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