

# Sexual function in women with Diabetes at a Diabetes care unit

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## ABSTRACT

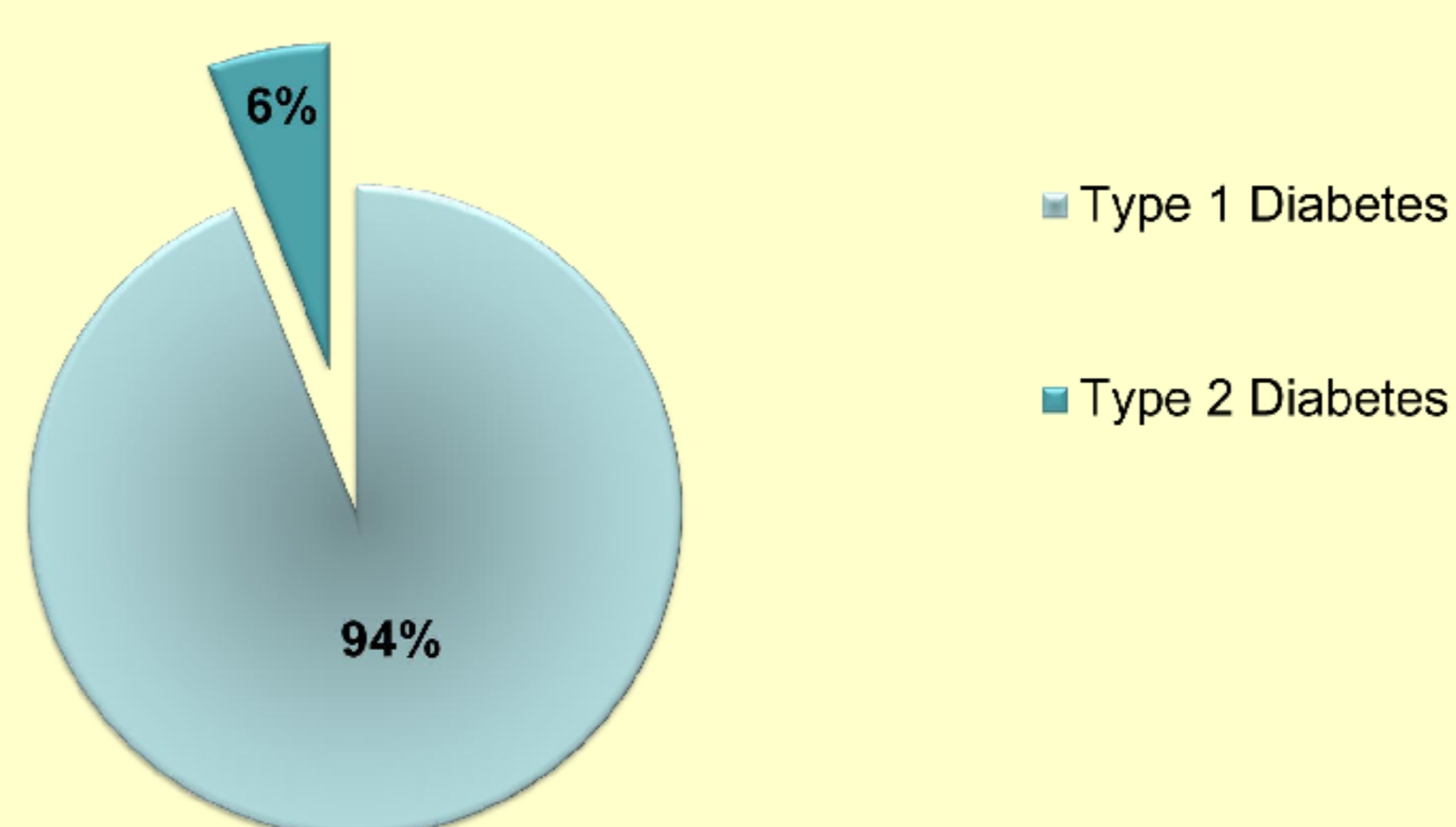
The true prevalence of sexual dysfunction in women with diabetes is difficult to estimate. Studies of the area have shown varying and conflicting results. There is also disagreement about the conditions that influence this relationship and the risk factors that can be linked to the phenomenon. The purpose of this study was to investigate sexual function in women with diabetes at a diabetes care unit. The study was conducted using a quantitative approach. Fifty women aged 18-65 years with type 1 or type 2 diabetes were enrolled in the study in which respondents were asked to complete a questionnaire containing background questions and the questionnaire, Female Sexual Function Index, FSFI. Twenty-nine women with diabetes (60 percent) showed a total score below 30, which can be classified as sexual dysfunction. Those domains that showed the lowest scores of these twenty-nine women were the domains desire, orgasm and satisfaction. 64 percent of the fifty women had not received any information about sexuality linked to diabetes, but 82 percent thought that it was quite important or very important to discuss any changes in sexuality. The prevalence of sexual dysfunction in women with diabetes is a phenomenon that one can not disregard. A deeper knowledge in this area would be desirable. This study demonstrated that there might be women with diabetes who experience sexual dysfunction. The majority of the women felt that it was important to discuss changes in sexuality linked to diabetes. In addition, the majority stated that it was not informed about the area through their clinic.

