Quality of Life Research 13: 1643-1658, 2004. © 2004 Kluwer Academic Publishers. Printed in the Netherlands.

### Questionnaires to measure sexual quality of life

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Accepted in revised form 9 January 2004

### Abstract

Context: Sex is important to quality of life. There are a number of questionnaires to measure sexualfunction, but many lack applicability and usefulness to certain groups. Objective: To identify questionnaires measuring sexual function, determine the domains most commonly assessed, and examine evidence for their usefulness in different populations. Data sources: Computerized literature search using Medline, PubMed and PsychLit, reference lists, and unpublished reports, published in English between 1957 and 2001. MESH terms included sexual function, sexual dysfunction, sexual satisfaction, quality of life, and questionnaire. Articles were excluded if the questionnaire did not measure sexual function from the patient perspective. Data extraction: Questionnaires were grouped as general questionnaires that include a sexual function domain, and sexual-function-specific questionnaires. Questionnaires were evaluated for domains, applicability to different populations, and evidence for reliability, validity and responsiveness. Data synthesis: Literature search yielded 62 questionnaires, 57 which assessed sexual function from the patient perspective; 12 were general and 45 specific. Six domains were commonly represented, including interest and desire, satisfaction/quality of experience, excitement/arousal, performance, attitude/behavior, and relationship. Only 28% could be used in homosexual patients, and 52% were applicable to both genders; 57% were designed for use in chronic disease populations. Only nine questionnaires had evidence for both adequate reliability and validity. Conclusions: Current measures of sexual functioning often exclude important domains, lack applicability to gender and sexual preference groups, or lack adequate testing of validity and testing in important populations. Future questionnaires should take into account these concerns.

Key words: Quality of life, Questionnaire, Sexual dysfunction, Sexual function, Sexual satisfaction

'Sex, a great and mysterious force in human life, has indisputably been a subject of absorbing interest to mankind through the ages'.

> Justice William J. Brennan, Associate Justice, US Supreme Court

### Introduction

Sex is a basic human function and a fundamental part of life. Sex involves physical, psychological and emotional factors and affects general wellbeing and overall quality of life [1-3]. When it is good, sex can impart pleasure, contentment and emotional closeness. Studies have shown a relationship between sexual dysfunction and worse quality of life in patients with a variety of disorders [4-22]. Even short-term disruptions to sexualfunctioning can create frustration and distress, and chronic disruption can lead to anxiety and depression, damage relationships with sexual partners, and disrupt functioning in other aspects of life.

Sexual dysfunction extends across all age groups. It has been estimated to affect 43% of women and 31% of men in the US aged 18– 59 years old [11–14, 16–18, 23]. After adulthood, increasing age is related to decreased desire, libido, sensitivity and pleasure [12–14, 20, 23–25]. The Massachusetts Male Aging Study group report estimated a crude incidence of erectile dysfunction (ED) in 2.4/100 men every year, with an estimated 900,000 new cases every year in the US. Sexualfunction decreases with increasing age among male veterans, despite sustained interest [13]. Nonetheless, studies have shown that a full sexual functioning is possible in advanced age [23, 24, 26].

Masters and Johnson [3] demonstrated that the human sexual response involves sequential stages of excitement-arousal, plateau, orgasm, and resolution. During sexual arousal, vasocongestion and muscular tension increase, primarily in the genitalia. If stimulation continues, the excitement intensifies into a plateau phase, accompanied by a high state of sexual interest. This plateau may be short or long, but culminates in a rapid release of vasocongestion and muscular tension, or the orgasm [27-29] coinciding with a subjective satisfaction. A variety of physiologic, medical and psychological factors can contribute to sexual dysfunction including illness [4, 6, 19, 20, 22, 30-37], pharmacologic agents [15, 21, 38-46], and psychosocial factors [18, 22, 47]. Physiologic abnormalities can result in inability to achieve or maintain an erection or in ejaculatory disorders in males, and decreased lubrication in females. In females, shortening of the vaginal vault, loss of rugal folds, thinning of the vaginal mucosa and lowered acidity of the vaginal secretions may give rise to dyspareunia [2, 16, 23, 24, 27, 48, 49]. Medications such as sedatives [50], selective serotonin uptake inhibitor antidepressants [21, 40-44], and antihypertensives [4, 46, 51–53] have a direct action on the nervous system and may increase anhedonia, or impair libido, orgasm and erection. Many diseases can adversely affect sexual function by affecting circulatory or neurologic function, hormonal balance or systemic health [54]. The mechanism of disruption is often multifactorial [5-9, 48, 55–57].

