

*Shaping the Future with Your Opinions*

**VERSION:** *FEMALES*

**TOTAL RETURNS:** *788*

**TOTAL BASE WEIGHTED  
FOR AGE AND SEX:** *745*

**NOTE:** *PERCENTAGES AND BASE SHOWN IN ITALICS.  
RESPONSES IN ITALICS INDICATE OPEN-END CODES  
(VOLUNTEERED BY RESPONDENTS AND CODED BY NFO) THAT  
WERE NOT PRELISTED.*

**39221-2**

**Dear NFO Member,**

Please give this questionnaire to the person in your household whose age and sex are indicated above (this may be you). Thank you!

**TO THE HOUSEHOLD MEMBER HELPING WITH THIS STUDY:**

About a week ago an NFO representative called you and asked for your help on a very important research study sponsored by AARP. At that time, you agreed to answer a questionnaire about your attitudes toward and experience with sexual intimacy. You are part of a select group of people receiving this survey and your participation is very important. Again, let me reassure you that your responses will remain confidential.

Enclosed you will find the questionnaire we discussed.

Most of my questions can be easily answered by simply placing an "X" in the appropriate box or boxes. In the questions where I have asked you to write in your answers, please be as specific as possible.

Because of the intimate nature of this survey, please answer the questions in complete privacy. Please don't share this information with anyone else in your household.

When you have completed the questionnaire, please return it to me in the enclosed postage-paid envelope.

Thank you for your continued cooperation.

Sincerely,



Carol Adams

P.S. Enclosed please find \$1 in appreciation of your help on this study.

1. LADDER OF LIFE: Below is a step ladder with ten steps representing the “Ladder of Life.” The top step of the ladder, or ‘10,’ represents the best possible life for you. The bottom step of the ladder, or ‘1,’ represents the worst possible life for you. On which of these 10 steps of the ladder do you feel you personally stand at the present time? What about five years ago? Where do you think you will stand five years from now? **(X ONE Box For Each)**

(n=745)

	<u>Now</u>	<u>5 years ago</u>	<u>5 years into future</u>
<b>Best possible life (10)</b>	10 χ (15.4%)	10 χ (17.3%)	10 χ (25.5%)
	09 χ (15.1%)	09 χ (14.2%)	09 χ (24.9%)
	08 χ (28.3%)	08 χ (17.1%)	08 χ (16.7%)
	07 χ (14.1%)	07 χ (14.6%)	07 χ (7.1%)
	06 χ (9.8%)	06 χ (11.3%)	06 χ (7.3%)
	05 χ (10.1%)	05 χ (11.4%)	05 χ (9.3%)
	04 χ (3.0%)	04 χ (5.7%)	04 χ (2.6%)
	03 χ (2.1%)	03 χ (4.0%)	03 χ (2.6%)
	02 χ (1.4%)	02 χ (3.0%)	02 χ (1.8%)
<b>Worst possible life (1)</b>	01 χ (0.6%)	01 χ (1.4%)	01 χ (2.3%)

2. Listed below are some things that affect some people’s quality of life. For each item below, please indicate how important it is to you personally with regard to your own quality of life. How important to you is... **(X ONE Box For Each)**

(n=745)

	<u>Not Important</u>	<u>Very Important</u>
Being healthy, vigorous and physically active .....	1 χ (0.2%)	2 χ (0.9%) 3 χ (5.6%) 4 χ (16.6%) 5 χ (76.8%)
Being in good spirits .....	1 χ (0.2%)	2 χ (0.1%) 3 χ (2.8%) 4 χ (14.5%) 5 χ (82.5%)
A good relationship with a spouse or partner .....	1 χ (6.3%)	2 χ (1.5%) 3 χ (5.1%) 4 χ (12.0%) 5 χ (75.1%)
Close ties with friends and family .....	1 χ (0.2%)	2 χ (1.0%) 3 χ (5.2%) 4 χ (20.6%) 5 χ (73.1%)
Financial security.....	1 χ (0.6%)	2 χ (0.9%) 3 χ (7.3%) 4 χ (31.6%) 5 χ (59.7%)
A satisfying sexual relationship .....	1 χ (15.2%)	2 χ (9.3%) 3 χ (18.9%) 4 χ (29.4%) 5 χ (27.2%)
Spiritual well-being .....	1 χ (0.6%)	2 χ (1.5%) 3 χ (8.1%) 4 χ (23.0%) 5 χ (66.9%)
Personal independence, not depending on others...	1 χ (0.5%)	2 χ (1.8%) 3 χ (8.9%) 4 χ (26.0%) 5 χ (62.8%)
Being productive, contributing to your community and society .....	1 χ (2.0%)	2 χ (4.1%) 3 χ (18.2%) 4 χ (37.4%) 5 χ (38.3%)

3. How often have you felt or thought this way in the past **two weeks**: **(X ONE Box For Each)**  
(n=745)

	<u>Never</u>	<u>Almost Never</u>	<u>Some-times</u>	<u>Fairly Often</u>	<u>Very Often</u>
Felt unable to control important things in your life?.....	<sup>1</sup> χ (18.4%)	<sup>2</sup> χ (27.7%)	<sup>3</sup> χ (40.4%)	<sup>4</sup> χ (9.0%)	<sup>5</sup> χ (4.5%)
Felt confident about your ability to handle your personal problems?.....	<sup>1</sup> χ (4.7%)	<sup>2</sup> χ (6.7%)	<sup>3</sup> χ (21.2%)	<sup>4</sup> χ (36.4%)	<sup>5</sup> χ (31.0%)
Felt that things were going your way?.....	<sup>1</sup> χ (2.2%)	<sup>2</sup> χ (8.7%)	<sup>3</sup> χ (36.4%)	<sup>4</sup> χ (36.4%)	<sup>5</sup> χ (16.3%)
Felt difficulties were piling so high that you could not overcome them? .....	<sup>1</sup> χ (25.7%)	<sup>2</sup> χ (32.6%)	<sup>3</sup> χ (31.3%)	<sup>4</sup> χ (6.8%)	<sup>5</sup> χ (3.6%)

