

# MOSAIC BRAZIL: an epidemiological survey shows differences in sexual behavior in a continental country with a contrasting culture

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## OBJECTIVE

To identify contrasting characteristic of sexual behavior in Brazil, a country with a continental size and contrasting culture.

## MATERIAL AND METHODS

This study was named Mosaic Brazil and was conducted by the Program of Studies in Sexuality - Department and Institute of Psychiatry, Medical School, University of São Paulo (Brazil). A self-administered and anonymous questionnaire was applied to 4,206 men and 4,031 women from 10 large cities, all aged 18 and above. The data was analyzed with chi-square tests;  $p \leq 0.05$  was considered statistically significant.

## RESULTS

Most men (74.8%) and women (70.3%) surveyed are in a committed relationship. 89.6% of men and 93.7% of women said they were heterosexual. Homosexual men totaled 7.8%; and 4.9% for the women. 2.6% of men and 1.4% of women said they were bisexual.

It has been found that currently conversations about sex with the family are usual for 57.9% of men and 60.6% of women who took part in the study. Men from the South (66.1%) and women from the North (68.1%) stood out.

When the subject is quality of life, opinions diverge considerably among locations and in particular between genders. In this issue, 10 items were listed: healthy eating, family time, quality of sleep, working with something one likes, sexual activity, disease prevention and attention to health, social life, regular exercising, time for cultural activities and hobbies, and regularly going on holidays.

Men believe that satisfactory sexual activity is only less important than healthy eating and family time. For Brazilian women, sex takes the 8<sup>th</sup> place, and loses to healthy eating,

family time, quality of sleep, disease prevention and attention to health, working with something one likes, having time for cultural activities and hobbies and social life.

Still in this rank, sex is one of the priorities for men from Rio de Janeiro and women from São Paulo (2<sup>nd</sup> and 3<sup>rd</sup> places, respectively). For women in the North and Midwest, sex appears in the last place. Men from such locations also consider other items to be more important and leave sex in the 5<sup>th</sup> place.

When questioned about the fear of disappointing the partner in sexual relations, men from the Northeast are the most confident: 57.1% of them are not afraid of disappointing. On the other hand, 72.6% of men from the Brazilian capital city (Brasília) fear disappointing their partners.

Male sexual satisfaction depends on the man's ability not to fail: men (63.5%) and women (78.1%) agree with this statement.

The opinion of Brazilians on the possibility of having sex with someone with whom they are not affectionately involved is contrasting: 75.8% of men said they would do it, against 43.1% of women. One's attention is drawn to the high level among men from Rio de Janeiro: 82.7% of them would have sex without involvement with their partners.

The physical appearance of the partner is important for sexual stimulation for 88.9% of men and 72.3% of women.

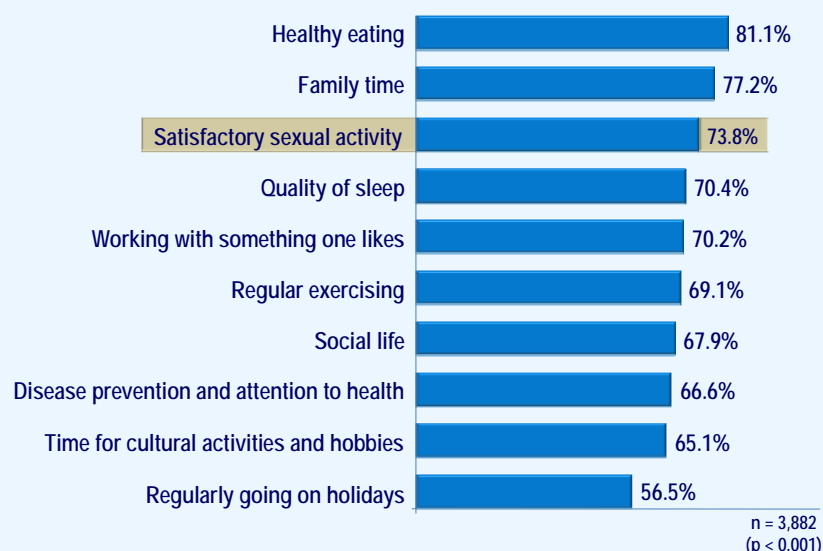
In the countrywide average, 42.9% of men noticed a worsening in the quality of erections as years went by. Men from São Paulo were the ones who most referred such worsening (47.4%).

Women from the far South stood out in relation to the ability to reach orgasm in sexual relations (83.6%) while the countrywide average was 76.5%.

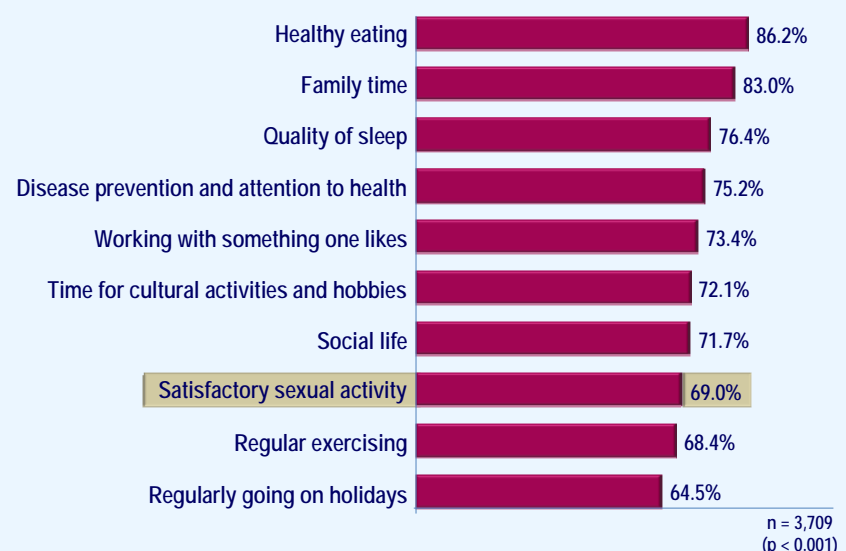
## CONCLUSION

There are significant differences in culture and sexual behavior in Brazil, both on a regional and gender basis.

### Quality of Life: Opinion of Men



### Quality of Life: Opinion of Women



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