

Sexual Functioning Questionnaire (SFQ) Scoring Manual*

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The SFQ: Sexual Functioning Questionnaire

There are 2 versions of the SFQ, one for females and one for males. The forms have been tested in people with heterosexual and homosexual relations, and in people with and without sexual partners. With minor adaptations, these versions can also be used for partners of medical patients or for non-medical subjects. All versions match in numbering. The only difference between the two versions is that female questions 10a-g have different problems listed than male questions 10a-d.

This manual is divided into 3 sections.

- 1) SFQ Scales and Subscales
- 2) Scoring Procedures
- 3) Using the Forms with non-patient populations

1. The SFQ Scales and Subscales

1.1 General Description

The SFQ is composed of 2 multi-item scales and a few single items for sample description. The scales, **Sexual Functioning** and **Medical Impact**, are independent of each other and can be given separately.

Within the Sexual Functioning Scale, there are 9 multi-item subscales: **Interest, Desire, Arousal, Orgasm, Satisfaction, Activity, Relationship, Masturbation, and Problems.**

The **Problems** subscale allows the option of adding items relevant to specific diseases or treatments. This would require recheck of the reliability and factor loadings of the subscale with the new items.

The **Medical Impact Scale** is optional. The five items included in the scale can be given to subjects who have an illness or have gone through treatment for an illness. The Medical Impact Scale is not intended for use with a healthy population. The specification of the Medical Impact Scale should be designated to fit the situation being assessed, e.g., “since your diagnosis with _____” “since your treatment.”

See list below for the items included in each scale and subscale, as well as the internal reliabilities for men and women on the Overall SFQ, Subscales, and Medical Impact Scale.

Psychometric reference:

Syrjala KL, Schroeder TC, Abrams JR, Atkins TZ, Sanders JE, Brown W, Heiman JR. Sexual function measurement and outcomes in cancer survivors and matched controls. *Journal of Sex Research*. 2000;37(3) 213-225

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1.2 Scale Items:

SCALE	ITEM NUMBER	ITEM	
Overall SFQ Score Male $\alpha = .93$ Female $\alpha = .94$	4	Had sexual thoughts, urges, fantasies	
	5a	Interest in sexual dreams or fantasy	
	5b	Desire to engage in masturbation	
	5c	Desire for touching, hugging, holding, kissing	
	5d	Desire for petting and foreplay	
	5e	Desire for intercourse	
	6a	Aroused by dreams or fantasy	
	6b	Aroused by masturbation	
	6c	Aroused by touching, hugging, holding, kissing	
	6d	Aroused by petting and foreplay	
	6e	Aroused by vaginal intercourse	
	7	Pleasure from any forms of sex	
	8a	Engaged in sexual dreams or fantasy	
	8b	Engaged in masturbation	
	8c	Engaged in touching, hugging, holding, kissing	
	8d	Engaged in petting and foreplay	
	8e	Engaged in mutual masturbation	
	8f	Engaged in intercourse	
	9	How often reached orgasm	
	9a	How intense are orgasms	
	9b	Ease or difficulty having orgasms	
	11	Interest in sexual thoughts, feelings, actions	
	12	Satisfied with sexual activity	
	13c	Conflict in relationship	
	15	Communicate sexual desires	
	16	Satisfied with sexual relationship	
	17	Partner's sexual satisfaction	
	18	Satisfied with warmth and intimacy	
	19	Comfortable with touching, hugging, holding partner	
		<u>Men (Problems):</u>	
		10a	Difficulty getting an erection
		10b	Lack of sexual interest or desire
		10c	Losing an erection during sexual activity
		10d	Delayed ejaculation
		10e	Anxiety about your sexual performance
		10f	Unable to orgasm
	10g	Pain during penetration or intercourse	
	<u>Women (Problems):</u>		
	10a	Vaginal dryness during sexual activity	
	10b	Lack of sexual interest or desire	
	10c	Vaginal tightness	
	10d	Pain during penetration or intercourse	
	10e	Anxiety about your sexual performance	
	10f	Unable to orgasm	
	10g	Vaginal bleeding or irritation from penetration or intercourse	
	10h	Increased sensitivity of your skin to intimate touching	
	10i	Sharp pain inside or outside your vagina	

