



# DEVELOPMENT OF SEXUALITY AND INTIMACY CONTEXTUALIZED ASSESSMENT TOOL FOR FILIPINO ADULTS WITH PHYSICAL DISABILITIES

**Queenie Nicole P. Masajo-Aspiras, MSOT, OTRP, CBT (Certified in AUS)**

Primocare Therapy Center, Quezon City  
The PlayPod Therapy Center, Floridablanca, Pampanga  
Walkie Talkie Therapy Center, Quezon City  
The Graduate School, University of Santo Tomas, Sampaloc, Manila

**Joel R. Guerrero, OTD, MA, OTR/L**

Cedar Crest College, Allentown, Pennsylvania, USA  
The Graduate School, University of Santo Tomas, Sampaloc, Manila

WFOT Congress 2026  
February 9-12, 2026  
Bangkok International Trade & Exhibition Centre  
Bangkok, Thailand

No financial disclosures.



Adults with physical disabilities are sexual beings who **should have the same opportunity to have fulfilling relationships** throughout their lives as everyone else.

(SHAH, 2017)



Persons with physical disability have been blocked off from the prevailing socialization and learning processes that prepare people for sex, love, and reproduction.

(SHAKESPEARE ET AL., 1996; DAVIS, 2000)



Sexual activity can lower heart rate, blood pressure, and tension by boosting oxytocin release, and can significantly improve life satisfaction and happiness.

Less sexual activity has been linked to higher mortality rates and worse self-reported health.

(UEDA, 2020)



Individuals with physical disabilities have demonstrated **limited awareness of their condition, lack skills, and almost no ability to provide services** about sexuality that are accessible to those with disabilities.

(LEE, DEVINE & MARCO, 2015)



Occupational therapists provide:

- Proper education and training
- Compensatory strategies and adaptations to activities
- Promotion of client participation in gender-related social roles
- Support the development of body image and self-esteem

(HWANG ET AL., 2023)

- Healthcare professionals frequently feel uncomfortable in discussing sexuality with patients with physical disabilities.
- OTs consider sexuality a legitimate area of practice, but struggle to appropriately address it during clinical practice.

(LEPAGE, AUGER, & ROCHETTE, 2021)

- Although OT practitioners have the expertise and abilities to provide sexual rehabilitation, there are insufficient assessment tools available to evaluate clients' functioning in terms of intimacy and sexuality.

(LEYSON, 2022)



## OBJECTIVE

To develop a contextualized assessment tool for evaluating sexuality and intimacy among Filipino adults with physical disabilities utilizing the consensus of Filipino healthcare professionals

## METHODS

Expert reviewers assessed Sexuality and Intimacy Contextualized Assessment Tool (SICAT) using the **modified Delphi approach**. This approach was used **to reach a consensus** on the **appropriateness of the content** and **response scales**, as well as the **structure** and **wording** of the SICAT items