4a. The following is a list of ways you might have felt or behaved recently. Please "X" the number which comes closest to how often you have felt or behaved this way during the past **7 days**. **(X ONE Box For EACH)**

(n=745)

	<u>Rarely Or None Of The Time (Less Than 1 DAY)</u>	<u>Some Or A Little Of The Time (1-2 DAYS)</u>	<u>Occasionally/A Moderate Amount Of The Time (3-4 DAYS)</u>	<u>Most Or All Of The Time (5-7 DAYS)</u>
a. I was happy .....	<sup>1</sup> χ (3.2%)	<sup>2</sup> χ (8.6%)	<sup>3</sup> χ (25.7%)	<sup>4</sup> χ (62.5%)
b. I felt lonely .....	<sup>1</sup> χ (58.3%)	<sup>2</sup> χ (22.1%)	<sup>3</sup> χ (14.6%)	<sup>4</sup> χ (4.9%)
c. I felt sad .....	<sup>1</sup> χ (47.5%)	<sup>2</sup> χ (34.9%)	<sup>3</sup> χ (14.2%)	<sup>4</sup> χ (3.4%)
d. I felt that people dislike me .....	<sup>1</sup> χ (80.1%)	<sup>2</sup> χ (12.5%)	<sup>3</sup> χ (5.5%)	<sup>4</sup> χ (1.9%)
e. I could not "get going" .....	<sup>1</sup> χ (45.4%)	<sup>2</sup> χ (30.8%)	<sup>3</sup> χ (18.8%)	<sup>4</sup> χ (5.1%)

4b. In the past 6 months, has anyone close to you caused you any special worry? (n=745)  
<sup>1</sup> χ Yes (63.9%) → **(Continue)**  
<sup>2</sup> χ No (36.1%) → **(Skip To Qu. 5)**

4c. Is it . . . ? **(X ALL That Apply)** (n=476, multiple responses accepted)

- <sup>1</sup> χ Current spouse or partner (26.5%)
- <sup>2</sup> χ Former spouse or partner (4.4%)
- <sup>3</sup> χ Parent or parent-in-law (15.7%)
- <sup>4</sup> χ Sister or brother (17.2%)
- <sup>5</sup> χ Children (66.2%)
- <sup>6</sup> χ Coworker (5.5%)
- <sup>7</sup> χ Supervisor or boss (5.3%)
- <sup>8</sup> χ Friend (12.2%)
- χ Other (Specify): Grandchild (6.2%)/Other relative (2.5%)/Myself (0.5%)/All others (1.6%)

5. How would you rate your overall health at the present time? **(X ONE Box)** (n=745)
- <sup>1</sup> χ Excellent (10.5%)
  - <sup>2</sup> χ Very Good (37.3%)
  - <sup>3</sup> χ Good (34.3%)
  - <sup>4</sup> χ Fair (15.4%)
  - <sup>5</sup> χ Poor (2.5%)
6. Do you currently engage in vigorous exercise such as running, jogging, aerobics, swimming, or biking hard for at least 20 minutes per day, 3 or more days per week? **(X ONE Box)** (n=745)
- <sup>1</sup> χ Yes (12.8%)
  - <sup>2</sup> χ No (86.2%)
7. Do you currently engage in moderate exercise such as brisk walking, moderate biking, or moderate swimming for a total of at least 30 minutes per day, 5 or more days per week? (n=745)
- <sup>1</sup> χ Yes (28.9%)
  - <sup>2</sup> χ No (70.2%)
8. Do you now smoke cigarettes? (n=745)
- <sup>1</sup> χ Yes (15.9%) → **(Continue)**
  - <sup>2</sup> χ No (84.1%) → **(Skip to Question 10)**
9. When you smoke about how many do you smoke in a day? **(Write In)**
- # Per Day:     (n=107) 17.33
10. Do you live with anyone or work with co-workers who smoke tobacco around you everyday? (n=745)
- <sup>1</sup> χ Yes (19.0%)
  - <sup>2</sup> χ No (79.8%)
11. Do you ever drink alcoholic beverages? (n=745)
- <sup>1</sup> χ Yes (47.0%) → **(Continue)**
  - <sup>2</sup> χ No (53.0%) → **(Skip to Question 13)**
12. How often do you usually drink beer, wine or liquor? (n=350)
- <sup>1</sup> χ Less than 1 day/month (39.9%)
  - <sup>2</sup> χ Less than 1 day/week (23.3%)
  - <sup>3</sup> χ 1 - 2 days/week (15.6%)
  - <sup>4</sup> χ 3 - 4 days/week (8.5%)
  - <sup>5</sup> χ 5+ days/week (12.6%)

**13. PRESCRIPTION DRUGS:** In the past 2 weeks have you taken any of the following prescription drugs? **(X ONE Box For Each)**

(n=745)

Pills or other medicines to thin your blood? .....	1	χ	Yes (10.8%)	2	χ	No
Anything for your heart or heart beat including pills or paste patches? .....	1	χ	Yes (12.9%)	2	χ	No
Any medications for cholesterol or fats in your blood? .....	1	χ	Yes (16.0%)	2	χ	No
Blood pressure pills? .....	1	χ	Yes (36.7%)	2	χ	No
Thyroid pills? .....	1	χ	Yes (13.1%)	2	χ	No
Insulin or pills for sugar in your blood? .....	1	χ	Yes (10.7%)	2	χ	No
Medications for a nervous condition, such as tranquilizers or anti-depression medication? .....	1	χ	Yes (11.1%)	2	χ	No
Sleeping pills or other medications to help you sleep? .....	1	χ	Yes (11.6%)	2	χ	No
Hormone pills such as estrogen or progesterone, for example, Premarin, Provera, Ogen? .....	1	χ	Yes (30.9%)	2	χ	No
An estrogen patch, such as estraderm? .....	1	χ	Yes (1.7%)	2	χ	No
Hormone creams or suppositories for vaginal dryness? .....	1	χ	Yes (3.6%)	2	χ	No

