

# Impact of fibromyalgia on sexual function in women

Collado-Mateo D.

Olivares P.R.

Adsuar J.C.

Gusi N.

**BACKGROUND:** The prevalence of sexual problems is very high among women with fibromyalgia.

**OBJECTIVE:** To evaluate the prevalence of sexual problems in women with FM and the potential association among physical activity, quality of life and sexual function. We aimed to contribute in the understanding of the relationships between sexual function and the symptoms of FM. **METHODS:**

The sample of this cross-sectional study comprised 113 women with FM and 116 age-matched women without FM. Sexual function was assessed using the 15D questionnaire. Health-related quality of life (using EQ-5D-5L and 15D questionnaires), impact of fibromyalgia and physical activity were also assessed. **RESULTS:** The prevalence of sexual problems among women with fibromyalgia was 76%, while it was 15% in healthy controls. This prevalence was even higher among those aged 50 or over. Sexual function was significantly associated with quality of life, distance walked, impact of fibromyalgia and four of the symptoms: depression, anxiety, tenderness and memory problems. **CONCLUSION:** More than three out of four women with fibromyalgia have any kind of sexual problem. Depression, anxiety and tenderness seems to be the most relevant symptoms associated with sexual function. Physical activity may be protective and reduce the risk of having sexual problems. © 2020 - IOS Press and the authors. All rights reserved.

Chronic pain

physical activity

quality of life

sex

walking

adult

aged

anxiety

Article

controlled study

cross-sectional study

depression

European Quality of Life 5 Dimensions 5 Level questionnaire

female

fibromyalgia

human

major clinical study

memory disorder

physical activity

priority journal

quality of life

sexual dysfunction

sexual function

walking distance