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SEXUAL FUNCTIONING AND PAIN DISORDERS IN DEPRESSIVE WOMEN

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Introduction: As the incidence of depression, both in Poland and the world, has increased in recent years, it seems important to consider it in a wider context, including its comorbidities.

Aims: The aim of the study was to assess anxiety, sexual functioning and pain disorders in women with depression.

Methods: The study encompassed 41 women, aged 18 - 65 years old, of whom 21 were assigned into the study group and 20 into the control group. The research was based on a two-part questionnaire. The first, general part involved socio-demographic data, basic patient history and sexuality-related questions. The other part was based on standardized tests, such as Beck Depression Inventory (BDI), State Trait Anxiety Inventory (STAI), McGill Pain Questionnaire - short form (SF-MPQ), Beliefs About Pain Control Questionnaire (BPCQ) and Female Sexual Function Index (FSFI).

Results: The two groups were homogenous with regard to mean age, age at menarche and the BMI. The study group had significantly lower FSFI results than the control group, which implies greater severity of sexual disorders. Moreover, a significant positive correlation between depressive disorders (BDI) and pain disorders (McGill scale) was observed in the study group.

Conclusions: Taking into consideration the multitude and severity of sexual functioning disorders and pain disorders in women with depression, careful diagnosis should be attempted in all cases. The participation of a sexologist and doctors of other specialties in both diagnosis and therapy should be considered.