

6<sup>th</sup> International Conference on  
**PRIMARY HEALTHCARE & PREVENTIVE MEDICINE**  
&  
8<sup>th</sup> International Conference on  
**HEALTHCARE SIMULATION** July 26-27 | Bangkok, Thailand

**Effectiveness of sexual counseling based on PLISSIT model on sexual function of women with polycystic ovarian syndrome**

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In clinics, the treatment of women with the polycystic ovarian syndrome (PCO) mainly focused on physical appearance. PCOS patients suffer from sexual dysfunction that is mostly neglected. This study was conducted to assess the effectiveness of the PLISSIT model on the sexual function of women with PCO. This randomized clinical trial was performed on 66 women with PCO aged 18-45 years who randomly assigned to intervention and control groups (33 each group). Four weekly one-hour individual counseling sessions based on the PLISSIT model were performed for the intervention group while the control group only received routine care. The assessment tool was the Female Sexual Function Index (FSFI) questionnaire which was completed as a pre-test, one month and three months after it in both groups. The results were analyzed by Friedman, Mann-Whitney u, and

Wilcoxon tests. The mean age of women ( $29.26 \pm 2.65$ ), level of education ( $12.02 \pm 2.65$ ), BMI ( $25.95 \pm 3.67$ ) were matched in two groups. Also, the two groups were similar in terms of symptoms including hirsutism, acne, alopecia, infertility and menstrual status. Results showed that the mean score for sexual functioning in the intervention group was  $20.39 \pm 2.56$  before and  $24.40 \pm 2.70$  after the intervention and in three months follow-up  $23.73 \pm 1.26$  ( $P < 0.05$ ); however, the difference was not statistically significant in control group. There was no significant difference between the two groups only in the lubrication score. The PLISSIT model improved the sexual function of women with polycystic ovary syndrome. By using this model, health care providers can help women with PCO to enhance their sexual life.

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