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Research of the month

Dyspareunia and Sexual Dysfunction after Vaginal Delivery in Thai Primiparous Women with Episiotomy



Authors

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ORIGINAL RESEARCH—PAIN

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Dyspareunia and Sexual Dysfunction after Vaginal Delivery in Thai Primiparous Women with Episiotomy

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ABSTRACT

Introduction. Episiotomy remains commonly practiced in Thailand. There are limited data on its impacts on sexuality among Asian women during the first postdelivery year.

Aims. The aim was to study dyspareunia and sexual function at 3–12 months after vaginal delivery in Thai primiparous women with episiotomy.

Methods. A total of 190 participants were approached on Day 2 postpartum. Of these, 93 sexually active women were evaluated for dyspareunia and sexual function at 3 months by using 10-cm visual analog scale and the validated Thai version of Female Sexual Function Index (TFSEFI). TFSEFI < 26.5 was defined as having potential sexual dysfunction. At 6 and 12 months, sexual function was evaluated by telephone interview.

Main Outcome Measures. The prevalence of dyspareunia at 3 months and the changes of TFSEFI scores during the first postdelivery year were the main outcome measures.

Results. The average age of the participants, over 90% of whom were high school finishers, was 24. Their partners were around 3 years older, and the median partnership duration was 3 years. At 3 months, 30.1% of participants reported dyspareunia. There was no association between dyspareunia and the following characteristics: pre-pregnancy dyspareunia, newborn's head circumference and birthweight and breast-feeding ($P > 0.05$ for all). Sexual dysfunction was demonstrated in 66.7% at 3 months, 31.0% at 6 months, and 14.9% at 12 months. From 3 to 12 months, the median TFSEFI scores in all domains increased significantly. There was no difference of the scores in all domains at 3 and 12 months between women with and without dyspareunia at 3 months. However, at 6 months, those without dyspareunia had better scores in pain, orgasm, satisfaction, and total scores ($P < 0.05$ for all).

Conclusion. Dyspareunia at 3 months is common in Thai primiparous women with episiotomy. Those with dyspareunia have a slower resumption of normal sexual function. Chayachinda C, Titapant V, and Ungkanungdecha A. Dyspareunia and sexual dysfunction after vaginal delivery in Thai primiparous women with episiotomy. *J Sex Med* 2015;12:1275–1282.

Key Words. Dyspareunia; Sexual Function; Primiparous; Episiotomy



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Table 1. Prevalence of dyspareunia and potential sexual dysfunction (N = 90)

Postdelivery	n	Resumption of SI	Dyspareunia		Potential sexual dysfunction*
			PS ≥ 1	PS > 3	
36–48 hours	190	—	—	—	—
6 weeks	128	23 (18.0)	14/23 (60.9)	6/23 (26.1)	—
3 months	95	93 (97.9)	28/93 (30.1)	12/93 (12.9)	62/93 (66.7)
6 months	87	87 (100)	2/87 (2.3)	1/87 (1.2)	27/87 (31.0)
12 months	87	87 (100)	1/87 (1.2)	1/87 (1.2)	13/87 (14.9)

*Thai version of Female Sexual Function Index (TFSFI) total score < 26.5

Data presented in n (%)

n = number; PS = pain score; SI = sexual intercourse

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Table 2. Characteristics of the participants (N = 93)

