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Experiences in affective-sexual obesity contexts

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Introduction

The adverse effects of obesity are well documented; however, a growing topic is that relationship with sexuality. Studies show that obesity is associated with a decrease in sexual desire and involvement, avoidance of sexual encounters difficulties in sexual performance, reduced number of sexual partners, and the females to report poor quality of sexual life.

Keywords:

Obesity, sexual relations, BMI, sexual partner, sexuality, sexual desire, sexual experience, affective-sexual, relationship, sexual performance, Nutrition

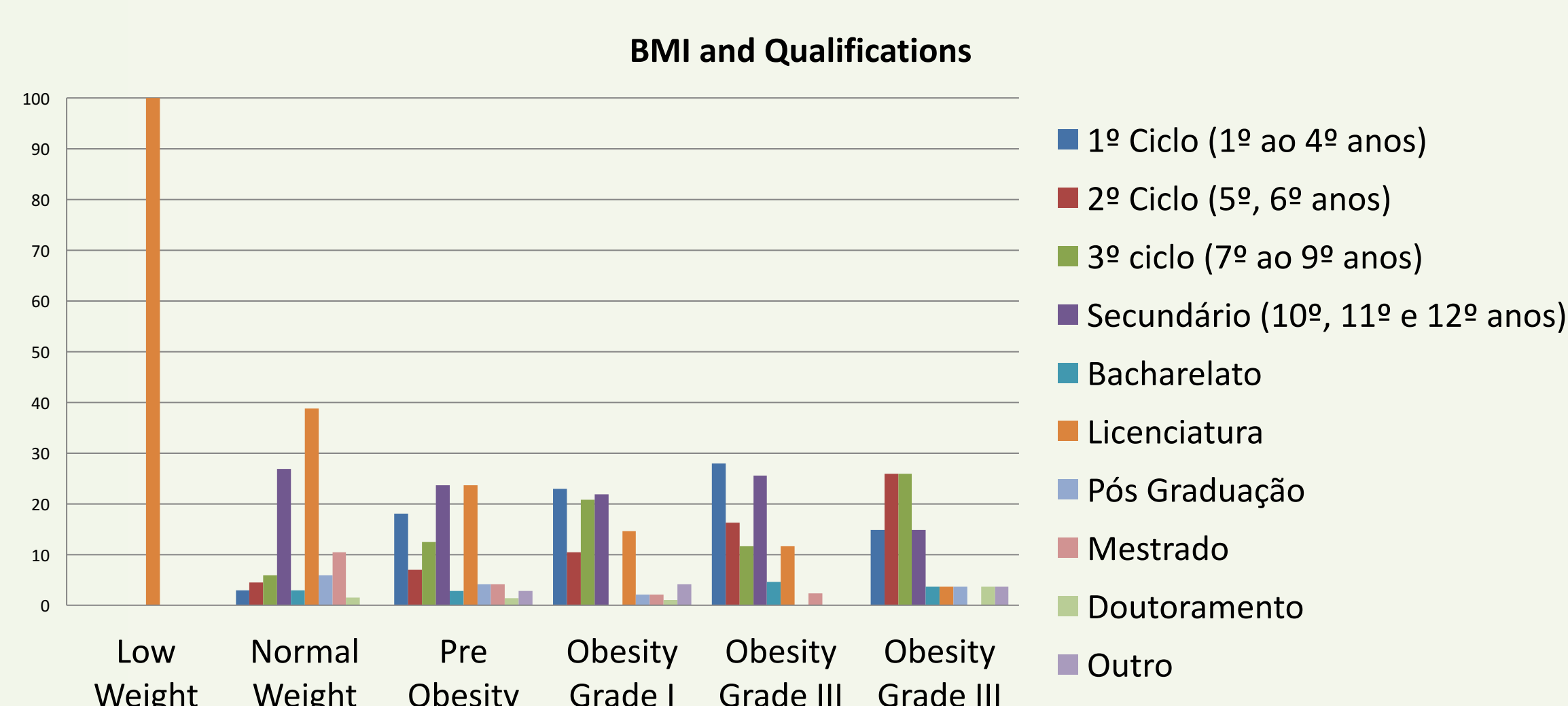
Objective

To find relationships between the level of Body Mass Index (BMI) and sexual experiences. (number of sexual partners and frequency of sexual relations)