- 14a.** In **Column “A”** below, please indicate which of the medical conditions you have been diagnosed with. **(X ALL That Apply in Column “A”)**
- 14b.** For each condition you X'd in Column “A”, please indicate in **Column “B”**, below, which conditions you are currently receiving treatment for. **(X ALL That Apply in Column “B”)**
- 14c.** In **Column “C”**, below, for each condition you X'd in Column “A”, please write in how old you were when you were told that you had that condition. **(Write In Age For Each in Column “C”)**
- 14d.** In **Column “D”**, below, for each condition you X'd in Column “A”, please write in the year you were told that you had that condition. **(Write In Year For Each in Column “D”)**

	<b>“A”</b>	<b>“B”</b>	<b>“C”</b>	<b>“D”</b>
	<b>Diagnosed With</b>	<b>Receiving Treatment</b>	<b>Age Told</b>	<b>Year Told</b>
	(n=745)	(n=745)		
Diabetes (High blood sugar) .....	1 χ (12.4%)	1 χ (11.0%)	<u>53.09</u> (n=83)	19__
High blood pressure.....	2 χ (37.0%)	2 χ (34.2%)	<u>51.58</u> (n=248)	19__
Arthritis or Rheumatism .....	3 χ (31.5%)	3 χ (16.7%)	<u>50.60</u> (n=202)	19__
Depression.....	4 χ (10.6%)	4 χ (7.0%)	<u>47.94</u> (n=71)	19__
HIV/AIDS .....	5 χ (0.3%)	5 χ (0.1%)	<u>76.50</u> (n=1)	19__
Breast Cancer.....	6 χ (4.5%)	6 χ (1.5%)	<u>62.65</u> (n=26)	19__
Ovarian Cancer.....	7 χ (1.0%)	7 χ (0.5%)	<u>62.25</u> (n=7)	19__
Cervical Cancer .....	8 χ (2.0%)	8 χ (0.7%)	<u>47.54</u> (n=12)	19__
None of these .....	9 χ (37.9%)			

15. In the **past month** have you sought treatment from any complementary therapists such as the following? **(X ALL That Apply)** (*n=745*)
- <sup>1</sup>  $\chi$  Chiropractor (8.2%)
  - <sup>2</sup>  $\chi$  Acupuncturist (0.2%)
  - <sup>3</sup>  $\chi$  Massage Therapist (3.2%)
  - <sup>4</sup>  $\chi$  Herbalist (0.2%)
  - <sup>5</sup>  $\chi$  Behavioral Therapist (e.g., Biofeedback, relaxation) (0.3%)
  - $\chi$  Other (Specify): *Physical therapist (0.3%)/Osteopath (0.2%)/All others (0.2%)*
  - +  $\chi$  None of these (85.4%)
16. In the **past month** have you used any of the following remedies? **(X ALL That Apply)** (*n=745, multiple responses accepted*)
- <sup>1</sup>  $\chi$  Herbs or herbal remedies (16.9%)
  - <sup>2</sup>  $\chi$  Acupuncture (0.5%)
  - <sup>3</sup>  $\chi$  Homeopathy (0.9%)
  - <sup>4</sup>  $\chi$  Relaxation techniques (4.7%)
  - <sup>5</sup>  $\chi$  Biofeedback (0.5%)
  - <sup>6</sup>  $\chi$  Chiropractic (6.6%)
  - <sup>7</sup>  $\chi$  None of these (73.4%)
- 17a. Have you had a hysterectomy (an operation to remove your uterus or womb)? (*n=745*)
- <sup>1</sup>  $\chi$  Yes (38.4%)
  - <sup>2</sup>  $\chi$  No (59.8%)
- 17b. Have you had both ovaries removed? (*n=745*)
- <sup>1</sup>  $\chi$  Yes (21.7%)
  - <sup>2</sup>  $\chi$  No (75.8%)
- 17c. Have you had a mastectomy? (*n=745*)
- <sup>1</sup>  $\chi$  Yes (4.1%)
  - <sup>2</sup>  $\chi$  No (91.0%)
18. Have you had a menstrual period in the past **12 months**? (*n=745*)
- <sup>1</sup>  $\chi$  Yes (21.1%) → **(Continue)**
  - <sup>2</sup>  $\chi$  No (78.9%) → **(Skip To Qu. 21)**
19. Have you had a menstrual period in the past **3 months**? (*n=158*)
- <sup>1</sup>  $\chi$  Yes (90.1%) → **(Continue)**
  - <sup>2</sup>  $\chi$  No (9.9%) → **(Skip To Qu. 21)**

20. Compared to a year ago, has the time between the start of one menstrual period and the start of your next menstrual period become less regular? (*n*=142)
- <sup>1</sup>  $\chi$  Yes (44.5%)
  - <sup>2</sup>  $\chi$  No (54.6%)

