

VIEWING THE SELF AS A SEXUAL PERSON: SEXUAL SELF-SCHEMAS AND IMPLICATIONS FOR SEXUAL WELL-BEING

How do we see ourselves as a sexual person? And how can we better understand how we see ourselves as sexual people?



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Conceptualizing Sexual Self-Schemas: a Review of Different Approaches and Their Implications for Understanding Women's Sexual Function

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what we found!*



Through our experiences with sexuality, we develop a view of ourselves as a sexual person. This is called our **sexual self-schema**. Sexual self-schemas can influence how we respond in sexual situations.

BUT....

... Despite how important sexual self-schemas are for women's sexual well-being, **we don't yet know the best way to measure them.**



WE WANTED TO KNOW:



1

How can we understand and measure women's sexual self-schemas?

2

How do these different measurements relate and compare to each other?

We reviewed 3 sexual self-schema assessments:

1. Sexual Self-Schema Scale (SSS)
2. Sexual Self-Schema Density Task (SSSDT)
3. Meaning Extraction Method (MEM)

After summarizing the pros and cons of each assessment, we made suggestions on how to use each measure in hopes of improving assessment and treatment outcomes!



WE FOUND THAT...

The SSS

- Has been widely used
- Easy to administer and score

The SSSDT

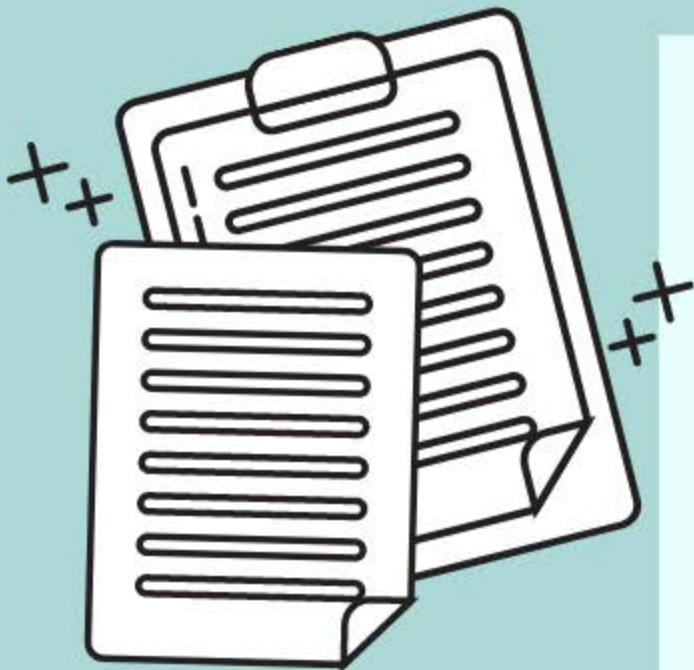
- Harder to score and administer
- Is more in-depth

The MEM

- Is very time consuming
- Provides a broader view of the sexual self

HOWEVER...

.....There is **no gold standard assessment** for sexual self-schemas and each assessment provides a unique way to consider sexual self-schemas!



So, what does all of this mean?

If we can improve these measures, we can learn more about sexual function and well-being, and better understand women's sexuality.



Additionally, these measures have the potential to improve therapy and interventions so we can better treat and support women with sexual difficulties.



This is a summary of our published article:

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