E-Poster

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Impact of Obesity on Female Sexual Function: Assessment and Associated Factors

Topic: Specific Target Groups (Children, Women, Elderly, Athletes, Musicians, Refugees, Ethnic Groups, Workers, and Others)

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BACKGROUND

Obesity is a growing public health concern worldwide, with well-documented associations with various physical and psychological comorbidities. Among its less frequently addressed consequences is its impact on sexual health. Female sexual dysfunction (FSD) is a multifactorial condition influenced by physiological, psychological, and sociocultural factors, and emerging evidence suggests that excess body weight may contribute to its prevalence and severity. The aim of our study was to assess sexuality in overweight and obese women and to identify factors associated with sexual dysfunction.

METHODS

We conducted an analytical study in the Physical and rehabilitation Medicine Department (PRM) involving women meeting the inclusion criteria. The main parameters studied were epidemiological, clinical and sexual function using the ArFSFI questionnaire. Sexual quality of life was assessed using the IWQol-Lite questionnaire.

RESULTS

Seventy eight women were included in our study : 41 were obese and 37 were of normal weight. The average age of our study population was 46.10 ± 9.97 years. In terms of socio-demographics, the majority of our patients (63.41%) were housewives and 34.14% had primary educational level.

In terms of sexuality, we found that 48.78% of overweight and obese women had a SD with a mean score of 21.09 ± 7.42 [2 to 31.30]. Desire was the most impaired component of the ArFSFI score.

We noted a significant statistical association between good sexual function (score ArFSFI) and the level of education (p = 0.004) and the body mass index (BMI) (p = 0.01).

CONCLUSION

Our study showed an association between obesity and sexual dysfunction. Sexological approach, and dietary and health measures would allow to improve the management of such patients.

Statement of Disclosures

None

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