Dutch normative data of the Sexual distress scale and the Body Image Scale

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BACKGROUND

- Sexual health is an important factor for health-related quality of life, but research in this domain is scarce

- Normative data are needed to interpret patient-reported outcome measures on sexual health

- **We aimed to describe normative scores of the Sexual Distress Scale (SDS) and the Body Image Scale (BIS) from the Dutch norm population**

- **And aimed to assess the effect of demographic and clinical variables on the outcome**

METHODS

- Dutch respondents completed the SDS and BIS between May and August 2022

- Sexual distress was defined as a SDS score ≥15

- Descriptive statistics were calculated to present normative data per age group per gender after post-stratification weighting was applied

- Multiple logistic and linear regression was used to assess the effect of age, gender education, relationship status, history of cancer and (psychological) comorbidities on SDS and BIS

Conclusions

This study provides age- and gender-dependent normative values for the Sexual Distress scale and the non-disease related questions of the Body Image scale

Sexual Distress
Is influenced by gender, educational level, relationship status and psychological comorbidities

Body Image
Is influenced by gender, educational level, relationship status, psychological comorbidities; age is negatively associated with BIS
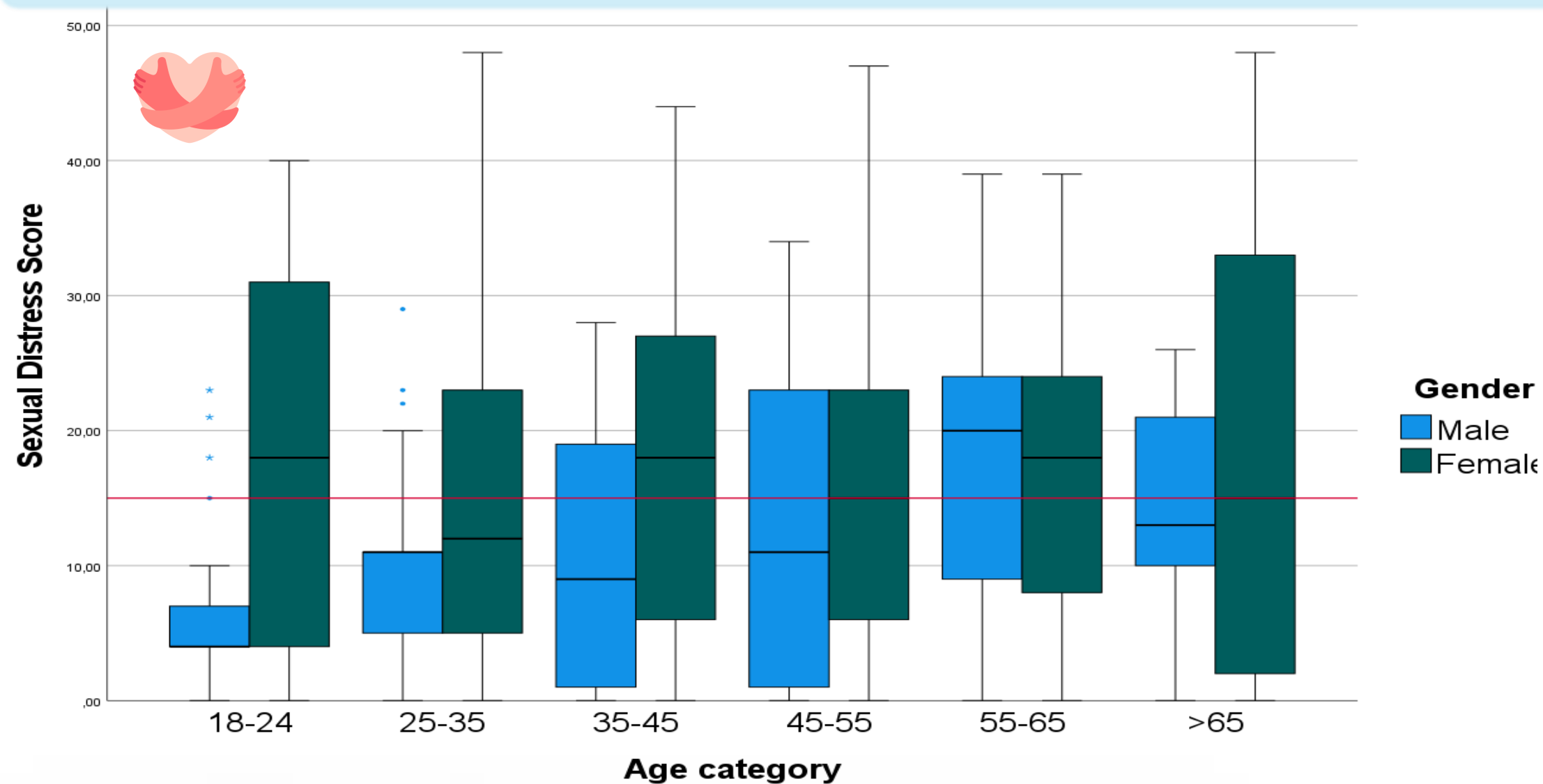
RESULTS