21. For each of the following statements, please indicate how much you agree or disagree. (X ONE Box)

<i>(n</i> =745)	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither Agree Nor Disagree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
a. Sexual activity is important to my overall quality of life.....	<sup>1</sup> $\chi$ (8.4%)	<sup>2</sup> $\chi$ (26.4%)	<sup>3</sup> $\chi$ (34.4%)	<sup>4</sup> $\chi$ (15.8%)	<sup>5</sup> $\chi$ (15.0%)
b. Sexual activity is a critical part of a good relationship .....	<sup>1</sup> $\chi$ (13.0%)	<sup>2</sup> $\chi$ (36.5%)	<sup>3</sup> $\chi$ (29.7%)	<sup>4</sup> $\chi$ (13.3%)	<sup>5</sup> $\chi$ (7.4%)
c. Sexual activity is a duty to one's spouse/partner.....	<sup>1</sup> $\chi$ (5.4%)	<sup>2</sup> $\chi$ (21.4%)	<sup>3</sup> $\chi$ (30.3%)	<sup>4</sup> $\chi$ (25.5%)	<sup>5</sup> $\chi$ (17.4%)
d. Sexual activity is a pleasurable, but not necessary, part of a good relationship.....	<sup>1</sup> $\chi$ (9.4%)	<sup>2</sup> $\chi$ (43.5%)	<sup>3</sup> $\chi$ (26.8%)	<sup>4</sup> $\chi$ (12.8%)	<sup>5</sup> $\chi$ (7.5%)
e. Sex becomes less important to people as they age .....	<sup>1</sup> $\chi$ (9.4%)	<sup>2</sup> $\chi$ (27.1%)	<sup>3</sup> $\chi$ (30.4%)	<sup>4</sup> $\chi$ (25.2%)	<sup>5</sup> $\chi$ (7.9%)
f. I do not particularly enjoy sex.....	<sup>1</sup> $\chi$ (5.2%)	<sup>2</sup> $\chi$ (12.3%)	<sup>3</sup> $\chi$ (23.5%)	<sup>4</sup> $\chi$ (34.7%)	<sup>5</sup> $\chi$ (24.4%)
g. I would be quite happy never having sex again .....	<sup>1</sup> $\chi$ (7.4%)	<sup>2</sup> $\chi$ (12.3%)	<sup>3</sup> $\chi$ (22.4%)	<sup>4</sup> $\chi$ (27.9%)	<sup>5</sup> $\chi$ (30.0%)
h. Sex is only for younger people.....	<sup>1</sup> $\chi$ (2.0%)	<sup>2</sup> $\chi$ (2.9%)	<sup>3</sup> $\chi$ (16.6%)	<sup>4</sup> $\chi$ (35.2%)	<sup>5</sup> $\chi$ (43.3%)
i. People should not have a sexual relationship if they are not married.....	<sup>1</sup> $\chi$ (30.9%)	<sup>2</sup> $\chi$ (15.2%)	<sup>3</sup> $\chi$ (28.8%)	<sup>4</sup> $\chi$ (16.8%)	<sup>5</sup> $\chi$ (8.2%)

22. How satisfied are you with your sex life? (X ONE Box) (*n*=745)

- <sup>1</sup>  $\chi$  Extremely satisfied (29.3%)
- <sup>2</sup>  $\chi$  Somewhat satisfied (24.7%)
- <sup>3</sup>  $\chi$  Neither satisfied nor dissatisfied (33.0%)
- <sup>4</sup>  $\chi$  Somewhat dissatisfied (7.3%)
- <sup>5</sup>  $\chi$  Extremely dissatisfied (5.6%)

- 23.** What changes, if any, would increase satisfaction with your sex life? **(X ALL That Apply)**  
(*n=745, multiple responses accepted*)
- 01 Better financial situation (7.4%)
  - 02 Better health for myself (15.9%)
  - 03 Better health for partner (19.4%)
  - 04 More free time (14.4%)
  - 05 Better relationship with my partner (11.0%)
  - 06 Different partner (1.6%)
  - 07 Finding a partner (15.2%)
  - 08 More privacy (6.4%)
  - 09 More favorable social attitudes toward aging and sexuality (4.8%)
  - 10 Less stress (20.3%)
  - Other (Specify): *More interest from partner, myself (0.7%)/Cure of impotence, erectile dysfunction (0.2%)/All others (2.7%)*
  - + No change needed (28.4%)
- 24.** Do you have any physical or emotional limitations or illnesses which restrict your sexual activity? (*n=745*)
- 1 Yes (13.7%) → **(Continue)**     No (86.3%) → **(Skip to Question 26)**
- 25.** What conditions restrict your sexual activity? **(X ALL That Apply)** (*n=102*)
- 1 Depression (21.5%)
  - 2 Diabetes (High blood sugar) (10.9%)
  - 3 High blood pressure (23.9%)
  - 4 Arthritis or Rheumatism (40.6%)
  - 5 Breast Cancer (3.2%)
  - 6 HIV/AIDS (0.0%)
  - 7 Ovarian Cancer (0.0%)
  - 8 Cervical Cancer (1.3%)
  - Other (Specify): *Back problems (6.2%)/Heart conditions, problems (5.0%)/Surgery (2.7%)/Lack of desire or interest (3.1%)/All others (42.5%)*
- 26.** How frequently do you feel sexual desire? This feeling may include wanting to have sexual experiences (for example, intercourse or masturbation), planning to have sex, feeling frustrated due to lack of sex, etc. **(X ONE Box)** (*n=745*)
- 1 More than once a day (1.7%)
  - 2 Once a day (3.2%)
  - 3 2 or 3 times per week (17.3%)
  - 4 Once a week (11.7%)
  - 5 2 or 3 times per month (15.3%)
  - 6 Once a month (6.6%)
  - 7 Less than once per month (13.6%)
  - 8 Not at all (24.8%)