Despite the potential impact of medical illness on sexual functioning, some authors have postulated that the majority of sexual dysfunction arises from psychological processes [58–60]. Vaginismus can be a conditioned response engendered by feelings of guilt, inadequacy or anxiety, as a result of a hysterectomy or mastectomy. Altered selfperception may be even more important in shaping sexual attitude in some individuals [61]. This can result in the inability to be aroused and achieve a climax, and can impact negatively on self-esteem, quality of life, and interpersonal relationships [12, 16–18]. These factors can result in fear of impotence, inability to discuss sexuality, and unwillingness to participate in sexual activity.

Patients are increasing inclined to discuss sexual problems with their physicians [18]. Factors encouraging this may include increased adoption of patient-centered care, and the availability of effective treatments. Accompanying this, there has been greater attention to the assessment of sexual functioning as an outcome measure in clinical studies [21, 34, 43, 45, 46, 52, 62, 63].

Although there are a number of methods to assess sexual functioning, many are not well tested, and none are used in general clinical practice. The best way to measure sexual function is uncertain. Devices and laboratory tests are available to measure certain aspects of sexual functioning. Direct measures such as the Nocturnal Penile Tumescence (NPT) device, intracavernosal injection with prostaglandinE1, penile brachial pressure indices, doppler studies, and sacral evoked potentials are used to assess erectile function in men [62, 64]. In women, direct physiologic measurements include genital blood peak systolic velocity, vaginal pH, intravaginal compliance, and genital vibratory perception thresholds [20]. These direct measures are correlated with indirect measures such as levels of estrogen, LH, testosterone and prolactin. Self-report measures are used to assess many aspects of sexual function [65]. Kaplan suggested evaluating the psycho-physiological component of sex from the perspective of desire, while Levine recommended measuring sexual satisfaction. There are a number of questionnaires used to measure aspects of sexual function including: attitudes toward sex [66, 67]; arousability [68-70]; behavior [67, 71]; adjustment [72, 73]; and function [4, 74, 75]. There is no consensus in the literature about what methods are best, and for what purposes.

We conducted a structured literature review to identify specific questionnaires intended to measure sexual function, either independently or as a dimension of patient reported overall health status. Our purpose was to make recommendations about available measures to researchers and health care providers involved in treating patients with sexual dysfunction. Our specific aims were: (1) to identify questionnaires that have been used clinically to measure sexual function, (2) to determine what domains have been most commonly assessed, and how they have been defined, and (3) to examine the evidence for the usefulness of the questionnaires in different populations.

### Methods

Questionnaires available to measure sexual function were identified via a computerized literature search using Medline, PubMed and PsychLit. We used the MESH headings 'Sexual function,' 'quality of life,' 'sexual dysfunction,' 'questionnaires,' and 'sexual satisfaction.' We circulated abstracts of articles to researchers and clinicians interested in sexual functioning for additional citations and unpublished reports. All articles were reviewed to identify patient-reported sexual-function questionnaires.

Articles were included if they focused on patient-reported sexual function, or included sexual function as a component of a general or diseasespecific quality of life questionnaire. We defined 'questionnaire' as one or more questions that described or evaluated one or more aspects of sexual function. All articles were published between 1957 and 2001 and were written in English. Articles were excluded if a questionnaire was not intended to measure sexual function, or if sexual function was not measured from the patient's perspective.

### Assessment of the questionnaires

Questionnaires were divided into two groups: general questionnaires that included a sexualfunction domain (General), and sexual functionspecific (Specific) questionnaires designed solely to measure sexual function. Each questionnaire was evaluated with regard to sexual function domains it included, applicability to different populations, and evidence for reliability, validity and responsiveness. We organized the domains based on the first three of Masters and Johnson's [3] physiological stages of the sexual response (excitementarousal, plateau, and orgasm) and by the most frequent domains in published reviews of available sexual-function questionnaires [65, 76].

Each questionnaire was categorized according to whether it was intended for use or had been used in chronic medical or general populations, and for applicability in heterosexual and homosexual males and females. In addition, questionnaires were reviewed for patient input in their development. We noted if instruments had undergone psychometric testing - defined as of tests of reliability (including test-retest reliability), internal consistency using Cronbach's  $\alpha$  [77] or KR-20 (an  $\alpha$  of >0.70 was considered to indicate adequate reliability); validity (content validity, construct validity, and criterion validity); and responsiveness (sensitivity to change). The operational definitions used are shown in Appendix 1. Questionnaires were grouped as having had (1) no evaluation; (2) an adequate evaluation, but low reliability (i.e., Cronbach's  $\alpha < 0.70$ ); and (3) evidence for adequate reliability and validity.

