

# Sexual satisfaction following bariatric surgery: A prospective exploratory study [Satisfacción sexual tras cirugía bariátrica: estudio observacional prospectivo]

Ferrer-Márquez M.

Pomares-Callejón M.Á.

Fernández-Agis I.

Belda-Lozano R.

Vidaña-Márquez E.

Soriano-Maldonado A.

**Introduction** Bariatric surgery improves sexual function in obese individuals, although the extent to which sexual satisfaction is improved following surgery is unknown. The aims of this study were 1) to describe sexual satisfaction in severely/morbidly obese men and women candidates for bariatric surgery; 2) to assess the effects of bariatric surgery on sexual satisfaction at 12-months follow-up; and 3) to assess whether weight changes at follow-up following bariatric surgery are associated with changes in sexual satisfaction. **Methods** We conducted a prospective observational study from February 2011 to June 2014. A total of 44 patients with severe/morbid obesity participated in the study. Sexual satisfaction was assessed (at baseline and 12-months follow-up) through the Index of Sexual Satisfaction (ISS) questionnaire. **Results** Of 44 patients who completed the ISS at baseline (mean age 40.3 [SD = 9.4] years and BMI 46.9 [SD = 6.2] kg/m<sup>2</sup>), 17 were lost to follow-up. The baseline ISS total scores were 32.0 (SD = 20.1) in women and 24.4 (SD = 16.0) in men ( $P > 0.05$ ). The proportion of sexually satisfied men and women at baseline was 62.5% and 46.4%, respectively ( $P = 0.360$ ). At follow-up, sexual satisfaction improved significantly in women (average difference 13.7 units;  $P = 0.032$ ) but not in men (average difference 3.6 units;  $P = 0.717$ ). The percentage of women with sexual satisfaction problems was reduced by 33% at follow-up ( $P = 0.038$ ). **Conclusions** A relatively large percentage of severely/morbidly obese women and men present clinically significant sexual satisfaction problems before undergoing bariatric surgery. Sexual satisfaction improves significantly 12 months following bariatric surgery, particularly in women. ©

2017 AEC

Bariatric surgery

Obesity

Sexual function

Sexual satisfaction

adult

bariatric surgery

female

human

male

morbid obesity

orgasm

prospective study

Adult

Bariatric Surgery

Female

Humans

Male

Obesity, Morbid

Orgasm

Prospective Studies