# THE DEVELOPMENT OF SEXUALITY AND INTIMACY CONTEXTUALIZED ASSESSMENT TOOL (SICAT)

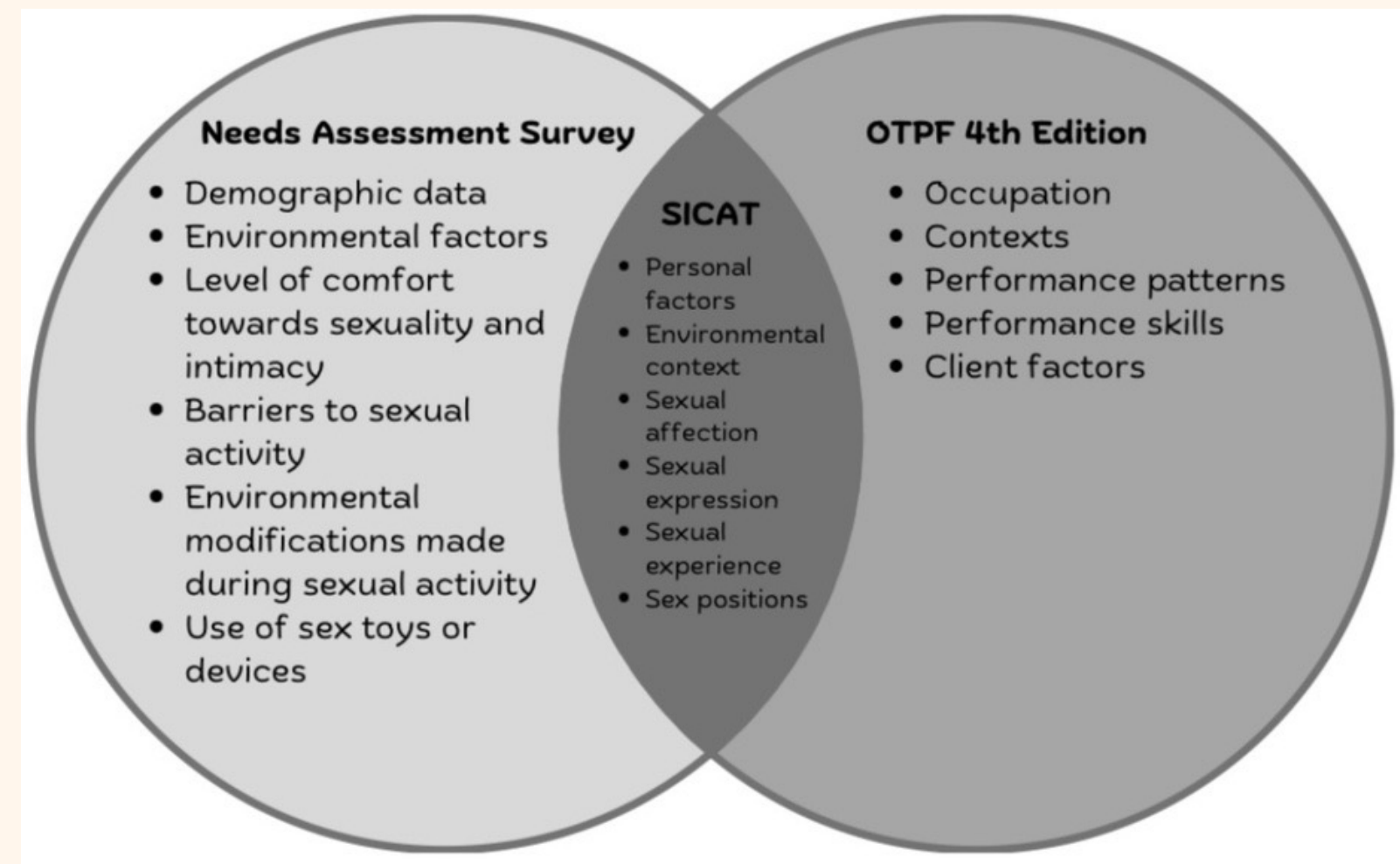
1 NEEDS ASSESSMENT SURVEY

2 LITERATURE REVIEW

3 TOOL DEVELOPMENT

4 EXPERT REVIEW

# OUTCOME & EVALUATION



# RESULTS

The study shows the consensus of expert reviewers on the assessment tool, with the top three items with high mean score, and the bottom three items with low mean score needing revision before it will be ready for use in next round of expert review or use in clinical practice.

