAIN OF THE ROMANTIC RELATIONSHIPS IN CHILEANS ELDERLY



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**Introduction:** One of the challenges of this century is to promote a healthy aging in all these areas, including Sexuality.

The big number of older people without a partner a concern, considering the cultural difficulties existing for the reconstruction of the affective bond.

**Objective:** To know the perception of older people about the level of difficulty to initiate and maintain romantic relationships in respect to their peers.

**Population sample:** Geographically stratified multi-stage probabilistic sample of 4,193 adults 60 years and older, with a 95% CI, with a national urban and rural representation, conducted in all regions of Chile.

**Methodology:** Cross-sectional descriptive study, of transversal character, whose data were obtained from a national survey, on a sample of community living adults 60 years and older. Statistical analysis was performed with STATA ® 14.0 was carried out using chi square test.

**Results:** The distribution of the sample is composed of: 61.2% women and 38.8% men. A 22.1% report that it is easy/very easy to beginning or maintain a romantic relationship; While 33.9% consider difficult /very difficult to beginning or maintain a romantic relationship.

21.1% consider that there is no difference with their peers to beginning or maintain a romantic relationship.

22.8% do not know or answer not the question.

**Conclusion & recommendations:** Most older people find it difficult to begin or maintain an affective relationship.

It is necessary for Public Policies that favor social integration, with adequate spaces for the elderly.

**Keywords:** couple, elderly, sexuality

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

#### SEXUAL ACTIVITY IN PATIENTS WITH HEART FAILURE



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**Introduction & objectives:** Although heart failure (HF) patients often consider sexual activity as an essential aspect of quality of life (QoL), studies concerning this

topic are rather limited and are often dispersed. Factors influencing sexual activity involve physical symptoms and dysfunctions, as well as emotional and psychological concerns. Sexual counselling and exercise training are expected to have an effect. The aim of this study is to investigate this effect, using an mHealth application in HF patients.

**Population sample:** Eighty patients will be enrolled through convenience sampling from three Flemish hospitals. Patients meeting the inclusion criteria are ischemic stable HF patients with one hospitalisation due to their HF, no planned surgical interventions, NYHA II-III, reduced left ventricular function ( $\leq 40\%$ ) and good cognitive functioning.

**Method:** A 6-month mHealth RCT (40 intervention – 40 control) with a repeated measures quasi-experimental design will be conducted to evaluate the effect of sexual counselling and exercise training on sexual activity.

**Results:** The intervention is developed based on the guidelines from the American Heart Association and the European Society of Cardiology, expert knowledge and patient requirements. Throughout the trial, patients from the intervention group will be able to retrieve sexual counselling from an information depository in a personal health system on a voluntary basis. They will also receive personalised reminders, based on their current health status and preferences, to encourage them to exercise 3 to 5 times a week at a moderate intensity.

**Conclusion & recommendations:** This study will determine the effect of exercise training and counselling on sexual activity in HF patients using an mHealth application. These results will be of value to the scientific community, since it is currently not known whether sexual counselling and physical activity can reduce problems concerning sexual activity outcomes in HF patients and improve QoL.

**Keywords:** sexual counselling, heart failure, exercise training

**Source of Funding:** The HeartMan project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 689660. Project partners are Jožef Stefan Institute, Sapienza University, Ghent University, National Research Council, ATOS Spain SA, SenLab, KU Leuven, MEGA Electronics Ltd and European Heart Network.

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

#### SERVICE AND RESEARCH IN SEXUALITY: CLINIC AND SOCIAL ACTION

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NAPS is a counseling and care service for sexual issues (dysfunctions and clinical situations related to sexual behavior). It is linked to the Santa Maria Mental Health Outpatient Clinic, a city of 300,000 inhabitants in southern Brazil.

The Service is performed by psychologists and trainees and referred to partner services when necessary.