### Results

### Identification of articles and instruments

The literature search yielded 139 citations addressing sexual function and dysfunction. We excluded 77 articles because they did not describe or use a patient-reported sexual-function questionnaire. Five of the remaining 62 questionnaires were excluded because sexual function was examined exclusively from the perspective of the spouse; of the 57 remaining questionnaires, 45 were sexual specific questionnaires and 12 were general questionnaires with a sexual-function domain (Table 1).

Overall, there was a secular trend in the design of the instruments. Instruments developed from the mid- 1950's to the early 1970's were designed to measure satisfaction with specific sexual activities, usually using simple behavioral checklists [59, 60, 86], but did not relate these activities to overall satisfaction. Sexual activities were defined either from the perspective of heterosexual couples, who

Instrument	Interest/desire - Drive/Libido	Excitement/ arousal	Performance	Satisfaction/ quality	Change in behavior/ frequency	Importance of sexual activity in relationship	Medical use	Applications and usage	ions ge
1. Brief Index of SF for Women [78]	Υ	Y		Y					
2. Brief Sexual Function	Y		Y	Y	Y	Y	Y	Z	ĪZ
Questionnaire for Men [79]									
3. Deragotis Sexual Function	Υ	Y			Y				
Inventory [DSF1] [/1] 4. Deragotis Interview for									
Sexual Function [59, 80]									
5. Female Sexual Arousability	Υ	Υ	Υ		Υ				
Index [SAI] [68]									
6. Florida Sexual History	Υ			Υ		Υ	Υ	z	ĪZ
Questionnaire [FSHQ] [81]									
7. General Information		Y	Υ		Y				Ī
				~					
<ol> <li>Golombok Rust Inventory</li> <li>A Sevual Satisfaction [GRISS] [74]</li> </ol>				Y	Y				
9 Hanson Assessment of		٨			٨	<b>^</b>	٨	Z	ĪZ
Sevual Health [83]		-			-	-	-	T.	
10. Heterosexual Behavioral					Y				
Assessment Females [84]									
11. Heterosexual Behavioral					Y				
Assessment Males [85]									
12. Heterosexual Scale		Υ							
13. Homosexual Scale [86, 8/]									
14. Hypogonadism and		Y	Υ	Y			Y		
Sexual Function [88]									
15. Index of Sexual	Υ	Y		Y		Υ			Ī
Satisfaction [ISS] [89]									
16. International Index of	Υ	Y	Y				Y	Z	Ī
Erectile Function [IIEF] [90]									
17. JAMA Patient Page,	Y	Y	Y				Y	z	ĪZ
Sexual Dystunction [18]									
18. Jewish General Hospital Sexual Self-Monitoring Form [91]		Y		Y					
19. Leiden Impotence						Υ	Y	ĪZ	ĪZ
Questionnaire [52, 53]									
20. McCoy Female	Υ			Υ	Y				

IN IN	IN IN	IN IN	IN IN	1	IN IN	IN IN							IN IN	IN IN			IN					IN IN	
	Y	Y	Y			Y		Y	Υ	Υ		X											
	Y					Υ		Υ		Υ					Y				Υ		Υ		
Y	Y	Y											Υ		Υ					Y			
Υ	Y		Y					Υ			2	Y	Y	Y	Y	Υ			Υ		Y		
	Y	Y	Y		Υ							Y		Y							Y	Y	
Y	Y		Y		Y	Y		Υ	Υ	Υ	2	Y	Y	Y	Y	Υ			Υ	Y	Y	Y	Y
	Y		Y		Y			Y	Υ	Υ				Y		Y		Υ	Υ		Y	Y	
21. Multiaxial Problem-oriented	Diagnosue obstem of or of [10] 22. Potency and Prostatectomy [93]	23. Radical Prostatectomy	Quesuomatre [10, 17] 24. Sabbatsberg Sexual Ratino Scale Revised [16–17]	25. Scalability of Sexual Experience [94]	26. Segraves Sexual Symmomatology Interview [95]	27. Sexual Activity of	Men presenting Prostation and Prostatectomy [95]	28. Sexual Adjustment	29. Sexual Dysfunction	in HIV + Men [9/] 30. Sexual Dysfunction in		31. Sexual Dystunction Schizophrenia [50]	32. Sexuality Experience Scale [98]	33. Sexual Function Scale [99, 100]	34. Sexual Interaction Inventory	35. Sexual Interaction	System Scale [102] 36. Sexual Interest and	37. Sexual Interest	Questionnaire [SIQ] [06] 38. Sexual Inventory [SI] [104]	39. Sexual Orientation	40. Sexual Self-Efficacy in Errotic Errotication (SSES El 1011	41. Sexual Symptom	Distress Scale [32, 33] 42. The Clark Sexual History Questionnaire [SHQ] [69]

