

# Vaginal Orgasm is Best According to New Study

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(PhysOrg.com) -- A new study by Stuart Brody and Petr Weiss suggests vaginal orgasm is best and that sex education and medical approaches might undervalue its benefits. It also asserted the major factors in achieving vaginal orgasm were sex education focusing on its benefits, and being mentally tuned into vaginal sensations during intercourse.

The study, to be published in the *Journal of Sexual Medicine*, aimed to examine the effects on vaginal orgasm of childhood or adolescent education, focus on vaginal sensations during intercourse, and preference for a longer than average penis.

The researchers studied 1,000 Czech [women](#), who all self-reported their experiences of orgasm and durations of foreplay and intercourse. The scientists found that vaginal orgasm was associated with all their hypothesized correlates, with the most important being sex education that led women to believe the vagina was important for orgasm, and focusing mentally on vaginal sensations, an ability which they thought might have been influenced by the [sex education](#).

The duration of intercourse was important, but the length of foreplay was not. Just over one third said they were more likely to orgasm if the penis was longer than average, but the remainder had no preference.

Dr Brody, from the University of the West of Scotland, was also co-author of two other papers, one of which suggested mental, sexual, life, and relationship satisfaction were associated with penile-vaginal

intercourse, while other sexual behaviors could result in less satisfaction, and the other suggested orgasm in women was associated with longer duration of intercourse rather than foreplay.

Some scientists have questioned the validity of the study and its motivations. Dr Gemma O'Brien of the University of New England in Australia pointed out that self-reporting introduces weakness into the research because perceptions are subjective. Dr O'Brien said parts of the research could help women who have difficulty with orgasm, especially the findings on mental focus, which show the brain is really the most important sex organ.

Associate Professor Rosemary Coates of Australia's Curtin University of Technology said she believed assumptions about vaginal orgasm leading to feelings of satisfaction revert to Freudian ideas on female sexuality, and that the clitoris is almost always involved in orgasm. She even accused the study's (male) authors of clitoral envy.

Dr Vivienne Cass, also of Curtin University of Technology is concerned about the motivation for a study emphasizing vaginal over clitoral orgasm, which she sees as being related to a push by drug companies to "medicalize" vaginal orgasms and to treat women who don't experience them as sick, and therefore a potential market for pills.

More information:

Full papers are available:

- [www3.interscience.wiley.com/jo ... /122582397/abstract](http://www3.interscience.wiley.com/jo.../122582397/abstract)
- [www3.interscience.wiley.com/jo ... /122368838/abstract](http://www3.interscience.wiley.com/jo.../122368838/abstract)
- [www3.interscience.wiley.com/jo ... /121496158/abstract](http://www3.interscience.wiley.com/jo.../121496158/abstract)

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