



INSOMNIA AND SEXUAL DYSFUNCTION AS RISK FACTORS FOR DETERIORATION OF THE QUALITY OF LIFE IN HYSTERECTOMIZED WOMEN FROM THE COLOMBIAN CARIBBEAN



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Objective: To establish if the sexual dysfunction and the insomnia are risk factors for severe deterioration of the quality of life in hysterectomized women.

Methods: Cross-sectional study carried out in women aged between 40-59 years, residents in the Caribbean Coasts, belong to mestizo (59.8%), and afro-descendant (40.2%) ethnic groups. The Menopause Rating Scale (MRS), Athens Insomnia Scale (AIS), Female Sexual Function Index in abbreviated version and a general questionnaire were applied. Data analysis was carried out with the statistical programs Epi-info 7 and MedCalc. $p < 0.05$ was considered as statistically significant.

SOCIO-DEMOGRAPHIC DATA	RESULTS n= 522
Age, Me [RI]	50.0 [46-55]
BMI, Me [RI]	26.0 [23-29]
% [CI 95%]	
Bilateral Ovariectomy	30.0 [26.2-34.2]
With one ovary	28.3 [24.5-32.4]
With both ovaries	41.5 [37.3-45.9]
Last menstruation before the surgery	65.3 [61.0-69.3]
Still with menstruations at the time of the surgery	34.6 [30.6-38.9]
Hormonal therapy use	22.2 [18.7-26.0]
Coffee consumption	64.5 [60.2-68.6]
Currently smokers	8.0 [5.9-10.8]

LOGISTIC REGRESSION ADJUSTED FOR RISK FACTORS FOR SEVERE DETERIORATION OF THE QUALITY OF LIFE (Stepwise)		
	OR	CI95
INSOMNIA	0.1425	0.0590 to 0.3443
SEXUAL DYSFUNCTION	2.2648	1.0230 to 5.0139
Sleep induction	1.6939	1.0815 to 2.6531
Night awakenings	2.5417	1.5939 to 4.0532
Overall sleep quality	1.8191	1.0930 to 3.0277
Well-being during the day	1.8994	1.0837 to 3.3293
Sleepiness during the day	2.0722	1.2966 to 3.3119
Desire	0.3185	0.1961 to 0.5174
Arousal	1.5984	1.0281 to 2.4852
Lubrication	1.4990	1.0592 to 2.1215

Insomnia OR: 4.21 [CI95%:2.79-6.35%] Sexual dysfunction, OR: 3.64 [2.19-6.04], for severe deterioration of the quality of life. Not adjusted data. Positive correlation. MRS and the Athens Insomnia Scale, Rho: 0.456 (0.386 to 0.522), $p < 0.0001$ Negative correlation, Female Sexual Function Index in the abbreviated version, Rho: -0.090 (-0.174 to -0.004) $p = 0.0402$.

The prevalence of sexual dysfunction was 69.8% and the prevalence of insomnia was: 47.5%

CONCLUSIONS: Sexual dysfunction increases two times the risk of severe deterioration of the quality of life in a group of hysterectomized women from the Colombian Caribbean.

