



# The application of the Stable-Modifiable Model of Vulnerability and Resilience Processes in the ovarian endometriosis population



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## Introduction

- Endometriosis (endo): painful, multisystemic, chronic inflammatory condition<sup>1</sup>
- Affects up to 10% of women worldwide<sup>2</sup>
- Significantly disrupts sexual function<sup>3</sup>
- Associated with negative outcomes in mental health, relationship satisfaction, and quality of life<sup>3</sup>
- Paucity of research on the experience of sexual distress in people with endometriosis, especially in women who identify as sexual minorities

## Aim

- Examine vulnerability and resilience factors contributing to sexual distress
- Gain insight into ways any woman (with ovaries) may mitigate their sexual distress related to endometriosis
- **H1:** Participants with ovarian endometriosis who reported lower levels of sexual self-consciousness and higher levels of sexual flexibility will experience lower levels of sexual distress
- **H2:** Participants who identify as a sexual minority will report higher levels of sexual flexibility and lower levels of sexual distress resulting from ovarian endometriosis

## Method

### Procedure

- Online survey
- Recruited individuals with a self-reported confirmed or suspected diagnosis of ovarian endometriosis
- Data collected from February 2021 – May 2022
- Associations among variables examined via correlational analyses (Pearson's *r*)
- Group differences examined via independent samples *t*-tests

