

# Study identifies desire and arousal as the main players in women's sexual health

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In a 4-year study of 178 pre- and 329 postmenopausal women, investigators found that women's sexual functioning was moderately stable over time. The main predictors of changes in sexual functioning and satisfaction were desire and arousal, highlighting their role as the main "players" in women's sexual health.

The study also found that despite the potentially impairing effects of menopause and menopausal transition, sexual satisfaction and functioning in [postmenopausal women](#) can be improved and sexual problems can show spontaneous remission.

"From a clinical standpoint, improvement of a woman's sexuality is possible even at a later stage and despite the presence of biological impairments," said Dr. Andrea Burri, lead author of *The Journal of Sexual Medicine* study.

**More information:** Burri, A., Hilpert, P. and Spector, T. (2015), Longitudinal Evaluation of Sexual Function in a Cohort of Pre- and Postmenopausal Women. *Journal of Sexual Medicine*. DOI: [10.1111/jsm.12893](https://doi.org/10.1111/jsm.12893)

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