

Determining the Impact of Sexual Concern Intervention on Sexual Function (Sexual Fatigue, Sexuality, Sexual Abstinence, Sexual Failure) in Women with Type 1 Diabetes

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Abstract

Introduction: Diabetes can adversely affect reproductive health in many ways. What doubles the importance of attention to this disease, especially in our country, is the growing trend of diabetics, especially in recent years. Often, women in their 20s and 40s, at the peak of their reproductive activity, are affected by the severity of the disease, and since one of the most important concerns of women with diabetes is sexual function, this study aimed to determine the impact Couple counseling intervention based on BETTER model on sexual function (sexual fatigue, sexual desire, sexual orientation, sexual dysfunction) in women with type 1 diabetes.

Methods: The present study was a quantitative randomized clinical trial study with RCT control group. The study population consisted of all married women with type 1 diabetes in the city of Hamadan who had a history of diabetes in the community. Forty individuals were randomly selected and divided into two experimental and control groups. FSFI, FSS, Holbert HISD Sexual Desire Questionnaire, and Holbert HISA Sexual Abuse Questionnaire were answered pre-test, 2 and 3 months after the intervention and intervention group; Minutes were trained according to the BETTER model and the control group was not trained during this period, An analysis of the findings of the quantitative study of descriptive statistics, frequency tables were used for providing information. Depending on the type of data, chi-square and -test Independent t tests were used to examine groups in terms of demographic variables, midwifery history and clinical characteristics of type 1 diabetes. Repeated measures test was used to evaluate the sexual function and satisfaction of the two groups at different times during the study. Analyzes were performed with Intention to treat and significance level $P < 0.05$, using SPSS software version 25.

Results: The results showed that couple counseling based on BETTER model was effective on sexual function (sexual fatigue, sexual desire, sexual orientation, failure in sexual intercourse) and this effect retained its effect for 3 months after intervention.

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Conclusion: Based on the findings of this study, the couples counseling model based on the BETTER model has been effective in significantly increasing the sexual function of these women and considering their poor quality of life, it is suggested to use this training in diabetes support associations as well. In addition to the interventions of the present study, psychosocial and multidisciplinary interventions with a larger sample size should be considered.

Keywords: Sexual Concerns" Sexual Function" Sexual Fatigue" Sexuality" Sexual Abstinence" Sexual Failure" Type 1 Diabetes

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