

Female Sexual Function Index (FSFI) Questionnaire

1

Over the past 4 weeks, how often did you feel sexual desire or interest?

- Almost always or always (+5 points)
- Most times (more than half the time) (+4 points)
- Sometimes (about half the time) (+3 points)
- A few times (less than half the time) (+2 points)
- Almost never or never (+1 point)

2

Over the past 4 weeks, how would you rate your level (degree) of sexual desire or interest?

- Very high (+5 points)
- High (+4 points)
- Moderate (+3 points)
- Low (+2 points)
- Very low or none at all (+1 point)

3

Over the past 4 weeks, how often did you feel sexually aroused ("turned on") during sexual activity or intercourse?

- No sexual activity (0 points)
- Almost always or always (+5 points)
- Most times (more than half the time) (+4 points)
- Sometimes (about half the time) (+3 points)
- A few times (less than half the time) (+2 points)
- Almost never or never (+1 point)

4

Over the past 4 weeks, how would you rate your level of sexual arousal ("turn on") during sexual activity or intercourse?

- No sexual activity (0 points)
- Very high (+5 points)
- High (+4 points)
- Moderate (+3 points)
- Low (+2 points)
- Very low or none at all (+1 point)

5

Over the past 4 weeks, how confident were you about becoming sexually aroused during sexual activity or intercourse?

- No sexual activity (0 points)
- Very high confidence (+5 points)

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- High confidence (+4 points)
- Moderate confidence (+3 points)
- Low confidence (+2 points)
- Very low or no confidence (+1 point)

6

Over the past 4 weeks, how often have you been satisfied with your arousal (excitement) during sexual activity or intercourse?

- No sexual activity (0 points)
- Almost always or always (+5 points)
- Most times (more than half the time) (+4 points)
- Sometimes (about half the time) (+3 points)
- A few times (less than half the time) (+2 points)
- Almost never or never (+1 point)

7

Over the past 4 weeks, how often did you become lubricated ("wet") during sexual activity or intercourse?

- No sexual activity (0 points)
- Almost always or always (+5 points)
- Most times (more than half the time) (+4 points)

- Sometimes (about half the time) (+3 points)
- A few times (less than half the time) (+2 points)
- Almost never or never (+1 point)

8

Over the past 4 weeks, how difficult was it to become lubricated ("wet") during sexual activity or intercourse?

- No sexual activity (0 points)
- Extremely difficult or impossible (+1 point)
- Very difficult (+2 points)
- Difficult (+3 points)
- Slightly difficult (+4 points)
- Not difficult (+5 points)

9

Over the past 4 weeks, how often did you maintain your lubrication ("wetness") until completion of sexual activity or intercourse?

- No sexual activity (0 points)
- Almost always or always (+5 points)
- Most times (more than half the time) (+4 points)

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Sometimes (about half the time) (+3 points)

A few times (less than half the time) (+2 points)

Almost never or never (+1 point)

10

Over the past 4 weeks, how difficult was it to maintain your lubrication ("wetness") until completion of sexual activity or intercourse?

No sexual activity (0 points)

Extremely difficult or impossible (+1 point)

Very difficult (+2 points)

Difficult (+3 points)

Slightly difficult (+4 points)

Not difficult (+5 points)

11

Over the past 4 weeks, when you had sexual stimulation or intercourse, how often did you reach orgasm (climax)?

No sexual activity (0 points)

Almost always or always (+5 points)

Most times (more than half the time) (+4 points)

Sometimes (about half the time) (+3 points)

A few times (less than half the time) (+2 points)

Almost never or never (+1 point)

12

Over the past 4 weeks, when you had sexual stimulation or intercourse, how difficult was it for you to reach orgasm (climax)?

No sexual activity (0 points)

Extremely difficult or impossible (+1 point)

Very difficult (+2 points)

Difficult (+3 points)

Slightly difficult (+4 points)

Not difficult (+5 points)

13

Over the past 4 weeks, how satisfied were you with your ability to reach orgasm (climax) during sexual activity or intercourse?

No sexual activity (0 points)

Very satisfied (+5 points)

Moderately satisfied (+4 points)

About equally satisfied and dissatisfied (+3 points)

Moderately dissatisfied (+2 points)

Very dissatisfied (+1 point)

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14

Over the past 4 weeks, how satisfied have you been with the amount of emotional closeness during sexual activity between you and your partner?

- No sexual activity (0 points)
- Very satisfied (+5 points)
- Moderately satisfied (+4 points)
- About equally satisfied and dissatisfied (+3 points)
- Moderately dissatisfied (+2 points)
- Very dissatisfied (+1 point)

15

Over the past 4 weeks, how satisfied have you been with your sexual relationship with your partner?

- Very satisfied (+5 points)
- Moderately satisfied (+4 points)
- About equally satisfied and dissatisfied (+3 points)
- Moderately dissatisfied (+2 points)
- Very dissatisfied (+1 point)

16

Over the past 4 weeks, how satisfied have you been with your overall sexual life?

