

The FSFI-6 (Female Sexual Function Index- 6)

1. Information for healthcare professionals

This screening tool is a pragmatic 6-question survey to identify women at high risk of FSD (Neijenhuijs 2019). It was designed to be self-administered and brief (Isidori 2010)

The patient ticks to score each question on a scale: (no sexual activity), always, most times, sometimes, a few times, never/almost never and self-scores

Total scores range from 2-30 with lower scores corresponding to worse sexual functioning. A cut off of 19 has been used in some validated studies

References for some research on the FSFI-6:

Isidori, Andrea M et al. "Development and validation of a 6-item version of the female sexual function index (FSFI) as a diagnostic tool for female sexual dysfunction." *The journal of sexual medicine* vol. 7,3 (2010): 1139-46. doi:10.1111/j.1743-6109.2009.01635.x

Neijenhuijs, K.I., Hooghiemstra, N., Holtmaat, K., Aaronson, N.K., Groenvold, M., Holzner, B., Terwee, C.B., Cuijpers, P. and Verdonck-de Leeuw, I.M., 2019. The Female Sexual Function Index (FSFI)—a systematic review of measurement properties. *The journal of sexual medicine*, 16(5), pp.640-660.

You can access the longer FSFI diagnostic/ screening tool here https://cdn-links.lww.com/permalink/aog/a/aog_124_2_2014_06_02_reed_14-218_sdc1.pdf

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FSFI-6 Questions.

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

Please circle your response and enter the score below

- 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

Score: _____

2. Over the past 4 weeks, how often did you feel sexually aroused “turned on” during sexual activity or intercourse?

Please circle your response and enter the score below

- 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

Score: _____

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

Please circle your response and enter the score below

- 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

Score: _____

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

Please circle your response and enter the score below

- 0 = No sexual activity
- 1 = Extremely difficult or impossible

- 2 = Very difficult
- 3 = Difficult
- 4 = Slightly difficult
- 5 = Not difficult

Score: _____

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

Please circle your response and enter the score below

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

Score: _____

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

Please circle your response and enter the score below

- 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

Score: _____

Total score (add up all scores): _____