<u>SFQ Subscales:</u>	ITEM NUMBER	ITEM
<u>Interest</u> Male $\alpha = .81$ Female $\alpha = .86$	4	Had sexual thoughts, urges, fantasies
	5a	Interest in sexual dreams or fantasy
	8a	Engaged in sexual dreams or fantasy
	11	Interest in sexual thoughts, feelings, actions
<u>Desire</u> Male $\alpha = .89$ Female $\alpha = .89$	5c	Desire for touching, hugging, holding, kissing
	5d	Desire for petting and foreplay
	5e	Desire for intercourse
<u>Arousal</u> Male $\alpha = .87$ Female $\alpha = .88$	6a	Aroused by dreams or fantasy
	6c	Aroused by touching, hugging, holding, kissing
	6d	Aroused by petting and foreplay
	6e	Aroused by intercourse
<u>Orgasm</u> Male $\alpha = .93$ Female $\alpha = .93$	9	How often reached orgasm
	9a	How intense are orgasms
	9b	Ease or difficulty having orgasms
<u>Satisfaction</u> Male $\alpha = .87$ Female $\alpha = .87$	7	Pleasure from any forms of sex
	12	Satisfied with sexual activity
<u>Masturbation</u> Male $\alpha = .92$ Female $\alpha = .91$	5b	Desire to engage in masturbation
	6b	Aroused by masturbation
	8b	Engaged in masturbation
<u>Relationship</u> Male $\alpha = .87$ Female $\alpha = .84$	13c	Conflict in relationship
	15	Communicate sexual desires
	16	Satisfied with sexual relationship
	17	Partner's sexual satisfaction
	18	Satisfied with warmth and intimacy
	19	Comfortable with touching, hugging, holding partner
<u>Activity</u> Male $\alpha = .90$ Female $\alpha = .88$	8c	Engaged in touching, hugging, holding, kissing
	8d	Engaged in petting and foreplay
	8e	Engaged in mutual masturbation
	8f	Engaged in intercourse
<u>Problems</u> Male $\alpha = .84$ Female $\alpha = .81$ WE ARE TESTING THE FOLLOWING ADDED PROBLEMS:		<u>Male</u>
	10a	Difficulty getting an erection
	10c	Losing an erection during sexual activity
	10d	Delayed ejaculation
	10g	Pain during penetration or intercourse
		<u>Female</u>
	10a	Vaginal dryness during sexual activity
	10c	Vaginal tightness
	10d	Pain during penetration or intercourse
	10g	Vaginal bleeding or irritation from penetration or intercourse
	10h	Increased sensitivity of your skin to intimate touching
	10i	Sharp pain inside or outside your vagina
	FOR BOTH MALES AND FEMALES	10b
	10e	Anxiety about your sexual performance
	10f	Unable to orgasm

<u>SFQ Medical Impact Scale</u>	20	Adjust to change in sex life
	21	Impact of treatment on sex life
	22	Impact of treatment on interest or desire
Male $\alpha = .84$	23	Impact of treatment on sexual arousal
Female $\alpha = .84$	24	Impact of treatment on orgasms

2. SFQ Scoring Procedures

For the SFQ Overall Score and Subscales a HIGHER SCORE represents BETTER FUNCTION. Therefore, prior to analyses, all items need to be coded consistently in order to represent this positive sexuality scale. This requires that for some scales certain items need to be reverse coded.

As well, prior to computing a subscale mean, items with a 0 to 10 response scale need to be divided in half to have equal weight as the other 0 to 5 scales.

For the Medical Impact Scale a HIGHER SCORE represents MORE TREATMENT IMPACT.

Before computing a mean, some items need to be reversed and divided in half.

