

SEXUAL QUALITY OF LIFE QUESTIONNAIRE - FEMALE (SQoL-F)

This questionnaire consists of a set of statements, each asking about thoughts and feelings that you may have about your sex life. The statement may be positive or negative.

You are asked to rate each one according to how much you agree or disagree with the statement by circling one of six response choices.

In answering these items the following definitions apply:

Sex life: is both the physical sexual activities and the emotional sexual relationship that you have with your partner.

Sexual activity: Includes any activity which may result in sexual stimulation or sexual pleasure such as intercourse, caressing, foreplay, masturbation (self masturbation or your partner masturbating you) and oral sex (your partner giving you oral sex).

Usually, the first answer that comes into your head is the best one so please do not spend too long on each question.

All your answers will be completely confidential



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☐ (1) Not Done

1. When I think about my sex life, it is an enjoyable part of my overall life

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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2. When I think about my sex life, I feel frustrated

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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3. When I think about my sex life, I feel depressed

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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4. When I think about my sex life, I feel like less of a woman

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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5. When I think about my sex life, I feel good about myself

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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6. I have lost confidence in myself as a sexual partner

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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7. When I think about my sex life, I feel anxious

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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8. When I think about my sex life, I feel angry

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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9. When I think about my sex life, I feel close to my partner

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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10. I worry about the future of my sex life

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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11. I have lost pleasure in sexual activity

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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12. When I think about my sex life, I feel embarrassed

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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13. When I think about my sex life, I feel that I can talk to my partner about sexual matters

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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14. I try to avoid sexual activity

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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15. When I think about my sex life, I feel guilty

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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16. When I think about my sex life, I worry that my partner feels hurt or rejected

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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17. When I think about my sex life, I feel like I have lost something

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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18. When I think about my sex life, I am satisfied with the frequency of sexual activity

completely agree	moderately agree	slightly agree	slightly disagree	moderately disagree	completely disagree
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