27. How frequently do you have sexual thoughts, fantasies, or erotic dreams? (n=745)
- <sup>1</sup>  $\chi$  More than once a day (2.6%)
  - <sup>2</sup>  $\chi$  Once a day (2.2%)
  - <sup>3</sup>  $\chi$  2 or 3 times per week (14.5%)
  - <sup>4</sup>  $\chi$  Once a week (6.7%)
  - <sup>5</sup>  $\chi$  2 or 3 times per month (12.1%)
  - <sup>6</sup>  $\chi$  Once a month (5.3%)
  - <sup>7</sup>  $\chi$  Less than once per month (18.6%)
  - <sup>8</sup>  $\chi$  Not at all (32.5%)
28. Do you currently have a sexual partner? (n=745)
- <sup>1</sup>  $\chi$  Yes (59.9%) → **(Continue)**
  - <sup>2</sup>  $\chi$  No (40.1%) → **(Skip to Question 40)**
29. What is the age and sex of your primary partner? (n=446)
- Age: 59.10 <sup>1</sup>  $\chi$  Male (99.6%) <sup>2</sup>  $\chi$  Female (0.4%)
30. How long have you been in this relationship? **(X ONE Box)** (n=446)
- <sup>1</sup>  $\chi$  Less than 6 months (1.0%)
  - <sup>2</sup>  $\chi$  6 months - 11 months (0.7%)
  - <sup>3</sup>  $\chi$  1 - 2 years (1.4%)
  - <sup>4</sup>  $\chi$  3 - 5 years (4.6%)
  - <sup>5</sup>  $\chi$  6 - 10 years (5.4%)
  - <sup>6</sup>  $\chi$  11 - 20 years (12.8%)
  - <sup>7</sup>  $\chi$  More than 20 years (73.9%)
31. Does **your partner** have any physical or emotional limitations or illnesses which restrict your sexual activity? (n=446)
- <sup>1</sup>  $\chi$  Yes (31.8%) → **(Continue)**
  - <sup>2</sup>  $\chi$  No (68.2%) → **(Skip to Question 33)**
32. What conditions does **your partner** have which restrict your sexual activity? **(X ALL That Apply)** (n=142, multiple responses accepted)
- <sup>01</sup>  $\chi$  Depression (11.2%)
  - <sup>02</sup>  $\chi$  Diabetes (High blood sugar) (15.2%)
  - <sup>03</sup>  $\chi$  High blood pressure (38.2%)
  - <sup>04</sup>  $\chi$  Arthritis or Rheumatism (13.5%)
  - <sup>05</sup>  $\chi$  Prostate Cancer (6.9%)  $\chi$  Enlarged or swollen prostate (15.6%)
  - <sup>07</sup>  $\chi$  HIV/AIDS (%)
  - <sup>08</sup>  $\chi$  Breast Cancer (0.0%)
  - <sup>09</sup>  $\chi$  Ovarian Cancer (0.0%)  $\chi$  Cervical Cancer (0.0%)
  - $\chi$  Other (Specify): Heart condition, problem (8.4%)/Impotence, erectile dysfunction (10.5%)/Lack of desire or interest (0.9%)/Overweight (1.7%)/Back problems (1.7%)/Leg or knee injury, problems (1.4%), Surgery (1.4%)/All others (22.8%)

- 33.** In the past **6 months**, how physically pleasurable was your relationship with your partner?  
**(X ONE Box)** (*n=446*)
- <sup>1</sup>  $\chi$  Extremely pleasurable (23.2%)
  - <sup>2</sup>  $\chi$  Very pleasurable (37.4%)
  - <sup>3</sup>  $\chi$  Moderately pleasurable (22.6%)
  - <sup>4</sup>  $\chi$  Slightly pleasurable (9.4%)
  - <sup>5</sup>  $\chi$  Not at all pleasurable (7.5%)
- 34.** In the past **6 months**, how emotionally satisfying was your relationship with your partner?  
**(X ONE Box)** (*n=446*)
- <sup>1</sup>  $\chi$  Extremely satisfying (24.6%)
  - <sup>2</sup>  $\chi$  Very satisfying (37.4%)
  - <sup>3</sup>  $\chi$  Moderately satisfying (21.9%)
  - <sup>4</sup>  $\chi$  Slightly satisfying (10.2%)
  - <sup>5</sup>  $\chi$  Not at all satisfying (5.9%)
- 35.** How satisfied do you think your partner is with your sexual relationship? **(X ONE Box)**  
(*n=446*)
- <sup>1</sup>  $\chi$  Extremely satisfied (35.0%)
  - <sup>2</sup>  $\chi$  Somewhat satisfied (36.9%)
  - <sup>3</sup>  $\chi$  Neither satisfied nor dissatisfied (11.3%)
  - <sup>4</sup>  $\chi$  Somewhat dissatisfied (11.7%)
  - <sup>5</sup>  $\chi$  Extremely dissatisfied (5.0%)

**36.** Please indicate how well each of the following describes your spouse or sexual partner.  
**(X ONE Box For Each)**  
*(n=446)*

	<b>Applies Strongly</b>	<b>Applies Somewhat</b>	<b>Does Not Apply</b>
Is exciting	<sup>1</sup> χ (33.3%)	<sup>2</sup> χ (51.1%)	<sup>3</sup> χ (15.6%)
Is my best friend	<sup>1</sup> χ (71.5%)	<sup>2</sup> χ (24.0%)	<sup>3</sup> χ (4.5%)
Is physically attractive	<sup>1</sup> χ (52.9%)	<sup>2</sup> χ (40.8%)	<sup>3</sup> χ (6.3%)
Makes me feel important	<sup>1</sup> χ (53.9%)	<sup>2</sup> χ (37.0%)	<sup>3</sup> χ (9.1%)
Is kind and gentle	<sup>1</sup> χ (66.0%)	<sup>2</sup> χ (29.8%)	<sup>3</sup> χ (4.1%)
Is mysterious and exciting	<sup>1</sup> χ (12.3%)	<sup>2</sup> χ (43.5%)	<sup>3</sup> χ (44.2%)
Is romantic	<sup>1</sup> χ (30.1%)	<sup>2</sup> χ (50.8%)	<sup>3</sup> χ (19.0%)
Loves me deeply	<sup>1</sup> χ (75.2%)	<sup>2</sup> χ (20.3%)	<sup>3</sup> χ (4.5%)
Is sometimes like “a god” to me	<sup>1</sup> χ (10.3%)	<sup>2</sup> χ (21.1%)	<sup>3</sup> χ (68.6%)
Understands my physical needs	<sup>1</sup> χ (41.9%)	<sup>2</sup> χ (44.1%)	<sup>3</sup> χ (14.0%)
Finds me physically attractive	<sup>1</sup> χ (47.8%)	<sup>2</sup> χ (43.0%)	<sup>3</sup> χ (9.2%)
Is imaginative about sex	<sup>1</sup> χ (27.0%)	<sup>2</sup> χ (46.7%)	<sup>3</sup> χ (26.3%)
Is a skillful lover	<sup>1</sup> χ (43.4%)	<sup>2</sup> χ (38.7%)	<sup>3</sup> χ (17.8%)
Is sensitive to my moods and needs	<sup>1</sup> χ (37.9%)	<sup>2</sup> χ (48.2%)	<sup>3</sup> χ (13.9%)

**37.** During the last **6 months**, have you ever felt vaginal or pelvic pain during or after sexual intercourse? **(X ONE Box)** *(n=446)*