## METHODS

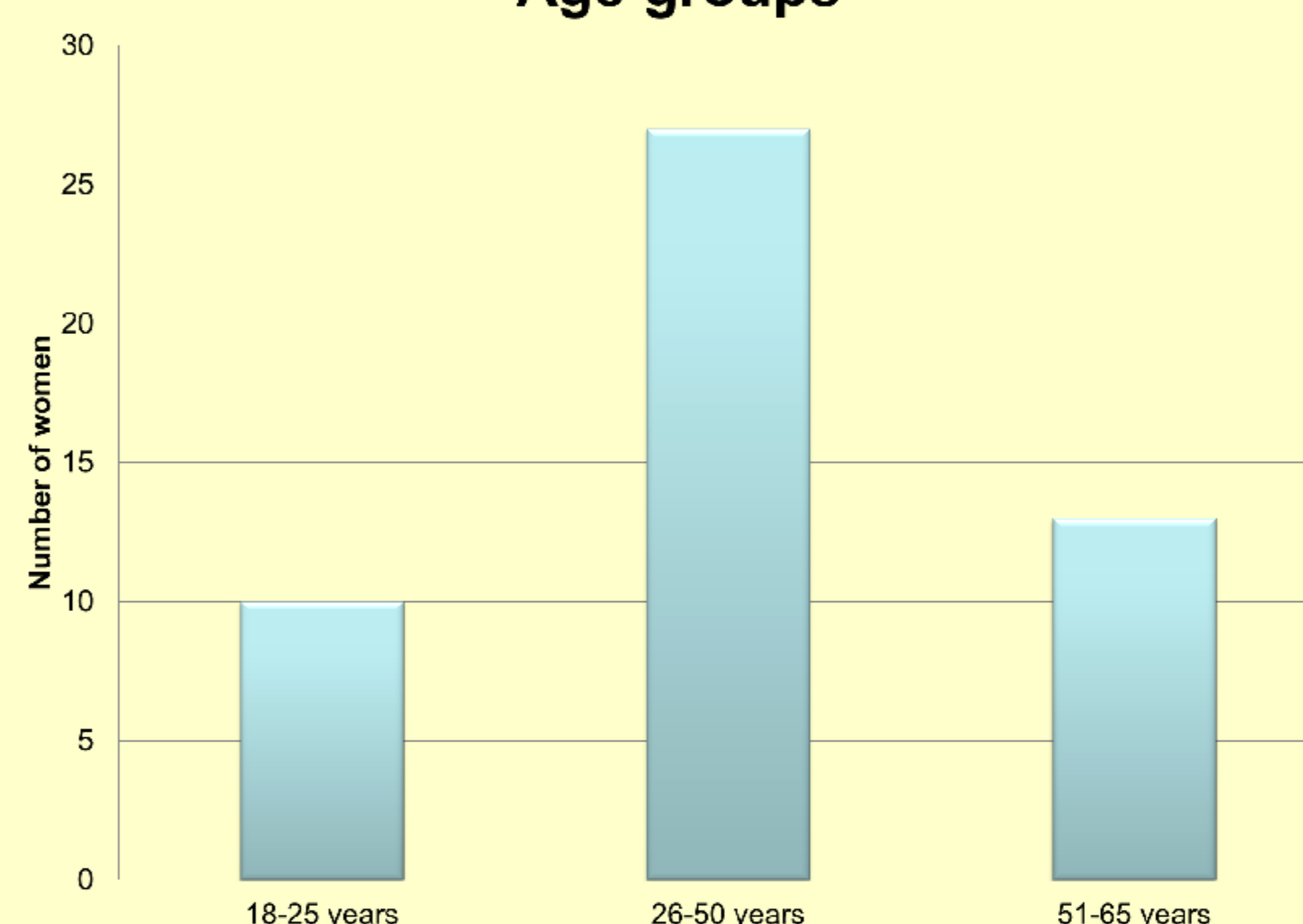
- Quantitative approach
- Surveys
- Female Sexual Function Index, FSFI, includes 19 questions based on 6 main areas: desire, arousal, lubrication, orgasm, satisfaction and pain
- 7 background questions; age, marital status, number of children, type of diabetes, menstrual information, how important it was to discuss possible changes in sexuality, what kind of information the women received about sexuality linked to diabetes
- 50 women with type 1 or type 2 diabetes, age 18-65
- Participants were enrolled in the order they came up, during visits to the diabetes nurse.



