



SEXUAL HEALTH

Sexual health is an important factor in emotional health and well-being but it is also increasingly being recognised as a marker of physical health. Erectile difficulties (ED), prostatic disease and underlying heart disease are all commonly linked together and may share a basic underlying pathological mechanism. For instance, nearly a quarter of men presenting with ED but no heart symptoms actually have severe underlying coronary artery disease and, conversely, men having a heart attack have usually experienced ED for 2-3 years before.

Consequently we believe that basic checks for all three should be done when a man presents with any one of these problems. If you have concerns about ED or if you score is between 0-16, we recommend you take this form to your GP or if you would like a consultation with a specialist, contact us for further advice or leave your form in the box provided.

Each question has several responses. Circle the number of the response that **best describes** your own situation. Please be sure that you select one and only one response for **each question**.

Sexual Health Questionnaire

Over the last 6 months:

1. How do you rate your confidence that you could get and keep an erection?	None	Very low	Low	Moderate	High	Very high
	0	1	2	3	4	5
2. When you had erections with sexual stimulation, how often were your erections hard enough for penetration (entering your partner)?	No sexual activity	Almost never or never	A few times (much less than half the time)	Sometimes (about half the time)	Most times (much more than half the time)	Almost always or always
	0	1	2	3	4	5
3. During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?	Did not attempt inter-course	Almost never or never	A few times (much less than half the time)	Sometimes (about half the time)	Most times (much more than half the time)	Almost always or always
	0	1	2	3	4	5
4. During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?	Did not attempt inter-course	Extremely difficult	Very difficult	Difficult	Slightly difficult	Not difficult
	0	1	2	3	4	5
5. When you attempted sexual intercourse, how often was it satisfactory for you?	Did not attempt inter-course	Almost never or never	A few times (much less than half the time)	Sometimes (about half the time)	Most times (much more than half the time)	Almost always or always
	0	1	2	3	4	5

Add the numbers corresponding to questions 1-5.

TOTAL:

The Sexual Health Inventory for Men further classifies ED severity with the following breakpoints:
 1-7 Severe ED 8-11 Moderate ED 12-16 Mild to Moderate ED 17-21 Mild ED

Name

Address

Post Code

Telephone Email