2.1 Subscale Scoring

INTEREST

Items 4, 5a, 8a, and 11

- 1) Divide item 11 (with a 0-10 scale) in half to put on the same scale range with 0-5 scale items
 - 2) Compute Interest Subscale Mean = mean of items 4, 5a, 8a, 11
- ** Minimum number of items necessary to compute the mean: 3

DESIRE

Items 5c, 5d, 5e

- 1) Compute Desire Subscale Mean = mean of items 5c, 5d, 5e
- ** Minimum number of items necessary to compute the mean: 2

AROUSAL

Items 6a, 6c, 6d, 6e

- 1) Compute Arousal Subscale Mean = mean of items 6a, 6c, 6d, 6e
- ** Minimum number of items necessary to compute the mean: 3

ORGASM

Items 9, 9a, 9b

- 1) Compute Orgasm Subscale Mean = mean of items 9, 9a, 9b
- ** Minimum number of items necessary to compute the mean: 2

SATISFACTION

Items 7, 12

- 1) Divide item 12 (with a 0-10 scale) in half to put on same scale range with 0-5 scale items.
 - 2) Compute Satisfaction Subscale Mean = mean of items 7, 12
- ** Minimum number of items necessary to compute the mean: 1

ACTIVITY

Items 8c, 8d, 8e, 8f

- 1) Compute Activity Subscale Mean = mean of items 8c, 8d, 8e, 8f

** Minimum number of items necessary to compute the mean: 3

RELATIONSHIP

Note: There will be no score for this subscale if the subject is not in a relationship. If the respondent has no partner, these items would be responded to with a “0” indicating no partner. Responses of “0” on these items will be recoded as missing. The overall SFQ scale score remains reliable and valid if calculated to include these items only for those subjects who have a partner. See each item below.

Items 13c, 15, 16, 17, 18, 19

- 1) Reverse item 13c so a higher score is a better sexual relationship.
(5=1) (4=2) (3=3) (2=4) (1=5)
Recode a response of 0 (I have not had a partner) as a missing value.
- 2) For item 15 recode a response of 0 (I have not had a partner) as a missing value.
- 3) For item 16 recode a response of 0 (I have not had a partner) as a missing value.
- 4) For item 17 recode a response of 0 (I have not had a partner) as a missing value.
- 5) Divide item 18 (with a 0-10 scale) in half to put on the same scale with other 0-5 items.
If the box is checked next to “*check here if you have not had a partner,*” recode item 18 as missing.
- 6) Divide item 19 (with a 0-10 scale) in half to put on the same scale with other 0-5 items. If the box is checked next to “*check here if you have not had a partner,*” recode item 19 as missing.
- 7) Compute Relationship Subscale Mean = items 13c, 15, 16, 17, 18, 19.

** Minimum number of items necessary to compute the mean: 4

MASTURBATION

Items 5b, 6b, 8b

- 1) Compute Masturbation Subscale = Mean items 5b, 6b, 8b

** Minimum number of items necessary to compute the mean: 2

PROBLEMS

The problem items 10a,c,d,g for men and 10a,c,d,g,h,i for women are core sexual functioning problems. Researchers can add items in order to include problems specific to designated populations. In this case, it will be important to re-test the reliability and factor loadings of the new problems subscale you develop. This re-testing should be done separately for males and females.

Problem items 10b, e, and f are being tested. They should not be added to the summary scores unless first checked for internal reliability within the problem subscale.

For each problem item there is a second “stops sexual activity” box that can be marked. If there is no response for the problem item, and the “stops sexual activity” box is marked, the corresponding problem item can be given the greatest dysfunction value (equal to 6 prior to recoding). Otherwise the value for each problem item remains the same as marked by the participant.

Note: To match the rest of the subscales, a higher subscale score indicates better sexual function, and therefore fewer or less frequent sexual problems.

Men:

Items 10a, 10c, 10d, 10g

- 1) If any item is missing or is scored 5, AND the “stops activity” box is marked, replace the missing value with score of 6.

