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# Sexual Satisfaction and binge eating behaviors: correlation study

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## Introduction

As basic human needs, diet and sexuality depend on the connections of multiple systems (muscular, neuro-endocrine, metabolic and reproductive), as well as aspects related to emotions, feelings and pleasure.

## Objective

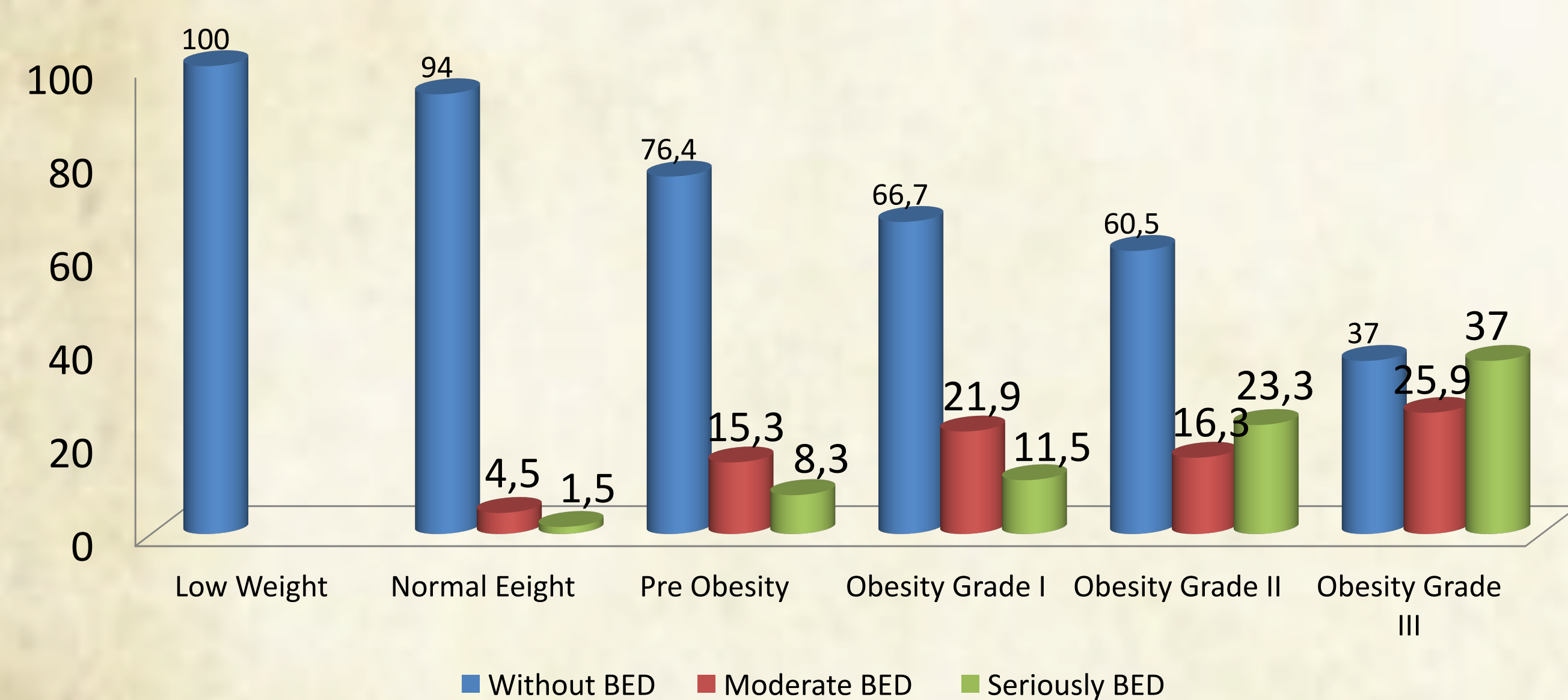
To find relationships between Binge Eating and Sexual Satisfaction.

## Methods

A transversal, exploratory and quantitative, descriptive and correlational study. The instruments for data collection were the following: a questionnaire to describe the participants, the Index of Sexual Satisfaction (ISS) and the Binge Eating Scale (BES), both of which were translated and adapted to the Portuguese population. The statistical analysis was carried out with the statistics software program SPSS, version 23.

a sample of 306 patients, of which 69.3% are female and 30.7% are male, with ages ranging from 18 to 64 years old

## Results



ISS	N Válido	Média
Low Weight	1	57,0000
Normal Weight	67	51,4776
Pre Obesity	72	60,0417
Obesity Grade I	96	67,0729
Obesity Grade II	43	69,7907
Obesity Grade III	27	77,7407

	Rô de Sperman	ISS	BED	BMI
ISS	Coef de Correlação	1,000	,205	,332
	Sig(Bilateral)	-----	,000	,000
	N	306	306	306
BED	Coef de Correlação	,205	1,000	,476
	Sig(Bilateral)	,000	-----	,000
	N	306	306	306
BMI	Coef de Correlação	,332	,476	1,000
	Sig(Bilateral)	,000	,000	-----
	N	306	306	306

## Conclusion

This study demonstrates that people with normal weight or with an apparently "normal" profile can in fact show binge eating behaviors. In the study related to the level of Sexual Satisfaction (SS) of patients on different scales of the Body Mass Index (IMC), the average rate of ISS increases with the degree of obesity, indicating that these groups are dissatisfied with their sexuality, which increases with the level of BMI.

## Bibliographic references

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