

A Study of Sexual Dysfunction and Quality of Life in Female Patients on Selective Serotonin Reuptake Inhibitor (SSRI)

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ABSTRACT

Context: Sexual dysfunction is one of the most common and disconcerting side effect during treatment with Selective serotonin reuptake inhibitors (SSRIs). Sexual side effects from these medications have significant impact on self esteem, quality of life and can lead to non compliance and relapse in long term treatment. **Aims:** To study prevalence, severity of sexual dysfunction and its possible association with quality of life in female patients on treatment with SSRI for depression and anxiety. **Materials and Methods:** This was an observational, cross sectional, single-centre study. Hundred consecutive female patients who were sexually active, on SSRIs for six weeks or more were recruited. Diagnosis of Major depressive disorder (MDD), Anxiety disorders and female sexual dysfunction was done by clinician administered interview as per Diagnostic and Statistical Manual of mental disorders (DSM 5). The patients were further assessed for demographic details, CSFQ-F-C, HAM-D, HAM-A and WHOQOL-BREF scales for sexual dysfunction, depression, anxiety and quality of life respectively. p value of <0.05 was considered to be statistically significant. **Results:** Prevalence of sexual dysfunction was 84%. Patients with sexual dysfunction scored significantly lower value in social relationships (p= 0.0002) and environment (p= 0.033) domains of quality of life. Frequency of sexual dysfunction among patients on fluoxetine was 86.20%, on escitalopram was 86.76% and on sertraline was 66.6%. Frequency of sexual dysfunction was more with higher dose of SSRIs. **Conclusions:** Patients on various SSRIs experienced sexual dysfunction and had poor quality of life. Frequency of sexual dysfunction was more with higher doses of SSRIs. **Keywords:** Sexual dysfunction, Selective serotonin reuptake inhibitors, Depression, Anxiety, quality of life.