DID YOU KNOW, THAT YOUR ENERGY CONSUMPTION INCREASES BY 10% WHEN YOU STAND UP?
Wellbeing of Finnish university students aroused by the same sex

Mikko Floréen, MD, specialist in general practice
Kristina Kunttu, MD, PhD, specialist in general practice
Juhani Saari, M.Soc.Sc., researcher
Background and aims

• Sexual orientation influences an individual’s health and wellbeing throughout the span of life through the reactions of the social environment

• The aim of this study was to investigate whether there are differences in the wellbeing of individuals in two groups of university students in Finland
  • Group A: individuals aroused exclusively or partly by the same sex
  • Group B: individuals aroused exclusively by the opposite sex
Methods

• The Finnish University Student Health Survey 2016 (KOTT 2016)
• A questionnaire distributed to 10 000 Finnish students (younger than 35 years)
  • university students
  • students of universities of applied sciences
• 31 % answered the survey
Methods:
Study questions (8.1-8.4/126)

8. How would you describe your current state of well-being?

<table>
<thead>
<tr>
<th></th>
<th>Very poor</th>
<th>Poor</th>
<th>Fairly good</th>
<th>Good</th>
<th>Very good</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Physical well-being (e.g., physical health)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>2. Mental well-being (e.g., mental balance)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>3. Social well-being (e.g., social networks)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>4. Overall well-being</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
113. Which of the following best describes your sexual arousal?

1. I’m turned on only/mostly when with or thinking of a woman
2. I’m turned on primarily when with or thinking of a woman, but also when with or thinking of a man
3. I’m turned on equally when with a woman or a man or when thinking of a woman or a man
4. I’m turned on primarily when with or thinking of a man, but also when with or thinking of a woman
5. I’m turned on only/mostly when with or thinking of a man
6. I’m not turned on when with a woman/man or when thinking of a woman/man
7. I’m turned on when with or thinking of an other-gender person (please specify)
   (if you select this option, you can also select one of options 1-5 if necessary)
8. In terms of my being aroused, my partner’s gender is irrelevant
Methods:
Background question 2 (2/126)

Gender

1. Male
2. Female
3. Other

→ Comparison for males and females separately between the groups A and B
Methods: Groups A and B for men

Group A
- Question 1 alternative 2:
  I’m turned on primarily when with or thinking of a woman, but also when with or thinking of a man
- Question 1 alternative 3:
  I’m turned on equally when with a woman or a man or when thinking of a woman or a man
- Question 1 alternative 4:
  I’m turned on primarily when with or thinking of a man, but also when with or thinking of a woman
- Question 1 alternative 5:
  I’m turned on only/mostly when with or thinking of a man

Group B
- Question 1 alternative 1:
  I’m turned on only/mostly when with or thinking of a woman
Methods:
Groups A and B for women

**Group A**
- Question 1 alternative 1: I’m turned on only/mostly when **with or thinking of a woman**
- Question 1 alternative 2: I’m turned on primarily when **with or thinking of a woman, but also when with or thinking of a man**
- Question 1 alternative 3: I’m turned on equally **when with a woman or a man or when thinking of a woman or a man**
- Question 1 alternative 4: I’m turned on primarily **when with or thinking of man, but also when with or thinking of a woman**

**Group B**
- Question 1 alternative 5: I’m turned on only/mostly when **with or thinking of a man**
Results – background information: Groups A and B for men

Group A; N = 114 (11,0 %)
- Question 1 alternative 2 (5,7 %):
  I’m turned on primarily when with or thinking of a woman, but also when with or thinking of a man
- Question 1 alternative 3 (1,0 %):
  I’m turned on equally when with a woman or a man or when thinking of a woman or a man
- Question 1 alternative 4 (1,0 %):
  I’m turned on primarily when with or thinking of man, but also when with or thinking of a woman
- Question 1 alternative 5 (3,3 %):
  I’m turned on only/mostly when with or thinking of a man

Group B; N = 923 (88,4 %)
- Question 1 alternative 1:
  I’m turned on only/mostly when with or thinking of a woman
Results – background information: Groups A and B for women