Figure 1: Weighted score of the Sexual Distress Scale per age group and gender
Presented in boxplot: median, IQR, range and the reference line of personally sexual distress by a SDS score ≥ 15
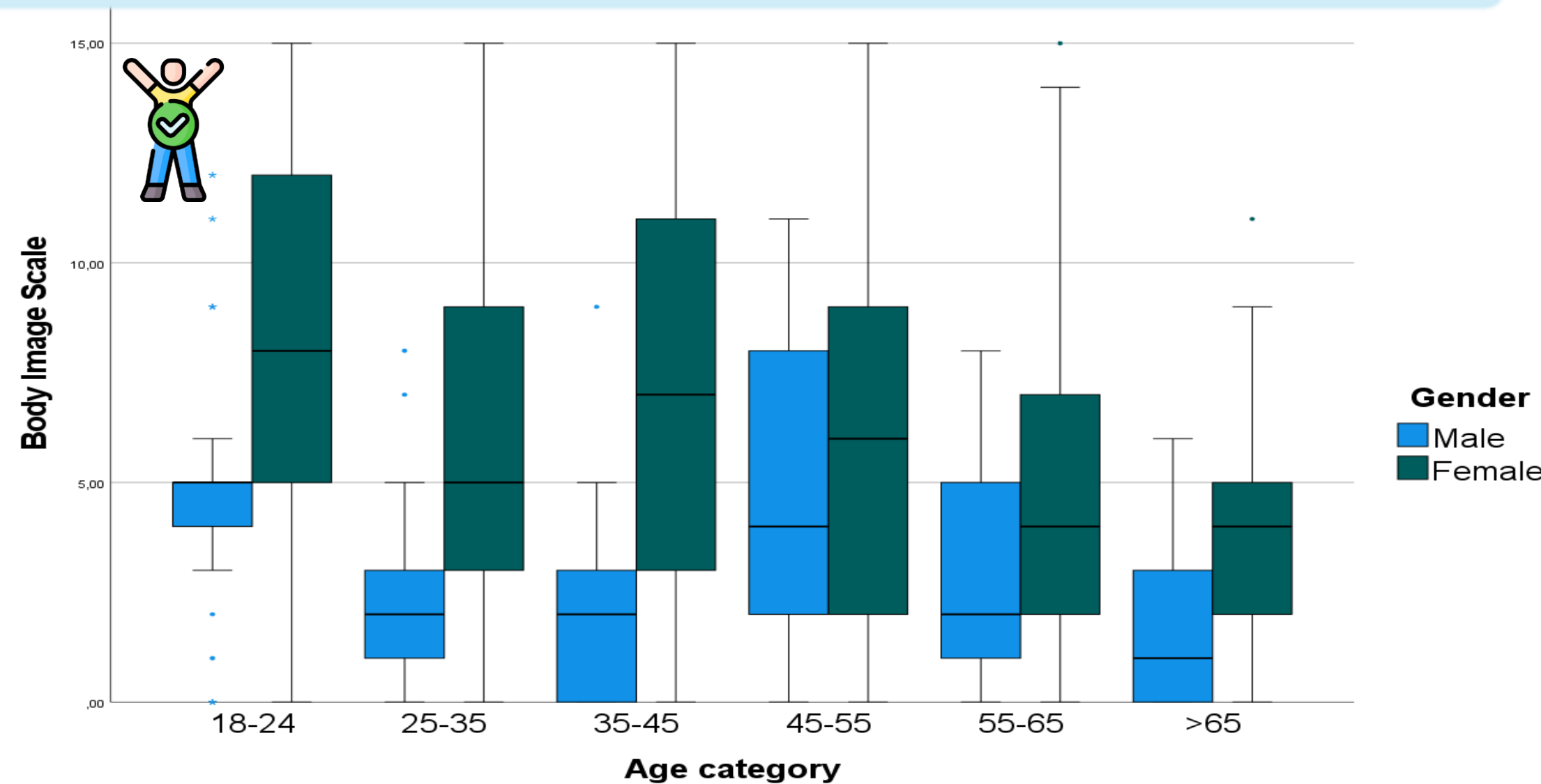

