**Orgasmic Perception Questionnaire (OPQ; Panzeri, Mauro, Ronconi & Arcos-Romero)**

The following questionnaire contains statements about orgasm. Read each statement and indicate how often you experience what is expressed in the sentence, referring only to the orgasm phase and not to what happens immediately before or after. An orgasm can be experienced in different ways: answer based on what you usually experience, referring especially to the last orgasms you experienced. Mark with a cross the answer that comes closest to your way of thinking and feeling. There are no right or wrong answers. If you have never had a partner, please tick the box "I have never had a partner" in sentences in which you explicitly refer to a partner.

**SOME DEFINITIONS**

**Coitus**: sexual intercourse with the introduction of the penis into the vagina

**Masturbation**: self-stimulation of the genitals to obtain sexual pleasure

**Oral sex**: sexual intercourse consisting of oral stimulation (i.e. with the mouth) of the penis or female genitals

**Anal sex**: sexual intercourse involving the introduction of the penis into the anus

**Sexual relationship**: one or more sexual relationships with one or more people that do not necessarily imply an emotional exchange

**Affectionate relationship**: a relationship with one or more partners that does not necessarily involve a sexual relationship

**Sexual intercourse**: a form of mutual stimulation that may include kissing, caressing, mutual stimulation, coitus, oral sex, anal sex

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| 1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Always | 6 = I have never had a sexual partner | 7 = Don't know/can't remember |

1. I feel a sense of power
2. I feel a strong sense of shaking in the muscles of my body
3. I feel euphoric
4. I feel more sensual
5. I feel shivers and tremors at the extremities of my limbs
6. I feel fulfilled
7. I feel an increase in body temperature
8. I feel a strong tension throughout the whole body
9. I feel a sensation of electric shocks spreading through my body
10. I experience physical pleasure at the genital level
11. I feel a tingle all over my body
12. I feel the heat on my face
13. I feel muscular contractions spreading from the genital area to the rest of the body
14. I feel my muscles completely relaxed
15. I am unable to think about anything else
16. I feel like screaming
17. I have a feeling of warmth in my genital area
18. I feel muscle tension
19. It seems to me that everything around me is perfect
20. I struggle to breathe
21. I experience a flow of positive thoughts regarding reality succeeding one another
22. I feel full of energy
23. I don't think complex thoughts
24. I have the feeling of being isolated from the rest of the world
25. I am hit by a wave of pleasure that starts in the genital area and radiates up to the head
26. All anxiety disappears
27. I do not have any kind of inhibition, restraint, or limitation
28. I feel determined to realise my orgasm at all costs
29. I feel my body vibrating like an electric shock
30. I have the feeling that the more instinctive part of me takes over
31. I feel out of touch with reality for a moment
32. I feel a sense of calm
33. I have the feeling that time has stopped
34. I feel a strong electric shock going throughout my body
35. I need to feel relaxed
36. I feel protected by my partner
37. I feel the muscles in my legs stiffening
38. I feel a "sense of victory"
39. I feel like I don't have any worries
40. My mind is occupied only by pleasure and the sexual object that stimulates it
41. I feel strong
42. I don't think about anything
43. I feel calm
44. I feel the strong interconnection between mind and body
45. I feel an almost transcendental pleasure
46. I focus exclusively on physical sensations and emotions
47. I feel tremors
48. I feel a sense of comfort
49. I feel like smiling
50. At that precise moment, it is pure instinct, without leaving much because of thoughts
51. I feel that my body is going through spasms
52. I'm focusing on what is happening
53. I have goosebumps
54. I experience different types of orgasms
55. I do not focus on anything in particular