

U on Sex – Rapid Test of Female Sexual Function

Sandra Scalco^a, Daniela Riva Knauth^b, Stela Castro^c, Bruna Hentges^d and Maria Celeste Wender^e

^aSexologist, Gynecologist, Presidente Vargas Hospital; Universidade Federal Rio Grande do Sul, Brazil; ^bSocial Medicine, Epidemiologist, University of Rio Grande do Sul, Porto Alegre, Brazil; ^cEpidemiologist, University of Rio Grande do Sul, Porto Alegre, Brazil; ^dEpidemiologist, University of Rio Grande do Sul, Porto Alegre, Brazil; ^eGynecologist, University of Rio Grande do Sul, Porto Alegre, Brazil

Introduction & Objectives Female Sexual Dysfunction (FSD) consists of the inability to have sexual relations with satisfaction for at least, six months. It affects approximately 40% of women. This study aims to present a rapid test – U on Sex – to measure the level of female sexual function (FSF). It is only to facilitate the approach to female sexual health in daily clinical practice. It consists of a test that was created for doctors not specialists in sexuality, to give visibility to the subject, which is little approached, although highly prevalent.

Method(s) From a database of 378 women, we developed this rapid test with four items: sexual frequency, orgasm, initiative/sexual interest and pain. The data were adjusted by the Model of the Item Response Theory (IRT). The internal validation of the tool was due to the adjustment in a mixed model.

Results Data from the medical records of patients from a sexuality outpatient clinic before and after treatment. Only three out of four items used to create the FSF measure showed discriminatory power: sexual

frequency, orgasm and sexual initiative/interest. The item pain did not show any variation among women with low or high sexual function. The rapid test with few questions, provided the best discriminatory result in the group of women with intermediate severity levels, which is more difficult to diagnose. It is specifically for identifying the level of FSF.

Conclusions & Recommendations The test is particularly good at identifying women with an intermediate level of sexual function. Its items evaluate functionality. Despite of being an important complaint, pain was not discriminatory in assessing the level of FSF. The U on Sex is a rapid and simplified test that can be applied by non-specialists, it was validated by robust methodology and can be used in daily clinical practice.

Keywords: Female Sexual Function, Validated Questionnaires, Screening Tests

Conflict of Interest and Disclosure Statement: None

Female Sexual Function Index of the Japanese Women and the Determinant Factors – Analysis of the Family Relationships

Dariusz P. Skowronski^a, Maki Hirayama^b and Tomoko Saotome^c

^aTemple University Japan Campus, Japan; ^bSchool of Arts and Letters, Meiji University, Tokyo, Japan; ^cDepartment of Gynecologic Nursing Human Health Sciences, Kyoto University Graduate School of Medicine, Kyoto, Japan

Introduction & objectives: The previous studies found that Japanese women on average have lower sexual functioning measured by FSFI from the perspective of international comparisons. However, the factors which affect the low functioning have not yet been clarified, therefore the methods and clinical interventions to improve the sexual functioning are difficult to implement. The interdisciplinary team of the researchers in medical science, clinical psychology and sociology

investigated Japanese women's FSFI and various items that may affect it.

The objectives of this study were to clarify the factors of the low sexual functioning of Japanese women.

Method(s) & Sample: The survey is questionnaire-based, and cross sectional. The participants are the Japanese healthy women aged 20-39. Approximately 100 women are being recruited to the survey from March to August 2019, with the snowball sampling