Thank you to all participants!

First and foremost, the OASIS team would like to sincerely thank each and every one of you that participated in the first OASIS study. It’s been an exciting journey so far and we couldn’t have gotten to where we are now without your assistance.

With your help we can now take a fresh look at how adults aged 45 and above view sexuality and intimacy, and better understand how different parts of life affect how they engage with and express their sexuality.

The next stage of the OASIS will be to look at the data and use it to a) develop a new conceptualisation of sexuality at mid and later life for heterosexual men and women, b) use this information to develop a questionnaire that can measure sexuality for this group, and c) help create better awareness outside of the research space about what sexuality at midlife and beyond is and what it means.

In this edition, we’ll talk a little about the media publicity that the OASIS has been getting, and what to expect in the future. We’ll also explain what we’re trying to get out of our data, and give a few examples of what we’ve learned so far in our preliminary analyses.

And finally, you can get a heads up in terms of what comes next, how you can get involved with the different things we’re doing, and why it’s so important for us to be doing this research.

Once again, a MASSIVE thank you to everyone who has supported the OASIS so far, and we hope that you will continue to be part of Team OASIS moving forward. It’s a long journey, but well worth the effort!

Thank you!
OASIS in the real world

A lot has been happening for the OASIS team out in the real world, and our goal to create awareness and get more people thinking about the importance of sexuality beyond the reproductive years is off to a great start.

A big part of this has been with thanks to ABC Radio, who have helped to promote the OASIS research and have had Ashley Macleod on numerous programs to talk about sexuality at midlife and beyond, the sex lives of baby boomers and the OASIS studies themselves.

Several programs have invited Ashley back in the future to discuss the results of study one, so stay tuned for more!

Ashley was a guest on:
- ABC Radio Canberra – 18 Feb
- ABC Radio Ballarat – 25 Feb
- ABC Radio Perth – 15 June
- ABC Radio NSW – 16 June
- ABC Radio Canberra – 16 June
- ABC Radio Adelaide – 21 June
- ABC Radio National – 22 June
- ABC Radio Tasmania – 30 June

An article about later life sexuality was also published in the online newsletter Starts At Sixty (published 12 March 2016) titled “Who says older people don’t enjoy sex?” and talked about debunking the myth of the asexual older adult.

In April, Ashley was a guest at the Center on Ageing at the University of Honolulu, Manoa in Hawaii and spoke to other researchers about her work in later life sexuality and the importance of including the sexuality of older adults in later life research.

In May, Ashley spoke at the Multidisciplinary Sexual Dysfunction Conference in New Zealand about redefining later life sexuality. Much of this presentation focused on the implications for medical practitioners in terms of the services they provide for their older clients.

These presentations were important, because sharing research with other institutions and multidisciplinary conferences are a way to create change in the way that research and clinical practice is conducted, and that feeds on and creates change in the real world.

It can sometimes be a slow journey creating real change in research and in the real world, but thanks to things like media interest, guest presentations at other research institutes, news articles, and conferences, we will get there!

WANT TO KNOW MORE?

Listen to radio interviews online:
If you would like to listen to the interview on Radio Canberra, you can do so by going to: http://iha.acu.edu.au/people/ashley-macleod/

Read the article from Starts at Sixty:
If you would like to read the article, you can do so by going to: https://startsat60.com/stories/living/who-says-older-people-dont-enjoy-sex-2

For more about the OASIS, go to:
iha.acu.edu.au/hdr-study/student-projects/

Or contact Ashley Macleod directly:
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Phone: (03) 9230 8103
What’s next for the OASIS?

The next stage of research involves analysing all the lovely data you’ve helped us collect so far!

What this means is, we will pull all the data we’ve collected from the two parts of the study together and look at the information, to try and get a picture of what is going on in the lives of adults between the ages of 45 and 64, and adults aged 65 and above.

While we have yet to analyse the data, we can say that the data is rich and full of a range of different perspectives, so we’re very excited about what we’re going to see in the analysis. There are two parts to our analysis of study one: a concept mapping exercise and a qualitative analysis.

The first part (the concept mapping exercise) takes the data from phase two of the study and helps us create a picture of what sexuality and intimacy looks like for people. It takes each response and looks at how the different statements have been grouped together, and then uses that information to create a new set of groups that incorporates all of the information together.

The end result is a cluster map that looks kind of like this:

We will do this to create two concept maps that shows how people think about and engage with their sexuality: one for people aged between 45 and 64, and another for people aged 65 and above. Once we have these maps, we can use this information to create a new sexuality questionnaire that is designed specifically for people aged 45 and up.

The second part will take place in September and involves engaging with men and women aged 45 and up to discuss the wording of proposed questionnaire items to make sure that we are asking the questions in a clear, understandable, and consistent way. By doing this we can refine our questionnaire items so that we are ready to roll out Study 2 of the OASIS in October.

As of mid-October 2016, we plan to begin recruitment for the next part of the OASIS project so that we can finalise the development of a new sexuality measurement scale for adults in mid and later life.

But why is this important?

At the moment, the measures that researchers and medical professionals use to study sexuality have been designed either for younger populations, or focus on using intercourse frequency, sexual satisfaction or sexual function to understand sexuality. It’s clear from existing research that this is only part of the picture, and so we’re trying to build a measurement tool that takes into account much more of the experience of sexuality.

This new measurement scale will help to make sure that the needs and wants in terms of sexual health for adults at mid and later life are better understood by researchers and health professionals. And in the real world, this will mean that doctors and other professionals can make sure that they are properly responding to these needs so that you have the best possible results with treatments, and can have the life you want.

FOR MORE INFORMATION
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Upcoming Dates in 2016:

- Data analysis (phase 1) – August-September
- Cognitive Interviewing – September
- Data analysis (phase 2) – September
- Questionnaire development – September-October
- OASIS Study 2 goes live – Mid-October
- OASIS Newsletter – Issue #3 – October