POPULATION	
<i>Most Ranked Items in Agreement with the Expert Reviewers</i>	<i>Mean Score</i>
Inclusion	4.2
Appropriate Target Population	4.2
DESIGN	
<i>Most Ranked Items in Agreement with the Expert Reviewers</i>	<i>Mean Score</i>
Cover Page Appropriate	4.8
Title	4.6
Font Style	4.6
Font Size	4.6
Line Spacing	4.6
Cover Page Engaging	4.2
Color Scheme	4.2
<i>Least Ranked Items in Agreement with the Expert Reviewers</i>	<i>Mean Score</i>
Layout	4
ILLUSTRATIONS	
<i>Most Ranked Items in Agreement with the Expert Reviewers</i>	<i>Mean Score</i>
Position	4.8
Size	4.8
Clear Illustrations of Beds & Furniture	4.8
Clear Illustrations of Sexual Positions	4
CONTENTS	
<i>Most Ranked Items in Agreement with the Expert Reviewers</i>	<i>Mean Score</i>
Grammar & Syntax	3.8
Instructions	3.6
Specific Options	3.6
Easy to Comprehend	3.6
Wide Range of Topics	3.6
Socially & Culturally Relevant	3.6
Headings	3.6
Subheadings	3.6
Definitions of Sex Positions	3.6
Easy to Understand	3.4
Arranged Systematically	3.4
Contextualized to the Philippine setting	3.4
Accurate and pertinent	3.4
Likert scale	3.4
<i>Least Ranked Items in Agreement with the Expert Reviewers</i>	<i>Mean Score</i>
Pages	2.8
Inclusive and non-discriminatory	3
Relevant questions	3.2
Organized	3.2
RELEVANCE	
<i>Most Ranked Items in Agreement with the Expert Reviewers</i>	<i>Mean Score</i>
Significance	4
<i>Least Ranked Items in Agreement with the Expert Reviewers</i>	<i>Mean Score</i>
Aspect of OT in Sexuality	3.4
Information about OT in Sexuality	3.8

# CONCLUSION

The SICAT was revised according to the comments and suggestions from the expert reviewers to promote inclusivity, relevance, and emphasis on sexuality in the OT perspective.



# Sexuality & Intimacy

## Contextualized Assessment Tool (SICAT)

### ABOUT

The Sexuality and Intimacy - Contextualized Assessment Tool (SICAT) is an instrument that will assess and measure the person's sexuality and intimacy concerns secondary to their physical disability. This instrument is a written inventory, requiring approximately 10-20 minutes to administer, and is appropriate to use on adults with physical disabilities, ages 18 years old and above.

The areas are divided into 3 categories: sexual affection, sexual expression, and sexual experience. Each category has a range of related activities and concerns pertinent to sexuality and intimacy.

### ADMINISTRATION

The tool can either be completed by the client alongside the therapist or can be given to the client to complete in their own time. In situations where the client is not able to complete the checklist, the information can be gathered through his/her partner.

## PERSONAL FACTORS

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Profession: \_\_\_\_\_

GENERAL INSTRUCTION: Please put a check mark on the circle.

#### Gender:

- Male
- Female
- Non-binary
- Transgender
- Intersex
- I prefer not to say

#### Average Monthly Income:

- Below Php 10,957
- Php 10,957 - Php 21,914
- Php 21,915 - Php 43,828
- Php 43,829 - Php 76,669
- Php 76,670 - Php 131,484
- Php 131,484 - Php 219,140
- Php 219,140 and above

#### Medical Devices Present in Body:

- None
- Deep Brain Stimulator
- Cochlear Implant
- Cardiac Defibrillator/ Pacemaker
- Glucose Monitor
- Insulin Pump
- Artificial Organ
- Metal Implant
- Oxygen Support
- Feeding Support (Nasogastric or Percutaneous Endoscopic Gastrostomy)
- IV Line Catheter
- Colostomy Bag
- Assistive Technology (Wheelchair, Crutch, Brace, Splint, Prosthetic Limb, etc.)
- Other/s: \_\_\_\_\_

#### Marital Status:

- Single
- Married
- Separated
- Annulled
- Divorced
- Widowed

#### Highest Educational Attainment:

- Kindergarten
- Grade School
- Junior High School
- Senior High School
- College
- Post-graduate

#### Presence of Health Condition/s:

- Cerebrovascular Accident (CVA) or Stroke
- Spinal Cord Injury (SCI)
- Traumatic Brain Injury (TBI)
- Amyotrophic Lateral Sclerosis (ALS)
- Multiple Sclerosis (MS)
- Myasthenia Gravis (MG)
- Parkinson's Disease
- Cancer ( please specify: \_\_\_\_\_ )
- Fracture ( please specify: \_\_\_\_\_ )
- Amputation ( please specify: \_\_\_\_\_ )
- Other/s: \_\_\_\_\_