Characteristics	Categories	Dyspareunia at 3 months		P value
		Yes (n = 28)	No (n = 65)	
Sociodemographics				
Age (years)	≤24	17 (60.7)	42 (64.6)	0.441
	25–33	9 (32.1)	16 (24.6)	
	≥34	2 (7.2)	7 (10.8)	
Monthly income >15,000 baht		12 (42.9)	29 (44.6)	0.988
Education ≥high school		26 (92.9)	60 (92.3)	0.480
Pre-pregnancy BMI (kg/m ²)	<18.5	16 (57.2)	40 (61.5)	0.801
	18.5–22.9	9 (32.1)	18 (27.7)	
	≥23.0	3 (10.7)	7 (10.8)	
Family history				
Duration of the partnership (years)		4 (3–15)	3 (1–13)	0.811*
Husband age (years)		26.3 ± 5.4	27.2 ± 6.5	0.706*
History of pelvic pain				
Pre-pregnancy dyspareunia		3 (10.7)	8 (12.3)	0.872
Dyspareunia during pregnancy (Having SI during pregnancy; n = 67)		7/15 (46.7)	14/52 (26.9)	0.146
Characteristics of the delivery				
Gestational age (weeks)		38.3 ± 1.2	38.8 ± 1.0	0.076*
Augmentation with oxytocin		15 (53.6)	39 (60.0)	0.693
Fundal pressure		13 (46.4)	36 (55.4)	0.526
Second stage of labor (minutes)		23 (7–82)	28 (10–125)	0.175*
Newborn's head circumference (cm)		32.3 ± 1.1	32.4 ± 0.9	0.518
Newborn's birthweight (grams)		2,840 ± 286	2,969 ± 291	0.052
Postpartum characteristics				
Resumption of SI (weeks)		9 (5–12)	8 (5–12)	0.542*
	5–6 weeks	4 (14.3)	6 (9.2)	0.336
	7–9 weeks	14 (50.0)	42 (64.6)	
	10–12 weeks	10 (35.7)	17 (26.2)	
Progestin contraception (injection or implant)		12 (42.9)	35 (53.8)	0.411
Breast-feeding ≥6 times/day	At 3 months	18 (64.3)	40 (61.5)	0.643
	At 6 months	2 (7.1)	9 (13.8)	0.478
Frequency of sexual intercourse (times/month)	At 6 months	8 (2–12)	8 (1–16)	0.413*
	At 12 months	8 (2–12)	8 (2–32)	0.516*
Sexual dysfunction (TFSFI < 26.5)	At 3 months	19/28 (67.9)	42/65 (64.6)	0.595
	At 6 months	10/23 (43.5)	16/64 (25.0)	0.116
	At 12 months	5/23 (21.7)	7/64 (10.9)	0.219

*Wilcoxon rank sum test
Data were presented in number (%), mean ± standard deviation for parametric data, or median (min-max) for non-parametric data as appropriate
BMI = body mass index; kg/m² = kilogram/square meter; n = number; SI = sexual intercourse; TFSFI = Thai version of Female Sexual Function Index

Table 3. Association between participants characteristics and dyspareunia at 3 months (N = 93)

	cOR	P value	aOR*	P value
Pre-pregnancy				
Dyspareunia	0.95 (0.74–1.22)	0.704	0.90 (0.69–1.17)	0.441
Pregnancy				
Having sexual intercourse ≥2/month	0.67 (0.26–1.77)	0.423	0.63 (0.23–1.74)	0.374
A total weight gain <11 kg	1.86 (0.66–5.24)	0.241	1.85 (0.63–5.40)	0.260
Delivery				
Fundal pressure	0.75 (0.30–1.84)	0.527	0.80 (0.31–2.03)	0.638
Augmentation with oxytocin	0.83 (0.34–2.06)	0.694	0.96 (0.38–2.48)	0.941
Second stage of labor ≥ 60 minutes	0.24 (0.03–1.99)	0.186	0.20 (0.02–1.68)	0.138
Postdelivery				
Progestin contraception	1.45 (0.58–3.61)	0.427	1.47 (0.56–3.84)	0.435
BF at 6 weeks ≥6 times/day	1.39 (0.53–3.66)	0.504	1.25 (0.45–3.47)	0.668
BF at 3 months ≥6 times/day	0.59 (0.20–1.81)	0.358	0.59 (0.19–1.84)	0.362

*Adjusted for age, husband's age, and marriage duration
aOR = adjusted odd ratio; BF = breast feeding; cOR = crude odd ratio

Table 4. Median TFSFI scores in each domain during the first year postdelivery in Thai primiparous women with episiotomy

	TFSFI scores			P value*		
	3 months (n = 93)	6 months (n = 87)	12 months (n = 87)	3 vs. 6 months	6 vs. 12 months	3 vs. 12 months
Desire	3.0 (2.4–3.6)	3.6 (3.6–3.6)	3.6 (3.6–4.2)	<0.001	0.073	<0.001
Arousal	3.6 (3.0–3.6)	3.9 (3.6–4.2)	4.2 (3.6–4.5)	<0.001	<0.001	<0.001
Lubrication	4.2 (3.9–4.5)	4.8 (4.2–5.4)	5.1 (4.8–5.4)	<0.001	0.021	<0.001
Orgasm	4.4 (4.0–5.2)	5.2 (4.4–5.6)	5.6 (4.8–5.4)	<0.001	0.537	<0.001
Pain	4.8 (4.0–5.6)	6.0 (4.8–6.0)	6.0 (5.6–6.0)	<0.001	<0.001	<0.001
Satisfaction	5.2 (4.8–6.0)	5.6 (4.8–6.0)	5.6 (4.8–6.0)	0.259	0.116	0.011
Total score	25.0 (22.4–27.4)	28.4 (25.7–30.3)	29.7 (27.5–31.4)	<0.001	<0.001	<0.001

