

Female Sexual Function Index (FSFI)

Description

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

Validity

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. 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)

Interpretation

Raw scores and transformed scores are presented for each of the 5 domains. Each of the domain transformed score has a range from 0 to 6, with the exception of Desire and Satisfaction that have minimums of 1.2 and 0.8 respectively.

The total transformed range is from 2 to 36.

Higher scores indicate higher degrees of sexual functioning (and lower pain).

Desire (Qs 1,2)

Arousal (Qs 3,4,5,6)

Lubrication (Qs 7,8,9,10)

Orgasm (Qs 11,12,13)

Satisfaction (Qs 14,15,16)

Pain (Qs 17,18,19)

Total Score

Developer

References

Rosen, C. B., J. Heiman, S. Leiblum, C. Meston, R. Shabsigh, D. Ferguson, R. D'Agostino, R. (2000). The Female Sexual Function Index (FSFI): a multidimensional self-report instrument for the assessment of female sexual function. *Journal of Sex & Marital Therapy*, 26(2), 191-208.

Instructions to Client

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.