Monash Women’s Health Program
Female Sexuality Satisfaction Questionnaire© (Monash WHP FSSQ)

http://womenshealth.med.monash.edu.au

The Monash WHP FSSQ is a 12-item, self-administered questionnaire, which can be completed in about one to two minutes.

The questionnaire was developed as an instrument with which researchers can evaluate the nature and quality of the female sexual experience within 24 hours of a sexual event. Thus factors that might acutely influence sexual function can be evaluated.

Other important features are that:

- The questionnaire evaluates a single sexual experience
- The sexual experience does not need to involve a partner
- The sexual experience can be a heterosexual or same sex experience
- The WHP FSSQ been validated in premenopausal and postmenopausal women

Thus this instrument represents is answerable for all women, regardless of sexual preference, menopausal status and partner status and can be used to assess the change in sexual function in response to an acute intervention rather than assessing changes over weeks or months.

References

**Monash Women’s Health Program**  
**Female Sexuality Satisfaction Questionnaire**  
(Monash WHP FSSQ)

Please answer the following questions in terms of your experience in the last 24 hours. Please read each statement carefully and mark the appropriate box with an X corresponding to the extent each statement applied to you.

All questions need to be answered if you engaged in sexual activity in the last 24 hours.

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
<th>Copyright © 2008 Monash University. Use or publication of this questionnaire is permitted with acknowledgement.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I have had sexual activity within the last 24 hours</td>
<td>Not at all</td>
<td>Once</td>
</tr>
<tr>
<td>2. My sexual activity involved a partner</td>
<td>Yes (continue)</td>
<td>No (Go to Q6)</td>
</tr>
<tr>
<td>3. My sexual activity involved intercourse</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>4. I initiated the sexual encounter</td>
<td>Yes (Go to Q6)</td>
<td>No</td>
</tr>
<tr>
<td>5. My partner initiated sex</td>
<td>Yes (continue)</td>
<td>No</td>
</tr>
<tr>
<td>5b. I was receptive (I was ready or willing to receive favorably)</td>
<td>Not at all</td>
<td>Moderately so</td>
</tr>
<tr>
<td>6. I become easily aroused</td>
<td>Not at all</td>
<td>Moderately so</td>
</tr>
<tr>
<td>7. My vaginal lubrication (wetness) was</td>
<td>Absent</td>
<td>Adequate</td>
</tr>
<tr>
<td>8. I had an orgasm during sexual activity</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>9. I achieve orgasm</td>
<td>With great difficulty</td>
<td>With some effort</td>
</tr>
<tr>
<td>10. My sexual experience was</td>
<td>Not pleasurable</td>
<td>Moderately pleasurable</td>
</tr>
<tr>
<td>11. I found sex satisfying</td>
<td>Not at all</td>
<td>Moderately so</td>
</tr>
</tbody>
</table>

Monash Women's Health Program Female Sexuality Satisfaction Questionnaire (Monash University WHP FSSQ) scoring system:

**Items 1, 3 and 5a:**  
No contribution to score (for information only).

**Items 2 and 4,** linked to item 5b (receptivity):  
If response to 2 is ‘No’, then questions 3-5 are omitted and a score of 9 is given for the response and the next item scored is question 6.  
If response to item 2 is ‘Yes’ the score for this question is 0.  
The next question scored is question 4.  
If the response to question 4 is ‘yes’, a score of 9 is given, 5a and 5b are omitted and the next question scored is question 6.  
No points given for ‘No’ response to item 4.

**Items 5b, 6, 7, 10, 11** (receptivity, arousal, lubrication, sexual pleasure, sexual satisfaction):  
Scored from 1-9, whereby 1 is the lowest possible score and represents the lowest ranking for the question.

**Items 8 and 9** (orgasm):  
If response to 8 is ‘Yes’, no points given for 8 and score is a 1 to 9 ranking for response to item 9.  
If response to 8 is ‘No’, 0 points given for item.

**Total score:**  
Adding scores of items 5b, 6, 7, 9, 10 and 11 produces a minimum score of 5 and a maximum possible score of 54.