

EP04.21: Sexual Dysfunction in Women with PCOS: Association with BMI and Androgen Levels

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Introduction

Polycystic ovary syndrome (PCOS) is a common endocrine disorder associated with obesity and hyperandrogenism. Sexual dysfunction is more prevalent in women with PCOS, but its relationship with BMI and androgen levels remains unclear.

Methods

A total of 128 women aged 18–45 years were enrolled in this single-center case–control study, including 64 women with PCOS (Rotterdam criteria) and 64 healthy controls. Hormonal parameters (total testosterone, free testosterone, DHEA-S, androstenedione, SHBG and prolactin) were assessed, and sexual function was evaluated using the Female Sexual Function Index (FSFI). Sexual dysfunction was defined as an FSFI score ≤ 26.5 .

Results

Women with PCOS had significantly lower FSFI scores than controls (18.7 ± 2.5 vs 25.9 ± 2.3 ; $p < 0.001$). All FSFI domains were significantly impaired. Sexual dysfunction prevalence was 77.3%. BMI and androgen levels were not significantly correlated with FSFI scores.

Conclusion

Women with PCOS demonstrated significantly impaired sexual function compared with healthy controls. Despite higher BMI and androgen levels in the PCOS group, neither was associated with sexual function scores. Sexual health assessment should be incorporated into routine PCOS care.

