

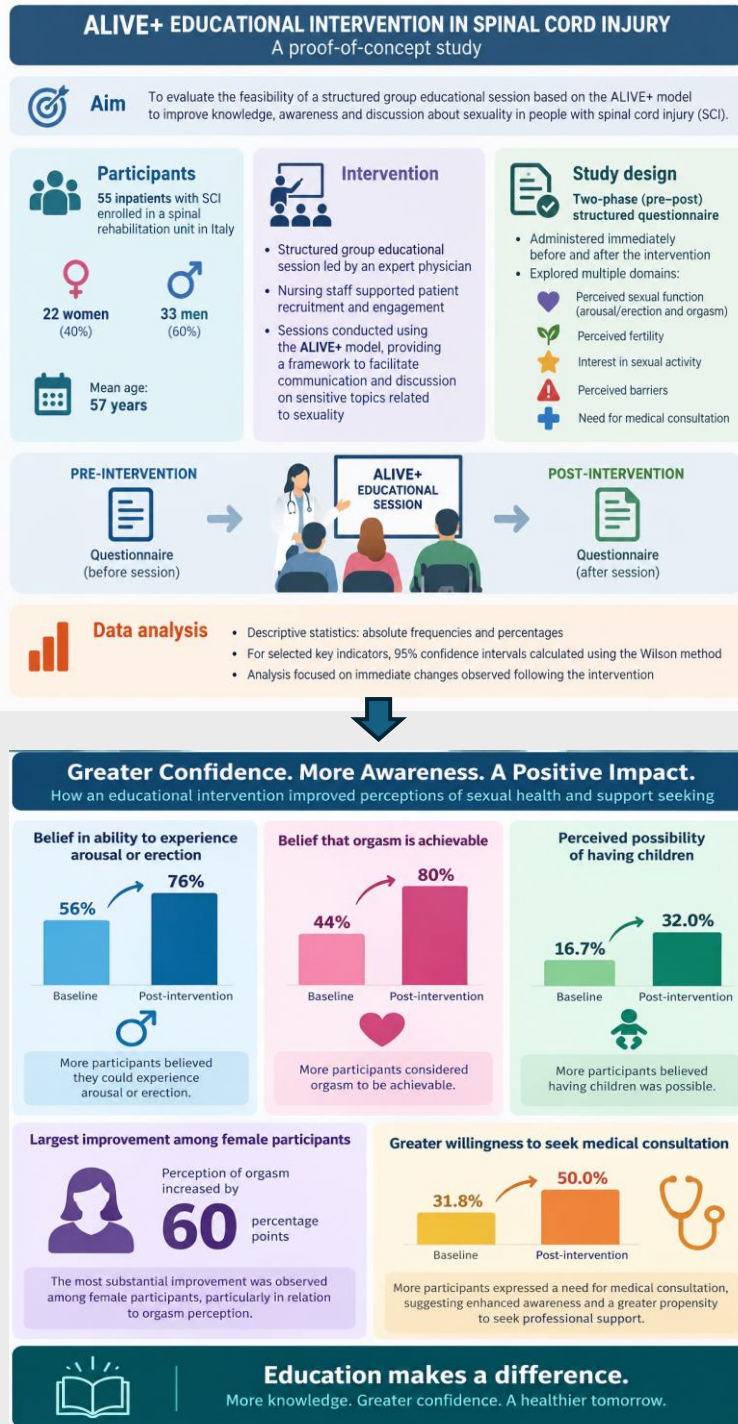
Group educational intervention on sexuality after Spinal Cord Injury: impact on awareness and perceived sexual function

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Belief in ability to experience arousal or erection

Baseline: 56%
Post-intervention: 76%

More participants believed they could experience arousal or erection.

Belief that orgasm is achievable

Baseline: 44%
Post-intervention: 80%

More participants considered orgasm to be achievable.

Perceived possibility of having children

Baseline: 16.7%
Post-intervention: 32.0%

More participants believed having children was possible.

Largest improvement among female participants

Perception of orgasm increased by **60** percentage points

The most substantial improvement was observed among female participants, particularly in relation to orgasm perception.

Greater willingness to seek medical consultation

Baseline: 31.8%
Post-intervention: 50.0%

More participants expressed a need for medical consultation, suggesting enhanced awareness and a greater propensity to seek professional support.

Interpretation of results

Even a **brief, structured educational intervention** can produce immediate and meaningful changes in people's perceptions and expectations regarding sexuality after spinal cord injury (SCI).



IMPROVED PERCEPTIONS OF SEXUAL FUNCTIONING

Participants reported greater confidence in their ability to experience arousal, orgasm and overall sexual functioning.



BROADER AWARENESS

The intervention also increased awareness regarding fertility and reproductive possibilities, expanding the impact beyond sexual function alone.



GREATER HEALTHCARE ENGAGEMENT

The increase in requests for medical consultation suggests that the intervention may facilitate activation of care pathways by empowering patients to recognize and address their needs.



A PARTICULARLY STRONG EFFECT AMONG WOMEN

The pronounced improvement among women is especially noteworthy, given the historical underrepresentation of female sexuality in SCI research and rehabilitation.



Concluding message

A structured group-based educational intervention on sexuality in individuals with spinal cord injury leads to immediate and meaningful improvements in expectations, awareness, and perceived sexual potential. Integrating sexuality into rehabilitation through shared educational settings represents a feasible and impactful strategy to support **person-centered care** and to **activate appropriate healthcare pathways**.

Key highlights

- Enhanced Perceptions of sexual function**

Structured group education significantly enhances patients' perceptions of sexual function, including arousal and orgasm.
- Greater awareness and engagement**

The intervention increases awareness of fertility and promotes proactive engagement with healthcare professionals.
- Person-centered care**

Incorporating sexuality education into SCI rehabilitation, with strong nursing involvement, supports comprehensive and person-centered care.



Refs: Zizzo et al., J Pers Med 2022 · Pelizzari, Palgrave Encyclopedia of Disability 2026 · Ireland et al., Rehabil Psychol 2025



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