

Prevalence of female sexual dysfunction, its associated factors and quality of life among postmenopausal women attending primary care clinic in Kelantan

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ABSTRACT

Introduction: Sexual dysfunction is common worldwide but is underdiagnosed and not properly treated, partly because patients are not likely to discuss it with their physician unless prompted. The purpose of this cross-sectional study was to determine the prevalence of female sexual dysfunction (FSD) among menopausal women in selected primary health care in Kelantan and investigate its association with chronic diseases and quality of life. **Materials and Methods:** This is a cross sectional study involving selected health clinics in four (KK Bandar Kuala Krai, KK Labok, KK Gunong, KK Wakaf Che Yeh) out of ten districts in Kelantan involving post-menopausal women attending outpatient clinic for general illness, chronic disease and wellness programmed, fulfil the inclusion criteria. **Results:** The study shows the prevalence of FSD was 51.2% among the study participants. There was a significant association between chronic diseases of both the husband and wife and FSD. The Postmenopausal women whose husbands had hypertension (odds ratio [OR] = 2.48, 95% confidence interval [CI]: 1.49-4.15), diabetes (OR = 2.06, 95% CI: 1.18-4.15), hyperlipidaemia (OR = 1.88, 95% CI: 1.08-3.27), or heart disease (OR = 3.42, 95% CI: 1.59-7.35) had increased odds of experiencing FSD. Furthermore, women with hyperlipidaemia themselves also had higher odds of FSD (OR = 1.94, 95% CI: 1.8-3.21). The duration of marriage was found to be associated with FSD, with longer marriages having slightly lower odds (OR = 0.96, 95% CI: 0.93-0.99). Additionally, a lower frequency of sexual intercourse (< once a month) was significantly associated with FSD (OR = 4.60, 95% CI: 2.26-9.37). Correlation analyses indicated negative and weak associations between FSD and various domains of physical health, psychological health, social relations, and environment as assessed by the MVFSFI and WHOQOL-BREF questionnaires. However, no significant association was found between FSD and overall quality of life. **Conclusion:** The prevalence of sexual dysfunction was 51.2%. Chronic diseases such as heart disease, hypertension, diabetes mellitus and hyperlipidaemia of either husband or wife were the common factors associated with female sexual dysfunction in the menopausal woman. Duration of marriage and frequency of intercourse were also associated with FSD. However, this study found no significant association between female sexual dysfunction and quality of life.