*Wilcoxon signed rank test
Data presented in median (interquartile range)
TFSFI = Thai version of Female Sexual Function Index

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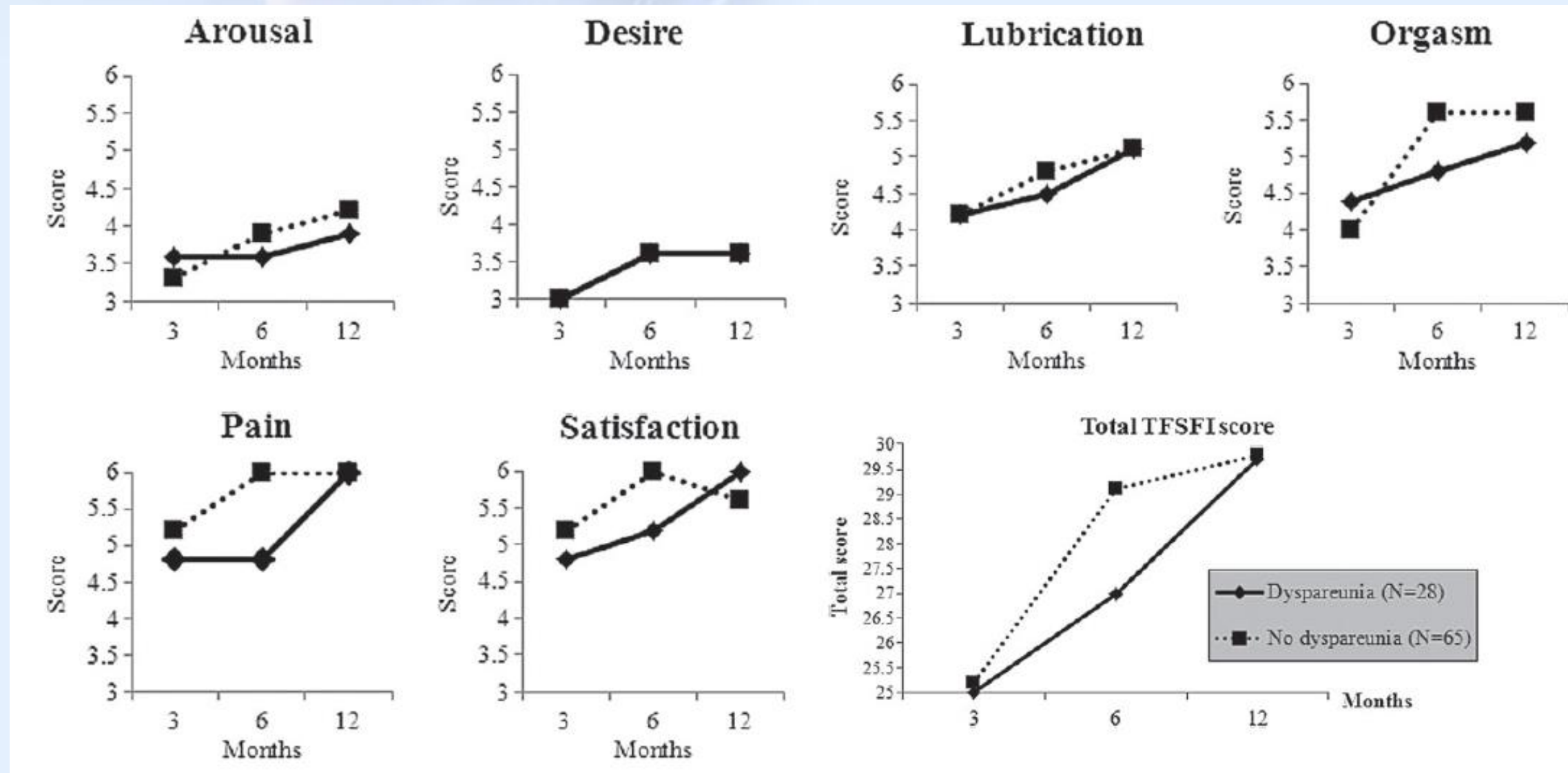


Figure 1. The comparison of median TFSFI scores between women with and without dyspareunia at 3 months (N = 93 at 3 months, N = 87 at 6 and 12 months)