

Sexual satisfaction and quality of life among late premenopausal and newly menopausal Malaysian women

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ABSTRACT

Introduction: Sexual satisfaction and quality of life (QoL) differences between late premenopausal (LP) to newly menopausal (NM) Malaysian women regarding have not been well-explored. A high prevalence of female sexual dysfunction (FSD) in menopausal women affecting their QoL has been reported. **Objectives:** This study aimed to assess sexual satisfaction, QoL and their correlation among LP and NM Malaysian women aged 45-60 years. **Materials and Methods:** Ethics-approved cross-sectional study utilising bilingual Female Sexual Function Index (FSFI) and menopause-specific QoL of the Women's Health Questionnaire (WHQ) was disseminated through the social media. **Result:** A total of 208 women, primarily Malays (95.2%) at a mean age of 49.96±2.93 years responded. 17.9% were affected by FSD, with higher prevalence in NM compared to LP women (28.9% vs. 15.3%), notably in arousal (26.3% vs 18.2%), satisfaction (28.9% vs 17.6%), lubrication (21.1% vs 9.4%), and orgasm (15.8 vs 8.2%) domains (all p<0.05). Both groups portrayed good QoL (WHQ subscale scores between 0 to 0.5). Memory/concentration subscale score was higher in NM women (0.56 vs. 0.46) but not statistically significant. Six WHQ subscales showed significant negative correlations with FSFI scores (p<0.05). Women without FSD found themselves attractive i.e. positive correlation between the WHQ subscale and FSFI score (p<0.01). LP women with FSD experienced insomnia, depression, and vasomotor symptoms (p<0.05), while NM women were affected by vasomotor and menstrual symptoms (p<0.05). **Conclusion:** Although NM women were more likely to suffer from certain aspects of FSD, the overall QoL did not significantly differ between LP and NM women. FSD affects women's QoL negatively.