CHANGES IN SEXUAL FUNCTIONING AND ITS ASSOCIATION WITH RELATIONSHIP FUNCTIONING IN OLD AGE

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CENTRE FOR MENTAL HEALTH AND WELLBEING RESEARCH
DISCLOSURE

Menarini Advisory Board
Continuing Education Talks for GPs - supported by Menarini

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OBJECTIVES

- This presentation will examine
  - The prevalence of the different sexual dysfunctions among males and females and how these change with increasing age
  - How sexual expression changes with increasing age
  - The impact of sexual dysfunction and sexual activity on the relationship

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CHANGES IN SEXUALITY WITH INCREASING AGE

- Most studies on men have been on EDs, but there have been some recent studies on PE.
- Studies on women have examined desire, arousal and orgasm.
- There has been limited research on sexuality among older couples.
HIS ISSUES

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PREVALENCE OF ED

- Minimal, moderate and complete ED for men from 40 to 70 years is about 50%
- Prevalence of complete ED increases from about 5% to 15% from age 40 to age 70 years
- Age is the variable most strongly associated with ED

PREVALENCE OF ED AMONG AUSTRALIAN MEN

- Study conducted with 1240 men between ages 18-91 years
- About 40% reported ED: about 10% occasionally, 10% often, and 20% all the time
- Complete ED increased from 2% in the 40-49 year age group to 45% in the 70-79 year age group

Chew et al., Int J Impot Res, 2000
PREVALENCE OF ED AMONG AUSTRALIAN MEN

- Only 11.6% of men with ED had received treatment
- 40% of diabetic men aged 60 years or older had ED all the time
- Hypertension, ischaemic heart disease, peripheral vascular disease and diabetes were frequently associated with ED

Chew et al., Int J Impot Res, 2000

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CAUSES OF ED

- Medical causes
- Psychological factors
- Combination of medical and psychological causes
IMPACT OF ED ON MEN

- Reduced sexual satisfaction
- Reduced general life satisfaction
- Reduced relationship satisfaction
- These findings were most apparent for men with psychogenic ED

McCabe & Althof, J Sex Med, 2013
RECENT AUSTRALIAN STUDY

Participants

- 410 men with ED
- 242 men without ED
- Age range 18-92 years

McCabe & Matic, J Sex Med 2013

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### FREQUENCY OF REPORTED MEDICAL CONDITIONS IN MEN WITH AND WITHOUT ED (%)

<table>
<thead>
<tr>
<th>Medical Condition</th>
<th>Men with ED (%)</th>
<th>Men without ED (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enlarged Prostate</td>
<td>18.3</td>
<td>3.7</td>
</tr>
<tr>
<td>Prostate Cancer</td>
<td>9.3</td>
<td>-</td>
</tr>
<tr>
<td>Spinal Cord Injury</td>
<td>8.3</td>
<td>0.4</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>35.4</td>
<td>2.5</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>16.6</td>
<td>12.4</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>33.7</td>
<td>2.1</td>
</tr>
<tr>
<td>Diabetes</td>
<td>17.6</td>
<td>12.0</td>
</tr>
<tr>
<td>Anxiety/Depression</td>
<td>26.8</td>
<td>2.4</td>
</tr>
<tr>
<td>Prostate removed</td>
<td>20.2</td>
<td>9.0</td>
</tr>
</tbody>
</table>
HELP SEEKING BEHAVIOR OF MEN WITH ED

- 90% of men had discussed their problem
- 78% had spoken to their partner
- 71% had spoken to their GP

*Of these 71%*

- 22% said doctor was not at all helpful
- 44% said doctor was somewhat helpful
- 34% said doctor was extremely helpful

McCabe & Matic, J Sex Med, 2013

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IMPACT OF ED ON RELATIONSHIP

- Men with ED compared to men without ED were
  - Less relaxed about initiating sex
  - Less satisfied with their sexual performance
  - Less satisfied with their relationship in general
  - Less confident
  - Likely to have lower self-esteem

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# A COMPARISON OF MEAN SEAR SCORES OF MEN WITH ED AND THOSE WITHOUT ED

<table>
<thead>
<tr>
<th>SEAR Scale</th>
<th>Men with ED (N=410)</th>
<th>Men without ED (N=242)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M</td>
<td>SD</td>
</tr>
<tr>
<td>Total SEAR</td>
<td>57.1</td>
<td>22.7</td>
</tr>
<tr>
<td>Sexual Relationship Domain</td>
<td>48.0</td>
<td>22.8</td>
</tr>
<tr>
<td>Confidence Domain</td>
<td>69.2</td>
<td>22.2</td>
</tr>
<tr>
<td>Self-esteem Subscale</td>
<td>67.2</td>
<td>25.3</td>
</tr>
<tr>
<td>Overall Relationship Subscale</td>
<td>71.2</td>
<td>28.9</td>
</tr>
</tbody>
</table>
### Mean Scores in QOL, Masculinity, Relationship and Sexual Satisfaction for Men with Differing Severities of ED