Type of Diabetes



Age groups



## RESULTS

50 out of 50 questionnaires answered, 2 FSFI forms were excluded as they were incomplete.

### CRITERION FOR SEXUAL DYSFUNCTION, FSFI

- Shi et al (2012), study from China means that a total score <25 is a criteria for sexual dysfunction
- Wiegel et al (2005), study from US says that a total score of 26.55 is the limit when sexual dysfunction is present
- Cortelazzi et al (2013), study from Italy describes a more nuanced scale
  - A total score <23 counts as severe sexual dysfunction
  - 23-29 points indicate a slight sexual dysfunction
  - A total score of 30 points or more indicate no sexual dysfunction

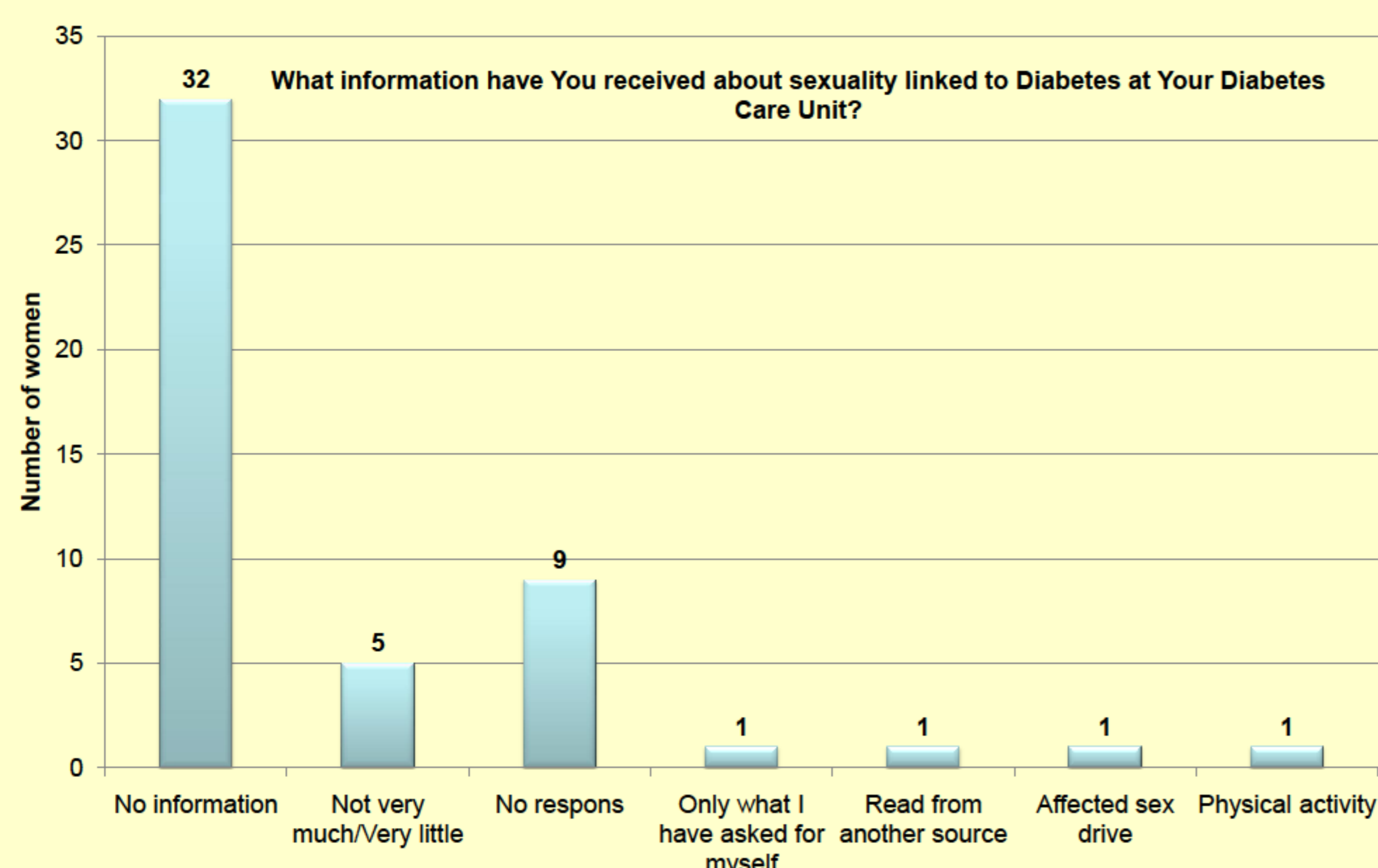
**29 out of 48 women showed a total score <30**

