



FEMALE PARTICIPANTS NEEDED FOR RESEARCH STUDY

Research of the Impact of Sensory Focused Guided Imagery on Female Low Sexual Desire

As a participant in this study, you would be asked to:

Attend one 45-minute interview and instructional session and one 30-minute post-study session; both sessions involve answering two study questionnaires.

The study will require that the participant listen to a 24-minute guided imagery recording and respond to 3 questions, daily, for 6 weeks.

In appreciation, as a participant you will receive the copyrighted guided imagery recording for continued personal use.

For more information or to volunteer for this study please contact:

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The Sex in America Study indicated that 1 in 3 women report having sexual concerns, including inhibited or low sexual desire and sexual dissatisfaction. Sexual desire and satisfaction are core to sexuality

A woman's sexual interest and desire can be impacted by factors such as: physical changes (hormones, body changes, menopause, post-partum), life stressors (time restraints, work or financial pressures), psychological and emotional concerns (depression, anxiety, anger, body image, self-esteem), quality of relationship, or attitudes regarding sex (history, feelings of deserving of sexual pleasure).

Research indicates that imagination and fantasy can positively impact sexual attitudes and sexual interest levels. Guided Imagery is a kind of directed daydream, a way of using the imagination very specifically to help mind and body heal, stay strong, and even perform as needed. Naparstek, 1994. Guided imagery uses sensory impressions of sights, sounds, smells, taste and/or touch.

Research has shown that guided imagery focused on relaxation, has the potential to positively impact an individual's emotional well-being, sense of calmness, and overall relaxation and improve concentration.

Unfortunately, there is little research regarding the collocation and impact of relaxation and sensory focused guided imagery for sexual desire and sexual satisfaction for women.

The purpose of this research study is to determine if the combination of relaxation and sensory focused guided imagery can and will improve levels of sexual desire and sexual satisfaction for women.

The study has been reviewed and approved by The American Academy of Clinical Sexology Review Board