## ENVIRONMENTAL CONTEXT

#### Structural Type of Home:

- Single-family home
- Multi-family home
- Townhouse
- Apartment
- Condominium

#### Number of People in Household: (including yourself)

- 1-2
- 3-4
- 5-6
- 7-8
- 9-10
- More than 10

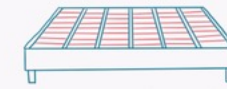
#### Sleeping arrangement at Home:

- Sleeps alone
- Sleeps with partner and kids in the room
- Sleeps with partner
- Sleeps with partner and other adults in the room

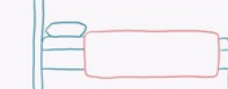
#### Availability of space to perform sexual activity:

- Yes
- No

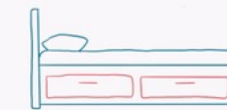
#### Type of bed used during sexual activity:



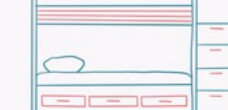
Simple bed frame



Metal bed frame



Storage bed frame



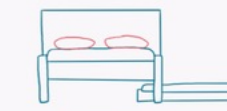
Bunk bed frame



Tatami bed frame



Adjustable bed frame



Trundle bed frame



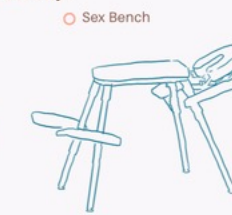
Futon bed frame

#### Furniture and fixtures at home to perform sexual activity:

- Bed
- Sofa
- Carpet
- Table
- Chair
- Wheelchair
- Countertop
- Others: \_\_\_\_\_



Sex couch



Sex Bench

GENERAL INSTRUCTION: Please put a check mark on the circle.

### SEXUAL AFFECTION

The capacity to start and keep close intimate relationships, as well as the capacity to show and receive the affection required to interact effectively as an intimate partner, are all aspects of sexual affection.

QUESTIONS:	RATING SCALE:			
	Yes	Sometimes	Little	No
I think that my impairment prevents me from being satisfied in an intimate relationship.	3	2	1	0
It was challenging for me to express affection to my partner in the present or for me to feel affection from my partner.	3	2	1	0
It was difficult for me to meet my partner's or my own intimate needs or desires in the present.	3	2	1	0
I believe that our intimate relationship is affected by my partner's lack of awareness of my physical impairment.	3	2	1	0

### SEXUAL EXPRESSION

Hugging, kissing, foreplay, masturbation, oral sex, anal sex, vaginal sex, and the use of sex toys or devices, alone or with a partner, are examples that define sexual expression.

QUESTIONS:	RATING SCALE:			
	Yes	Sometimes	Little	No
My current physical impairment prevents me from enjoying or participating in sexual activities.	3	2	1	0
I stay away from sexual activity out of concern that I will develop health problems, commonly associated with my impairment (i.e., bed sores, unhealed fracture).	3	2	1	0

## SEXUAL POSITIONS



### MISSIONARY POSITION

The missionary position is described as having the partner lie flat on their back with another partner on top, facing the partner lying on their back. This position creates close contact between the partners for either vaginal or anal penetration.

QUESTIONS:	RATING SCALE:			
	Yes	Sometimes	Little	No
I experience muscle spasms when lying down in a missionary position.	3	2	1	0
I experience low back pain in a missionary position.	3	2	1	0
I experience joint pain in a missionary position.	3	2	1	0
I experience pain in the penis during penetration and sexual intercourse during the missionary position.	3	2	1	0



### COWGIRL POSITION

One partner will kneel on top, pushing off your partner's chest and sliding up and down their thighs. The partner can relieve some of its weight from their pelvis by leaning back and supporting itself on their thighs.

