

Table 24. Sexual Health Education for Anxiety following SCI

Author Year Country Research Design PEDro Score Total Sample Size	Methods	Outcome
<p>Federici et al. (2019) Italy Pre-Post N=11</p>	<p>Population: Mean age: males=50.4±7.3 yr, females=41.5±11.26 yr; Gender: males=5, females=6; Time since injury=30.1±9.4 yr; Level of injury: tetraplegia=3, paraplegia=4, no paraplegia/tetraplegia=4; Severity of injury: complete=5, incomplete=2, none=4.</p> <p>Intervention: Participants were 4 couples (one with SCI and one without) and 3 singles with SCI who took part in a sexual health psychoeducational intervention in which 4 couples and 3 singles met every two weeks for 12 meetings of a growth group and reported the results of their love lives and persona lives.</p> <p>Outcome Measures: Sexual interest and satisfaction scale (SIS), Beck depression inventory – II (BDI- II) and Beck anxiety inventory (BAI).</p>	<ol style="list-style-type: none"> 1. All participants improved significantly on item 5 of the SIS scale “How are your opportunity and your ability to enjoy sexuality yourself?” (p<0.01), SIS scale total score (p<0.05) and BAI scores (p<0.05). 2. No difference was found for SIS scale’s general satisfaction after injury, BDI, or BAI (p>0.05). 3. Significant effect found on item 5 of the SIS scale “How are your opportunity and your ability to enjoy sexuality yourself?” for both individuals and partners (p<0.05 for both).