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Singapore finds new insights on sexual dysfunction among midlife women

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Higher cardiovascular risk is associated with sexual inactivity



A large-scale study led by the National University Health System (NUHS) on sexual activity in midlife women in Singapore has found that the majority of them are sexually active, particularly among married women even though a high proportion among them experience sexual dysfunction.

The objective of the study was to examine sexual inactivity and female sexual dysfunction in midlife Singaporean women, an important aspect to women's mental and marital health. It is the largest multi-ethnic study on sexual activity in midlife women in Singapore to date.

The NUHS study reported that about 57 per cent of women are sexually active and among them, 70 per cent experience sexual dysfunction.

The study also highlighted the risk factors associated with female sexual dysfunction which include vaginal dryness, increasing age (55 years or older), post-menopausal status, early menarche (first menstruation), nulliparity (women who have not given birth), higher depressive symptoms, lower body mass index, weaker handgrip strength, lower education and household income and unmarried status.