Domains that showed the lowest points in these women:

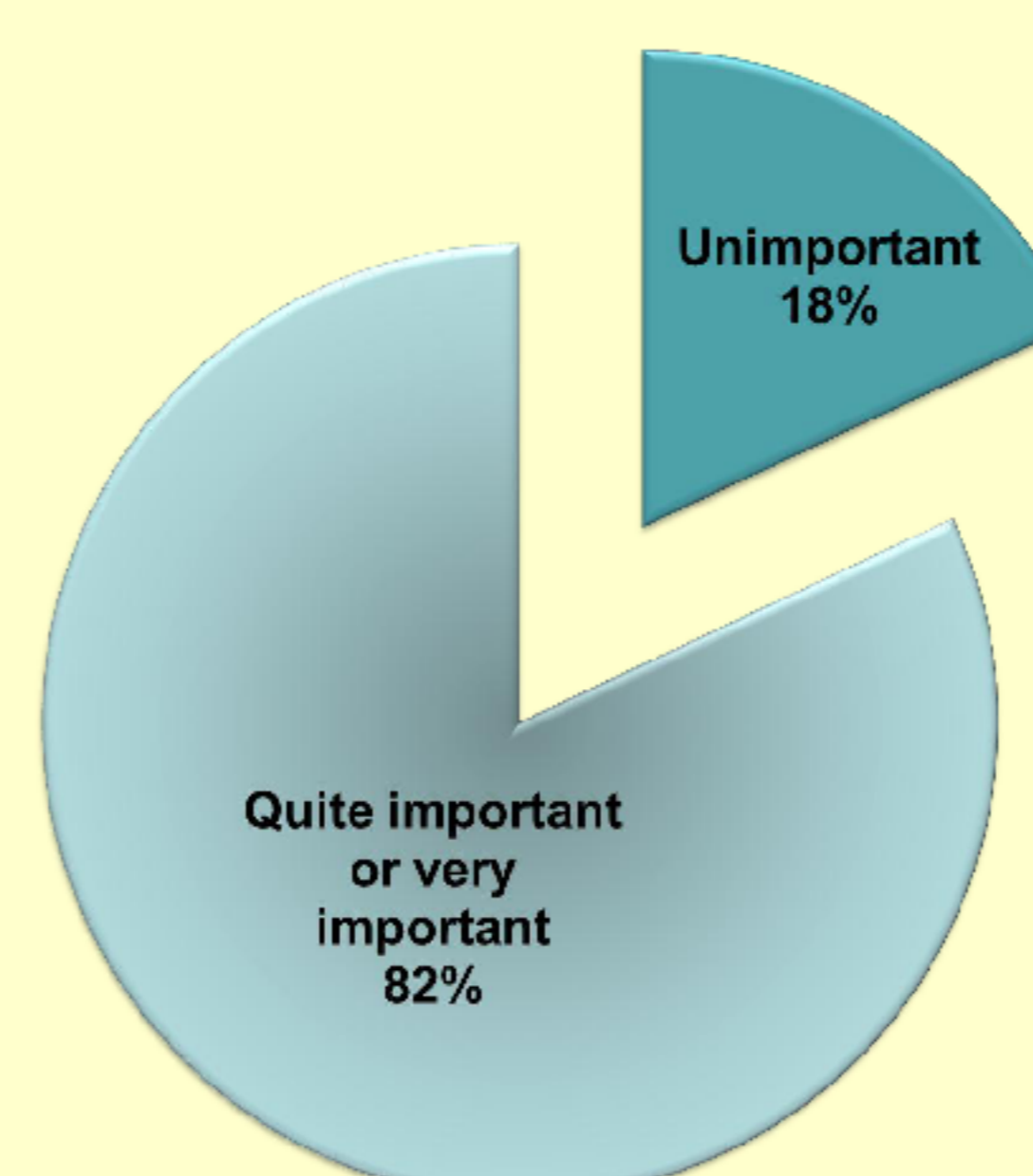
- Lust
- Orgasm
- Satisfaction

## CONCLUSIONS

The true prevalence of sexual dysfunction in women with diabetes is difficult to estimate. To discuss possible changes in sexuality is something that the majority of the women with diabetes felt was important. Nevertheless the majority was not informed about the area through their clinic.



How important is it to discuss possible changes in sexuality



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