

Introduction

- Sexual health is important to women regardless of their age¹
- Sexual health for women living with HIV, especially as they age, is relatively unexplored²
- We evaluated prevalence and correlates of sexual satisfaction to women living with HIV in Canada

Methods



-community based research
-surveys led by peer research associates
-3 waves 18 months apart

We included:

♀ ≥ 45 years

Excluded:
-no consensual sex
-no sexual health data

"Overall, how satisfactory or unsatisfactory is your current sex life?"

"Completely, very, reasonably satisfactory" → Satisfied
"Not very, not at all satisfactory" → Dissatisfied

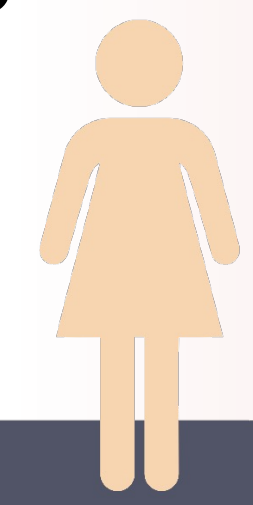
- Prevalence of sexual satisfaction
- Correlates to sexual satisfaction by multivariable logistic regression
- Exploration of satisfaction and behaviours of sexually inactive women

Results

Participant demographics

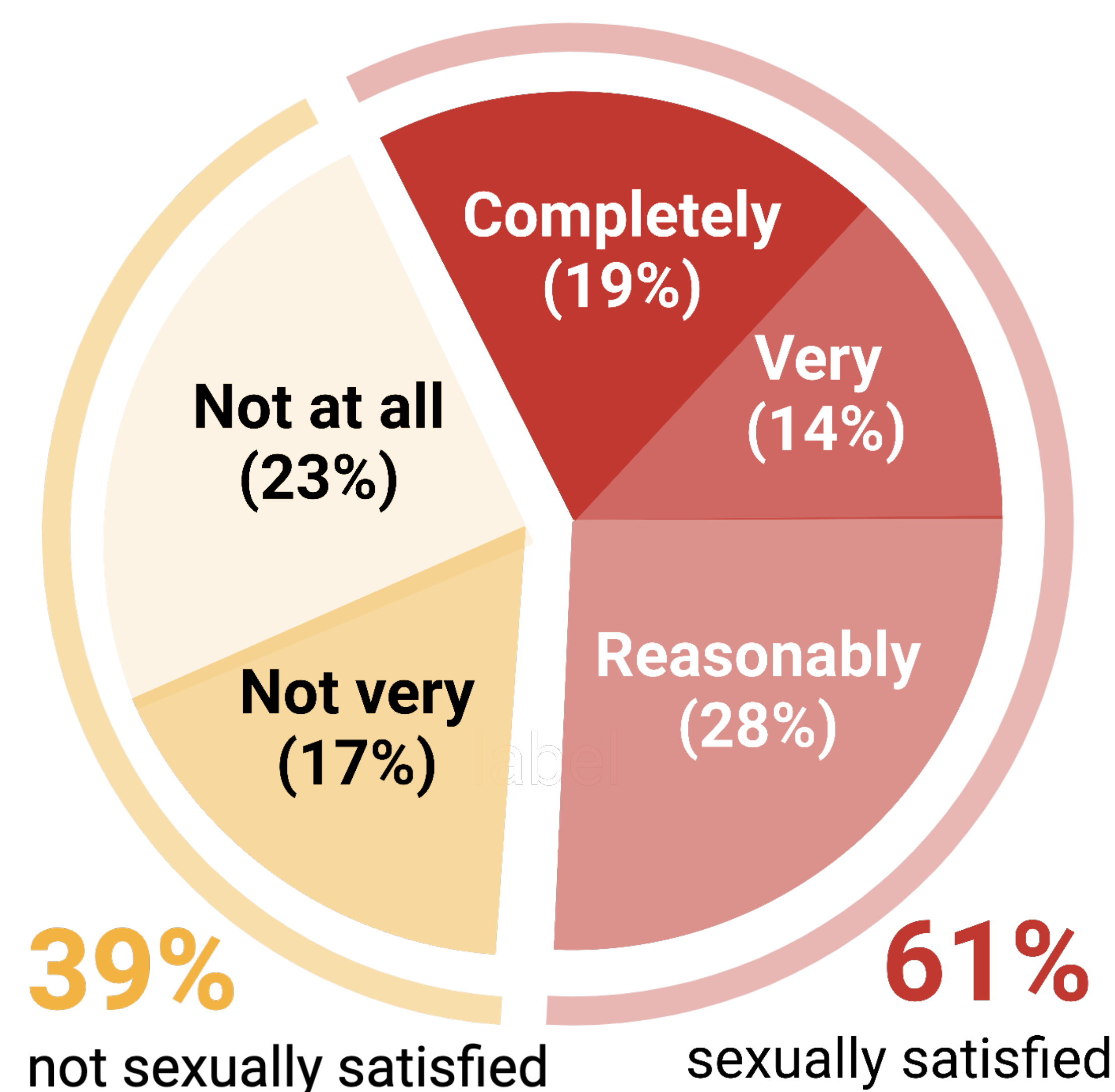
508 women living with HIV

Median age (interquartile range) 51 yrs
(48 50 52 54 56)