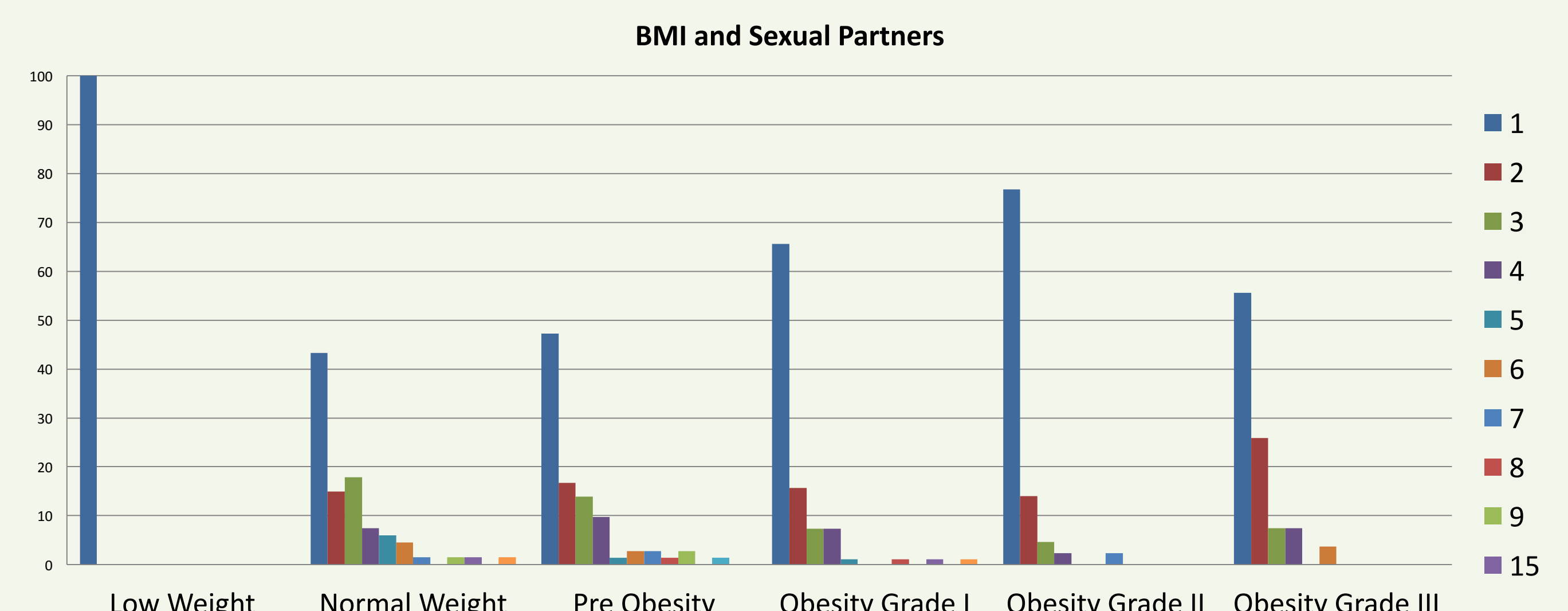
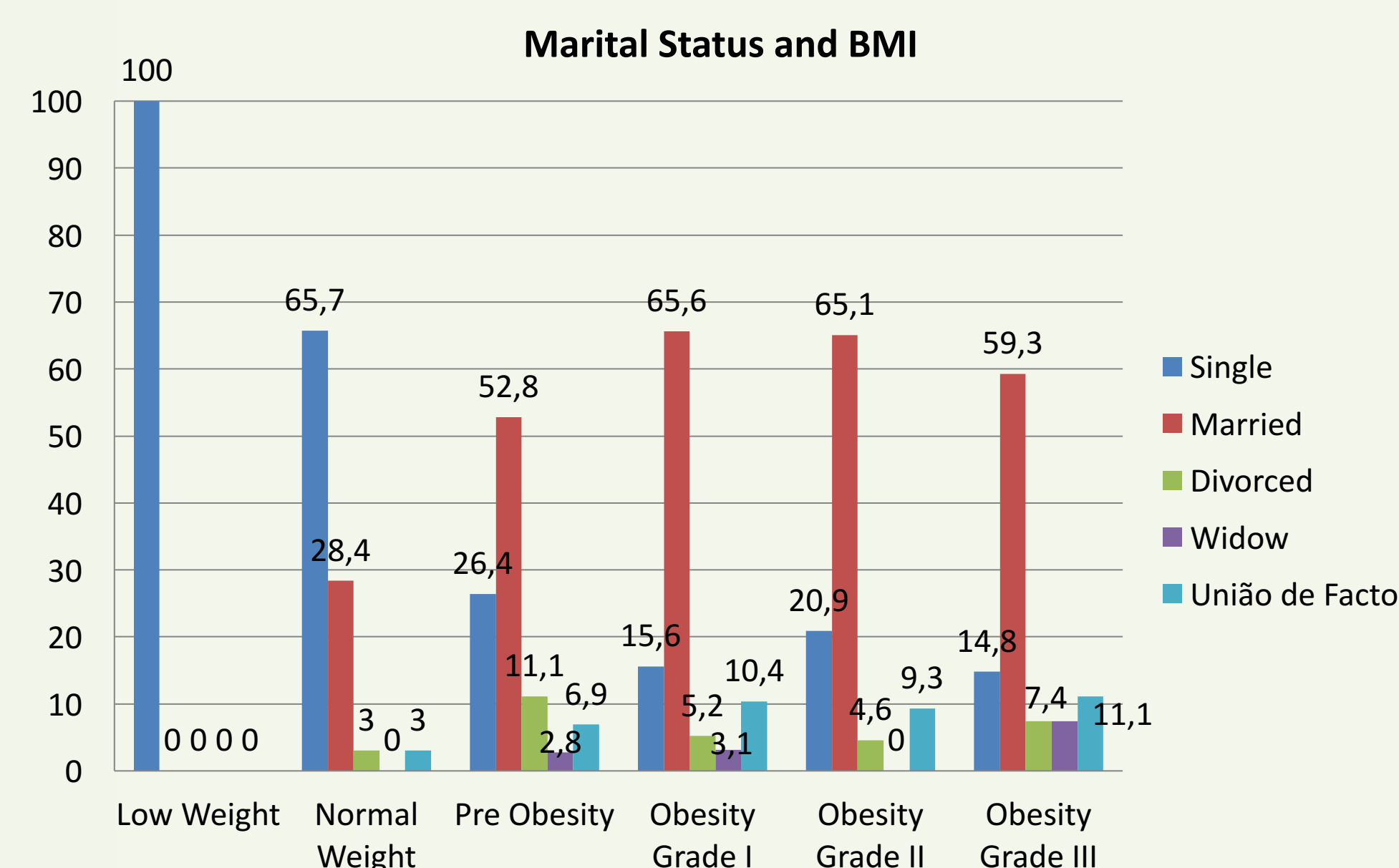
Methods

