

## **Sexual Dysfunction among Patients with Diabetes Mellitus**

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### **Abstract**

Sexual dysfunction can impact a person's ability to form or sustain intimate relationships and co morbidity between sexual dysfunction and anxiety as well as depression has been reported. Yet epidemiological, etiological, and health association to sexual dysfunction has only begun to be explored in Kenya. To determine the prevalence, types of sexual dysfunction and their socio demographic correlate in diabetic patients. Descriptive cross- sectional study The study was conducted at the outpatient diabetic clinic of Kenyatta National Hospital. This is the main referral hospital in Kenya. A total of 350 participants were enrolled in the study. The Female Sexual Function Index (FSFI) and the International Index of Erectile Function (IIEF) questionnaires were used to evaluate sexual dysfunctions in female and male patients respectively. The participants were composed of 164 females aged between 18-74 years and 186 males aged between 19- 100 years. In males, prevalence of sexual dysfunctions were: erectile dysfunction (68.8%); orgasmic dysfunction (48.4%); sexual desire (81.7%); intercourse satisfaction (86.6%) and overall satisfaction (68.4%).The female sexual dysfunction was 36.6% and was categorized as mild (17.1%); moderate (18.3%) and severe (1.2%). Diabetic patients have a high prevalence of sexual dysfunction.