

## The Female Sexual Distress Scale-Revised (FSDS-R; revised 2005): Screening Questionnaire for Measuring Sexually Related Personal Distress in Women With Female Sexual Dysfunction (FSD)

Name:

Date:

Below is a list of feelings and problems that women sometimes have concerning their sexuality. Please read each item carefully, and circle the number that best describes HOW OFTEN THAT PROBLEM HAS BOTHERED YOU OR CAUSED YOU DISTRESS DURING THE PAST 30 DAYS INCLUDING TODAY. Circle only one number for each item, and take care not to skip any items. If you change your mind, erase your first circle carefully. Read the example before beginning, and if you have any questions please ask about them.

Example: How often did you feel: **Personal responsibility for your sexual problems.**

| NEVER | RARELY | OCCASIONALLY | FREQUENTLY | ALWAYS |
|-------|--------|--------------|------------|--------|
| 0     | 1      | 2            | 3          | 4      |

### How often did you feel

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 1. Distressed about your sex life         | 0 | 1 | 2 | 3 | 4 |
| 2. Unhappy about your sexual relationship | 0 | 1 | 2 | 3 | 4 |
| 3. Guilty about sexual difficulties       | 0 | 1 | 2 | 3 | 4 |
| 4. Frustrated by your sexual problems     | 0 | 1 | 2 | 3 | 4 |
| 5. Stressed about sex                     | 0 | 1 | 2 | 3 | 4 |
| 6. Inferior because of sexual problems    | 0 | 1 | 2 | 3 | 4 |
| 7. Worried about sex                      | 0 | 1 | 2 | 3 | 4 |
| 8. Sexually inadequate                    | 0 | 1 | 2 | 3 | 4 |
| 9. Regrets about your sexuality           | 0 | 1 | 2 | 3 | 4 |
| 10. Embarrassed about sexual problems     | 0 | 1 | 2 | 3 | 4 |
| 11. Dissatisfied with your sex life       | 0 | 1 | 2 | 3 | 4 |
| 12. Angry about your sex life             | 0 | 1 | 2 | 3 | 4 |
| 13. Bothered by low sexual desire         | 0 | 1 | 2 | 3 | 4 |

A score of  $\geq 11$  effectively discriminates between women with FSD and no FSD.\*

Total

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### **Background and Validation**

The presence of personal distress is central to the diagnosis of hypoactive sexual desire disorder (HSDD). This is recognized in the DSM-IV®-TR and other recent diagnostic guidelines for female sexual dysfunction (FSD), including those emanating from the 1999 International Consensus Development Conference on FSD, which stated that women with decreased sexual desire can only be diagnosed with HSDD if they have evidence of associated personal distress.<sup>1</sup>

Accordingly, the Female Sexual Distress Scale (FSDS) was developed to provide a standardized, quantitative measure of sexually related personal distress in women.<sup>2</sup>

The FSDS-R differs from the FSDS in that it includes one additional question that asks women to rate distress related to low sexual desire, consistent with its use as part of the diagnostic algorithm for HSDD.<sup>1</sup>

*A copy of the FSDS-R appears on the reverse side of this card.*

1. DeRogatis L, et al. *J Sex Med.* 2008;5:357-364.
2. DeRogatis L, et al. *J Sex Marital Ther.* 2002;28:317-330.