INTRODUCTION

- Reports of genital perception unconformity within women attending gynecologist clinics have been increasing (1).
- Psychosocial and sexual health are important aspects for genital self-image (2).
- Discomfort with the appearance of genitals can present as sexual distress.
- Sexual function measures in relation to genital self-image (GSF) on Hispanics is practically nonexistent (3).

OBJECTIVE

- This project aims to bring attention to the relation of GSF with sexual distress on ethnic minorities.

METHODS AND MATERIALS

- The Female Genital Self-Image (FGSI) Scale and the Female Sexual Distress-Scale Revised (FSDS-R) were administered to females, aged 21-65 years old, and living in Puerto Rico between June 2018 and June 2020.
- From 274 participants in the study, we included only the ones that completed both questionnaires (n = 114).
- Descriptive statistics were used to summarize our data.
- The association between FGSI and female sexual distress (FSD) was assessed using: (1) Mann-Whitney test and logistic regression (FSD as binary outcome), and (2) Pearson’s correlation and robust linear regression (FSD as continuous outcome)
- A FSDS-R score ≥ 11 was used to indicate presence of FSD.

Table 1. Distribution of Female Sexual Distress (FSD) (n = 114)

| Characteristic | n (%)
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Age (in years)</td>
<td></td>
</tr>
<tr>
<td>21-31</td>
<td>52 (45.6)</td>
</tr>
<tr>
<td>32-42</td>
<td>37 (32.5)</td>
</tr>
<tr>
<td>43-53</td>
<td>17 (14.9)</td>
</tr>
<tr>
<td>54-65</td>
<td>8 (7.0)</td>
</tr>
<tr>
<td>Living Area</td>
<td></td>
</tr>
<tr>
<td>Rural</td>
<td>24 (21.1)</td>
</tr>
<tr>
<td>Urban</td>
<td>89 (78.1)</td>
</tr>
<tr>
<td>Unknown</td>
<td>1 (0.9)</td>
</tr>
<tr>
<td>Race/Ethnicity</td>
<td></td>
</tr>
<tr>
<td>Non-Hispanic White</td>
<td>3 (2.6)</td>
</tr>
<tr>
<td>Hispanic</td>
<td>130 (96.5)</td>
</tr>
<tr>
<td>Unknown</td>
<td>1 (0.9)</td>
</tr>
</tbody>
</table>

Table 4. Distribution of Female Genital Self-Image (FGSI) (n = 114)

- We found that 45.6% of women were between 21-31 years old and 96.5% of them were Hispanics (Table 1).
- The mean total score of the FGSI and FSDS-R was 22.0±4.6 and 14.0±11.5, respectively (Table 2).
- About 74.6% reported satisfaction with their genital appearance and 55.3% showed FSD (Table 3).
- Those with FSD were more likely to present lower median FGSI scores than those without FSD (21 vs. 24; p<0.001).
- The odds for sexual distress were 0.78 (95% CI: 0.70, 0.87) times lower with each one-unit increase in FGSI score (Figure 1).
- Pearson’s correlation showed a weak negative linear correlation between FGSI and FSD (r = -0.47, p<0.001) (Figure 2).

RESULTS

- An inverse relationship between FGSI and FSD was observed in our study.
- Women with a higher GSI have a lower sexual distress.
- Genital self-image might play a role in overall sexual experience including sexual distress.
- FSDS-R could be used as a screening tool to identify FSD in women who present to primary care providers with concerns about their sexuality.
- Further studies are needed on ethnic minority populations to assess these variables and identify tools for optimization of management in women with low GSI and high levels of FSD.

KEY FINDINGS

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CONCLUSION

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RESOURCES