QUESTIONS:	RATING SCALE:			
	Yes	Sometimes	Little	No
I experience muscle spasms during sexual intercourse in a cowgirl position.	3	2	1	0
I experience muscle strain during sexual intercourse in a cowgirl position.	3	2	1	0
I experience changes in sensation in my extremities in a cowgirl position.	3	2	1	0

QUESTIONS:	RATING SCALE:			
	Yes	Sometimes	Little	No
I experience fatigue in a cowgirl position.	3	2	1	0
I experience dizziness every time I am on top of a cowgirl position.	3	2	1	0
I experience joint pain in a cowgirl position.	3	2	1	0
I experience pain in the penis while having sexual intercourse in a cowgirl position.	3	2	1	0



### SPOONING POSITION

Spooning involves a couple snuggling against each other but facing the same way. One person's back is pressed against the other's front. Arm and leg positions can be anywhere they are comfortable. Some couple wraps their arms around their partner. The legs may be stacked or intertwined. This position can be used as foreplay before sex, or spoon after sexual activity. Mutual masturbation, vaginal intercourse, or anal intercourse are also possible in this position.

QUESTIONS:	RATING SCALE:			
	Yes	Sometimes	Little	No
I experience muscle spasms during sexual intercourse in a spooning position.	3	2	1	0
I experience muscle strain during sexual intercourse in a spooning position.	3	2	1	0
I experience changes in sensation in my extremities in spooning position.	3	2	1	0
I experience fatigue in a spooning position.	3	2	1	0
I experience joint pain in a spooning position.	3	2	1	0
I experience pain in the penis while having sexual intercourse in a spooning position.	3	2	1	0



### 69 POSITION

One partner must lie on their back with this partner. This position is frequently the partner who has a penis in opposite-sex sexual encounters. The other partner will climb up to the top, turns around, and straddles their partner's head with their genitalia above their face. The partner on top then leans in and begins oral sex with the partner on the bottom.

QUESTIONS:	RATING SCALE:			
	Yes	Sometimes	Little	No
I experience muscle spasms during sexual intercourse in a 69 position.	3	2	1	0
I experience muscle strain during sexual intercourse in a 69 position.	3	2	1	0
I experience changes in sensation in my extremities in 69 position.	3	2	1	0
I experience fatigue in a 69 position.	3	2	1	0
I experience joint pain in a 69 position.	3	2	1	0
I experience soreness in my joints in a 69 position.	3	2	1	0
I experience pain in the penis while having sexual intercourse in a 69 position.	3	2	1	0



### DOGGY-STYLE POSITION

Doggy style refers to a sex position when the partner who penetrates kneels or stands behind the hole of their partner. Doggy style is most commonly used when the recipient is on all fours.

QUESTIONS:	RATING SCALE:			
	Yes	Sometimes	Little	No
I experience muscle spasms during sexual intercourse in a doggy-style position.	3	2	1	0
I experience muscle strain during sexual intercourse in a doggy-style position.	3	2	1	0
I experience changes in sensation in my extremities in doggy-style position.	3	2	1	0
I experience fatigue in a doggy-style position.	3	2	1	0
I experience joint pain in a doggy-style position.	3	2	1	0
I experience soreness in my joints in a doggy-style position.	3	2	1	0
I experience pain in the penis while having sexual intercourse in a spooning position.	3	2	1	0

# SEXUAL AFFECTION

The capacity to start and keep close intimate relationships and the capacity to show and receive the affection required to interact effectively as an intimate partner are all aspects of sexual affection.

QUESTIONS:	RATING SCALE:				
	5 Strongly Agree	4 Agree	3 Neutral	2 Disagree	1 Strongly Disagree
My physical impairment hinders my ability to experience satisfaction in an intimate relationship.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it challenging to express affection to my partner or feel loved by my partner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meeting both my partner's and my personal needs or desires is difficult for me now.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My partner's lack of awareness regarding my physical impairment affects our intimate relationship.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# SEXUAL EXPRESSION

Hugging, kissing, foreplay, masturbation, oral sex, anal sex, vaginal sex, and the use of sex toys or devices, alone or with a partner, are examples that define sexual expression.

