

Prevalence and associated factor of female sexual dysfunction (FSD) among outpatients attending Hospital Sultan Abdul Aziz Shah (HSAAS), UPM

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ABSTRACT

Introduction: Female sexual dysfunction (FSD) is a highly prevalent disorder, which affects 11%–43% of women and has a profound negative impact on a woman's self-esteem, her relationships and overall quality of life. **Objective:** The aim of this study was to determine the prevalence of female sexual dysfunction (FSD) and its associated factors among outpatients in Hospital Sultan Abdul Aziz Shah (HSAAS), UPM. **Materials and Methods:** This cross-sectional study was conducted from 25th March 2024 to 8th April 2024 at outpatient specialist clinics of Hospital Sultan Abdul Aziz Shah, UPM. A validated Malay version of the Female Sexual Function Index (MV MSFI) was administered to eligible patients. Demographic data and clinical characteristic including parity, mode of deliveries, menopausal status, BMI and medical illness was collected. The prevalence of female sexual dysfunction summarized using descriptive statistics. The associated factors of female sexual dysfunction were analysed using the chi-square test. A total score of <26 was used as the cut-off point for the MVFSFI to differentiate between women with and without sexual dysfunction **Results:** 152 patients completed the questionnaires and 51% of them were aged between 31 to 40 years-old. Majority of them were married more than 5 years (70%), pre-menopausal (89%), parous (70%) and not using contraception (54%). The prevalence of FSD in our study population was 36.2%. The prevalence of FSD was significantly higher in women age more than 51 years old (80.0%) compared to women aged 21-30 years old (22.6%). FSD was significantly higher in menopausal women (86.7%) compared to premenopausal women (30.1%). There was no statistical difference in FSD prevalence among women with different BMI, parity, household income, husband age, length of marriage, mode of delivery, contraceptive method and presence of medical illness. **Conclusion:** The prevalence of female sexual dysfunction including desire, arousal, lubrication, orgasm, satisfaction and pain problems increases with age. Menopausal status was the most important risk factor for FSD in our respondents.