Group A; N = 507 (25,9 %)
• Question 1 alternative 1 (1,3 %):
  I’m turned on only/mostly when with or thinking of a woman
• Question 1 alternative 2 (0,9 %):
  I’m turned on primarily when with or thinking of a woman, but also when with or thinking of a man
• Question 1 alternative 3 (3,4 %):
  I’m turned on equally when with a woman or a man or when thinking of a woman or a man
• Question 1 alternative 4 (20,3 %):
  I’m turned on primarily when with or thinking of man, but also when with or thinking of a woman

Group B; N = 1404 (72,0 %)
• Question 1 alternative 5:
  I’m turned on only/mostly when with or thinking of a man
Results:
Physical well-being

- **Men A**
  - Cramér’s V
    - A: 0.069
    - B: 0.058
    - $P \approx 0.161$

- **Men B**
  - Cramér’s V
    - A: 0.069
    - B: 0.058
    - $P < 0.01$

- **Women A**
  - Cramér’s V
    - A: 0.091
    - B: 0.102
    - $P < 0.01$

- **Women B**
  - Cramér’s V
    - A: 0.091
    - B: 0.102
    - $P < 0.01$
Results: Mental well-being

Cramér’s V
- Men A: 0.152
- Men B: 0.137
- P < 0.01

Cramér’s V
- Women A: 0.121
- Women B: 0.142
- P < 0.01
Results:
Social well-being

<table>
<thead>
<tr>
<th></th>
<th>Men A</th>
<th>Men B</th>
<th>Women A</th>
<th>Women B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cramér's V</td>
<td>A: 0,156</td>
<td>B: 0,142</td>
<td>A: 0,100</td>
<td>B: 0,077</td>
</tr>
<tr>
<td>P</td>
<td>&lt; 0,01</td>
<td>&lt; 0,01</td>
<td>&lt; 0,01</td>
<td>&lt; 0,01</td>
</tr>
</tbody>
</table>

The diagram shows the distribution of social well-being categories (Very poor, Poor, Fairly good, Good, Very good) among Men A, Men B, Women A, and Women B. The percentages are indicated by the colors and lengths of the bars.
Results:
Overall well-being

Cramér’s V
A: 0.142
B: 0.102
P < 0.01

Cramér’s V
A: 0.090
B: 0.102
P < 0.01
Results

• The **mental, social and all inclusive wellbeing** of university students who are sexually aroused exclusively or partly by the same sex is worse than of those who are aroused exclusively by the opposite sex.

• **Physical wellbeing** of women university students who are sexually aroused exclusively or partly by the same sex is worse than of those who are aroused exclusively by the opposite sex, but there no statistically important difference for men.
Conclusions

• For a health professional working with university students, it is important to pay attention to which gender sexually arouses the student

  "Are you in any situation sexually turned on with or thinking of a person of your gender?"

• Students aroused exclusively or partly by the same sex might need special attention by health professionals to improve their wellbeing
Thank you for your attention!
mikko.floreen@fimnet.fi
EASY WELL-BEING MATHEMATICS:

3 hours of standing
× 5 days a week
≈ -3.5 kilos a year

MAKE STANDING UP INTO A HABIT,
LIFT YOUR BOTTOM UP!

BOTTOMS UP!

SIT LESS, FEEL BETTER.
STAND UP FOR 1-2 MINUTES EVERY HOUR.

Even a few minutes of standing is worth it – you'll feel invigorated and your body's energy consumption will increase.
Background question 2.2 (112/126)

Which of the following best describes your sexual orientation?

1. Hetero
2. Bi
3. Gay
4. Lesbian
5. Other, specify:
6. None of the above describes me
Methods:
Background question 1 (113/126)

Which of the following best describes your sexual arousal?

1. I’m turned on only/mostly when with or thinking of a woman
2. I’m turned on primarily when with or thinking of a woman, but also when with or thinking of a man
3. I’m turned on equally when with a woman or a man or when thinking of a woman or a man
4. I’m turned on primarily when with or thinking of man, but also when with or thinking of a woman
5. I’m turned on only/mostly when with or thinking of a man
6. I’m not turned on with a woman/a man or thinking of a woman/a man
7. I’m turned on with a other-gender person or thinking of a other-gender person
8. In terms of my being aroused, my partner’s gender is irrelevant