

high levels of trauma both experienced and transmitted epigenetically (inter-generational trauma). A power-threat-meaning framework appeared to be a more useful adjunct to these classifications along with trauma-informed perspectives. 2. Conventional cognitive behavior therapy was less accepted given its emphasis on rational thinking, while narrative approaches were more successful, given the widespread uses of stories and storytelling in these cultures and the emphasis on relationship as more important than rationality. 3. Trained peer counselors were very helpful. 4. Bringing culture (language, songs, ceremonies, elders, arts) into treatment was highly desirable.

**Conclusions:** Psychiatric services to indigenous and immigrant communities should focus on empowerment through community-based, participatory methods, facilitating local problem solutions, and involving traditional elders, local government, and other stakeholders.

**Disclosure:** No significant relationships.

**Keywords:** Indigenous people; Narrative psychotherapy; Ceremony and Ritual; Power Threat Meaning Framework

### EPP0035

#### Older adults and sexual well-being: A qualitative study in Portugal and Slovenia

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**Introduction:** Beyond living longer, it is increasingly important to live with more and better health during aging (1). Sexual well-being (SWB) was found to contribute to health and well-being in old age and is highly under-researched in the older population (2).

**Objectives:** This study aims to analyze SWB in a cross-cultural way through older Portuguese and Slovenian older samples.

**Methods:** We interviewed 136 older participants with an average age of 71.6 years old. Participants were Portuguese and Slovenian and lived in the community. Participants were subjected to semi-structured interviews and these were subjected to a content analysis process.

**Results:** The content analysis indicated nine themes related to SWB: self-reported good health; demonstrations of love; non-sexual joint activities; overall well-being and quality of life; partner support; positive self-image; being independent and active; sexual compatibility; and masturbation. Portuguese older adults experience their SWB associated mainly with self-reported good health and demonstrations of love, while Slovenians older adults associate their SWB mainly with non-sexual joint activities and overall well-being and quality of life.

**Conclusions:** The themes found in this study are fundamental evidence for cultural interventions and guidelines outlining in the context of sexual health in aging, mainly due to the scarcity of

knowledge of SWB among older adults. 1.von Humboldt S et al. Sexual expression in old age: How older adults from different cultures express sexually? Sex Res Social Policy. 2020;1-15. 2.von Humboldt S et al. Are older adults satisfied with their sexuality? Outcomes from a cross-cultural study. Educ Gerontol. 2020;46:284-293.

**Disclosure:** No significant relationships.

**Keywords:** Qualitative study; Sexual well-being; Cross-cultural; Older Adults

### EPP0036

#### Different cultures and sexual unwellness in older adults: A qualitative study with older populations from Slovenia and Portugal

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**Introduction:** Older adults have been stereotyped (1), both explicitly and implicitly, as being asexual or naturally lacking sexual desires (2).

**Objectives:** The objective of this study is to analyse the perspectives of sexual unwellness (SU) of Portuguese and Slovenian older adults.

**Methods:** A qualitative research was carried out, in which these perceptions were analysed at a cultural level. Methods: The sample of this study consisted of 136 older participants, between 65 and 96 years of age. Participants were of two different nationalities and lived in the community. Participants were interviewed, and all interviews were carried out through the process of literal transcription and subsequent content analysis.

**Results:** Eight key mutually exclusive themes emerged from the interviews: unavailability of partner; traditional values; body restrictions; low self-esteem and well-being; poor social support; dissatisfaction with physical appearance; pain during sex; and difficulties meeting new people. Unavailability of partner was the most important theme (17.9%) for the studied sample and specifically among Portuguese participants. Conversely, difficulties meeting new people was the least reported theme (6.8%) for the entire sample. For Slovenians traditional values were most relevant with respect to feeling sexually unwell.

**Conclusions:** Older adults from two different countries reported diverse sexual experiences. Eight mutual-exclusive themes were extensively illustrated. 1.von Humboldt S et al. Sexual expression in old age: How older adults from different cultures express sexually? Sex Res Social Policy. 2020;1-15. 2.von Humboldt S et al. Are older adults satisfied with their sexuality? Outcomes from a cross-cultural study. Educ Gerontol. 2020;46:284-293.

**Disclosure:** No significant relationships.

**Keywords:** Qualitative study; Cultural diversity; sexual unwellness; Older Adults