



# ASSESSMENT OF FEMALE SEXUAL DYSFUNCTION IN 1.5 TO 3 MONTHS POSTPARTUM PERIOD IN INDIAN FEMALES

Abstract no- 25055

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## INTRODUCTION

- During pregnancy and postpartum, a woman experiences hormonal, physical, emotional and social changes which affect her relationship with her partner(1)
- This makes her vulnerable for development of sexual dysfunction, which is influenced by the mode of delivery as well
- Its prevalence is 5% to 35% after caesarean section and 40% to 80% after normal vaginal delivery with an episiotomy (2)
- FSFI: 19-item multidimensional self-reporting measure that quantifies female sexual dysfunction in six domains: desire, arousal, lubrication, orgasm, satisfaction and pain (3)

## METHODS

### AIMS OF THE STUDY

To evaluate the sexual function in post-partum period in Indian females and to compare the female sexual dysfunction in relation to the mode of delivery

### STUDY DESIGN

Type of study: Cross sectional observational study

Sample size: 100 women who delivered at AIIMS, New Delhi

### Inclusion criteria:

Age: 18 to 40 years

Postpartum day 45 to 90

### Exclusion criteria:

Sexual dysfunction pre-pregnancy

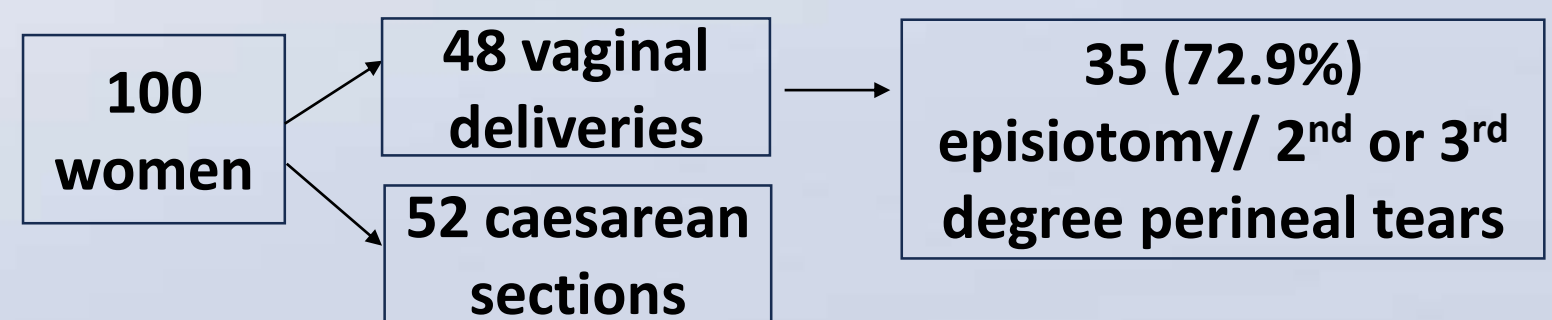
Pelvic organ prolapse

Unwilling to Consent

### MATERIALS AND METHODS:

- Detailed history was obtained regarding sexual function in between postpartum days 45 and 90 and FSFI (Female Sexual Function Index) questionnaire filled, score calculated
- Data analysed to find out
  - ✓ Prevalence of female sexual dysfunction postpartum
  - ✓ Timing of resumption of sexual activity
  - ✓ Reasons for not resuming sexual activity
  - ✓ Comparison of sexual dysfunction between patients undergoing normal delivery and caesarean section
  - ✓ Effect of episiotomy and perineal tears on sexual function

