Depression and anxiety as risk factors for female sexual pain.

Abstract

Background: Female sexual pain is a complex multifactorial condition. Most of researches have focused on underlying biomedical factors. Although psychological, psychiatric, and relational factors have been studied as
possible correlates, limited research has been made in this area about the Egyptian population.

The present study aimed to evaluate prevalence of female sexual pain among a sample of Egyptian females and detect its correlation with depression and anxiety. Female sexual function index (FSFI) was used to evaluate sexual pain in 450 women calculating their pain domain scores. Their scores were correlated to demographic data, genital health complaints, depression, and anxiety symptoms.

Results: The prevalence of marked severe sexual pain was 31.6% and that of trivial pain was 68.4% in the studied
group. In the study group, 75 (16.7%) females had depressive symptoms, and 40 (8.9%) females had anxiety
symptoms. Patients with severe depression had significantly marked severe pain than patients with minimal
depression ($p < 0.001$ respectively). Patients with severe anxiety had significantly lower pain score than patients
without ($p < 0.001$). Pain score had significant negative correlation with each of the depression score ($r - 0.524$, p
< 0.001) and the anxiety score ($r - 0.305$, $p < 0.001$). Patients with gynecological causes especially fungal infection had significantly severe marked pain than patients without any other physical causes (< 0.001).

Conclusions: Anxiety, depression, and the presence of gynecological causes especially fungal infection were
significantly independent risk factors for more sexual pain.

Keywords: Female, Sexual pain, Anxiety, Depression, Egypt