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Research

**DYSFUNCTION OF SEXUAL ACTIVITIES AND  
OCCURRENCE OF DEPRESSION AMONG FEMALES  
HEMODIALYSIS PATIENTS**

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**Abstract:**

**Objective:** The purpose of this research work was to assess the dysfunction of sexual activities, occurrence of depression and related factors among females under dialysis.

**Methodology:** This was a transverse research work and conducted in the Dialysis Unit of Mayo Hospital Lahore from March 2019 to April 2019. There were 23 female patients under dialysis were the part of this research work.

**Results:** The scores of the sexual function these dialysis patients in this research work were very low and majority of the patients suffered from moderate level of depression. The most frequent dysfunction was the issues in arousal and the rarest frequent complaint was the pain. The findings determined that with the increase in the extremity of the depression, there was a decrease in the mean scores of the sexual function, lubrication, sex satisfaction, arousal, orgasm and sum of total Female sexual function index (FSFI). **Conclusions:** There is high prevalence of the dysfunction in the sexual activities among females under dialysis. There is a strong association of this complication with the depression severity.

**KEY WORDS:** Severity, extremity, index, occurrence, depression, dialysis, sexual, methodology.

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**INTRODUCTION:**

There is severe impact of the kidney diseases of life styles and it decreases the QoL (Quality of Life) of these patients. There was a raid in the amount of the patients suffering from end-stage renal diseases and needing the treatment of dialysis to continue their lives in our country Pakistan. Among these patients, 41.58% patients were females. Patients suffering from kidney diseases face many issues linked with the disease of kidney and treatment of dialysis. Sexual Dysfunction is very frequent health issue in the patients suffering from kidney disease. In general public, 41.0% females and 29.0% males face the sexual issues. There is high rate of occurrence for Sexual Dysfunction among female patients under dialysis in comparison with the male patients under dialysis. There is a report that 38.0% male patients under dialysis and 53.0% female patients under dialysis face difficulty to reach the state of orgasm of female. Most of the patient's state problems of arousal, lubrication, pain during sex, orgasm, infertility as decreased libido.

Stress, depression and anxiety have association with this disease and their treatment leads to the sexual dysfunction. The most frequent psychological issue is depression with high prevalence rate in the patients under dialysis. There is association of depression with many sexual problems. Patients with high severity of depression are present with high degree of the Sexual Dysfunction. So, this is the responsibility of health professionals to assess the sex function of dialysis patients and in the presence of the problem, there should be treatment to tackle the issue.

**METHODOLOGY:**

This research work carried out in Dialysis Unit of Mayo Hospital, Lahore from March 2019 to April 2019. There were total 34 female's patients who were getting treatment in the duration of this research work. But we enrolled only 23 females who were eligible for

current research work. All the patients were getting treatment from last six months, clinically stable, with active sexual life. We used a well-organized questionnaire for the collection of the information. There were questions about the demographic data and traits of disease. We used the BDI (Beck Depression Inventory) and FSFI (Female Sexual Function Index) in this research work. The data of demography included to evaluate the basic information of the patient as married or unmarried, age, profession, level of education and income of family. The questions related to the traits of the disease included the dialysis treatment's therapy, awareness level of the patients about disease and their wish to gain counselling to improve their sex lives.

Split half co-efficient of BDI scale was .408. Split half co-efficient in this research work was .568 (Table-1). The development of the FSFI carried out by Rosen and reliability of this scale studied by Aygin and Eti. This scale was able to assess the sexual issues in last two months. The collection of the data carried out with the interviews. The interview of the patients was of twenty to thirty minutes. We took the consent of the patients after describing them the purpose of this research work. Ethical committee of the hospital gave the permission to conduct this research work. SPSS V.11 was in use for the statistical analysis of the collected information.

**RESULTS:**

In this research work, all females were living their married lives and they were not employed. Total 70.18% patients were not iterate and 46.48% female patients were from families earning very low monthly income. The average age of the patients was  $39.028 \pm 6.018$  years. Average duration of dialysis was  $62.118 \pm 40.458$  months and all the patients were getting dialysis 3 times in every week. Among all patients, 58.58% patients were present with enough knowledge about this very complication and 68.78% patients were in need of counseling about their sexual life after the application of dialysis procedure. Table-1 shows the scores of FSFI of all the studied patients.

