

Effects of Trait-Anxiety and Mindfulness on Female Sexual Functioning

My Capstone Project focuses on the topic of female sexual functioning and how trait-anxiety and mindfulness relate to it. My hypothesis is that those who have more trait-anxiety will experience more sexual difficulties than those who have lower anxiety. I also hypothesize that those who have a mindful personality will have higher sexual functioning than those who are not mindful. Participants will be collected using Qualtrics and will consist of sexually active females on our campus. This study will use three surveys: the Hospital Anxiety and Depression Scale, the Freiburg Mindfulness Inventory, and the Sexual Distress-Revised questionnaire. The procedure will be that students will log onto Qualtrics and take all three surveys. I anticipate that those who have higher ratings on the trait-anxiety scale will have higher sexual distress scores. I also anticipate that those who have higher mindfulness ratings will have lower sexual distress scores.