Sexual medicine and mental health

O279
The prevalence of anxiety and depression in transgender people living in Russia

E. Chumakov1,2,*, Y. Ashenbrenner1, N. Petrova3, M. Zastrozhin3,4, L. Azarova1 and O. Limankin1,5,6
1Day Inpatient Department, St-Petersburg Psychiatric Hospital No 1 named after P.P. Kaschenko, Saint-Petersburg, Russian Federation; 2Department Of Psychiatry And Addiction, Saint-Petersburg University, Saint-Petersburg, Russian Federation; 3Department Of Addictology, Russian Medical Academy Of Continuous Professional Education, Moscow, Russian Federation; 4Laboratory Of Genetics And Basic Research, Moscow Research & Practical Centre on Addictions of the Moscow Department of Healthcare, Moscow, Russian Federation; 5Department Of Psychotherapy, Medical Psychology And Sexology, North-Western State Medical University named after I.I. Mechnikov, Saint-Petersburg, Russian Federation; and 6Department Of Social Protection, Saint-Petersburg, Russian Federation

Introduction: The prevalence rates of mental health issues, particularly anxiety and depression, is high among transgender people. However, the incidence of anxiety and depression in transgender people living in Russia is unclear until now.

Objectives: To examine the frequency of anxiety and depression in transgender people living in Russia.

Methods: The Hospital Anxiety and Depression Scale (HADS) was used for online screening for symptoms of anxiety and depression in transgender people living in Russia throughout November 2019. 588 transgender adults living in all Federal Districts of Russia (mean age 24.0 ± 6.7) were included in the final analysis. 69.6% (n=409) of the survey participants indicated the direction of transition as transmasculine (TM), 23.1% (n=136) – as transfeminine (TW), and 7.3% (n=43) – as other (TO).

Results: It was found that 45.1% (n=265) and 24.0% (n=141) of transgender people had clinically significant levels of anxiety and depression, respectively (HADS score of 11 or higher). The rates of anxiety (TM=10.21±4.68; TW=8.72±3.91; TO=10.72±4.43) and depression (TM=7.53±4.09; TW=7.40±4.19; TO=7.74±4.33) did not have statistically significant differences within the direction of transition. The anxiety and depression mean scores in all subgroups were statistically significantly higher than in the general Russian population (p<0.001; one sample t-test).

Conclusions: Our findings suggest a high prevalence of depression and anxiety disorders in the transgender population as compared to the cisgender population in Russia. The identified frequency of anxiety and depression in transgender people in Russia is worrying and requires immediate action to improve the availability and quality of medical and psychological care for this group of people.

Disclosure: No significant relationships.

Keywords: Depression; Transgender; Anxiety

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Sexual fantasies, subjective satisfaction and quality of sexual life in patients of sexual dysfunction: A comparative study

N. Ohri1,*, A. Dubey2, G. Vankar3, P. Rathi2 and A. Gill1
1Psychiatry, New Life Hospital, Varanasi, India; 2Psychiatry, Sri Aurobindo Medical College and PGI, Indore, India and 3Psychiatry, Parul Institute of Medical Sciences, Vadodara, India

Introduction: Exploring the ways in which sexual fantasies may affect sexual experience and satisfaction is of relevance in the clinical setting involving sexual dysfunction.

Objectives: To observe how the sexual fantasy scores differ in their relationship with sexual satisfaction, experience and quality and anxiety and depression in transgender people in Russia is worrying and requires immediate action to improve the availability and quality of medical and psychological care for this group of people.

Disclosure: No significant relationships.

Keywords: Sexual Dysfunction; sexual fantasy; Sexual Quality of Life; Sexual experience

<table>
<thead>
<tr>
<th>Scales included:</th>
<th>Cases N=100</th>
<th>Controls N=100</th>
<th>t-test</th>
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<tbody>
<tr>
<td>WSFQ 26.80(17.61) 30.59(15.32) t=1.62,df=98,p=0.106</td>
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<td>SQoL 29.41(12.12) 49.5(6.67) t=14.52;df=198, p&lt;0.0001</td>
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<tr>
<td>Asex 17.52(4.73) 8.28(1.34) t=15.24;df=198, p&lt;0.0001</td>
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<td>Satisfaction Mean(SD) 4.27(1.85) 7.82(1.31) t=3.052;df=198, p=0.0026</td>
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Majority of WSFQ responses, both in cases and controls, fell in the intimate and impersonal domains. Sexual fantasy scores and sexual satisfaction had a strong positive and significant correlation in controls but no linear correlation in the case-subjects. sexual fantasy scores contributed to 5.7% of difference in the scores of SQoL between groups. Major variance in scores of satisfaction in our subjects depended on presence or absence of sexual dysfunction (46.5%) but sexual fantasies also contributed to 8.8% of the variance.

Conclusions: The study showed that fantasies contribute to positive sexual outcomes only in absence of sexual dysfunction. ANOVA analysis revealed that in case-subjects sexual satisfaction briefly increases initially with increase in fantasy scores but starts to decline as fantasies increase.

Disclosure: No significant relationships.

Keywords: Sexual Dysfunction; sexual fantasy; Sexual Quality of Life; Sexual experience