**Table-I: Score Averages Patients Received From The Scales And Reliability Co-Efficient**

FSFI Scales	Reliability Co-Efficient	Avg	St Dev	Range of Score
Desire	0.588	1.700	1.178	1.18 - 4.00
Arousal	0.768	1.318	1.378	0.0 - 4.00
Lubrication	0.748	1.700	1.738	0.0 - 4.00
Orgasm	0.708	1.588	1.638	0.0 - 4.00
Satisfaction	0.658	2.378	1.488	0.0 - 4.00
Pain	0.718	2.528	2.238	0.0 - 4.00

Total Score	0.768	10.248	7.238	2.0 - 34.00
BDI	0.568	15.148	8.458	0.0 - 61

Among dialysis patients, the scores of sexual function were very less and all of these females were present with moderate level of depression. Arousal was the most frequent complication in these patients and rarest was the pain during sexual activities (Table-2). There was determination of moderate depression in 58.58% patients, moderate severe in 19.18% patients, and severe depression in 16.18% patients.

**Table-II: The Distribution of FSFI Score Averages**

Female Sexual Function Scale (FSFI)	Score Averages
Sexual Desire	1.700
Arousal	1.318
Lubrication	1.700
Orgasm	1.588
Satisfaction	2.378
Pain	2.528

The assessment of the different factors influencing the sexual functionality of these patients showed that the traits of demography and duration of dialysis did not influence the function of sexual activities. The findings showed that with the increase of severity of depression, there is a decrease in the scores of desire for sex, lubrication, orgasm, arousal, sex satisfaction and sum of FSFI. This shows the significant disparity between the disorders of the sexual function and levels of the depression of these patients, whereas the disparities between scores of the sub-dimensions were much significant, there was no correlation between sub-dimension of the depression and pain (Table-3).

**Table-III: The Relationship Between Beck Depression Scale And Female Sexual Function Scale**

Female Sexual Function Scale (FSFI)	Beck Depression Inventory (BDI)	
	r	p
Desire	r = -.4958	p<0.008
Arousal	r = -.4188	p<0.048
Lubrication	r = -.3868	p<0.048
Orgasm	r = -.3668	p<0.048
Satisfaction	r = -.4258	p<0.008
Pain	r = -.3008	p<0.048
Total FSFI Score	r = -.4408	p<0.008

### DISCUSSION:

The purpose of this research work was to find out the occurrence of Sexual Dysfunction and depression among female patients under dialysis and related factors. The results show that average scores of sexual function decrease as the average scores of depression increase. In this current research work, 68.78% patients were in need of counseling. In one research work, 64.68% dialysis patients required consultation about sexual activities. Unluoglu examined the requirement of dialysis patients for information and stressed that sexual issues are very serious issues need

to be acknowledged. Research work conducted in the past showed that sexual dysfunction is very frequent issue among patients suffering from chronic kidney diseases and most of the patients are not able to discuss these matter in our society. In one other research work conducted in our country discovered that female dialysis patients were present with 5.21 time's high risk for the development of sexual dysfunction in comparison with the females who are getting the treatment of dialysis. Soykan discovered that the prevalence of Sexual Dysfunction in patients under

dialysis was much frequent in the female in comparison to the male patients.

There is an estimation that 69.0% dialysis patients are present with the disorder of the sexual arousal and 48.0% are suffering from difficulty to reach orgasm. One other research work stated that most important influenced feature among females suffering from end stage kidney diseases were orgasm, sexual arousal and desire for sex. In his research work Soykanet stated that female under dialysis treatment face the difficulty in sexual arousal. So, the findings of this current research work are much comparable with the case studies conducted in past. Peng also stated a strong association of sexual dysfunction with depression which is much similar to this current research work. In some other research work, there was stress that the incidence of depression is very common risk factor for sexual dysfunction and reduced libido. In this current research work, most of the patients suffered from depression of moderate nature and there was reduction in their sexual function which show that depression is the main contributor of sexual dysfunction in dialysis patients. In the development of the sexual dysfunction, there is a strong relationship between organic and psychosocial aspects. So, there is strong need of counselling for female dialysis patients for their sexual activities.

### CONCLUSION:

The findings of this research work showed that there is occurrence of the dysfunction of sexual activities among females under dialysis. Most of the patients were available with depression of moderate nature and there was a strong association of the sexual functionality with the depression severity. So the results of this research work showed that there is possibility for the development of the sexual dysfunction among these females suffering from depression which also emphasizes the requirement for psychological assessment of such female patients.

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