## RESULTS



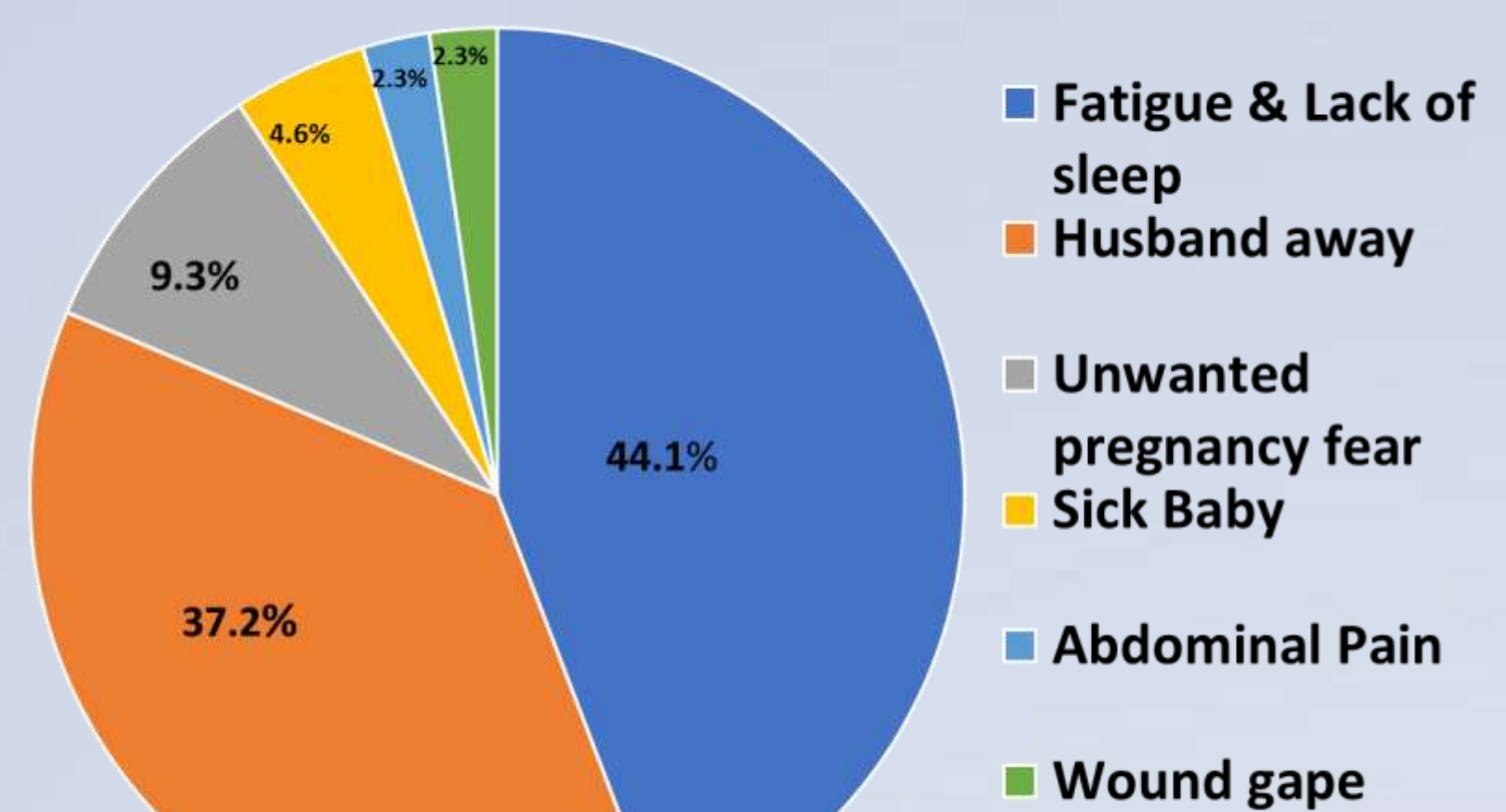
- Total 57 women resumed sexual intercourse 45 to 90 days postpartum
- Mean duration of resumption 58.7+/- 18.6 days postpartum
- The mean FSFI score overall was 13.89

	Cesarean Section	Vaginal delivery	Episiotomy/2 <sup>nd</sup> /3 <sup>rd</sup> degree PT
Resumed sexual activity	31 (59.61%)	26 (54.16%)	17 (48.5%)
Mean resumption after	57.5+/- 19.6 days	60.3 +/- 17 days	62.8 +/-15.5 days
Mean FSFI score	15.75	12.64	10.9
FSFI ≥26.55	13 (25%)	2 (4.1%)	0 (0%)

- FSFI score <26.55 (sexual dysfunction)
  - 39 women (75%) after caesarean section
  - 46 women (95.83%) after vaginal delivery
  - 100% women with episiotomy or 2nd/3rd degree PT
  - **Difference between cesarean and vaginal delivery group was statistically significant (p=0.001)**

- Desire domain, cut off 5, all women had score less than 5
- **100% women had hypoactive sexual desire disorder**

### Reasons for not resuming sexual activity



## CONCLUSIONS

Sexual dysfunction is highly prevalent in the postpartum period and is affected by mode of delivery, occurring more commonly in women undergoing vaginal delivery, especially with episiotomy.

## REFERENCES

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3. Meston CM, Freihart BK, Handy AB, Kilimnik CD, Rosen RC. Scoring and Interpretation of the FSFI: What can be Learned From 20 Years of use? J Sex Med. 2020 Jan 1;17(1):17-25.