

# More than Sexual Function: Predictors of Sexual Satisfaction in a Sample of Women Age 40-70

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## *Abstract*

*Introduction.* The literature provides a complex picture of sexual satisfaction and its predictors. To date, studies have provided a list of predictors of sexual satisfaction, including relational and psychological factors, but very little information is available on the direct effects of these predictors in midlife women, independently from the effects of sexual function on sexual satisfaction.

*Aim.* The main aim of this study is to provide empirical evidence on factors that predict sexual satisfaction in middle aged women above and beyond the explanation provided by sexual function.

*Main Outcome Measures.* The three items on sexual satisfaction from the Female Sexual Functioning Index were used to assess different aspects of sexual satisfaction.

*Methods.* A sample of 86 women age 40-70 recruited from a clinic completed a battery of questionnaires on sexual satisfaction and potential predictors, including, psychological well-being, body attitudes, menopausal symptoms and relationship adjustment.

*Results.* Relationship adjustment, psychological well being and menopausal symptoms predicted sexual satisfaction above and beyond sexual functioning. Body attitudes did not predict sexual satisfaction in midlife women.

*Conclusions.* Data supported the hypothesis that sexual satisfaction is only partially explained by sexual function. Other factors involved in women's lives, such as psychological well-being, relationship adjustment and, to a lesser extent, menopausal symptoms, affect sexual satisfaction independently from sexual function.