QUESTIONS:	RATING SCALE:				
	5 Strongly Agree	4 Agree	3 Neutral	2 Disagree	1 Strongly Disagree
Due to my physical impairment, I cannot engage in or enjoy sexual activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I avoid such activities out of concern for potential health complications associated with my impairment, such as bed sores and unhealed fractures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Given my impairment, I feel uncertain about how to engage in sexual activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I struggle with dressing and undressing myself and my partner before engaging in sexual activity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Putting on and removing a condom, as well as applying lubricant during sexual activity, poses challenges for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have modified my physical environment to facilitate sexual activity, such as adding pillows for support, removing wheelchair armrests, or using the table for support.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have incorporated sex toys to enhance pleasure during sexual intercourse and masturbation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# SEXUAL EXPERIENCE

This involves the body's physical response associated with sexual activity including physiological arousal.

QUESTIONS:	RATING SCALE:				QUESTIONS:	RATING SCALE:			
	Yes	Sometimes	Little	No		Yes	Sometimes	Little	No
I am concerned that I will not have enough strength or endurance to engage in sexual activity.	3	2	1	0	It takes a longer period for me to be aroused compared to the past.	3	2	1	0
I do not feel my body is flexible enough to engage in sexual activity.	3	2	1	0	I experience difficulty in erection.	3	2	1	0
I am concerned that my visual or hearing impairment will limit my sexual activity.	3	2	1	0	I experience vaginal dryness.	3	2	1	0
I am concerned about how my medical devices will interfere during sexual activity.	3	2	1	0	I experience pain during foreplay or sexual activities that do not include penetration.	3	2	1	0
I experience difficulty in positioning myself safely and appropriately during sexual activities.	3	2	1	0	I experience difficulty in achieving satisfaction during masturbation.	3	2	1	0
I am concerned that my reduced ability to feel pressure and touch will have an impact on how I engage in sexual activities.	3	2	1	0	I am having difficulty in sustaining erection during sexual activity.	3	2	1	0
I am concerned about losing my balance and coordination during sexual activity.	3	2	1	0	I am having difficulty staying calm and relaxed during sexual activity.	3	2	1	0
I am concerned that my blood pressure will fluctuate (increase or decrease) when engaging in sexual activity.	3	2	1	0	I experience pain and discomfort during penetration.	3	2	1	0
I am concerned about getting dizzy during sexual activity.	3	2	1	0	I experience loss of feeling or numbness in my genitals.	3	2	1	0
I am having trouble becoming aroused during foreplay or when my erogenous zones are being touched.	3	2	1	0	I experience difficulty in achieving orgasm during sexual activity with my partner.	3	2	1	0
					I am concerned that my medication's adverse effects might affect how my body reacts to sex.	3	2	1	0

# MARAMING SALAMAT

## DEVELOPMENT OF SEXUALITY AND INTIMACY CONTEXTUALIZED ASSESSMENT TOOL FOR FILIPINO ADULTS WITH PHYSICAL DISABILITIES

**Queenie Nicole P. Masajo-Aspiras, MSOT, OTRP, CBT (Certified in AUS)**

**[masajo.queenienicole.paloma@gmail.com](mailto:masajo.queenienicole.paloma@gmail.com)**

Primocare Therapy Center, Quezon City  
The PlayPod Therapy Center, Floridablanca, Pampanga  
Walkie Talkie Therapy Center, Quezon City  
The Graduate School, University of Santo Tomas, Sampaloc, Manila

**Joel R. Guerrero, OTD, MA, OTR/L**

Cedar Crest College, Allentown, Pennsylvania, USA  
The Graduate School, University of Santo Tomas, Sampaloc, Manila

Daghang Salamat  
Agyamanak Unay  
Dakal a Salamat  
Sukran Magsukul Mabalo Bagbaleg ya Salamat  
Madamo nga Salamat Salamat na Marhal Salamat hin Madamo