

My hormone-study reading notes

Keep the study's scope beside the claim. No personal sexual details required.

Review date

Exact headline or claim

Study title, year and link

Publication or retraction status

Participants and activity actually studied

Sample type, outcome and timing

Finding and what it cannot establish

Question to check or discuss

This worksheet is for reading research, not assessing sexual function.

It does not recommend sexual frequency or an abstinence schedule.

Discuss persistent sexual symptoms with an appropriate healthcare professional.