

Report on the outcomes of a Short-Term Scientific Mission¹

Action number: CA18124

Grantee name: Ayse DELIKTAS DEMIRCI

Details of the STSM

Title: Exploration of sexual well-being concept: A building of research cooperation and participation a research activity

Start and end date: 28/08/2024 to 18/09/2024

Description of the work carried out during the STSM

Description of the activities carried out during the STSM. Any deviations from the initial working plan shall also be described in this section.

(max. 500 words)

Grantee enters max 500 word summary here.

- During this scientific visit, i had the opportunity to meet researchers at the guest institution. By attending their project meetings as a guest researcher, I was informed about their research fields in sexuality and the way they handle sexual health and well-being with interdisciplinary approaches.
- I participated in a seminar which is about HIV testing organized by the Sexual Health Network.
- The researchers' ongoing research project was introduced to me. Related resources for their project's method were provided to read. So that I could have more detailed information about the Delphi method. In order to develop my skills for the Delphi method, I was also involved in their research process by creating a sexual well-being definition review. So, I experienced more details knowledge in sexual well-being and different concepts and approach in the interdisciplinary.
- I presented my doctoral thesis to the researchers in the department. It was an opportunity to transfer knowledge about research interests, and countries' strategies about the sexual health to each us.
- By holding individual meetings with Kirstin Mitchell, a research proposal was prepared for a qualitative design regarding the feasibility and acceptability of the Psychosexual Care Model in not only health professionals but also participation of women and nurses' management officers as stakeholders. I tis also planned to design a lecture for nurses which is about sexual well-being by the supervising of Kirstin Mitchell.
- In addition, thanks to these meetings, information was obtained about the country's sexual health policies.

¹ This report is submitted by the grantee to the Action MC for approval and for claiming payment of the awarded grant. The Grant Awarding Coordinator coordinates the evaluation of this report on behalf of the Action MC and instructs the GH for payment of the Grant.

- It is also planned one more research which aims to conduct a validity and reliability study of the Sexual Well-being Questionnaire with Kirstin Mitchell who developed this scale.

Description of the STSM main achievements and planned follow-up activities

Description and assessment of whether the STSM achieved its planned goals and expected outcomes, including specific contribution to Action objective and deliverables, or publications resulting from the STSM. Agreed plans for future follow-up collaborations shall also be described in this section.

(max. 500 words)

Grantee enters max 500 word summary here.

The main achievements of this STSM are:

1. **Building of a research collaboration:** It was planned to conduct research which is about a validity and reliability study of the Sexual Well-being Questionnaire which was already developed by Kirstin Mitchell. This study is important because it will provide interdisciplinary knowledge transfer between the researchers which will affect handling way of sexual well-being. It is also planned to publish it as an article in any international journal except the STSM date. With this STSM visit, research coordination was generated. It is described as one of the main objectives of the ESMN.
2. **Draft proposal for study in Turkey:** It was created a proposal that is about the feasibility and acceptability of the Psychosexual Nursing Care Model which aims to promote the sexual well-being of women by handling the opinions of women, nurses, and their management officers. The proposal included a sampling strategy, data collection procedures, a topic guide, and a timetable. It is also discussed how could be designed in different ways. It is also suggested about some important resources to conduct feasibility studies of interventional design. Creating a research network and preparing a research proposal during the STSM visit served the specific objective of building research coordination.
3. **Knowledge exchange on sexual well-being in different cultural contexts and disciplines:** During the meetings with researchers at their projects' meetings or my Ph.D. thesis seminar, it was also provided. And attended their project activity is also provided detailed knowledge about sexual well-being concept.
4. **Transfer of skills about the Delphi method for building consensus:** Attending their project meetings, reading the literature about the method, and contributing to work about the method provided this. So, it provided capacity building for the researcher which is defined as one of the specific objectives of the ESMN.