

GENITAL IMAGE, SEXUAL FUNCTION, BODY IMAGE, AND QUALITY OF LIFE IN WOMEN

Hypothesis / aims of study

The body dissatisfaction may be extended to the genital region and may have direct correlation to the sexual function, which may change the quality of life. We correlate the genital image, body image, sexual function, and quality of life in women

Study design, materials and methods

A cross-sectional study, a total of 347 women were included, from 18 to 60 years old, sexually active, enrolled in gyms for women exercise only and for both women and man. There were excluded pregnant women and those who did not fill the questionnaire correctly. Self – applicable questionnaires with socio-demographic and clinical information, FGSIS-7 (Female Genital Self-Image Scale-7 – score 7 to 28, considering the highest score a positive genital self-image), BSQ-34 (Body Shape Questionnaire-34 – Considering score ≤ 110 lack of altered body image perception), FSFI (Female Sexual Function Index – considering sexual dysfunction score ≤ 26), SF-36 (Medical Outcomes Study 36 – Item Short – Form Health Survey score > 50 indicates a good quality of life). The correlation between body image, genital image, sexual function and quality of life has been done by Pearson's correlation.

Results

Mean age 34.46 ± 9.9 years, IMC 24 ± 3.5 , 48.4% married, 48.4% single and 3.2% divorced, 72.4% make use of contraception and 89.3% were not menopausal. Statistical difference between the gyms were found in the category: age, sexual function, desire domain and quality of life in the field capacity ($p < 0.05$). The correlations coefficients were FGSIS with BSQ-34: - 0.21; FGSIS with FSFI: 0.334; FGSIS with SF-36: 0.340; BSQ-34 with FSFI: - 0.227; BSQ-34 with SF-36: - 0.350; and FSFI with SF-36: 0.330 ($p < 0.01$).

Interpretation of results

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Concluding message

There were found correlation between genital image and body image, with negative impact on the sexual function and quality of life.

References

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Disclosures

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