Figure 2: Weighted score of Body Image Scale (questions 1,3,5,7 and 9) per age group and gender
Presented in boxplot: Median, IQR and range

Table 1: Multiple logistic regression Sexual Distress Scale

Nagelkerke R^2=0.168	Odds Ratio	95% CI	P-value
Age	1.001	0.990 ; 1.012	0.853
Gender			
Male	RF	RF	
Female	1.777	1.321 ; 2.391	**<0.001***
Education			
Low educational level	2.017	1.371 ; 2.968	**<0.001***
Middle educational level	RF	RF	RF
High educational level	0.728	0.518 ; 1.023	0.067
Relationship status			
Single	RF	RF	RF
In a relationship	0.919	0.541 ; 1.563	0.756
Living together	2.268	**1.349 ; 3.812**	**0.0020***
Married/Registered partnership	1.929	**1.256 ; 2.962**	**0.0027***
History of cancer			
No history of cancer	RF	RF	RF
Cancer in the past	1.712	0.984 ; 2.977	0.057
Psychological comorbidities			
Yes	4.857	**2.167 ; 10.882**	**<0.001***
Charlson Comorbidity Index			
0	RF	RF	RF
1	1.202	0.757 ; 1.911	0.436
≥2	1.861	**1.196 ; 2.897**	**0.059***

Participants

Sexual Distress Scale

- 769 respondents, median age of 38 (IQR 27.0 ; 61.0)
- Female: 84.1%, high educational level: 68.9%

Body Image Scale

- 696 respondents, median age of 37 (IQR 27.0 ; 50.0)
- Female: 83.5%, high educational level: 69.4%

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Table 2: Multiple linear regression Body Image Scale

Adjusted R^2=0.243	Beta (SE)	95% CI	P-value
Age	-0.073 (0.009)	**-0.091 ; -0.054**	**<0.001***
Gender			
Male	RF	RF	
Female	2.633 (0.254)	**2.133 ; 3.132**	**<0.001***
Education			
Low educational level	0.118 (0.328)	-0.525 ; 0.761	0.718
Middle educational level	RF	RF	RF
High educational level	-1.217 (0.294)	**-1.794 ; -0.639**	**<0.001***
Relationship status			
Single	RF	RF	RF
In a relationship	-1.512 (0.449)	**-2.393 ; -0.631**	**<0.001***
Living together	-0.598 (0.441)	-1.463 ; 0.267	0.175
Married/Registered partnership	-0.446 (0.359)	-1.150 ; 0.258	0.214
History of cancer			
No history of cancer	RF	RF	RF
Cancer in the past	0.505 (0.454)	-0.386 ; 1.395	0.266
Psychological comorbidities			
Yes	2.452 (0.522)	**1.428 ; 3.476**	**<0.001***
Charlson Comorbidity Index			
0	RF	RF	RF
1	0.481 (0.387)	-0.279 ; 1.242	0.214
≥2	0.733 (0.374)	0.000 ; 1.467	0.050