We proceeded to a quantitative descriptive methodology through the BMI calculation to a sample of 306 users of Obesity Therapy (30.7% gender male and 69.3% female) aged 18 and 65 years and a questionnaire to describe the participants with sexual experiences.

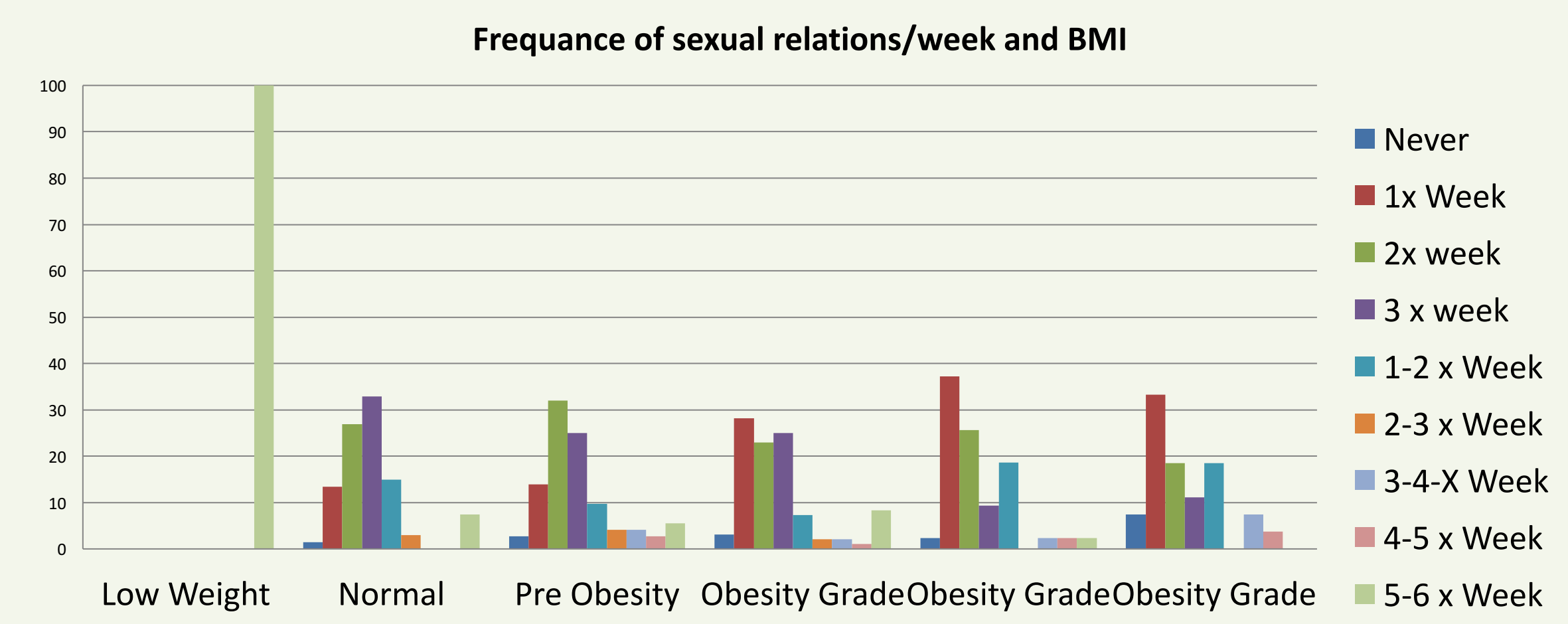
Results



Respondents with higher BMI have lower qualifications.



Regarding the number of sexual partners, it appears that the higher the BMI, the lower the number of sexual partners that the sample states



Individuals with normal weight and pre-obesity present frequency of sexual relations / week between 2/3 times / week, while individuals with Obesity Grade II and Grade III have this frequency 1/2 times/week

Conclusion

BMI assumes influence of variable outlines the quality of affective and sexual experiences. It is considered urgent and relevant to invest in Sexual Education and Nutrition at the level of these populations.

Bibliographic references

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