- Very satisfied (+5 points)
- Moderately satisfied (+4 points)
- About equally satisfied and dissatisfied (+3 points)
- Moderately dissatisfied (+2 points)
- Very dissatisfied (+1 point)

17

Over the past 4 weeks, how often did you experience discomfort or pain during vaginal penetration?

- Did not attempt intercourse (0 points)
- Almost always or always (+1 point)
- Most times (more than half the time) (+2 points)
- Sometimes (about half the time) (+3 points)
- A few times (less than half the time) (+4 points)
- Almost never or never (+5 points)

18

Over the past 4 weeks, how often did you experience discomfort or pain following vaginal penetration?

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- Did not attempt intercourse (0 points)
- Almost always or always (+1 point)
- Most times (more than half the time) (+2 points)
- Sometimes (about half the time) (+3 points)
- A few times (less than half the time) (+4 points)
- Almost never or never (+5 points)

19

Over the past 4 weeks, how would you rate your level (degree) of discomfort or pain during or following vaginal penetration?

- Did not attempt intercourse (0 points)
- Very high (+1 point)
- High (+2 points)
- Moderate (+3 points)
- Low (+4 points)
- Very low or none at all (+5 points)

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FSFI questionnaire

The FSFI was created as a mean to evaluate sexual functioning in women and comprises of 19 questions with

different answer choice scales, all inviting the subject to refer to the context of their sexual life in the previous 4 weeks.

The questions are listed as follows:

1. How often did you feel sexual desire or interest?
2. How would you rate your level (degree) of sexual desire or interest?
3. How often did you feel sexually aroused ("turned on") during sexual activity or intercourse?
4. How would you rate your level of sexual arousal ("turn on") during sexual activity or intercourse?
5. How confident were you about becoming sexually aroused during sexual activity or intercourse?
6. How often have you been satisfied with your arousal (excitement) during sexual activity or intercourse?
7. How often did you become lubricated ("wet") during sexual activity or intercourse?
8. How difficult was it to become lubricated ("wet") during sexual activity or intercourse?

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9. How often did you maintain your lubrication ("wetness") until completion of sexual activity or intercourse?

10. How difficult was it to maintain your lubrication ("wetness") until completion of sexual activity or intercourse?

11. When you had sexual stimulation or intercourse, how often did you reach orgasm (climax)?

12. When you had sexual stimulation or intercourse, how difficult was it for you to reach orgasm (climax)?

13. How satisfied were you with your ability to reach orgasm (climax) during sexual activity or intercourse?

14. How satisfied have you been with the amount of emotional closeness during sexual activity between you and your partner?

15. How satisfied have you been with your sexual relationship with your partner?

16. How satisfied have you been with your overall sexual life?

17. How often did you experience discomfort or pain during vaginal penetration?

18. How often did you experience discomfort or pain following vaginal penetration?

19. How would you rate your level (degree) of discomfort or pain during or

following vaginal penetration?

This table introduces the six domains of the FSFI, their description and corresponding questions:

It is important to note that the FSFI is not meant to substitute diagnostic tools and is not advised to be used for collection of sexual history.

| FSFI domain | Description | Items in FSFI |
|--------------|--|---------------|
| Desire | Wish to engage in a sexual experience, receptivity towards sexual initiation. | 1, 2 |
| Arousal | Levels and types of arousal, signs of attention or excitement. | 3, 4, 5, 6 |
| Lubrication | Presence, quantity or absence of vaginal lubrication during sexual excitement. | 7, 8, 9, 10 |
| Orgasm | Ability to attain orgasms. | 11, 12, 13 |
| Satisfaction | Level of contentment with actual sexual life. | 14, 15, 16 |
| Pain | Sensation of discomfort during intercourse. | 17, 18, 19 |

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| Domain | Items | Score range | Factor | Min score | Max score |
|--------------|-------------|-------------|--------|-----------|-----------|
| Desire | 1, 2 | 1 - 5 | 0.6 | 1.2 | 6 |
| Arousal | 3, 4, 5, 6 | 0 - 5 | 0.3 | 0 | 6 |
| Lubrication | 7, 8, 9, 10 | 0 - 5 | 0.3 | 0 | 6 |
| Orgasm | 11, 12, 13 | 0 - 5 | 0.4 | 0 | 6 |
| Satisfaction | 14, 15, 16 | 0/1 - 5 | 0.4 | 0.8 | 6 |
| Pain | 17, 18, 19 | 0 - 5 | 0.4 | 0 | 6 |
| Scale range | | | | 2 | 36 |

FSFI score interpretation

The answer choices in the FSFI carry a number of points and are summed to obtain six domain scores and an overall score.

For the latter, there is a threshold at 26.55 which means that all values below are classed as indicating female sexual dysfunction (FSD).

The domain scores are obtained as the sum of points attributed to questions in that domain multiplied by the domain factor.

The following table describes the six domains, their corresponding questions and possible score range, as well as the domain factor.