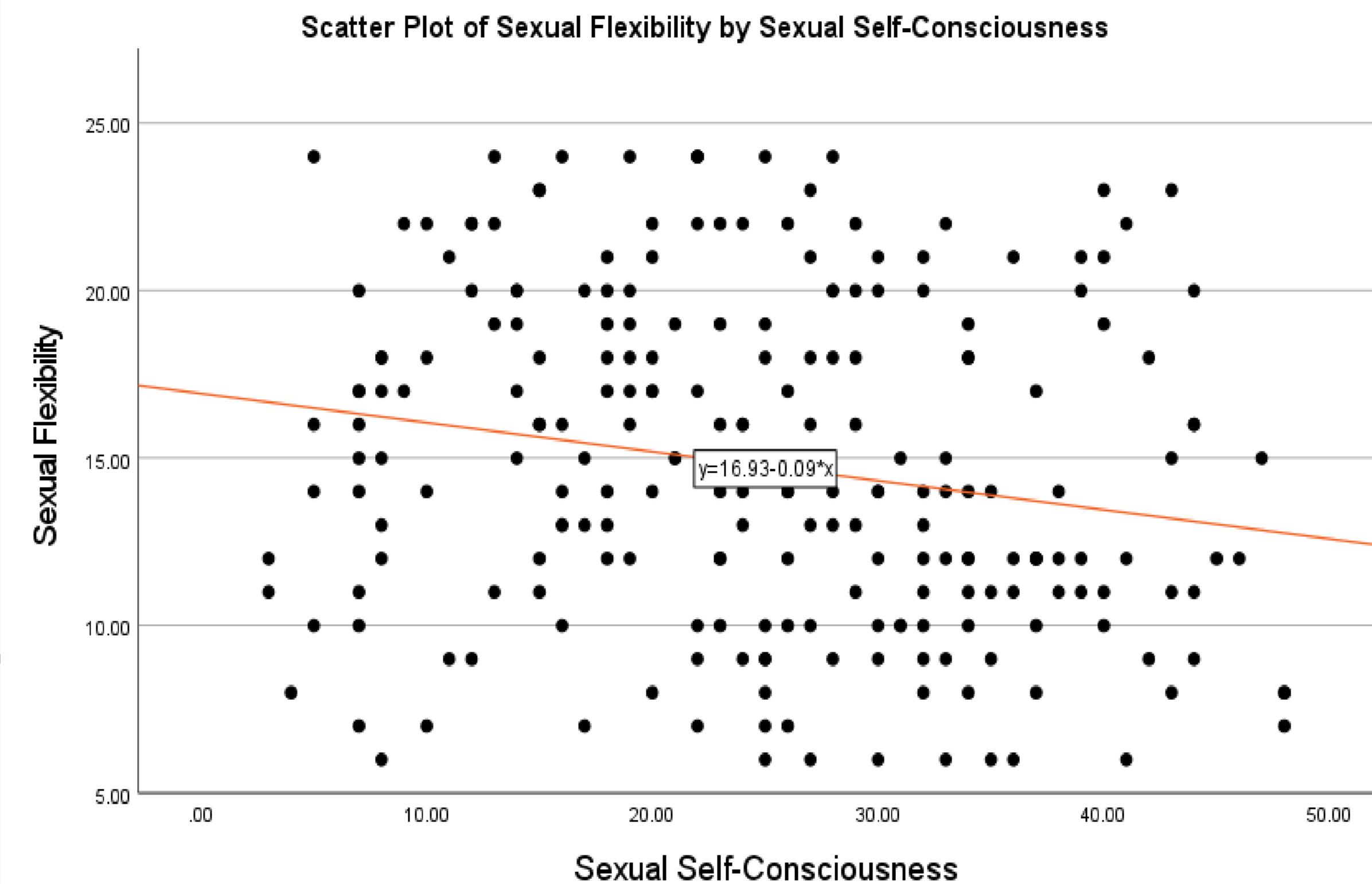
### Measures

- Questions assessing sociodemographic, medical and pain history
- SexFlex Scale (SFS)<sup>4</sup>
- Sexual Distress Scale (SDS)<sup>5</sup>
- Sexual Self-Consciousness Scale (SSCS)<sup>6</sup>

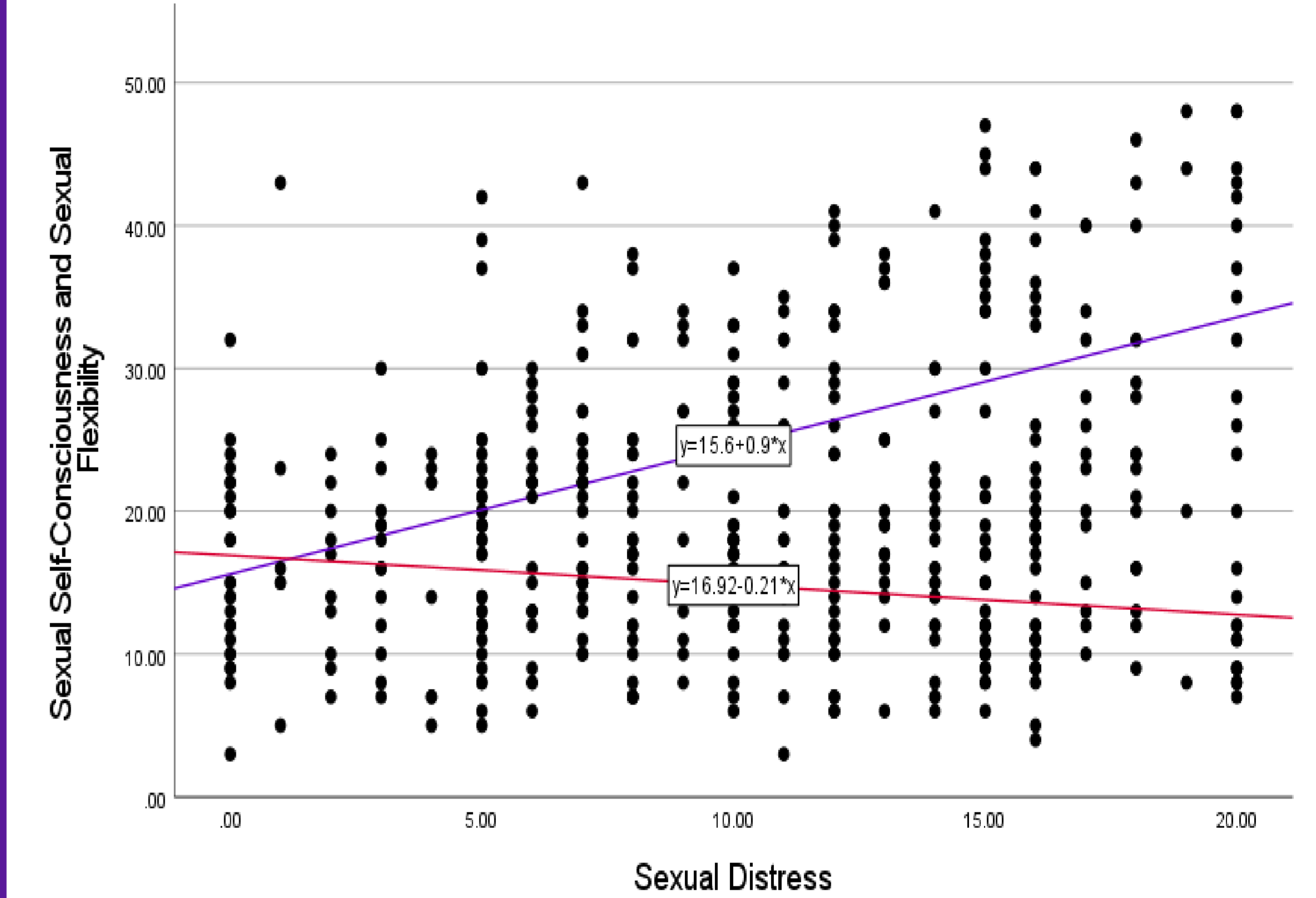
### Participants

- *N* = 265
- Sexual Majority: *N* = 199 (75.1%)
- Sexual Minority: *N* = 66 (24.9%)

