The aim of the study was to evaluate psychological well-being and sexual function among Lithuanian women in relation to hirsutism.

Materials and methods. A cross-sectional study was undertaken to evaluate the relation between hirsutism score, psychological state, and sexual function in 196 female students with regular menstrual cycle and not using hormonal contraception. The study was conducted during the period from 2012 to 2013. Quality of life was measured using the General World Health Organization Five Well-being Index (WHO-5). In addition, sexual function was assessed using the Female Sexual Function Index (FSFI). Socio-demographic details were recorded for each patient using the General Demographic data Questionnaire composed by the authors. The extent of terminal hair growth was determined using the modified Ferriman-Gallwey (mFG) scoring system. Hirsutism was diagnosed in case of mFG>=6 scores (cut-off value established according to the 95th percentile in the study group). The study participants were divided into two groups based on the mFG scale: hirsute females (n=34) and non-hirsute (n=162) females as a control group.

Results: The mean age of the study participants was 24.51±4.27 years (range 18-40 years). Hirsutism (mFG>=6) was diagnosed in 34 (17.35 percent) women. The body mass index (BMI) of hirsute females and non-hirsute females was 22.32±2.7 vs 21.49±3.01 kg/m² (p=0.1). Women's well-being score assessed according to WHO-5 in the hirsutism group and non-hirsute females group: 58.12±15.98 vs 57.45±15.01 scores, p=0.8. The FSFI score of the whole group was 23.58±6.49 (median: 26.55; min: 3.2; max: 31.7). The risk for sexual dysfunction (FSFI<= 26.55 scores) in the hirsute females group was determined for 17 (50.00 percent) women, and in the control group for 87 (54.04 percent) women, p=0.7. Univariate logistic regression analysis indicated that non-hirsute females had a higher probability of better sexual function (OR 4; 95 percent CI 3.2-4.87), p<0.001.

Conclusions: No significant association was found between the hirsutism and women's quality of life. However, negative correlation between hirsutism and sexual function was obtained- higher probability for sexual dysfunction was demonstrated in women with clinical signs of hyperandrogenism.