

Supplementary Material #2.

Step #2 of the *Pleasuremeter*: Suggested questions to discuss all factors with the client.

- **Physical and psychological satisfaction or enjoyment:** Who were your sexual partners...? Can you tell me if you had anal, vaginal, oral sex...? How many partners did you have? How do you usually meet your partners? Can you recall any factors or situations that made you lean more towards 1 or 10? Was the satisfaction or enjoyment the same beforehand (when you were planning the encounter), during and after sex, or not? Can you think separately of physical and psychological satisfaction or enjoyment in your sexual encounters, or not? Was there anything specific that made your relationships more or less pleasurable?
- **Self-determination:** What factors made you feel free when making decisions about your own sexuality? Are there factors that limit your ability to make choices?
- **Consent:** How easy or difficult was to reach consensual agreements about what you wanted and didn't want to do with your sexual partner(s)? Did you feel you could change your mind if you wanted to?
- **Safety:** What was the method of protection you used most often? What situations made you feel safe? What situations made you feel less safe? Did you experience any issues related to STIs or unwanted pregnancies that made you feel less safe? What actions did you take afterwards to ensure your safety (such as HIV testing and medical check-ups)? Has substance use had an impact in your safety?
- **Privacy:** Were there factors that you could not control when seeking privacy? Did you have privacy in your sexual encounters with your partner(s) and when you masturbated? (It is worth pointing out that some people enjoy observing their partners during sexual activity or exhibiting their sexual activity to their partners. From a sexual rights framework, this is only valid when it is consensually agreed and does not violate the rights and privacy of others).
- **Confidence:** Were there things that limited the ways in which you wanted to express yourself during sex? Did a negative thought (for example, concerns about body image) make you feel inhibited in terms of self-expression? Did your partner do or say something that made you feel more or less confident?
- **Communication/negotiation:** Were you able to talk to your partner(s) about what you wanted to do in each encounter? Were you able to tell them when something was pleasurable or not? Were you able to propose new things that you wanted to try?

Source: The Global Advisory Board (GAB) for Sexual Health and Wellbeing, 2018
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