

# Monash Women's Health Program Female Sexuality Satisfaction Questionnaire<sup>©</sup> (Monash WHP FSSQ)

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

The Monash WHP FSSQ a 12-item, self-administered questionnaire, which can be completed in about one to two minutes<sup>1</sup>.

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

1. Davison SL, Bell RJ, La China M, Holden SL, Davis SR. Assessing Sexual Function in Well Women: Validity and Reliability of the Monash Women's Health Program Female Sexual Satisfaction Questionnaire. J Sex Med 2008. Nov;5(11):2575-86



## Monash Women's Health Program Female Sexuality Satisfaction Questionnaire<sup>®</sup> (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**

<p><b>1. I have had sexual activity within the last 24 hours</b></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Not at all                      Once                      More than once</p>	<p><b>6. I become easily aroused</b></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Not at all                      Moderately so                      Very much so</p>
<p><b>2. My sexual activity involved a partner</b></p> <p><input type="checkbox"/> <input type="checkbox"/></p> <p>Yes (continue)                      No (Go to Q6)</p>	<p><b>7. My vaginal lubrication (wetness) was</b></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Absent                      Adequate                      A great deal</p>
<p><b>3. My sexual activity involved intercourse</b></p> <p><input type="checkbox"/> <input type="checkbox"/></p> <p>Yes                      No</p>	<p><b>8. I had an orgasm during sexual activity</b></p> <p><input type="checkbox"/> <input type="checkbox"/></p> <p>Yes                      No</p>
<p><b>4. I initiated the sexual encounter</b></p> <p><input type="checkbox"/> <input type="checkbox"/></p> <p>Yes (Go to Q6)                      No</p>	<p><b>9. I achieve orgasm</b></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>With great difficulty                      With some effort                      Very easily</p>
<p><b>5. My partner initiated sex</b></p> <p><input type="checkbox"/> <input type="checkbox"/></p> <p>Yes (continue)                      No</p>	<p><b>10. My sexual experience was</b></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Not pleasurable                      Moderately pleasurable                      Extremely pleasurable</p>
<p><b>5b. I was receptive (I was ready or willing to receive favorably)</b></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Not at all                      Moderately so                      Very much so</p>	<p><b>11. I found sex satisfying</b></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Not at all                      Moderately so                      Very much so</p>

Copyright © 2008 Monash University. Use or publication of this questionnaire is permitted with acknowledgement.

### Monash Women's Health Program Female Sexuality Satisfaction Questionnaire<sup>®</sup> (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.