Table 1. (Continued)									
Instrument	Interest/desire - Drive/Libido	Excitement/ arousal	Performance	Satisfaction/ quality	Change in behavior/ frequency	Interest/desire -     Excitement/     Performance     Satisfaction/     Change in     Importance of     Medical use     Applications     and       Drive/Libido     arousal     quality     behavior/     sexual activity     usage       frequency     in relationship	Medical use	Applications usage	and
43. Urge-Incontinence Impact		Y		Y				IN IN	
Quesuonnane [11Q] [100] 44. Vaginal changes and Sexuality in Women with Carricol CA [18]	Y	Y	Y	Y			Y	IN IN	
45. Watts Sexual Functioning Questionnaire [4]	Y	Y	Y	Y			Y		
Explanation of boxed quadrants: Hetero Homo Male Female	Gr No	Grey shaded = Yes No color = No	s		= IN = [ ]	NI = Not indicated [ ] = Reference number.	Ľ.		

were often married, or as a 'pathologic' case, defined as a homosexual male. In other instruments such as the Clark Sexual History Questionnaire [69] and the Sex Inventory used for screening of sex offenders [104] sexual activities were designed to serve as direct measures of sexual behavior and thereby indirect measures to functioning and satisfaction. In the early 1970's questionnaires began to incorporate a broader definition of sexualfunction and satisfaction. This resulted in questionnaires designed to measure sexual function across genders and sexual preferences.

### Domains

Aspects of sexual function assessed in the 57 questionnaires included satisfaction, interest, frequency, importance, performance, desire, worry, arousal, current behavior, orgasmic capacity, libido, urologic problems and feelings of femininity and masculinity (Table 1). Six domains were represented repeatedly: interest, desire and libido (grouped under interest/desire); satisfaction with quality of an erection, ejaculation or orgasm and pain/discomfort with sex (satisfaction/quality); physical evidence of an erection, including morning erections, excitement without an erection, and sufficient vaginal lubrication for intercourse (excitement/arousal) and the ability to maintain an erection in order to achieve an orgasm (performance); attitudes or behaviors of the respondent and his or her partner such as feelings of avoidance, embarrassment and change in frequency of sexual intercourse (attitude/behavior); and the impact of sexual functioning on the relationships (relationship). Most questionnaires included several of these domains.

Development of most of the specific instruments was based on clinical experience, literature review and previous questionnaires. The questions included in the general questionnaires were taken either from clinical experience or previously developed specific questionnaires. Three questionnaires used patient input in the development of the questions – a specific questionnaire, the International Index of Erectile Function (IIEF) [90] and two general questionnaires – the UCLA Prostate Cancer Index [8, 9] and the Medical Outcomes Study (MOS) sexual-function subscale [107].

### Assessment of the questionnaires

# Sexual functioning-specific questionnaires (Specific)

There were 45 specific questionnaires. Within these questionnaires, the excitement/arousal domain was most frequently included (71%). Interest/desire was included in 53%, while performance and satisfaction/quality, were included in 38 and 51%, respectively.

Fifteen questionnaires can measure sexual function in homosexuals: three exclusively in homosexuals and 12 in both homosexuals and heterosexuals. Overall, 11 could be used in homosexual women and 12 in homosexual men.

There were a few gender-specific questionnaires. Twenty-eight (62%) were designed for use in females, with five (11%) designed for use in females alone. Ten (22%) of these instruments had been designed for use among women with chronic medical illness. Of these, only three questionnaires were designed to measure sexual function in both homosexual and heterosexual females. Thirtynine (87%) of the questionnaires could be used in men, with sixteen (36%) designed exclusively for use in males. Seventeen (38%) were intended for use in individuals with chronic disease. Four questionnaires where designed to measure sexual-function in both homosexual and heterosexual males.

Thirty-three (Table 2) of the specific questionnaires had undergone at least some psychometric testing. Content validity, a precursor to instrument development, had been evaluated in 15 of the specific measures. Construct validity was tested against NPT, testosterone levels, disease severity, clinician assessment, clinical data, and other measures of related concepts. For example, the IIEF [90] showed evidence for content validity from patient focus groups and construct validity from comparisons with responses from clinical interviews. The Sabbatsberg Rating Scale [16, 17], designed for women, was shown to have construct validity compared to scores for the SF-36 and the Hospital Anxiety and Depression scales. Overall 27 of the 33 questionnaires (82%) had been tested for reliability (39% demonstrated adequate reliability), 25 (76%) for validity, only 14 (42%) tested for both content and construct validity and 6% for responsiveness. Sixty-three percent [18] had undergone testing for

both reliability and validity and for 24% both were demonstrated to be adequate.