<table>
<thead>
<tr>
<th></th>
<th>Mild (N=46)</th>
<th>Moderate (N=174)</th>
<th>Severe (N=189)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M</td>
<td>SD</td>
<td>M</td>
</tr>
<tr>
<td>QOL *</td>
<td>3.9</td>
<td>0.6</td>
<td>3.6</td>
</tr>
<tr>
<td>Masculine confidence*</td>
<td>4.0</td>
<td>1.1</td>
<td>3.5</td>
</tr>
<tr>
<td>Relationship satisfaction</td>
<td>4.9</td>
<td>2.1</td>
<td>4.5</td>
</tr>
<tr>
<td>Sexual satisfaction*</td>
<td>3.5</td>
<td>1.2</td>
<td>2.6</td>
</tr>
</tbody>
</table>

*P < .01

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DISCUSSION

- ED may be a sign of other medical conditions
- Many men with ED do not seek treatment until the problem has been in place for a long period of time
- ED impacts on a range of aspects of men’s lives, not just their erectile functioning
WHAT ABOUT PREMATURE EJACULATION?

- Prevalence rates vary from 9\(^1\) to 83\(^2\) in population based studies depending on the nature of the question that is asked.

- It is generally claimed that the prevalence is between 20-30\(^3\), but the prevalence for the ISSM definition for lifelong PE is likely to be about 3% and for acquired PE about 4%.


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WHAT ABOUT PREMATURE EJACULATION?

- PE does not increase with increasing age
- The psychological and relationship factors associated with PE are similar to those associated with ED\(^1\)
- Men with PE frequently do not seek help for their problem

\(^1\)Althof et al., J Sex Med, 2014
HER ISSUES

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GENERAL OBSERVATIONS ABOUT FEMALE SEXUALITY

- Women’s sexuality is highly contextual and discontinuous throughout the life cycle
- Sexual response and desire ebbs and flows and is dependent on current contextual and relationship variables as well as historical and biological/hormonal factors
How Does Age Impact Her Sexuality?

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CHANGES IN FEMALE SEXUALITY AT MID-LIFE & BEYOND

- Changes in both intrinsic and receptive sexual interest
- Changes in ease/intensity/amount of stimulation needed for sexual arousal
- Orgasmic response may become more muted or take longer to occur
- Increase in complaints of inadequate lubrication / dyspareunia
Sexual Well-being & Menopause

Interpersonal Factors
(couple, partner’s health, significant relationship…)

Psychological Factors
(anxiety, depression, body image…)

Cultural Factors
(sexual identity, social role, support…)

Biological Factors
(hormones, aging, drugs, general health…)

RE Nappi, 2002
CO-MORBIDITY OF WOMEN’S SEXUAL DISORDERS
SUMMARY OF SEXUAL ACTIVITY BY AGE – ALL COUNTRIES

Across four countries (France, Germany, Italy, UK) there is a decline in all aspects of sexual activity with increasing age.

## PROPORTION OF WOMEN WITH SEXUAL DIFFICULTIES BY COUNTRY

<table>
<thead>
<tr>
<th>% Low</th>
<th>FRANCE</th>
<th>ITALY</th>
<th>GERMANY</th>
<th>UK</th>
</tr>
</thead>
<tbody>
<tr>
<td>DESIRE</td>
<td>21</td>
<td>28*</td>
<td>36**</td>
<td>34*</td>
</tr>
<tr>
<td>AROUSAL</td>
<td>23</td>
<td>22</td>
<td>20</td>
<td>24</td>
</tr>
<tr>
<td>PLEASURE</td>
<td>23</td>
<td>31*</td>
<td>32*</td>
<td>34*</td>
</tr>
<tr>
<td>ORGASM</td>
<td>20</td>
<td>18</td>
<td>21</td>
<td>18</td>
</tr>
</tbody>
</table>

* p<0.05 vs. France; ** p<0.05 vs. Italy & France

n=2467

Dennerstein et al., J Sex Med., 2006
## Sexual Desire by Country and Age

<table>
<thead>
<tr>
<th>Age</th>
<th>20-45 years</th>
<th>46-60 years</th>
<th>61-70 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>France</td>
<td>11</td>
<td>27*</td>
<td>39*</td>
</tr>
<tr>
<td>Italy</td>
<td>14</td>
<td>32*</td>
<td>81**</td>
</tr>
<tr>
<td>Germany</td>
<td>20</td>
<td>41*</td>
<td>66*</td>
</tr>
<tr>
<td>UK</td>
<td>24</td>
<td>37*</td>
<td>47*</td>
</tr>
</tbody>
</table>

* *p<0.05 vs. 20-45 yrs old; **p<0.05 vs. 46-60 yrs old and vs France


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# SEXUAL AROUSAL BY COUNTRY AND AGE

