

Prevalence of Sexual Problems According to Perception of Loneliness in Colombian Climacteric Women in the COVID-19 Pandemic: A Cross-sectional Study

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INTRODUCTION & AIM

As a result of the COVID-19 pandemic, quarantine or confinement was one of the recommended measures. Although it can be related to reduced risks of morbidity and mortality, it can generate psychosocial problems, especially an increase in the perception of loneliness.

Objective: to estimate the prevalence of sexual problems according to the perception of loneliness in Colombian climacteric women at the beginning of the COVID-19 pandemic.

RESULTS

- ❖ 984 women filled out the form
- ❖ Age: 47.0 y (IQR:42.0-53.5)
- ❖ Years since last menstruation: 5.0
- ❖ Hispanic: 84.5%
- ❖ Afro descendant: 13.7%
- ❖ Indigenous: 1.7%
- ❖ Postmenopausal: 39.2%
- ❖ High fear COVID: 57.3%

Perception of Loneliness	
Emotional	433 (44.0%) [95%CI:40.9-47.1]
Social	415 (42.2%) [95%CI:39.1-45.3]
General	438 (44.5%) [95% CI:41.4-47.6]

MATERIALS & METHODS

Cross-sectional study that is part of the CAVIMEC+COVID STUDY research project (Quality of Life in the Menopausal and Colombian Ethnicities Under Pandemic Conditions). Climacteric women (40-59 y) residing in Colombia participated between June 1 and 5, 2020 by filling out an electronic form.

Participants were asked to apply their responses according to their perceptions between May 1 and May 30, 2020. In that period, because of COVID-19, confinements and curfews were decreed by the national government in some Colombian cities. In addition, infection and death curves were rising daily.

The women participated voluntarily, anonymously, and confidentially, filling out an electronic form that asked about sociodemographic characteristics and applied the Jong Gierveld Loneliness Scale (JGLS) and Menopause Rating Scale (MRS) items. With JGLS, emotional loneliness, social loneliness and general loneliness were identified. With item eight of the MRS, sexual problems (sexual desire, sexual activity and satisfaction) were explored.

Sample size calculation was performed with data from the Colombian population census of 2005 that established a projection of 25,772,783 women for 2020; of these, 2,859,309 were aged 40 to 59 years old. A sample size of 664 women was calculated in the Epidemiological Analysis from Tabulated Data 3.1 software. Statistical analysis was performed with Stata-16.

The research project has the institutional endorsement of the Universidad de Cartagena, Colombia.

Sexual Problems According to Perception of Loneliness n (%) [IC95%]									
	Emotional loneliness			Social loneliness			General loneliness		
	Yes	No	p (*)	Yes	No	p (*)	Yes	No	p (*)
Sexual problems (change in sexual desire, in sexual activity and satisfaction)	239 (53.1) [48.4-57.7]	186 (33.7) [29.9-37.8]	<0.001	213 (51.3) [46.5-56.1]	203 (35.6) [31.8-39.7]	<0.001	235 (53.6) [48.4-57.7]	181 (33.1) [29.9-37.8]	<0.001

CONCLUSION

Sexual problems were significantly more frequent among women with emotional, social, and general loneliness than among those who did not have this perception



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