

sex when orgasm occurs for both partners with or without vaginal intercourse, definition for all human beings.

Keywords: female orgasm, female ejaculation, vaginal intercourse

Conflict of Interest and Disclosure Statement: None

Psychometric Characteristics of Sexual Five-Facet Mindfulness Questionnaire in a Portuguese Sample

Bárbara Silva^a and Catia Oliveira^b

^aUniversidade Lusófona do Porto, Porto, Portugal; ^bUniversidade Lusófona do Porto; FPCEUP; CUF Porto Hospital, Porto, Portugal

Introduction & Objectives: Mindfulness seems to contribute positively to improved functioning, well-being, and sexual awareness, demonstrating positive effects on sexual performance. The main objective of this study is to validate and test the psychometric characteristics of the Portuguese version of the Sexual Five Facet Mindfulness Questionnaire. It is also intended to investigate how the different dimensions of this questionnaire predict the sexual functioning of women.

Method and Sample: An online sample of 400 women, and older than 18 years old will be recruited. All participants in the study will respond to a set of online questionnaires, including a self-reported measure of sexual functioning (FSFI; Rosen et al., 2000), Five Facet Mindfulness Questionnaire (FFMQ; Baer

et al., 2006) and the Sexual Five Facet Mindfulness Questionnaire (FFMQ-S; Adam et al., 2015)

Results: The results of this study will be presented at the time of the Congress, since the collection of data is still in progress. We expect that the results demonstrate that the scale is suitable for use within the Portuguese population in both clinical and basic research.

Conclusions & Recommendations: This study will contribute to the validation of adapted instruments in Portuguese population, and to the study sexual functioning of women.

Keywords: mindfulness, sexual functioning, questionnaire

Conflict of Interest and Disclosure Statement: None

The Female Orgasm: Sexual Inhibition/Excitation, Sexual Functioning and Relationship Factors

Sofia Teixeira^a and Catia Oliveira^b

^aUniversidade Lusófona do Porto, Porto, Portugal; ^bUniversidade Lusófona do Porto; FPCEUP; CUF Porto Hospital, Porto, Portugal

Introduction & Objectives: In general, orgasm has been described as a subjective experience accompanied by a series of psychophysiological changes and on which we still have limited knowledge (Meston, Levin, Sipski, Hull & Heiman, 2004), namely the role of various psychological and relational dimensions. Thus, the present study aims to evaluate and explore the role of sexual excitation/inhibition, sexual functioning, sexual satisfaction and relational satisfaction in the different types of female orgasm in the Portuguese population.

Method & Sample: A total of 161 Portuguese women, ranging in age from 18 to 53 years, participated in this study: 60 reported having experienced

multiple orgasms, 59 reported having experienced single orgasm and 42 reported problems reaching orgasm. Participants answered several questionnaires made available through an online link, which evaluated each of the dimensions mentioned above.

Results: The results indicated that women experiencing multiple orgasms have a higher level of sexual satisfaction and relational satisfaction. Additionally, women with orgasmic difficulties revealed lower levels in the different dimensions of sexual functioning. Concerning excitation/inhibition, women with greater difficulties in orgasm reported having higher levels of sexual inhibition, whereas women with no orgasm