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Help Seeking Behavior for Female Sexual Dysfunction Among Middle Aged Egyptian Women

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Background:

Female sexual dysfunction (FSD) has been increasingly recognized as an extremely important public health issue. It has direct impact on the health, well-being and quality of life of women. Cultural factors and deeply embedded health beliefs may play a decisive role in defining the health seeking behavior for sexual problems among Egyptian women.

Aim of the work:

the aim of the study was to estimate the prevalence of Female Sexual Dysfunctions among married women attending Family Health Centers (FHCs) in Alexandria and to investigate help seeking behaviors among them.

methods:

A cross-sectional study was conducted in Alexandria targeting 369 married women attending Family Health Centers in Alexandria. Female Sexual Dysfunctions were assessed using the Arabic version of Female Sexual Function Index (ArFSFI) and help seeking behaviors were assessed using a pre-designed structured questionnaire.

Results:

The prevalence of (FSD) was estimated to be 72.4%, 13.3% of women had one type of sexual disorders while 59.1% had multiple sexual disorders. Although 77.9% of women reported feeling distressed by their sexual problems, none of them had thought professional help. The most common cause for not seeking help identified as "The topic is embarrassing" and believing that "No treatment for such problems". (84.1% and 4.9% respectively). Educational level and occupational status of women were significant predictors for seeking help.

Conclusion:

The study findings indicated that FSDs were highly prevalent and many women didn't seek help for their sexual problems. "The topic is embarrassing" and "No treatment for such problems" were the most reported reasons for not seeking help among Egyptian women.