

Sexual medicine and mental health

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The prevalence of anxiety and depression in transgender people living in Russia

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Introduction: The prevalence rates of mental health issues, particularly anxiety and depression, is high among transgender people. However, the incidence of anxiety and depression in transgender people living in Russia is unclear until now.

Objectives: To examine the frequency of anxiety and depression in transgender people living in Russia.

Methods: The Hospital Anxiety and Depression Scale (HADS) was used for online screening for symptoms of anxiety and depression in transgender people living in Russia throughout November 2019. 588 transgender adults living in all Federal Districts of Russia (mean age 24.0±6.7) were included in the final analysis. 69.6% (n=409) of the survey participants indicated the direction of transition as transmasculine (TM), 23.1% (n=136) – as transfeminine (TW), and 7.3% (n=43) – as other (TO).

Results: It was found that 45.1% (n=265) and 24.0% (n=141) of transgender people had clinically significant levels of anxiety and depression, respectively (HADS score of 11 or higher). The rates of anxiety (TM=10.21±4.68; TW=8.72±3.91; TO=10.72±4.43) and depression (TM=7.53±4.09; TW=7.40±4.19; TO=7.74±4.33) did not have statistically significant differences within the direction of transition. The anxiety and depression mean scores in all subgroups were statistically significantly higher than in the general Russian population (p<0.001; one sample t-test).

Conclusions: Our findings suggest a high prevalence of depression and anxiety disorders in the transgender population as compared to the cisgender population in Russia. The identified frequency of anxiety and depression in transgender people in Russia is worrying and requires immediate action to improve the availability and quality of medical and psychological care for this group of people.

Disclosure: No significant relationships.

Keywords: Depression; Transgender; Anxiety

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Sexual fantasies, subjective satisfaction and quality of sexual life in patients of sexual dysfunction: A comparative study

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Introduction: Exploring the ways in which sexual fantasies may affect sexual experience and satisfaction is of relevance in the clinical setting involving sexual dysfunction.

Objectives: To observe how the sexual fantasy scores differ in their relationship with sexual satisfaction, experience and quality between sexual dysfunction cases and normal controls.

Methods: Scales included: Wilson's sex fantasy questionnaire (WSFQ), Arizona Sexual Experience Scale (ASEX), Sexual Quality of Life Questionnaire (SQoL), and a subjective sexual satisfaction meter. Differences in responses of both groups on WSFQ (item-wise and domain-wise) were analysed using T-tests. Two-way ANOVA was applied to see how other scales affected sexual fantasy.

Results: Cases scored significantly higher on ASEX scale, and low on satisfaction, SQoL and WSFQ

	Cases N=100	Controls N=100	t-test
Satisfaction Mean(sd)	4.27(1.85)	7.82(1.31)	t=3.052;df=198, p=0.0026
Asex	17.52(4.73)	8.28(1.34)	t=15.24;df=198, p<0.0001
SQoL	29.41(12.12)	49.5(6.67)	t=14.52;df=198, p<0.0001
WSFQ	26.80(17.61)	30.59(15.32)	t=1.62,df=98,p=0.106

Majority of WSFQ responses, both in cases and controls, fell in the intimate and impersonal domains. Sexual fantasy scores and sexual satisfaction had a strong positive and significant correlation in controls but no linear correlation in the case-subjects. sexual fantasy scores contributed to 5.7% of difference in the scores of SQoL between groups. Major variance in scores of satisfaction in our subjects depended on presence or absence of sexual dysfunction (46.5%) but sexual fantasies also contributed to 8.8% of the variance.

Conclusions: The study showed that fantasies contribute to positive sexual outcomes only in absence of sexual dysfunction. ANOVA analysis revealed that in case-subjects sexual satisfaction briefly increases initially with increase in fantasy scores but starts to decline as fantasies increase.

Disclosure: No significant relationships.

Keywords: Sexual Dysfunction; sexual fantasy; Sexual Quality of Life; Sexual experience