



# Evaluation of sexuality in a pilot sample of mid-aged women of Paraguay using the short version of the Female Sexual Function Index (FSFI-6)

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**Background:** The climacteric has a negative impact on female sexuality. Evaluation of sexuality is complex, hence there is a need for simple, easy to apply instruments that can be used in the daily clinical practice. Using the Female Sexual Function Index (FSFI), it has been reported that more than 50% of mid-aged women in Latin America present sexual dysfunction (SD), in which partner issues are important determinants. The original FSFI is a scale composed by 19 items which have shown good internal consistency and reliability; however, it is long and time consuming to fill out. In this sense, recently a short version of this tool with only 6 items has been designed and validated (FSFI-6). Although this short version has been validated in Ecuador, data from other Latin American populations, such as Paraguay, is still lacking. **Aim:** To evaluate sexuality in a pilot sample of mid-aged women from Paraguay (Asunción). **Method:** This was a cross-sectional pilot study in which 49 women aged 40 to 65 years were surveyed with the FSFI-6 and a questionnaire containing personal and partner data.

**Results:** Median age of the sample was 48 years, 49.0% were postmenopausal, 22.4% used hormone therapy (HT), 26.5% used psychotropic drugs, 48.9% had hypertension, 10.2% diabetes, 63.3% abdominal obesity and 89.8% had a partner and were sexually active.

Among sexually active one median total FSFI-6 score was 22.0, with a 34% obtaining a total score of 19 or less, suggestive of sexual dysfunction (lower sexual function). Older women, those with obesity and with a partner with sexual dysfunction displayed lower total FSFI-6 scores (lower sexual function).

Older female age was related to arousal problems and ejaculatory masculine dysfunction to female arousal, lubrication and orgasm problems; erectile dysfunction was related to female lubrication, orgasm and satisfaction problems.

**Conclusion:** FSFI-6 was easy to use and provides quick information regarding sexual function. In this pilot sample of mid-aged women from Paraguay lower sexual function was related to various personal and partner issues. There is a need to broaden our sample to confirm this preliminary data.