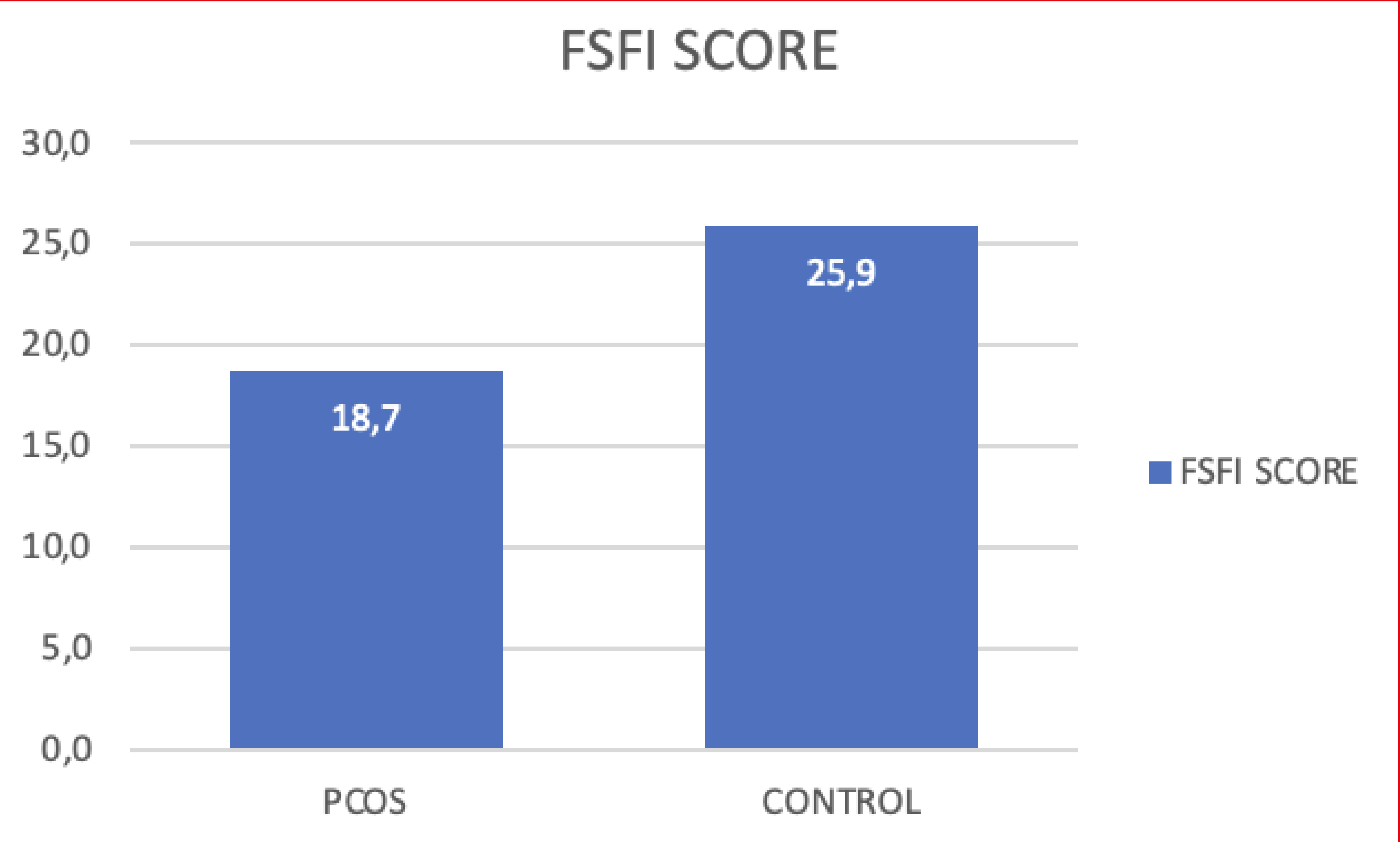


Figure 1. Comparison of Total FSFI Scores Between Groups

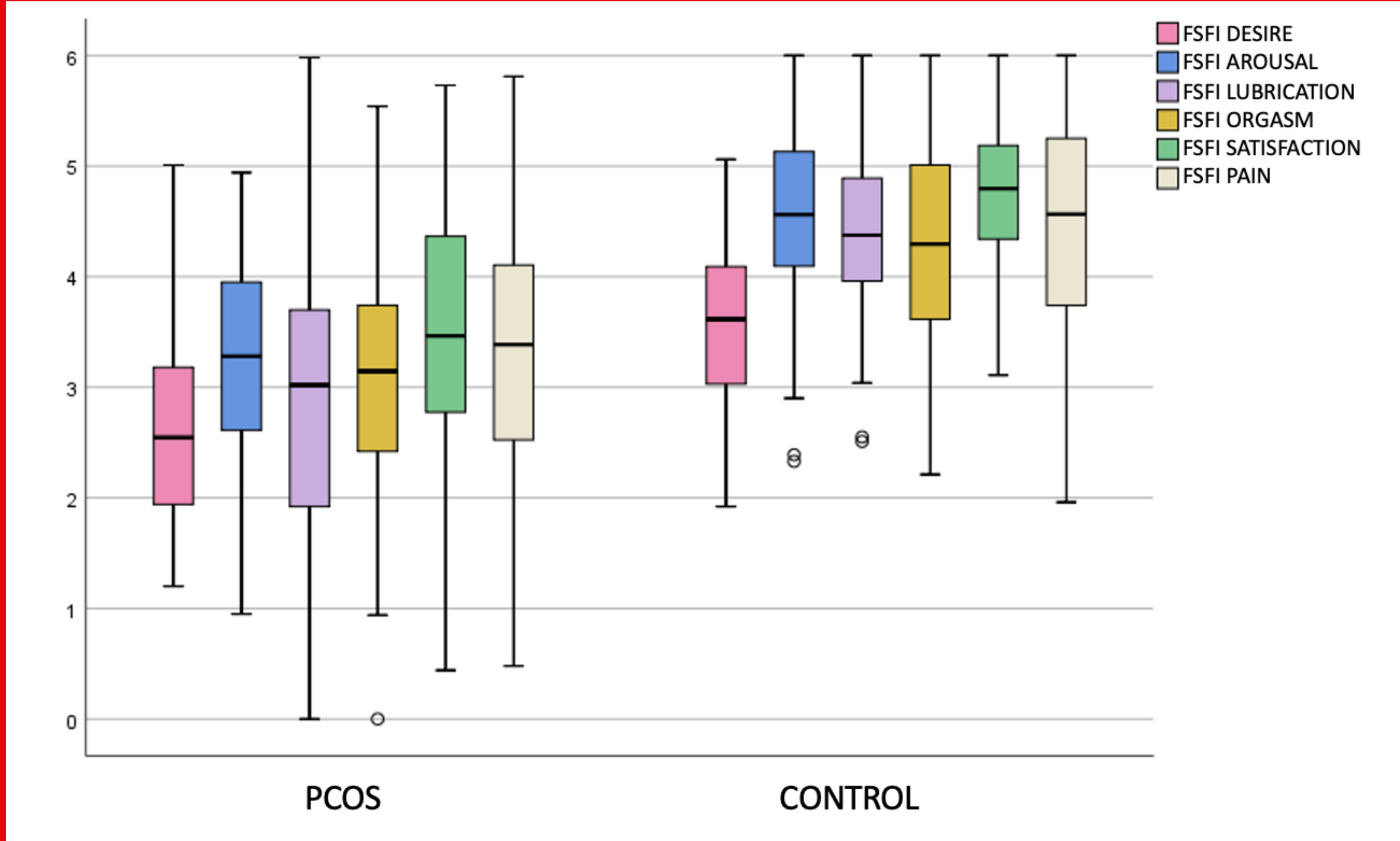


Figure 2. FSFI Domain Scores in PCOS and Controls