

This is a **Sample** version of the
**Female Sexual Distress Scale
- Revised (FSDS-R)**

The **full version** of the FSDS-R comes without 'sample' watermark.

The full complete 11 page version includes –

- FSDS-R Overview information
- FSDS-R Scoring/ Administration instructions
- FSDS-R Complete Questionnaire/ Assessment
- FSDS Clinical Validity

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ORIGINAL RESEARCH—OUTCOMES ASSESSMENT

Validation of the Female Sexual Distress Scale-Revised for Assessing Distress in Women with Hypoactive Sexual Desire Disorder

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ABSTRACT

Introduction. The concept of sexually related personal distress is currently central to the diagnosis of all female sexual dysfunctions (FSD). In the current study, we have focused on validating a slightly revised version of the Female Sexual Distress Scale (FSDS), the FSDS-Revised (FSDS-R), to enhance the sensitivity of the instrument with patients suffering from hypoactive sexual desire disorder (HSDD). In addition, we have attempted to extend the validation generalizability of the scale by demonstrating that both instruments possess reliability and discriminative validity in premenopausal women with HSDD.

Aim. To assess the validity of the revised version of the FSDS, the FSDS-R, for measuring sexual distress in women with HSDD.

Methods. A prospective methodological study carried out at 27 centers in North America enrolled 296 women aged 18–50 years with HSDD, another female sexual dysfunction (FSD), or no FSD. The subjects completed the FSDS-R at baseline, day 7, and day 28, with a 30-day recall at baseline and with a 7-day recall on days 7 and 28.

Main Outcome Measures. Receiver operating characteristic (ROC) analyses of FSDS, FSDS-R, and FSDS-R item 13 were used for the differentiation of HSDD from no FSD, while intraclass correlation coefficient (ICC) was used to estimate test–retest reliability. Cronbach's coefficient alpha was used to measure the internal consistency of the FSDS-R and Pearson's correlation coefficient to assess FSDS, FSDS-R, and FSDS-R item 13 with different recall periods (7 and 30 days).

Results. Mean total FSDS, FSDS-R, and FSDS-R item 13 scores with either recall period were significantly higher ($P < 0.0001$) in women with FSD or HSDD than in women with no FSD, showing both tests had discriminant validity. ROC analysis confirmed these findings, while an ICC of >0.74 showed the test–retest reliability of both scales, including FSDS-R item 13 alone, and Cronbach's coefficient alpha of >0.86 confirmed the internal consistency of both tests.

Conclusions. Consistent with the FSDS, the FSDS-R demonstrated good discriminant validity, high test–retest reliability, and a high degree of internal consistency in measuring sexually related personal distress in women with HSDD. FSDS-R item 13 alone also demonstrated good discriminant validity and test–retest reliability. **DeRogatis L, Clayton A, Lewis-D'Agostino D, Wunderlich G, and Fu Y. Validation of the female sexual distress scale revised for assessing distress in women with hypoactive sexual desire disorder. J Sex Med 2008;5:357–364.**

Key Words. Hypoactive Sexual Desire Disorder; Female Sexual Distress Scale; Nontreatment Study

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Female Sexual Distress Scale - Revised (FSDS-R)

Scoring & Administration

The FSDS-R was developed to meet the need for a standardized, quantitative measure of sexually related distress in women, and studies have shown that it is highly effective in discriminating between women with FSD and those without FSD.

The FSDS-R psychometric instrument with a 7-day recall demonstrated good discriminant validity, high test–retest reliability, and a high degree of internal consistency in measuring sexually related personal distress in women with HSDD.

As a sensitive and robust measure of personal distress associated with HSDD, the FSDS-R has the potential to be used to assess the impact of drug treatment in patients with a DSM-IV-TR diagnosis of HSDD. As new treatments for FSD become available, it will be essential to have well validated psychometric instruments for monitoring treatment induced changes in conditions such as HSDD.

Scoring: -

The FSDS-R is a self-administered questionnaire consisting of

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FEMALE SEXUAL DISTRESS SCALE - REVISED

Name _____ Date _____

Below is a list of feelings and problems that men and women sometimes have concerning their sexuality. Please read each item carefully, and check the box that best describes how often that problem has bothered you or caused distress **over the last 4 weeks**. Please check only one box for each item, and take care not to skip ANY items. If you change your mind, erase your markings carefully.

Please check one box per question.

1. How often did you feel **distressed about your sex life?**

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

2. How often did you feel **unhappy about your sexual relationship?**

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

3. How often did you feel **guilty about your sexual difficulties?**

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

4. How often did you feel **frustrated by your sexual problems?**

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Always

**This is the end of the sample FSDS-R questionnaire.
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