- <sup>1</sup>χ Never (65.9%)
- <sup>2</sup>χ Almost never (17.8%)
- <sup>3</sup>χ Sometimes (12.6%)
- <sup>4</sup>χ Almost always (2.2%)
- <sup>5</sup>χ Always (1.5%)

**38.** During the last **6 months**, how often have you used lubricants such as creams or jellies to make sex more comfortable? **(X ONE Box)** (n=446)

- <sup>1</sup> χ Never (64.7%)
- <sup>2</sup> χ Almost never (6.7%)
- <sup>3</sup> χ Sometimes (10.9%)
- <sup>4</sup> χ Almost always (9.2%)
- <sup>5</sup> χ Always (8.6%)

**39.** Do you and your partner use any protection from sexually transmitted diseases? (n=446)

- <sup>1</sup> χ Yes (5.1%)
- <sup>2</sup> χ No (91.4%)

**40.** During the past **6 months**, how often, on average, have you engaged in the following sexual activities? **(X ONE Box For Each)**

(n=745)	<b>Not At All</b>	<b>Less Than Once A Month</b>	<b>Once Or Twice A Month</b>	<b>About Once A Week</b>	<b>More Than Once A Week</b>	<b>Daily</b>
Kissing or hugging.....	<sup>1</sup> χ (31.3%)	<sup>2</sup> χ (4.6%)	<sup>3</sup> χ (6.4%)	<sup>4</sup> χ (7.5%)	<sup>5</sup> χ (11.4%)	<sup>6</sup> χ (38.8%)
Sexual touching or caressing..	<sup>1</sup> χ (39.6%)	<sup>2</sup> χ (5.1%)	<sup>3</sup> χ (8.5%)	<sup>4</sup> χ (11.7%)	<sup>5</sup> χ (21.9%)	<sup>6</sup> χ (13.2%)
Oral sex.....	<sup>1</sup> χ (71.0%)	<sup>2</sup> χ (9.6%)	<sup>3</sup> χ (8.2%)	<sup>4</sup> χ (5.9%)	<sup>5</sup> χ (4.9%)	<sup>6</sup> χ (0.4%)
Sexual intercourse.....	<sup>1</sup> χ (44.0%)	<sup>2</sup> χ (8.4%)	<sup>3</sup> χ (12.8%)	<sup>4</sup> χ (16.4%)	<sup>5</sup> χ (17.7%)	<sup>6</sup> χ (0.8%)

- 41.** On average, in the past **6 months**, how often have you engaged in self stimulation (masturbation)? **(X ONE Box)** (n=745)
- <sup>1</sup>  $\chi$  Not at all (75.1%)
  - <sup>2</sup>  $\chi$  Less than once a month (14.2%)
  - <sup>3</sup>  $\chi$  Once or twice a month (7.7%)
  - <sup>4</sup>  $\chi$  About once a week (1.9%)
  - <sup>5</sup>  $\chi$  More than once a week (0.9%)
  - <sup>6</sup>  $\chi$  Daily (0.2%)
- 42.** When you engaged in sexual activity in the last **6 months**, how often did you have an orgasm (come to climax)? **(X ONE Box)** (n=745 total, 470 attempted)
- <sup>1</sup>  $\chi$  Always (29.4%)
  - <sup>2</sup>  $\chi$  Usually (32.9%)
  - <sup>3</sup>  $\chi$  Sometimes (19.3%)
  - <sup>4</sup>  $\chi$  Rarely (8.0%)
  - <sup>5</sup>  $\chi$  Never (10.4%)
  - <sup>6</sup>  $\chi$  Did not attempt (23.4% of total)
- 43.** Have you ever sought **treatment** for any problems related to sexual functioning with any of the following? **(X ONE Box For Each)** (n=745)
- |  | <u>Yes</u>                 | <u>No</u>           |
|--|----------------------------|---------------------|
| Your personal physician (including internist or family doctor).....    | <sup>1</sup> $\chi$ (5.6%) | <sup>2</sup> $\chi$ |
| Specialist physician (including gynecologist or other specialist)..... | <sup>1</sup> $\chi$ (5.6%) | <sup>2</sup> $\chi$ |
| Mental health professional.....  | <sup>1</sup> $\chi$ (2.0%) | <sup>2</sup> $\chi$ |
| Sex therapist.....   | <sup>1</sup> $\chi$ (0.3%) | <sup>2</sup> $\chi$ |
| Other (Please Specify):_____   | <sup>1</sup> $\chi$ (0.4%) | <sup>2</sup> $\chi$ |
- 44.** Have you ever sought **advice** for problems related to sexual functioning from any of the following? **(X ONE Box For EACH)** (n=745)
- |   | <u>Yes</u>                  | <u>No</u>           |
|---|-----------------------------|---------------------|
| Priest, minister, rabbi or other religious leader ..... | <sup>1</sup> $\chi$ (0.8%)  | <sup>2</sup> $\chi$ |
| Friends.....  | <sup>1</sup> $\chi$ (3.6%)  | <sup>2</sup> $\chi$ |
| Family members, other than your partner.....            | <sup>1</sup> $\chi$ (0.7%)  | <sup>2</sup> $\chi$ |
| Partner.....  | <sup>1</sup> $\chi$ (14.1%) | <sup>2</sup> $\chi$ |
| Other (Please Specify): _____                           | <sup>1</sup> $\chi$ (0.6%)  | <sup>2</sup> $\chi$ |

