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Eldre og seksualitet - status på forskning

Healthy sexual aging: A mixed-method study of sexual function and sexual well-being in older European adults

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* **The Research Team**

The quantitative sub-project

- * How content are older adult men and women with their sexuality and body?
- * How often do older adults experience sexual function problems?
- * To which extent do older adults seek information or help in relation to sexual health?

The qualitative sub-project

- * How do people experience their sexuality and body in older ages?
- * What is the role of intimacy and emotional support in coping with changes related to sexuality?
- * What are the barriers for seeking information or help in relation to sexual health?

* The project's main research questions

Table 1 Sampling Information

Population	Procedure	Contacted individuals	Participants	Response rate
<p>Random, nationally representative samples of non-institutionalized 60-75 year olds in Norway, Denmark, Belgium, and Portugal.</p>	<p>Step 1: Telephone contact with the selected sample by trained interviewers to ask for participation. Among those who volunteer to participate, socio-demographic characteristics will be registered.</p> <p>Step 2: Self-administered postal questionnaires with prepaid return envelopes. Socio-demographic questions are repeated to validate the questionnaire.</p> <p>Step 3: One postal reminder is sent to non-respondents. In Portugal the reminder was done by phone</p>	<p>Norway n = 1865</p> <p>Denmark n = 2000</p> <p>Belgium n = 1742</p> <p>Portugal n = 2000</p>	<p>Norway n = 1271</p> <p>Denmark n = 1045</p> <p>Belgium = 991</p> <p>Portugal n = 509</p>	<p>Norway = 68.2%</p> <p>Denmark = 52.3%</p> <p>Belgium = 56.9%</p> <p>Portugal = 25.5%</p>
<p>Subsample of couples randomly chosen from the larger sample.</p>			<p>Norway n = 218</p> <p>Denmark n = 207</p> <p>Belgium n = 135</p> <p>Portugal n = 117</p>	

- * Most older adults are interested in sex, sexually active and satisfied
- * Sub-groups less sexually active and less sexually satisfied:
 - * 1) Women,
 - * 2) Non-partnered individuals,
 - * 3) Men and women over the age of 70 years; and
 - * 4) Women with only primary education.
- * These sub-groups are important to target in future health promotion programs.

* Conclusions