



Do you experience Sexual Difficulties? These questions are designed to help understand problems you may experience, and find the help that might be available to you.

These are some definitions of sexual experiences;

Sexual Activity - includes any activity in which you may have sexual stimulation or pleasure.

Sexual Intercourse - sexual activity that results in penetration by a penis.

Sexual Stimulation – any activity including foreplay that stimulates desire for sex.

Self-stimulation - caressing or touching your own erogenous zones including the genital area.

Sexual Desire is the experience of sexual thoughts or fantasies, or wanting sexual activity alone or with a partner.

Sexual Arousal is physical sexual excitement once sexual activity has started or is likely to. It may include feelings of wetness, fullness, enlargement of the vagina or tingling in the vulva and/or vagina. You may become aware of increased heart rate and breathing. Nipples become more erect, an increased sensitivity to touch and genital sensitivity. Pleasurable sensations like warmth or tingling in the clitoris, or wanting sexual stimulation to continue or increase may also occur.

Orgasm / Climax is the progressive increased experience of sexual excitement or tension with a variety of physical responses

Pain/Dryness is the feeling of pain or discomfort and or chaffing or rubbing of the vulval region and vagina due to insufficient lubrication. It can be from a variety of causes. Vaginal spasm and vulval inflammation are two other common areas of difficulty.

Do you have any sexual problems?

Does your partner have any sexual difficulties?

Is your sexual interest low, or has it decreased?

Do you ever experience difficulty in being orgasmic?

Does pain or dryness interfere with your sexual activity?

Do you have any relationship difficulties?

Yes	No
Yes	No
Yes	No
Yes	No
Yes	No
Yes	No

If the answer to any of the above questions is yes, then for your wellbeing you should seek help from your doctor, practice nurse or appropriate health professional.

Hallam-Jones 2007 (Corona et al 2006)

Helpful resources and organisations

The British Association of Sexual Educators (BASE) is a leading professional organisation, whose purpose is to:

- ✓ Promote, provide and support positive, quality, appropriate, accurate, accessible and user-friendly sexual education in the UK for all people of all ages and throughout life
- ✓ Encourage sharing of knowledge , information and resources for Sex Educators

For more information and how you can join BASE please contact 01264 334192 email: info@baseuk.org or visit our website www.baseuk.org.

British Association of Sexual and Relationship Therapy Tel: 0208 543 2707 www.basrt.org

United Kingdom Council for Psychotherapy Tel: 020 7014 9955 www.psychotherapy.org.uk

Sexual Dysfunction Association Tel: 0870 7743571 www.sda.uk.net

Relate Counselling Tel: 0300 100 1234. www.relate.org.uk

Website to obtain medical aids / resources Tel: 01264 358853 www.beecourse.com

Local Resources / Contacts (to be completed locally)

Any other areas of concern that you would like to mention

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