Using only one social network for its dissemination, during the 18-month period approximately 50 adolescents and adults were treated in situations of suffering in the sexual field. Sexual dysfunctions associated with clinical diseases (30%); Psychogenic dysfunctions (35%); Gender dysphoria (15%); Sexual abuse (15%); Virtual exhibitionism (5%). The profile of the user varies between 15 and 67 years, both sexes, without support or familiar knowledge about the situation (65%).

Patients referred for follow-up at PROTIG in Porto Alegre, 100% presented compatible diagnosis and adhered to the treatment, demonstrating the need for a follow-up prior to the beginning of the process. In Brazil, the "Unified Health System" (SUS) provides for free global monitoring in the hospital context, but NAPS is an initiative to intensify and clarify references and guidelines, especially in cases related to Gender Dysphoria.

The patients are referred to the Social Assistance Office for changes to the Civil Registry or "Social Name", as the case may be. In 90% of the cases of adolescents, both parents received simultaneous orientation and/or psychological counseling to the child.

**Keywords:** clinical service, sexuality, social action

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



#### GENDER IDENTITY PROGRAM: THE SCOPE OF HEALTH TREATMENT OF TRANSSEXUALS IN BRAZIL



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**Introduction:** The Gender Identity Program (PROTIG) of the Hospital de Clínicas de Porto Alegre, created in 1998, is an outpatient clinic for the treatment of Gender Dysphoria (GD) and one of the main Latin American centers for GD studies. The service is linked to the Sistema Único de Saúde of the Ministry of Health. It is the only specialized care center for DG in the South of Brazil, in the provision of multidisciplinary care that offers psychological, hormonal and surgical interventions for men and women with GD.

**Approach:** Patients who access the service are submitted to biweekly group meetings and monthly individual therapy. The minimum time to perform the sexual reassignment surgery (SRS) is two years. In addition to SRS, trans men receive access to hormone therapy, simple bilateral mastectomy, and surgery to remove uterus and ovaries. Trans women, on the other hand, have access to thyrotrophy, vaginoplasty, cosmetic surgery for posterior corrections of large lips, small lips and clitoris, and bilateral breast reconstruction. All patients receive follow-up with social worker, psychiatrist, psychologist, endocrine and speech therapist.

**Findings & discussions:** Since 2001, PROTIG has conducted 736 first consultations, establishing the diagnosis of 575 trans people and performing more than 230 surgical procedures. The average age between the first medical contact in primary care and the first evaluation in PROTIG is nine years. Since 2014, PROTIG carries out specialized care for children and adolescents with atypical gender behavior, which seeks to facilitate the development of gender identity and prevent psychological symptoms related to psychosocial adjustment. Over the years, our approach is outlined in the profile of the population seeking medical care, in analyzing the benefits of treatment and SRS, biological markers related to GD and traumatic events in childhood, studies on vocal therapy, hormone treatment, suicidal behavior and prevalence of HIV infection.

**Keywords:** PROTIG, gender dysphoria, Brazil

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

#### MENTAL HEALTH AND THE HEALTH-RELATED QUALITY OF LIFE OF COLLEGE STUDENTS SUFFERING FROM SEXUAL DATING VIOLENCE



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**Introduction & objectives:** Sexual violence in dating relationships is not uncommon. A previous cross-cultural study on college students found that the prevalence of sexual abuse in dating relationships was 13.0% in Hong Kong, 24.2% in the United Kingdom and 31.8% in the United States. However, the negative effects of sexual dating violence on the mental health and health-related quality of life (HRQOL) of the Chinese population are poorly understood. Given the fact that HRQOL is a culturally-specific concept and victims' responses to violence may be affected by culture, the present study aimed to evaluate the mental health and HRQOL of Chinese college students who were the victims of sexual dating violence.

**Population sample:** College students in Hong Kong.

**Method:** It was a cross-section study. Subjects were recruited in four universities in Hong Kong. Sexual abuse victimization was measured by the revised Conflict Tactic Scale.