

DO YOU WANT TO INTRODUCE KEGELS INTO YOUR ROUTINE?

Volunteers needed for a 12-week online research study on pelvic floor muscle exercises (i.e., "Kegels") and sexuality!

Participants can enter 5 draws for a \$250 (CAD) Visa gift card (5 gift cards worth \$1250 in total)!

We are looking for people who:

- Identify as female and were assigned female at birth
- Are 18 - 40 years old
- Are in a committed relationship of at least 6 months
- Have been sexually active within the past 4 weeks
- Are not currently pregnant and have not given birth in the last year
- Are fluent in English
- Have daily email/internet access

What is involved?

Participants will be randomly assigned to a Kegel exercise group or a control group

Both groups will:

- Complete a 20-minute online survey package at 5 time points
- Participate in 4 one-on-one Zoom calls with a researcher (approx. 30 minutes each)

Kegel group will:

- Consult audio, video and written materials to learn how to do Kegels correctly
- Practice at-home Kegels and log practice for 12 weeks

Interested?

Please email Roo Deinstadt at Kegelstudy@uottawa.ca for more information or to participate in the study!

QR Code

This study is being conducted by the Human Sexuality Research Laboratory within the School of Psychology at the University of Ottawa. The project has received ethics approval from the UOttawa REB (File #: ***)

DO YOU WANT TO LEARN HOW TO DO KEGELS?

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KEGEL EXERCISES?

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