

# Female Sexual Function Index (FSFI)

## Background and Validation

The Female Sexual Function Index (FSFI), a 19-item questionnaire, has been developed as a brief, multidimensional self-report instrument for assessing the key dimensions of sexual function in women.<sup>1</sup> It was developed on a female sample of normal controls and age-matched subjects who met DSM-IV®-TR criteria for female sexual arousal disorder (FSAD) and provides scores on six domains of sexual function (desire, arousal, lubrication, orgasm, satisfaction, and pain) as well as a total score.<sup>2</sup>

The FSFI has been validated on clinically diagnosed samples of women with female sexual arousal disorder (FSAD), female orgasmic disorder (FOD), and hypoactive sexual desire disorder (HSDD).<sup>2</sup>

## Physician Instructions

Participants are to be allowed to complete the FSFI alone, in a private room.<sup>2</sup> Instructions for scoring appear on the last FSFI Pocket Card.

A copy of the FSFI is attached to this card.

1. Rosen R, et al. *J Sex Marital Ther.* 2000;26:191-208.
2. Meston CM. *J Sex Marital Ther.* 2003;29:39-46.



# Female Sexual Function Index (FSFI)

Name:

Date:

**INSTRUCTIONS:** These questions ask about your sexual feelings and responses during the past 4 weeks. Please answer the following questions as honestly and clearly as possible. Your responses will be kept completely confidential.

In answering these questions the following definitions apply:

Sexual activity can include caressing, foreplay, masturbation, and vaginal intercourse.

Sexual intercourse is defined as penile penetration (entry) of the vagina.

Sexual stimulation includes situations like foreplay with a partner, self-stimulation (masturbation), or sexual fantasy.

## CHECK ONLY ONE BOX PER QUESTION.

Sexual desire or interest is a feeling that includes wanting to have a sexual experience, feeling receptive to a partner's sexual initiation, and thinking or fantasizing about having sex.

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

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

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

- 5 = Very high
- 4 = High
- 3 = Moderate
- 2 = Low
- 1 = Very low or none at all

Sexual arousal is a feeling that includes both physical and mental aspects of sexual excitement. It may include feelings of warmth or tingling in the genitals, lubrication (wetness), or muscle contractions.

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

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

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

- 0 = No sexual activity
- 5 = Very high
- 4 = High
- 3 = Moderate
- 2 = Low
- 1 = Very low or none at all

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

- 0 = No sexual activity
- 5 = Very high confidence
- 4 = High confidence
- 3 = Moderate confidence
- 2 = Low confidence
- 1 = Very low or no confidence

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

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

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

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

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

- 0 = No sexual activity
- 1 = Extremely difficult or impossible
- 2 = Very difficult
- 3 = Difficult
- 4 = Slightly difficult
- 5 = Not difficult

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

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

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

- 0 = No sexual activity
- 1 = Extremely difficult or impossible
- 2 = Very difficult
- 3 = Difficult
- 4 = Slightly difficult
- 5 = Not difficult

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

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

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

- 0 = No sexual activity
- 1 = Extremely difficult or impossible
- 2 = Very difficult
- 3 = Difficult
- 4 = Slightly difficult
- 5 = Not difficult

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

- 0 = No sexual activity
- 5 = Very satisfied
- 4 = Moderately satisfied
- 3 = About equally satisfied and dissatisfied
- 2 = Moderately dissatisfied
- 1 = Very dissatisfied

**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?**

- 0 = No sexual activity
- 5 = Very satisfied
- 4 = Moderately satisfied
- 3 = About equally satisfied and dissatisfied
- 2 = Moderately dissatisfied
- 1 = Very dissatisfied

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

- 5 = Very satisfied
- 4 = Moderately satisfied
- 3 = About equally satisfied and dissatisfied
- 2 = Moderately dissatisfied
- 1 = Very dissatisfied

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

- 5 = Very satisfied
- 4 = Moderately satisfied
- 3 = About equally satisfied and dissatisfied
- 2 = Moderately dissatisfied
- 1 = Very dissatisfied

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

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

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

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

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

- 0 = Did not attempt intercourse
- 1 = Very high
- 2 = High
- 3 = Moderate
- 4 = Low
- 5 = Very low or none at all

**Thank you for completing this questionnaire.**

## FSFI Domain Scores and Full Scale Score

The individual domain scores and full scale (overall) score of the FSFI can be derived from the computational formula outlined in the table below. For the individual domain scores, add the scores of the individual items that comprise the domain and multiply the sum by the domain factor (see below). Add the six domain scores to obtain the full scale score. It should be noted that within the individual domains, a domain score of zero indicates that the subject reported having no sexual activity during the past month. Subject scores can be entered in the right-hand column.

Domain	Questions	Score Range	Factor	Minimum Score	Maximum Score	Score
Desire	1,2	1 – 5	0.6	1.2	6.0	
Arousal	3, 4, 5, 6	0 – 5	0.3	0	6.0	
Lubrication	7, 8, 9, 10	0 – 5	0.3	0	6.0	
Orgasm	11, 12, 13	0 – 5	0.4	0	6.0	
Satisfaction	14, 15, 16	0 (or 1) – 5	0.4	0	6.0	
Pain	17, 18, 19	0 – 5	0.4	0	6.0	
Full Scale Score Range				1.2	36.0	
						Total

**A score  $\leq$  26.55 is classified as FSD.\***

From Rosen R, et al. The Female Sexual Function Index (FSFI): A Multidimensional Self-Report Instrument for the Assessment of Female Sexual Function. *Journal of Sex and Marital Therapy*. 2000;26(2):191-208. Reprinted by permission of the publisher, Taylor & Francis Ltd, <http://www.informaworld.com>.

\* Wiegand M, et al. *J Sex Marital Ther*. 2005;31:1-20.