## Results

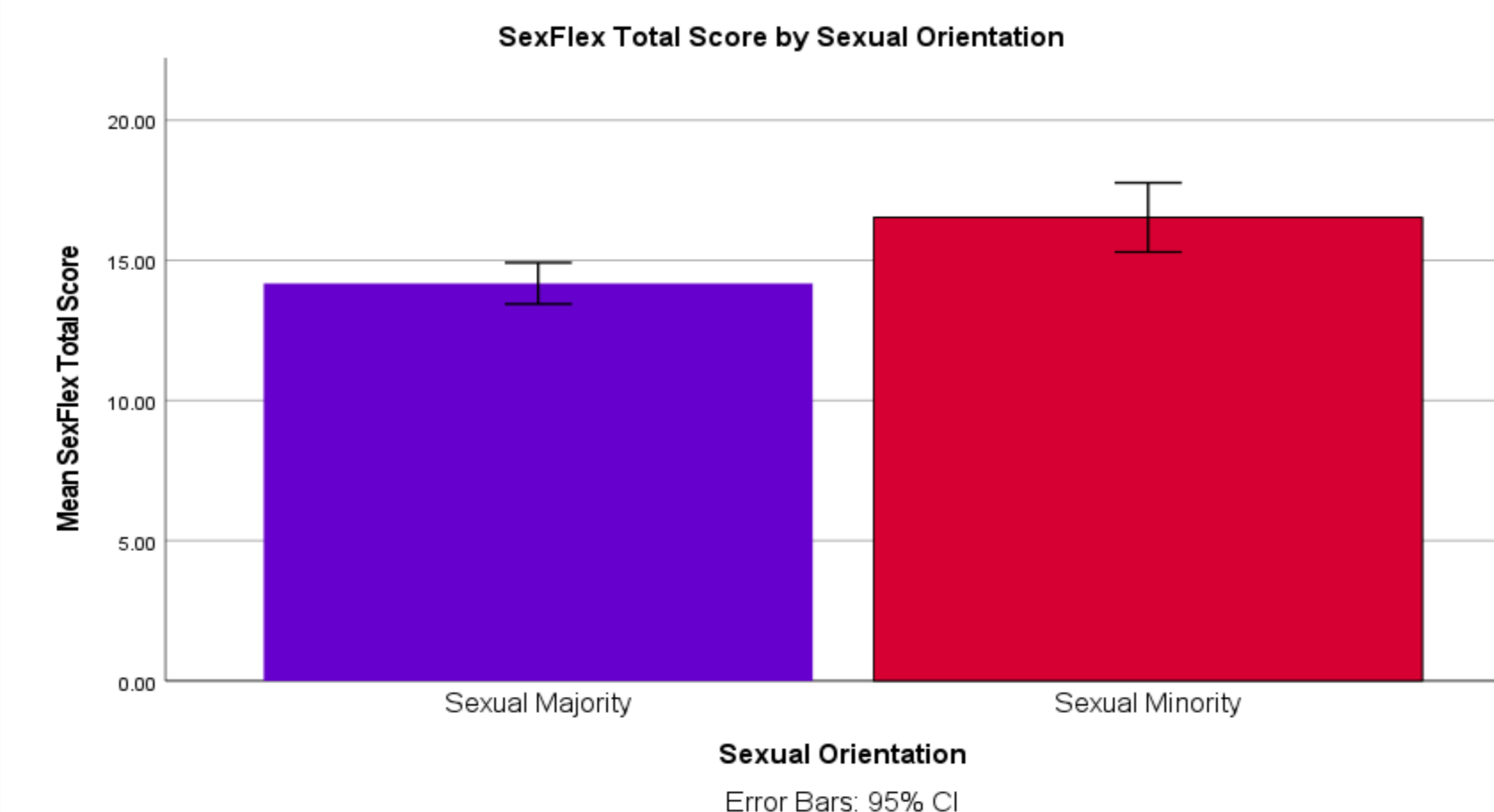


Scatter Plot of Sexual Self-Consciousness and Sexual Flexibility by Sexual Distress



Sexual Self-Consciousness = PURPLE ; Sexual Flexibility = RED

## Between Group Differences



## Conclusion

- Sexual flexibility was negatively associated with sexual distress and sexual self-consciousness
- Sexual self-consciousness was positively associated with sexual distress
- Significant difference in sexual flexibility between sexual minority and majority participants
- No difference in sexual distress

## References

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