

## Do I have Female Sexual Dysfunction (FSD)?

*This quiz was created for women who suspect they may have Female Sexual Dysfunction or FSD. Read the following statements and select those that apply to you.*

- 1. I am not satisfied with my sex life.
- 2. I would like my sex life to be better.
- 3. I have noticed a recent change related to my sex life.
- 4. My sexual concerns cause me personal distress.
- 5. My interest in sex has decreased.
- 6. I do not have erotic thoughts or fantasies.
- 7. I have no interest in having any kind of sexual activity.
- 8. I have vaginal dryness during sex.
- 9. I have less pleasurable sensation, such as warmth and tingling, during sex.
- 10. I do not feel excited or aroused during sex.
- 11. I have pain during sexual intercourse.
- 12. My vagina tightens up during sex and is difficult to enter.
- 13. I have pain with any kind of vaginal penetration.
- 14. I have pain during sexual intercourse, but I think I have enough lubrication or wetness.
- 15. I do not have orgasms.
- 16. It is more difficult for me to have an orgasm than it once was.
- 17. I find my orgasms are less intense than they once were.
- 18. I have sexual difficulties when I have sex with my partner but not when I self-stimulate alone.
- 19. I think I suffer from depression.
- 20. I think my sexual problems are psychological.
- 21. I am not happy with my partner.
- 22. My sexual problems began after an illness, injury or surgery.
- 23. My sexual problems began at about the same time as: (Check all that apply.)
  - pregnancy
  - childbirth
  - birth control
  - menopause
  - hormone replacement therapy
- 24. I have one or more of the following: (Check all that apply.)
  - menopause
  - diabetes
  - heart disease
  - hypertension
  - high cholesterol
  - pelvic surgery, such as hysterectomy
  - smoking or history of smoking
  - pelvic radiation therapy
- 25. I think my sexual problems are physical.

## FSD Quiz Interpretation

*If you checked:*

Questions 1, 2, 3 or 4, you may have Female Sexual Dysfunction.

Questions 5, 6 or 7, you may have a Sexual Desire Disorder.

Questions 8, 9 or 10, you may have Female Sexual Arousal Disorder.

Questions 11, 12, 13 or 14, you may have a Sexual Pain Disorder.

Question 11 describes dyspareunia or genital pain associated with sexual intercourse.

Question 12 describes vaginismus or an involuntary muscle spasm of the vagina, which makes vaginal penetration difficult.

Questions 15, 16 or 17, you may have Orgasmic Disorder.

Questions 18, 19, 20 or 21, your sexual concerns may have a psychological nature.

Questions 22, 23, 24 or 25, your sexual concerns may have a physical nature.

This quiz is not intended to be a substitute for professional medical advice or a medical diagnosis. Always seek the advice of your physician or healthcare provider regarding questions you may have about any medical condition including Female Sexual Dysfunction.

This quiz was developed by Dr. Kevin Billups a board-certified urologist specializing in male and female sexual health; Dr. Philip Sarrel a board-certified gynecologist specializing in menopause and aging issues; and Dr. Maryann Schroder, a board-certified clinical sexologist and certified family nurse practitioner specializing in women's sexual health.