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# Sexual satisfaction in men with HIV aged ≤50 years explored with standardized validated questionnaires: prevalence and patterns of various sexual dysfunction, and association with psychosocial factors.

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## PURPOSE

Sexual dysfunction are highly prevalent in Men with HIV (MWH) (1-2) ). Few data are available about sexual satisfaction and erectile dysfunction in MWH aged <50 yo (3) Our aim was to investigate the prevalence of erectile dysfunction (ED) and other sexual disorders in MWH aged ≤50 years.

## METHODS

A multicenter survey was conducted on MWH aged ≤50 years on stable antiretroviral therapy (ART) with undetectable viral load. Subjects with decompensated liver cirrhosis and/or severe depression were excluded. Participants were asked to complete the International Index of Erectile Function-15 (IIEF-15), General Anxiety Disorder-7 (GAD-7), Patient Health Questionnaire 9 (PHQ-9) and the Internalized HIV-Stigma Scale (IA-RSS).
ED was defined as IIEF-15 score <25. The frequency of decreases in orgasmic function (DOF), sexual desire (DSD), intercourse satisfaction (DIS) and overall satisfaction (DOS) were measured. Possible association with other domains of psychic health were explored.
Anxiety was defined as a GAD-7>21, moderate/severe anxiety as GAD-7>10, depression as PHQ-9>5 and moderate/severe depression as PHQ-9>10.

## CONCLUSIONS

In our study no significant association was found between ED and anxiety and depression.
However, exploring domains of IIEF, Orgasmic function and Overall Satisfaction were influenced by anxiety, depression, and internalized stigma (see fig.4) suggesting that , in this population, IIEF could underestimate the complex interaction between psycological health and sexual dysfunctions

## RESULTS

Characteristics of 181 enrolled MWH are shown in Table 1

Table 1 Characteristics of 181 MWH enrolled in the study

| Variables | N or mean or median | % or SD or IQR | without ED | With ED | p |
|---|---|---|---|---|---|
| Age, years | 43 | IQR 38-47 | 43.00 [IQR 38.00, 47.00] | 44.00 [39.00, 48.00] | 0.379 |
| In a stable relationship | 106 | 58% | 63 (59.4%) | 43 ( 57.3%) | 0.89 |
| MSM | 136 | 75.1% | 73 ( 68.9%) | 63 ( 84.0) | 0.032 |
| BMI Kg/m$^2$ | 24.7 | IQR 22.8-26.6 | 24.82 [22.88, 26.29] | 24.51 [22.76, 27.01] | 0.625 |
| CD4 cells/mm3 | 865 | IQR 634-1131 | 889.00 [680.50, 1168.25] | 842.00 [612.50, 1068.00] | 0.266 |
| CD4/CD8 ratio | 0.92 | IQR 0.70-1.18 | 0.93 [0.65, 1.17] | 0.91 [0.77, 1.19] | 0.386 |
| Diabetes | 0 | ( 0.8) | 0 (0%) | 1 (1.8%) | 0.89 |
| Fib-4>1.3 (%) | 10 ( 5.9) | | 1 ( 1.4) | 9 ( 9.0) | 0.083 |
| Anxiety (GAD >5) | 99 | 54% | 54 ( 50.9) | 45 ( 60.0) | 0.292 |
| Moderate/severe Anxiety (GAD>10) | 22 | 12% | 12 ( 11.3) | 10 ( 13.3) | 0.859 |
| Depression (PHQ>5) | 81 | 44% | 45 ( 42.5) | 36 ( 48.0) | 0.557 |
| Moderate/Severe Depression (PHQ>10) | 16 | 8.8% | 7 ( 6.6) | 9 ( 12.0) | 0.32 |
| Stigma (IA-RSS) | 3 | IQR [2-4] | 3.00 [2.00, 3.75] | 2.00 [2.00, 4.00] | 0.545 |

Legend to the table: MSM, Men who have sex with Men; BMI, Body Mass Index; GAD, General Anxiety Disorder; PHQ, Patient Health Questionnaire; IA-RSS, Internalized HIV-Stigma Scale.

The prevalence of ED was 41.4% (75/181). ED was more frequently reported in men who have sex with men (MSM) than men who have sex with women (MSW): 63/136 (59.4%) vs 12/45 (26%), respectively, p=0.03. The prevalence of anxiety and depression (any grade) was not significantly different in participants with or without ED.

Exploring the domains of IIEF-15 we observed that DIS and DOS were the more frequently represented (see Figure 1) and that:

- Anxiety was associated with all the domains but DSD (DOF 65.4% vs 46.0%, p=0.01) (DIS 60.3% vs 35%, p=0.008) (DOS 61.6 vs 32.6 p=0.008) (See Fig 2)

-Severe anxiety was associated with DOF (19.8 vs 6, p=0.01)

-depression with DOS (50.7 vs 25.6; p=0.007)

-Internalized Stigma with DOS (median IA-RSS: 3 [IQR 2-4] vs 2 [IQR 2-3], p=0.003)

-Drink per week with DOF (2 vs 1, p=0.004).

Figure 4. Factors influencing Orgasmic Function and Overall Satisfaction

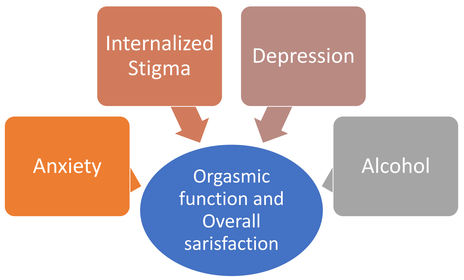
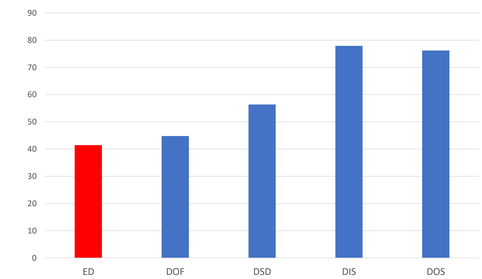



Figure 1. Prevalence of erectile dysfunction and its domains




Legend to the figure: ED , erectile disfunction; DOF, Decreased Orgasmic function, DSD, Decreased Sexual Desire, DIS, Decreased Intercourse Satisfaction, DOS, Decreased Overall Satisfaction

Figure 2. Anxiety and IIEF-15 domains

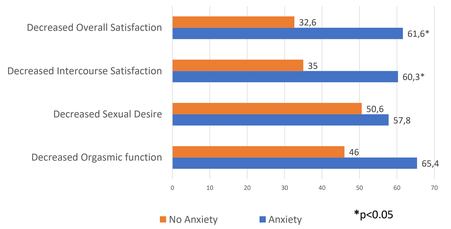
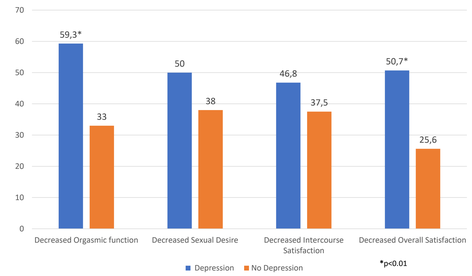



Figure 3. Depression and IIEF-15 domains

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Fellowship PROGRAM SUPPORTING RESEARCH TO ADVANCE PATIENT CARE

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