45. Which of the following would you consider your top three sources of information about sex?  
**(X THREE Boxes) (n=745, multiple responses accepted)**
- <sup>1</sup> χ Health professional (25.2%)
  - <sup>2</sup> χ Books (32.1%)
  - <sup>3</sup> χ Magazines (21.6%)
  - <sup>4</sup> χ Videos (5.0%)
  - <sup>5</sup> χ TV or radio (9.3%)
  - <sup>6</sup> χ The Internet (0.8%)
  - <sup>7</sup> χ Friends or family (13.1%)
  - χ Other (Specify): *Personal experience, self (0.6%)/Church, clergy (0.3%)/  
Brochures, pamphlets, handouts (0.2%)/All others (0.8%)*
  - + χ Do not seek information (51.3%)
46. Are you currently using any sort of medicines, hormones, or other treatments to improve sexual function and activity? (n=745)
- <sup>1</sup> χ Yes (3.9%) → **(Skip To Qu. 49)**
  - <sup>2</sup> χ No (96.1%) → **(Continue)**
47. Have you ever used any sort of medicines, hormones, or other treatments to improve sexual function and activity? (n=716)
- <sup>1</sup> χ Yes (2.9%) → **(Continue)**
  - <sup>2</sup> χ No (97.1%) → **(Skip To Qu. 55)**
48. Why did you stop using this medicine, hormone, or treatment? **(X ALL That Apply) (n=20: CAUTION. VERY SMALL BASE.)**
- <sup>1</sup> χ It didn't work (30.9%)
  - <sup>2</sup> χ It had undesirable side effects (12.1%)
  - <sup>3</sup> χ It cost too much (9.4%)
  - <sup>4</sup> χ My insurance changed/no longer covers (0.0%)
  - <sup>5</sup> χ My partner discouraged me (0.0%)
  - χ Other (Specify): (22.1%)

49. Which medicines, hormones, or other treatments are you currently using or have you ever used? **(Please Be As Specific As Possible)** (Open ended question – no prelisted responses. n=49: CAUTION. VERY SMALL BASE.)

Premarin (20.3%)

Estrogen, hormone shot, replacement (17.8%)

Permpro (8.9%)

Lubricant, lubricant for vaginal dryness (7.5%)

Estratest, estratest HS (6.4%)

Vaginal hormone cream, vaginal cream (5.3%)

Provera (5.0%)

Dhea (2.5%)/Dyazide (2.5%)/Norvasc (2.5%)/Estraderm (2.5%)/Birth control pills (2.5%)/Estring (2.5%)/Deltasone (2.5%)/Skin hyzaar current (2.5%)/Tenarmin (2.5%)/Triamterene (2.5%)/Depo-testadiol injection (2.5%)/Antibiotic (2.5%)

Viagra (1.4%)/Erectile vacuum, pump device (1.4%)/Guanfacine (1.4%)/Ansid (1.4%)/Lydia pinkham tonic (1.4%)/Caltro (1.4%)/Tylenol (1.4%)/Capozide (1.4%)/Astro-glide (1.4%)/Insulin (1.4%)/Levothroid (1.4%)

Don't know/no answer (17.2%)

50. How long have you been using, or did you use these medicines, hormones, or other treatments? **(Write In Number Of Years And Months)** (n=49: CAUTION. VERY SMALL BASE.) # of Months: 77.07

51a. Before taking these medicines, hormones, or treatments, how often, on average, did you engage in sexual intercourse? **(X ONE Box)** (n=49: CAUTION. VERY SMALL BASE.)

1  $\chi$  Not at all (9.0%)

2  $\chi$  Less than once a month (5.9%)

3  $\chi$  Once or twice a month (12.7%)

4  $\chi$  About once a week (32.9%)

5  $\chi$  More than once a week (36.7%)

6  $\chi$  Daily (2.8%)

51b. After taking these medicines, hormones, or treatments, how often, on average, do you (or did you if you no longer take them) engage in sexual intercourse? **(X ONE Box)** (n=49: CAUTION. VERY SMALL BASE.)

1  $\chi$  Not at all (7.7%)

2  $\chi$  Less than once a month (8.4%)

3  $\chi$  Once or twice a month (11.5%)

4  $\chi$  About once a week (39.8%)

5  $\chi$  More than once a week (32.6%)

6  $\chi$  Daily (0.0%)

52. How did these medicines, hormones, or treatments affect your satisfaction or enjoyment with sex? **(X ONE Box)** (n=49: CAUTION. VERY SMALL BASE.)
- 1  $\chi$  Greatly increased (21.8%)
  - 2  $\chi$  Somewhat increased (37.2%)
  - 3  $\chi$  No change (41.0%)
  - 4  $\chi$  Somewhat decreased (0.0%)
  - 5  $\chi$  Greatly decreased (0.0%)
53. What effect did these medicines, hormones, or treatments have on your relationship with your partner? **(X ONE Box)** (n=49: CAUTION. VERY SMALL BASE.)
- 1  $\chi$  Very positive (26.3%)
  - 2  $\chi$  Somewhat positive (30.8%)
  - 3  $\chi$  Neither positive nor negative (41.3%)
  - 4  $\chi$  Somewhat negative (0.0%)
  - 5  $\chi$  Very negative (1.6%)
54. Please describe the effect these medicines, hormones, or treatments had on your relationship in your own words. **(Please Be As Specific As Possible)** (Open ended question – no prelisted responses. n=49: CAUTION. VERY SMALL BASE.)
- FAVORABLE COMMENTS (54.7%)
- Helped to enjoy, receive satisfaction again (19.2%)*
  - Less painful intercourse (10.0%)*
  - Helped/worked, generally (2.5%)*
  - All other favorable comments (28.1%)*
- UNFAVORABLE COMMENTS (10.0%)
- Undesirable side effects (2.5%)*
  - Lack of convenience (2.5%)*
  - Did not help, work generally (2.5%)*
  - All other unfavorable comments (2.5%)*
- NO EFFECT ON RELATIONSHIP (20.3%)
- INDETERMINABLE COMMENTS (10.5%)
- NO ANSWER (14.7%)
55. Has your partner ever used any medicines, hormones, or other treatments designed to improve sexual function and activity? (n=745)
- 1  $\chi$  Yes (6.5%) → **(Continue)**
  - 2  $\chi$  No (93.5%) → **(Skip To Qu. 61)**

**56.** Which medicines, hormones, or other treatments has your partner used? **(Please Be As Specific As Possible)** (n=48: CAUTION. VERY SMALL BASE.)