## General questionnaires with a sexual-function domain

Sexual function was included as a component in 12 general quality of life questionnaires, all of which were designed for use in chronic diseases. Three questionnaires used a single item to assess sexual function, while the remaining nine used one or more multi-item scales. Interest/desire was measured most frequently (75%), excitement/arousal was included in 67%, performance in 50%, satisfaction/quality in 50% and importance in 42%.

Sexual preference and gender orientation varied among questionnaires. None of the questionnaires were designed exclusively for use in homosexual males. The HAT-QoL [112, 115] questionnaire examined sexual function in both homosexual (male and female) and heterosexual adults with HIV. None of the questionnaires was designed exclusively for use in homosexual males. Seven questionnaires (58%) could be used in females; none were designed for use in females alone.

Eight of the 12 general questionnaires were tested for reliability, validity or responsiveness. All eight tested for reliability and had undergone tests for validity, one tested for responsiveness and two had patient input into the development.

The UCLA Prostate Cancer Index [9] is an example of a disease-specific quality of life questionnaire that includes assessment of sexual functioning. Development incorporated focus groups to determine the areas of sexual function most important to patients. The questionnaire demonstrated adequate internal consistency and evidence for construct validity. Another, the MOS, Sexual Functioning Scale is a subscale of larger battery of questions [107]. This scale is useful for measuring sexual function in men and women, and has demonstrated good reliability (Cronbach's  $\alpha$  coefficient for men 0.95 and women 0.84), construct validity, and responsiveness in the general population and patients with chronic disease.

### Summary of testing

Overall, most questionnaires were not designed for use among homosexual males or females. Twenty-

Table 2. Evidence for Reliability and Validity of Sexual Functioning Questionnaires	/ of Sexual Fund	ctioning Questionnaires				
Instrument	Evaluation test-retest	Reliability Cronbach's ≥0.70	Content validity	Construct validity	Responsiveness	Patient input
Brief Index of SF for Women [78]	Y	Over 1 month interval, Pearson correlation coefficent (range 0.68–0.78; internal consistency 0 83)		Y		
Brief Sexual Function Ouestionnaire for Men [79]	Y			Y		
Cancer Rehabilitation Evaluation Systems-Short Form [CARFS-SF] [108]	Y	0.67–0.78		Y		
Deragotis Sexual Function Inventory [DSFI] [71]	¥	Cronbach 0.74-0.80; test-retest over 1 week		Y		
Female Sexual Arousal Index [68] Florida Sexual History	Y	0.90	Y	Y		
Questionnaire [F5HQ] [81] Functional Capacity Index [FCI] [109]	Y		Υ	Y		
General Information Form [82] Golombok Rust Inventory of	Y		Υ	Y		
Sexual Satisfaction [GRISS] [74] Hanson Assessment of Sexual Health [83] Health-Related Ouality of Life	7	0.60 0.75-0.96	Y	Y		
Measure for Multiple Sclerosis [110] Health-Related Quality of Life		≥ 0.74		Y		
Prostate Cancer [HRQoL] [111] Heterosexual Behavioral	Y					
Assessment Mates [05] Heterosexual Scale [86, 87] HTV/AIDS Tareeted Onality	Y	0.52	X	Y Y		
of Life [HAT- QoL] [112] Homosexual Scale [86, 87] Index of Sexual Satisfaction (ISS) [89]	Y	0.93, 0.99, 0.92	ь У	, Y		
International Index of Erectile Function [90]	Y	<ul> <li>(in one repeated sample)</li> <li>≥0.73 for each and</li> <li>≥0.91 for total</li> </ul>	¥	Y	Y	Y
Leiden Impotence Questionnaire [52, 53] McCoy Female Sexuality Questionnaire [92]	Y	0.83 (range 0.69–0.95 over 2 week interval);	Y	Y		
Medical Outcomes Study [MOS] [107]		Cronbach's–0.77. Men: 0.95; Women: 0.84		Y	Y	Y

