

The Association between Levator Ani Muscle (LAM) Trauma with Sexual Dysfunction, Marital Disharmony and Psychiatric Morbidities

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ABSTRACT

Objective: To assess the association between LAM trauma with sexual dysfunction, marital disharmony and psychiatric morbidities. **Methods:** A cross-sectional study involving 189 sexually active women between May 2017 and April 2018, Assessments included Female Sexual Function Index (FSFI), 'Golombok Rust Inventory of Marital State (GRIMS)' and 'Depression Anxiety Stress Scale (DASS) - 21', clinical interview, ICSPPOPQ and a 4-dimensional translabial pelvic floor ultrasound. Data was analysed using Chi-squared and simple linear regression tests. Statistical significance was set at $p < 0.05$. **Results:** Mean overall FSFI score was 25.2 (SD7.4) and 90 (48.6%) were classified as having sexual dysfunction. Mean score for desire, arousal, lubrication, orgasm, global satisfaction and pain domain were 3.6 (SD1.0), 4.0 (SD1.5), 4.6 (SD1.7), 4.4 (SD1.6), 4.6 (SD1.6) and 4.3 (SD1.6), respectively. A third; 32% (n=60), 53.5% (n=99) and 17.8% (n=33) reported mild to severe depression, anxiety and stress, respectively. Mean depression, anxiety and stress scores were 3.7 (SD3.0), 4.0 (SD2.8) and 4.4 (SD3.6), respectively. Marital disharmony was experienced by 50.3% (n=93). On imaging, LAM avulsion and hiatal overdistension were diagnosed in 17 (9.2%) and 116 (62.7%). LAM avulsion was associated with depression ($p=0.02$), but not with sexual dysfunction, marital disharmony, stress and anxiety (all $p > 0.1$). Significant association remained after controlling for potential confounders ($p=0.02$). Factors such as stress ($p < 0.001$) and marital disharmony ($p=0.02$) also contribute to depression. **Conclusions:** Levator avulsion appeared to be associated with depression but confounded by stress and marital disharmony. There was no significant association between LAM trauma and sexual dysfunction using FSFI as a tool.

Knowledge, Attitude and Perception of Contraception among Undergraduate Medical Students in Universiti Putra Malaysia

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ABSTRACT

Introduction: The incidence of unintended pregnancy and unsafe abortion are significantly high due to the lack of knowledge and negative attitude towards contraception and it can be prevented by effective and appropriate contraceptive knowledge and usage. **Methodology:** This was a cross sectional study using self-reported questionnaires survey that consists of four sections as socio-demographic characteristics information, knowledge towards contraception, attitude towards contraception, and perception of education and training in sexual and reproductive health among medical student. Questions were, distributed among undergraduate medical students in Faculty of Medicine and Health Sciences and analyzed. **Result:** The response rate was 100% and most of the respondents in this study were Malay (64.4%), female (68.3%), single (98.6%) and live in urban area (69.1%). Most of their parents had tertiary education level (father educational level, 63.3%; mother educational level, 50.0%). 56.1% of the respondents had poor level of knowledge and 59.2% of them had negative attitude towards contraception. Regarding the perception on contraception, most of the respondents thought that they did not have enough clinical practice (50.4%) and had training (57.6%) in counseling the patients for family planning service during their clinical posting. There was significant association between gender, place of birth, ethnicity, marital status, father educational status and level of knowledge. There was significant association between place of birth, marital status, and ethnicity and level of attitude. There were a higher percentage of respondents who had poor knowledge and negative attitude towards contraception. There was significant association between gender, place of birth, ethnicity, marital status, and father educational status and level of knowledge. There was significant association between place of birth, marital status, and ethnicity and level of attitude. Assessing the knowledge and attitude of medical students on contraception and their relationship with socio-demographic characteristics and socio-economic factors play a leading role in public health projects which are aimed to combat maternal mortality through reducing unintended pregnancies. **Conclusion:** As considering the future role of undergraduate medical students as family planning educator as well as counselors, it is not only important to determine their knowledge, attitude and perception towards contraception but also should be updated for improvement on the quality of future healthcare on contraception which may lead to further reduction in the number of unintended pregnancy. To change the attitude towards contraception, further increase the level of knowledge of contraception among medical students, collaborated health education and similar studies among health workers are highly recommended.

KEY WORDS:

Contraception, family planning, undergraduate medical students, knowledge, attitude, perception, unintended pregnancy