

How do mood and stress affect our sex lives?

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A new study by Macquarie University hopes to get between the sheets with thousands of Australians to ask the question - does being in a good mood put you in the mood? Psychology PhD student Miriam Forbes will conduct a series of online surveys to find out exactly what the relationships are between low mood, stress, and sexual problems.

Approximately 50% of the population experience sexual difficulties and while it is commonly understood that sex, [mood](#) and [stress](#) are strongly connected, research in this area is yet to determine exactly how they relate.

“Sexual Dysfunction is an area that is largely under researched, especially in terms of why it often goes hand-in-hand with mental disorders such as depression and anxiety. We can apply what we learn

from this research to new treatment programs for depression, anxiety, and sexual dysfunctions”, says lead researcher [psychology](#) PhD student Miriam Forbes.

Participants in the online study are asked to answer some questions at six separate time points – either once a week for six weeks, or once a month for six months. The survey takes between 10 – 20 minutes to complete, and all who participate are entered into the draw to win a \$100 MasterCard Cash Card.

This research will aid practitioners with early detection and intervention for a range of issues. According to Ms Forbes, “understanding the direction of these relationships will mean that GPs and Psychologists will be able to more accurately screen for the disorders, and hopefully catch them before they become a severe problem, which will help minimise the negative impact on sufferers’ quality of life”.

The study is currently asking people from all walks of life to go online to sign up and participate. “A healthy sex life is an important part of every adult’s life and so I encourage everyone to get involved in this”, say Ms. Forbes.

Provided by Macquarie University

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