t

											Υ						
	Y	Y	Y			Y	Y	Y	Υ	Υ	Y	Y		Y	Y		 Υ
	Y		Y				Y		Υ	Υ	Y	Y		Y			 Y
Not indicated 0.96	0.51 - 0.77 0.61 - 0.87			Not indicated 0.61–0.71	Not indicated		0.00		≥0.795		0.94			0.93	Internal consistency	0.91; test-retest reliability,	69.0
		Y	Y			Y			Y	Y	Y	Y		Y	Y		 Y
<b>Table 2.</b> ( <i>Continued</i> ) Multiaxial problem-oriented diagnostic system of SF [78] Paraplegia [103]	Positive Negative Evaluation [PNE] [111] Sabbatsberg Sexual Rating Scale Revised [16, 17]	Scalability of Sexual Experience [94] Segraves Sexual Symptomatology Interview [95]	Sexual Adjustment Questionnaire [SAQ] [96]	Sexual Dysfunction in Stroke Patients [113] Sexual Dysfunction Scale [50]	Sexuality Experience Scale [98]	Sexual History Questionnaire [SHQ] [69]	Sexual Interaction System Scale [102]	Sexual Interest Questionnaire [SIQ] [66]	Sexual Inventory [SI] [104]	Sexual Orientation Method and	Sexual Symptoms Distress Scale [52, 53]	The SSES-E: A Measure of Sexual	Self-Efficacy in Erectile Functioning [91]	UCLA Prostate Cancer Index [114]	Urge-Incontinence Impact	Questionnaire [IIQ] [106]	Watts Sexual Functioning Questionnaire [4]

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eight percent of the questionnaires were designed for use among homosexuals. Fifty-two percent of the questionnaires measured sexual function among both males and females, while only 9% were designed to measure sexual function in females alone. Only 57% of all questionnaires were designed for use in medical populations.

There was no uniformity of psychometric testing among questionnaires. Only 18 of the questionnaires (both sexual-function specific and generic questionnaires) had evidence of sufficient reliability (Cronbach's > 0.70). When validity was examined, convergent validity was tested most often. Only 17 questionnaires had evidence for content validity. Nine questionnaires, (including the Sabbatsberg Sexual Rating Scale, the IIEF and the UCLA Prostate Cancer Index) had evidence for adequate reliability, content and construct validity.

### Discussion

This structured review of patient-reported questionnaires identified and evaluated measures of sexual functioning that are available for use in clinical research and practice. The 57 questionnaires identified tended to assess several common dimensions, including interest, desire, excitement/ arousal, frequency, performance, importance and satisfaction. However, there was no apparent consensus on what domains were crucial, perhaps in part because few incorporated patient input in their design. Some were designed specifically to assess sexual functioning, while other included sexual function among in a battery of scales to measure health-related quality of life. Few questionnaires were applicable across genders and sexual preferences. Further complicating the picture, evidence for psychometric performance was patchy, with only few instruments demonstrating adequate reliability and validity. Little testing has compared questionnaire to other measures of sexual functioning.

There have been a few reviews of sexual-function questionnaires. In 1986 [65], Conte reviewed self-report questionnaires useful in measuring sexual function. Since that time, reviews have been included in the Handbook of Family Measurement Techniques [116], The Handbook of SexualityRelated Measures [76], Sexual Life: A Clinician's Guide [117], and Tools for Primary Care Research [118]. Similar to our findings, other reviews have found a variety of self-assessment questionnaires used to measure sexual function. However, most reviews have focused broadly, presenting questionnaires across populations, ranging from children and childhood sexual experience to condoms or have been limited to specific populations. In addition, some of the reviews did not examine the questionnaires or the evidence of psychometric performance.

Many of the commonly used instruments are aimed at a specific patient population. The strength of such questionnaires is their ability to reflect issues applicable to that group by being designed solely to quantify and to measure sexual function in a study population. A weakness is a lack of a clinical foundation for question application before evidence of psychometric testing.

Our review did not yield a single questionnaire universally useful for researchers or clinicians who wish to measure sexual function. No questionnaire can be applied to both genders, all sexual preferences, and both healthy and chronically ill populations. However, the Watts [4], the Sabbatsberg Sexual Rating Scale [16, 17], the International Index of Erectile Function [90], the UCLA Prostate Cancer Index [9] and Derogatis Interview for Sexual Function [59, 60, 80] all have advantages, each within a limited range of applications.

For patients with chronic disease, such as hypertension, the Watts Scale [4] has been used for both heterosexual and homosexual men and women. The Watts Scale was initially designed to measure sexual-function in individuals on therapy for hypertension. Content validity was established using a panel that incorporated patient input in designing items, and later via panel of experts. Internal consistency has been relatively low (0.65), limiting measurement precision, but the questionnaire has demonstrated construct validity. In addition, the questionnaire consists of 17 items in a simple format. It was developed for use among hypertensive clients on complex drug regimens and has been widely used.