- 93%** Heterosexual
- 7%** lesbian, gay, bisexual, transgender, or queer
- 48%** probable depression (CES-D ≥ 10)

1.) Prevalence of sexual satisfaction



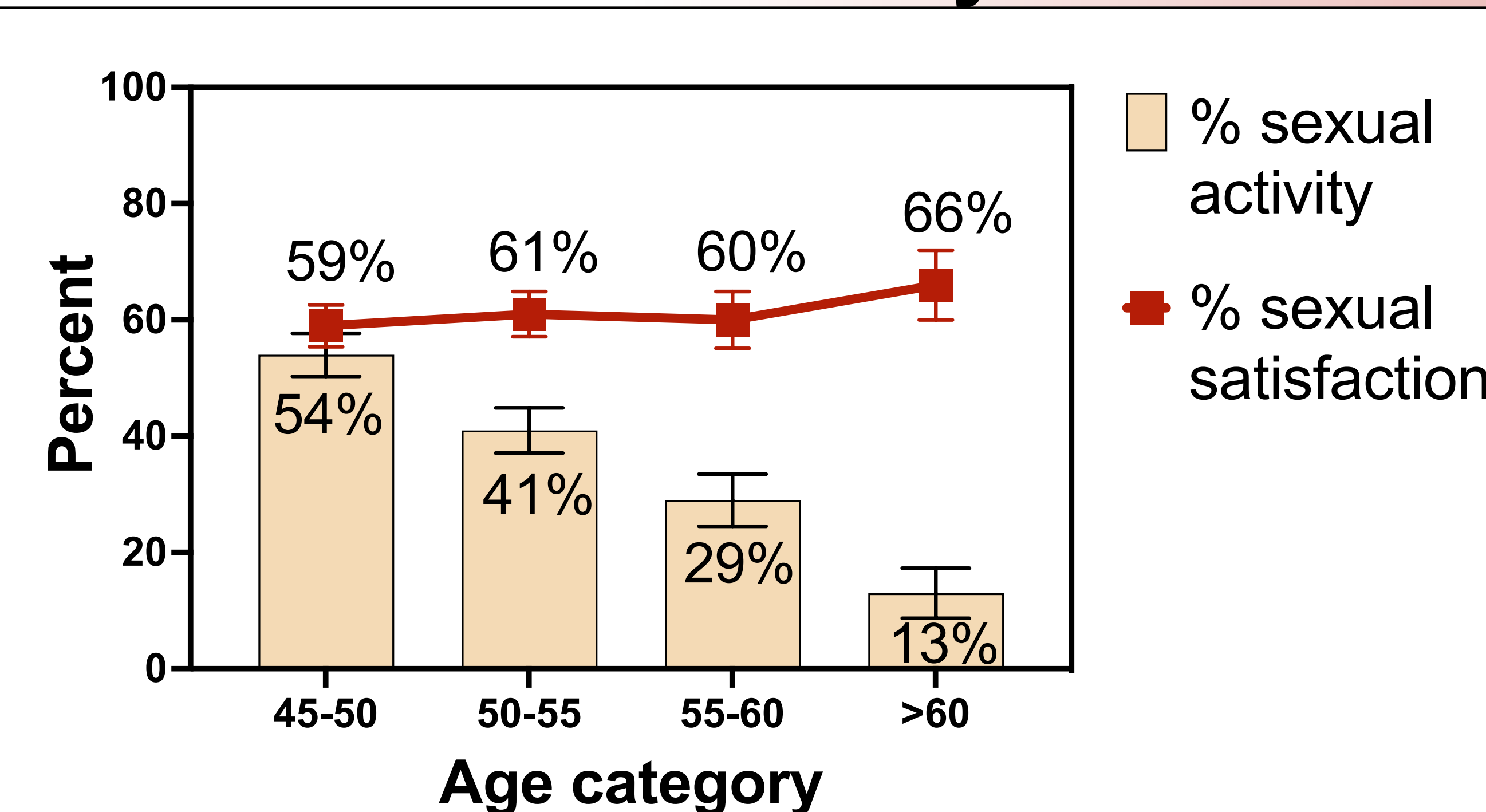
2.) Correlates to sexual satisfaction

Probable depression was associated with lower odds of being sexually satisfied (adjusted odds ratio [aOR]: 0.44 [0.27-0.71])*

Sexual activity was associated with higher odds of being sexually satisfied (aOR: 2.75 [1.54-4.91])*

*adjusted for age, relationship status, viral load, years living with HIV

3.) Exploration of satisfaction and behaviours of sexually inactive women



51% of sexually inactive women were satisfied

37% engaged in self-pleasure

13% were in non-sexual partnerships

Sexual activity declined with age; **sexual satisfaction** did not

Conclusion

- Midlife women living with HIV have diverse sexual lives that are often satisfying, even in the absence of sexual activity
- Positive sexual health was closely linked to stable mental health
- HIV providers should integrate sexual health into their care and recognize the close connection between mental and sexual health

Interested in research on healthy aging for women living with HIV?

Check out our studies:



References

- Lindau et al. A study of sexuality and health among older adults in the United States. *N Engl J Med* 23 2007;357(8):762-74.
- Carter A, Greene S, Money D, et al. The Problematicization of Sexuality among Women Living with HIV and a New Feminist Approach for Understanding and Enhancing Women's Sexual Lives. *Sex Roles* 2017.