- 2) Reverse item scores so a higher score is a less frequent problem (to be consistent with the other subscale scoring).
If the stops activity is checked AND the original score is 5 or is not checked, score 6 = 0.
(If score is 5 [and “stops activity” box IS NOT checked] = 1) (4=2) (3=3) (2=4) (1=5)
- 3) Compute Problems Subscale Mean = items 10a, 10c, 10d, 10g.
** Minimum number of items necessary to compute the mean: 2

Women:

Items 10a, 10c, 10d, 10g, 10h, 10i,

- 4) If any item is missing or is scored 5, AND the “stops activity” box is marked, replace the missing value with score of 6.
- 5) Reverse item scores so a higher score is a less frequent problem (to be consistent with the other subscale scoring).
If the stops activity is checked AND the original score is 5 or is not checked, score 6 = 0.
(If score is 5 [and “stops activity” box IS NOT checked] = 1) (4=2) (3=3) (2=4) (1=5)
- 1) Compute Problems Subscale Mean = items 10a, 10c, 10d, 10g, 10h, 10i.
** Minimum number of items necessary to compute the mean: 4

2.3 Overall Score Calculations

SFQ OVERALL SCORE

The SFQ Overall Score is a mean of all items that are used to generate the above subscales. The above recodes (reversals and dividing 0-10 response items in half) remain the same for generating the SFQ Overall mean score.

To compute the SFQ Overall score, compute the mean of the following items:

Men: 4, 5a, 8a, 11 (divided in half)
5c, 5d, 5e
6a, 6c, 6d, 6e
9, 9a, 9b
7, 12 (divided in half)
8c, 8d, 8e, 8f
13c (reversed), 15, 16, 17, 18 (divided in half), 19 (divided in half)
5b, 6b, 8b
10a, 10c, 10d, 10g (all items in 10 reversed)
** Minimum number of items necessary to compute the mean: 21

Women: 4, 5a, 8a, 11 (divided in half)
5c, 5d, 5e
6a, 6c, 6d, 6e
9, 9a, 9b
7, 12 (divided in half)
8c, 8d, 8e, 8f
13c (reversed), 15, 16, 17, 18 (divided in half), 19 (divided in half)
5b, 6b, 8b
10a, 10c, 10d, 10g, 10h, 10i (all items in 10 reversed)
** Minimum number of items necessary to compute the mean: 23

MEDICAL IMPACT This scale is not included in the overall score for the SFQ and is not given to control or 'normals' who are not being assessed for treatment or disease impact.
 A HIGHER SCORE MEANS GREATER IMPACT OF TREATMENT OR DISEASE.

Items 20, 21, 22, 23, 24

- 1) Reverse item 20 so a higher score is more impact
 (0=10) (1=9) (2=8) (3=7) (4=6) (5=5) (6=4) (7=3) (8=2) (9=1) (10=0)
- 2) Divide item 20 (with a 0-10 scale) in half to put on the same scale with other 0-5 items.
- 3) For item 24 recode a response of 5 (I have never experienced orgasm) as a missing value.
- 4) Compute Medical Impact Scale mean = Mean of items 20, 21, 22, 23, 24
 ** Minimum number of items necessary to compute the mean: 3

3. Using the SFQ with Non-Patients and Sexual Partners of Patients

There are 2 versions of the SFQ, one for males and one for females. These scales have been tested with and are reliable and valid in use with medical patients (tested with cancer patients), with sexual partners of patients, and with healthy, non-medical subjects.

In use with non-medical subjects, the Medical Impact Scale is deleted (items 20-24).

In order to convert the patient SFQ to a partner form, only one word needs to be added to the items in the Medical Impact Scale and the last open ended question of the SFQ: "**partner's**."

Therefore, items 20 through 24 should read "What impact has your **partner's** medical illness and treatment..."

Item 25 should read "...since your **partner's** medical illness and treatment?"

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