

Short Communication

Assessment of affecting factors on women's sexual quality of life among hospital employees

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Abstract

Background and Objective: Changing of lifestyle in women and increasing their social activity especially in working places can affect women's sexual quality of life (SQOL). This study was done to determine the affecting factors on sexual quality of life among hospital employee's women.

Methods: This descriptive - analytical study was carried out on 121 women who work in the two hospitals in Sabzevar city and Birjand city in Iran during 2014. Data was collected using two questionnaires including the Iranian version of sexual quality of life-female (SQOL-F) questionnaire and a researcher-made measure to assess demographic characteristics, health related, and work-related variables.

Results: The mean±SD score of SQOL-F was 80.1±19.7. The univariate analysis showed that the mean score of SQOL-F significantly related with age (P<0.05), duration of sleep (P<0.05), marital duration (P<0.05), educational level (P<0.05), and physical activity (P<0.05). The regression modeling indicated that educational level (β=0.33), marital duration (β=0.32) and quality of sleep (β=0.56) were predictors of SQOL-F scores.

Conclusion: This study showed that educational level, marital duration and quality of sleep were predictors of SQOL-F scores among hospital employee's women.

Keywords: Sexual quality of life, Woman, Sleep, Education, Marital duration, Hospital employees

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