*Viagra (57.6%)*

*Yohimbine, yohimbe (9.1%)*

*Erectile vacuum, pump device (6.6%)*

*Muse injection (4.0%)/Estrogen, hormone shot, replacement (4.0%)*

*Testosterone patches (2.6%)/Impotence medication, unspecified (2.6%)/Injection, unspecified (2.6%)/Penile implant (2.6%)/Papau shot (2.6%)/Herb mixture, stimulant (2.6%)/Progienes (2.6%)/Testosterone (2.6%)/Urethral suppository (2.6%)*

*Andro-geston (1.4%)/Constriction device to maintain an erection (1.4%)/Injection in penis (1.4%)/Erect aid (1.4%)/Male hormone pill, unspecified (1.4%)*

*Don't know/no answer (7.9%)*

**57a.** **Before** your partner started taking these medicines, hormones, or treatments, how often, on average, did you engage in sexual intercourse? **(X ONE Box)** (n=48: CAUTION. VERY SMALL BASE.)

<sup>1</sup>  $\chi$  Not at all (21.1%)

<sup>2</sup>  $\chi$  Less than once a month (22.5%)

<sup>3</sup>  $\chi$  Once or twice a month (17.3%)

<sup>4</sup>  $\chi$  About once a week (19.1%)

<sup>5</sup>  $\chi$  More than once a week (19.9%)

<sup>6</sup>  $\chi$  Daily (0.0%)

**57b.** **After** your partner started taking these medicines, hormones, or treatments, how often, on average, do you (or did you if your partner no longer takes them) engage in sexual intercourse? **(X ONE Box)** (n=48: CAUTION. VERY SMALL BASE.)

<sup>1</sup>  $\chi$  Not at all (10.7%)

<sup>2</sup>  $\chi$  Less than once a month (17.3%)

<sup>3</sup>  $\chi$  Once or twice a month (17.3%)

<sup>4</sup>  $\chi$  About once a week (29.2%)

<sup>5</sup>  $\chi$  More than once a week (25.4%)

<sup>6</sup>  $\chi$  Daily (0.0%)

**58.** How did these medicines, hormones, or other treatments affect your satisfaction or enjoyment with sex? **(X ONE Box)** (n=48: CAUTION. VERY SMALL BASE.)

<sup>1</sup>  $\chi$  Greatly increased (13.0%)

<sup>2</sup>  $\chi$  Somewhat increased (37.8%)

<sup>3</sup>  $\chi$  No change (43.7%)

<sup>4</sup>  $\chi$  Somewhat decreased (4.0%)

<sup>5</sup>  $\chi$  Greatly decreased (1.4%)

59. What effect did these medicines, hormones, or other treatments have on your relationship with your partner? **(X ONE Box)** (n=48: CAUTION. VERY SMALL BASE.)
- 1  $\chi$  Very positive (22.2%)
  - 2  $\chi$  Somewhat positive (23.6%)
  - 3  $\chi$  Neither positive nor negative (38.2%)
  - 4  $\chi$  Somewhat negative (10.5%)
  - 5  $\chi$  Very negative (5.4%)
60. In your own words, please describe the effect these medicines, hormones, or other treatments had on your relationship with your partner. **(Please Be As Specific As Possible)** (Open ended question – no prelisted responses. n=48: CAUTION. VERY SMALL BASE.)
- FAVORABLE COMMENTS (44.5%)**
- Gave partner more confidence, feel better about himself (15.4%)*
  - Helped impotence, erectile dysfunction (11.7%)*
  - Helped to enjoy, receive satisfaction again (6.8%)*
  - Helped/worked, generally (4.0%)*
  - All other favorable comments (14.3%)*
- UNFAVORABLE COMMENTS (36.5%)**
- Undesirable side effects (7.7%)*
  - Lack of convenience (5.1%)*
  - Did not help/work generally (4.3%)*
  - Heard it could cause death or undesirable side effects (2.6%)*
  - All other unfavorable comments (19.4%)*
- NO EFFECT ON RELATIONSHIP (21.4%)**
- INDETERMINABLE COMMENTS (4.0%)**      **NO ANSWER (17.1%)**
61. What is your religious preference? **(X ONE Box)** (n=745)
- 1  $\chi$  Catholic (23.4%)
  - 2  $\chi$  Jewish (2.6%)
  - 3  $\chi$  Orthodox church (0.9%)
  - 4  $\chi$  Protestant (65.3%)
  - 5  $\chi$  Mormon (1.8%)
  - 6  $\chi$  Muslim (0.0%)
  - 7  $\chi$  Hindu (0.0%)
  - $\chi$  Other (Specify): *Buddhist (0.3%)/All others (1.7%)*
  - +  $\chi$  None (4.0%)
62. About how often do you attend a religious service? **(X ONE Box)** (n=745)
- 1  $\chi$  Several times a week (11.7%)
  - 2  $\chi$  Every week (31.4%)
  - 3  $\chi$  Nearly every week (7.7%)
  - 4  $\chi$  2 - 3 times a month (4.1%)
  - 5  $\chi$  About once a month (3.1%)
  - 6  $\chi$  Several times a year (12.1%)
  - 7  $\chi$  Once or twice a year (9.3%)
  - 8  $\chi$  Less than once a year (10.2%)    9  $\chi$  Never (10.5%)

**63.** About how often do you pray? **(X ONE Box)** (n=745)

- 1 Several times a day (44.3%)
- 2 Once a day (23.4%)
- 3 Several times a week (15.0%)
- 4 Once a week (3.9%)
- 5 Less than once a week (10.2%)
- 6 Never (3.2%)

**64.** What is your current marital status? **( X ONE Box)** (n=745)

- 1 Never married (4.4%)
- 2 Married (56.8%)
- 3 Separated (1.9%)
- 4 Divorced (13.5%)
- 5 Widowed (21.7%)
- 6 Living with partner (1.7%)

**65.** Are you employed . . .? **(X ONE Box)** (n=745)

- 1 Full time (28.3%)
- 2 Part-time (13.5%)
- 3 Retired (not working) (40.1%)
- 4 Not employed (18.1%)

(n=745)

**66.** Please indicate your age and sex. Age: 61.25     1 Male     2 Female (100%)

**Thank you for your help with this study. Please return your completed questionnaire in the enclosed postage-paid envelope as soon as possible.**