Open cross-sectional study of mental and sexual health in women with endometriosis.

Stenyaeva Natalia [1], Chritinin Dmitry (RU) [2], Sukhikh Gennady (RU) [3]

Context: Endometriosis is frequently causes sexual dysfunction in women.

Objective: To assess sexual functioning in couples where female partner has endometriosis.

Methods and Patients: We conducted a cross-sectional study of mental and sexual health in 67 women with endometriosis. The first group included 31 patients with chronic pelvic pain (CPP) at the age of 32.4 ± 4.5 years. The 2 group included 36 patients with infertility at the age of 35.9 ± 5.6 years. They were assessed using a semi-structured interview for demographic and clinical variables; the Female Sexual Functioning Index, Hamilton Depression Rating Scale; Hamilton Anxiety Rating Scale; and a questionnaire for quality of life (SF-36). Sexual function of their partners was assessed using IIEF.

Results: In the group 1 sexual dysfunction was identified in all patients. In the structure of sexual dysfunctions prevailed deep dyspareunia (87.1%), coital anorgasmia (80.6%), accompanied by disruption in sexual adaptation in pair (93.5%). All patients demonstrated depression and anxiety. Their severity correlated with the severity of pain. The patients in these pairs avoided the genital and extragenital forms of sexual activity. The partners of patients had reduction of sexual desire, had less frequent attempts to intimacy. In the group 2 the main sexual disorders were decreased libido (83.3%), and coital anorgasia (63.9%), manifested on the background of anxiety and depressive states.

Conclusions: The endometriosis leads to a significant disruption of sexual health of women, disruption of marital relations, and reduced quality of life for both partners.