Is Testosterone Really Your Sex Hormone: Sexual Practices As Defined by Testosterone Concentration

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Testosterone has long been thought of as the male sexual hormone. Individuals with elevated levels of testosterone have been portrayed to have increased sexual promiscuity. Testosterone levels have been associated with different male behavioral profiles, emphasizing possible strategies for mating or parental effort.

METHODS

The National Health and Nutrition Exam Survey (NHANES) database was searched from 2011 to 2016 for males over the age of 18 with available serum testosterone levels. Average testosterone values in increments of 100ng/dL were plotted against different age groups per race. Average age of the first sexual encounter and average number of total lifetime female sexual partners were plotted against testosterone per race. Men who did not identify as heterosexual were not included due to the limited sample size. Men with zero or greater than 300 sexual lifetime partners were excluded as not reflective of the general population.

AIM

To evaluate age at first sexual encounter and number of lifetime female sexual partners based on testosterone levels and race.

RESULTS

Average age of the first sexual encounter and average number of total lifetime female sexual partners were plotted against testosterone per race. Men who did not identify as heterosexual were not included due to the limited sample size. Men with zero or greater than 300 sexual lifetime partners were excluded as not reflective of the general population.

CONCLUSIONS

The number of lifetime sexual partners and earlier age of sexual activity were not found to have a consistent correlation with testosterone values. When examined by race, Asian men were noted to have their first sexual encounter at an older age.