% with low sexual arousal

<table>
<thead>
<tr>
<th>Age</th>
<th>20-45 years</th>
<th>46-60 years</th>
<th>61-70 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>France</td>
<td>15</td>
<td>31*</td>
<td>31*</td>
</tr>
<tr>
<td>Italy</td>
<td>10</td>
<td>27*</td>
<td>60**</td>
</tr>
<tr>
<td>Germany</td>
<td>13</td>
<td>21*</td>
<td>34**</td>
</tr>
<tr>
<td>UK</td>
<td>16</td>
<td>27*</td>
<td>47*</td>
</tr>
</tbody>
</table>

*p<0.05 vs. 20-45 yrs old; **p<0.05 vs. 20-45 and 46-60 yrs old

n=2467


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## ORGASM BY COUNTRY AND BY AGE

% with orgasmic difficulties

<table>
<thead>
<tr>
<th>Age</th>
<th>20-45 years</th>
<th>46-60 years</th>
<th>61-70 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>France</td>
<td>16</td>
<td>23</td>
<td>28*</td>
</tr>
<tr>
<td>Italy</td>
<td>14</td>
<td>32*</td>
<td>81**</td>
</tr>
<tr>
<td>Germany</td>
<td>13</td>
<td>23*</td>
<td>32*</td>
</tr>
<tr>
<td>UK</td>
<td>15</td>
<td>18</td>
<td>27**</td>
</tr>
</tbody>
</table>

* p<0.05 vs. 20-45 yrs old; ** p<0.05 vs. 20-45 and 46-60 yrs old


n=2467

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PERCENTAGE OF WOMEN WITH LOW SEXUAL DESIRE BY MENOPAUSAL STATUS ALL COUNTRIES COMBINED

Menopausal Status & Age (yrs)
Base: women with sexual partners

<table>
<thead>
<tr>
<th>Menopausal Status &amp; Age (yrs)</th>
<th>Pre-menopause (20-49) n=597</th>
<th>Surgical Menopause (20-49) n=146</th>
<th>Surgical Menopause (50-70) n=248</th>
<th>Natural Menopause (50-70) n=288</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-menopause (20-49) n=597</td>
<td>19%</td>
<td>32%*</td>
<td>48%**</td>
<td>46%**</td>
</tr>
</tbody>
</table>

*p<0.05 vs. PreM women; **p<0.05 vs. Younger SM or PreM women


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WOMEN AS PARTNERS

- Women report a progressive loss of desire with age
- Menopause has a further detrimental effect
- Feelings for partner and partner’s health and sexual problems are the strongest predictors of sexual changes at mid-life in women
- Loss of desire and vaginal dryness are the most frequently reported FSD
ISSUES FOR THEM

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PROPORTION OF RESPONDENTS HAVING REPORTED THEY HAD SEX AT LEAST ONCE PER WEEK IN THE PAST 12 MONTHS

Laumann et al., Int J Impot Res., 2001

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PROPORTION OF RESPONDENTS HAVING REPORTED THAT SEX IS EXTREMELY, VERY OR MODERATELY IMPORTANT

Laumann et al., Int J Impot Res., 2001

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### SEXUAL ACTIVITY, AGE AND PARTNERSHIP: LEVEL OF INTIMATE CONTACT IN THE PAST YEAR

<table>
<thead>
<tr>
<th>Age group (years)</th>
<th>Living with partner</th>
<th>Living without partner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n = 893</td>
<td>n = 406</td>
</tr>
<tr>
<td>18-40</td>
<td>93%</td>
<td>74%</td>
</tr>
<tr>
<td>41-60</td>
<td>92%</td>
<td>56%</td>
</tr>
<tr>
<td>61-92</td>
<td>61%</td>
<td>16%</td>
</tr>
</tbody>
</table>

Beutel et al., Andrologia, 2002

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FACTORS RELATED TO COUPLE SEXUAL ACTIVITY AND SATISFACTION

- Age
- Relationship satisfaction
- Medical conditions

McCabe Psychotherapy, 1992; McCabe, Sex Marital Ther, 1994; McCabe & Cobain, Sex Marital Ther, 1998; McCabe, New Ethics Journal, 2003

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WHAT ARE BARRIERS TO SEXUAL ACTIVITY WITH INCREASING AGE?

- Physiological changes
- Lack of privacy
- Lack of a partner
- Negative attitudes from staff and physicians
- Feeling of unattractiveness
IMPLICATIONS OF THESE RESULTS

- With increasing life expectancy, people live one third of their life above 60 years
- Important to provide older people with “permission” to be sexual beings and seek help for sexual problems
- Need to develop treatment programs that can help to resolve issues related to sexual dysfunctions
ESSENTIAL INGREDIENTS FOR SEXUAL TREATMENT PROGRAMS

- Medical screen
- Communication exercises (to identify and improve problems in the relationship)
- Sensate focus exercises (to identify and improve body image, performance anxiety and sexual anxiety problems)
- CBT to resolve negative attitudes to sex and promote behavioural strategies to improve sexual functioning


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Forget it, Frank - I'm not falling for that again.

KISS MY NOSE