The Sabbatsberg Sexual Rating Scale [16, 17] was designed to reflect sexual dysfunction among women with gynecological problems and has

shown good internal consistency. It has been used repeatedly among women with chronic gynecological conditions, with evidence for construct validity and adequate responsiveness. Unlike the Golombok and Rust Inventory of Sexual Satisfaction, the Sabbatsberg Sexual Self-Rating Scale is unintrusive and is relatively brief.

The International Index of Erectile Function [90] encompasses relevant domains for men with erectile dysfunction. The questionnaire is 15-items long, included patient input in its development, and it has been used in several studies of men with erectile dysfunction. It has been linguistically validated in 10 languages using a process that incorporated forward and backward translation of items. It has shown adequate test-retest reliability, an acceptable Cronbach's  $\alpha$ , and content and construct validity, and it has been shown to be responsive to changes inspired by clinical interventions. The main limitation of this questionnaire is that it covers few domains.

For men with prostate cancer or those who have completed therapy for prostate cancer, the UCLA Prostate Cancer Index [9] has been useful to quantify sexual dysfunction. The questionnaire was designed from the perspective of the patients, using focus groups and patient surveys to determine the areas they deemed most important. It has shown adequate test-retest and internal consistency reliability, and construct validity by comparing sexual-function in patients with and without cancer. It is fairly long, even if not counting questions about the patients' job status, race and age.

The Derogatis Interview for Sexual Function [59, 60, 80] is a self-report questionnaire designed to measure sexual functioning across multiple populations, including males, females, heterosexual and homosexual populations. Norms have been developed which are gender specific for different sexual preference groups. In addition to adequately measuring reliability, this measure has been used among clinical practice for years. In a recent study of prostate disease [119], the Derogatis questionnaire detected differences between functional, marginally functional and impotent groups. A drawback of this instrument has been used primarily in company-sponsored clinical drug trials, making most of the data unavailable for evaluation.

The Brief Index of Sexual Function for women [90] is a brief, sexual specific questionnaire, measures a broad range of domains (desire, arousal, orgasm, satisfaction), while placing minimal burden on the tester. This questionnaire had performed well with respect to reliability and validity (both convergent and discriminant construct validity), but has yet to be used in a major study.

For patients with stroke, Monga and colleagues [73, 113] designed a questionnaire that includes a broad range of domains, including areas of general attitude about sexual functioning and fear of impotence, libido, frequency, erectile capacity, vaginal lubrication, satisfaction, and orgasmic ability. Some evidence for validity was provided by comparisons to the Geriatric Depression Scale (Table 3).

There are limitations to current measures of sexual quality of life and functioning. These questionnaires often do not include domains important in measuring sexual function, perhaps because of limited patient input in their development. General questionnaires tend not to address the entire concerns particular to that population and may not be as sensitive to change as specific measures. In addition, some questionnaires are lengthy and intrusive, limiting their usefulness, despite adequate psychometric properties. Finally, there are limitations inherent to sexological research, including the limited capacity for external validation, and the tendency of subjects to give socially desirable responses.

Although sex and sexual function are an integral part of human behavior, research in measuring sexual function is not far advanced. There are many populations in which sexual function has not been measured, e.g., pregnant or post-partum women, patients with organ transplant, obese patients, patients with end-organ disease such as individuals with end-stage liver disease, or adolescents and young adults and women with chronic illnesses. More research is needed to design questionnaires appropriate to various populations. When designing questionnaires to measure sexual function, we recommend the following: (1) the domains should be reflect current sexual functioning concerns; (2) the development of questionnaires should occur from the perspective of patients, by using patient input and (3) the

Table 3.	Questionnaire name and reference number
Question	nnaire name

Questionnaire name	Reference number
Sexual Function – Specific	
1. Brief Index for SF Form Women	[78]
2. Brief Sexual Function Questionnaire for Men	[79]
3. Deragotis Sexual Function Inventory (DSFI)	[71]
4. Derogatis interview for Sexual Function	[59, 80]
5. Female Sexual Arousability Index	[68]
6. Florida Sexual History Questionnaire (FSHQ)	[81]
7. General Information Form (GIF)	[82]
<ol> <li>8. Golombok Rust Inventory of Sexual Satisfaction (GRISS)</li> <li>9. Hanson Assessment of Sexual Health</li> </ol>	[74]
0. Heterosexual Behavior Assessment Females	[83]
1. Heterosexual Behavior Assessment Males	[84]
2. Heterosexual Zuckerman	[85] [86, 87]
3. Homosexual Zuckerman	[86, 87]
4. Hypogonadism and Sexual Function	[88]
5. Index of Sexual Satisfaction (ISS)	[89]
16. International Index of Erectile Function	[90]
7. Jewish General Hospital Sexual Self-Monitoring Form	[91]
8. Leiden Impotence Questionnaire	[52, 53]
9. McCoy Female Sexuality Questionnaire	[92]
20. Multiaxial Problem-oriented Diagnostic System of SF	[78]
21. Potency and Prostatectomy	[93]
22. Radical Prostatectomy Questionnaire	[120]
3. Sabbastberg Sexual Rating Scale (revised)	[16, 17]
4. Scalability of Sexual Experience	[121]
25. Segraves Sexual Symptomatology Interview	[94]
26. Sexual Activity of Men presenting Prostatism and Prostatectomy	[95]
27. Sexual Adjustment Questionnaire (SAQ)	[96]
28. Sexual Dysfunction (Silence Hurts)	[18]
29. Sexual Dysfunction in HIV+ Men (assoc w/ neuropathy/CD4 count)	[56]
30. Sexual Dysfunction in HIV + Men	[97]
31. Sexual Dysfunction in Schizophrenic Patients	[50]
32. Sexual Function Scale	[99, 100]
33. Sexual Interaction Inventory (SII)	[82, 101]
34. Sexual Interaction System Scale	[102]
35. Sexual Interest and Satisfaction Scale	[99]
36. Sexual Interest Questionnaire (SIQ)	[66]
7. Sexual Inventory (SI)	[104]
88. Sexual Orientation Method and Anxiety(SOMA)	[105]
39. Sexual Self-Efficacy Scale for Erectile Disorder (SSES-E)	[91]
10. Sexual Symptom Distress Scale 11. Sexuality Experience Scale	[52, 53] [98]
2. The Clark Sexual History Questionnaire	[90]
3. Urge-incontinence Impact Questionnaire	[106]
4. Vaginal Changes and Sexuality in Women with Cervical CA	[48]
5. Watts Sexual Function Questionnaire	[4]
Ϋ́Υ,	[-]
20L General Questionnaire with Sexual Function Domain	
1. BPH-Specific Quality of Life Instrument	[32]
2. Cancer Rehabilitation Evaluation System - Short Form	[108]
3. Functional Capacity Index	[109]
4. Health Related Quality of Life measure for Multiple Sclerosis	[110]
5. Health Related Quality of Life Prostate Cancer	[111]
6. HIV/AIDS Targeted Quality of Life (HAT-QoL)	[112, 115]
7. Limb-sparring QoL Sarcoma Patients	[107]
8. MOS Sexual Function Subscale	[107]
9. Positive Negative Evaluation 0. Sickness Index Profile/Nottingham Health Profile	[111]
<ul><li>10. Sickness Index Profile/Nottingham Health Profile</li><li>11. Stroke Patients Questionnaire</li></ul>	[119] [60, 121]
12. UCLA Prostate Cancer Index	[60, 121] [8, 9]
2. COLA FIOState Caller Index	[0, 7]

development process should incorporate evaluation of reliability, validity and responsiveness. While measuring sexual dysfunction in couples, the questionnaires should include the areas that effect both gender and sexual preference groups.

Human sexuality is a basic force that can affect every aspect of life. Sexual feelings, desires and activities extend from childhood through adolescence, adulthood, and old age. Sexual function can be closely coupled to quality of life. When sexualfunction is disrupted by medical therapy, illness, other stress or anxiety, quality of life worsens. Investigators may wish to include sexual function as an outcome in research, and clinicians may wish to quantify sexual function in practice. Future research should focus on adequate assessment of sexual function and the development of reliable and valid questionnaires, so that peoples' sexual lives can be improved.

#### Acknowledgement

We thank Jewel-Crum Freeman for assistance in the preparation of this manuscript.

### Appendix 1

Reliability

Internal consistency establishes the extent to which items are associated around the domain of interest. The scores for the items within a domain are treated as repeated measures of the same concept and reliability is estimated by the relationships among these scores. Often assessed using Cronbach's  $\alpha$  or KR-20.

*Test–retest reliability* is a measure of temporal stability; it demonstrates the degree to which scores achieved at a particular time of assessment correlate with scores achieved on subsequent assessment occasions.

Validity

*Content validity* depends on the extent to which an empirical measurement reflects a specific domain of content and how appropriate it is relative to its intended use.

*Criterion validity* measures the correlation of scores with an external criterion, a 'gold standard' or previously validated measure of the concept of interest.

*Construct validity* accounts for the variance that accounts for the agreement there is between different measures meant to measure the same concept and for the disagreement from those intended to measure different concepts.

Responsiveness

Sensitivity of instrument to change over time.

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