



# Decreased Sexual Desire Screener

To be discussed with your health care provider.

1. In the past, was your level of sexual desire or interest good and satisfying to you?  Yes  No

2. Has there been a decrease in your level of sexual desire or interest?  Yes  No

3. Are you bothered by your decreased level of sexual desire or interest?  Yes  No

4. Would you like your level of sexual desire or interest to increase?  Yes  No

5. Please check all the factors that you feel may be contributing to your current decrease in sexual desire or interest:

- An operation, depression, injuries, or other medical condition
- Medications, drugs, or alcohol you are currently taking
- Pregnancy, recent childbirth, or menopausal symptoms
- Other sexual issues you may be having (pain, decreased arousal, or orgasm)
- Your partner's sexual problems
- Dissatisfaction with your relationship or partner
- Stress or fatigue

**It may be time to try a**  
*different approach!*

The struggles you're experiencing are real. Open and honest discussions with your doctor can help them better understand your situation and work with you to find solutions.

Source: Clayton AH, Goldfischer ER, Goldstein I, DeRogatis L, Lewis-D'Agostino DJ, Pyke R. Validation of the decreased sexual desire screener (DSDS): a brief diagnostic instrument for generalized acquired female hypoactive sexual desire disorder (HSDD). *J Sex Med.* 2009;6(3):730-738.

# Decreased Sexual Desire Screener

## Note to Health Care Provider:

The Decreased Sexual Desire Screener<sup>1</sup> (DSDS) is a brief, validated tool designed to assist in the identification of premenopausal patients who may suffer from acquired, generalized Hypoactive Sexual Desire Disorder (HSDD). The DSDS is not a screener validated for self-diagnosis by the patient. Instead, the DSDS may be used by an HCP as part of a comprehensive clinical examination during which the patient's current medical status and history and all other relevant factors are evaluated.

Review and verify with the patient each of the answers she has given.

The Diagnostic and Statistical Manual of Mental Disorders, 4th Edition, Text Revision characterizes Hypoactive Sexual Desire Disorder (HSDD) as a deficiency or absence of sexual fantasies and desire for sexual activity, which causes marked distress or interpersonal difficulty, and which is not better accounted for by a medical, substance-related, psychiatric, or other sexual condition. HSDD can be either generalized (not limited to certain types of stimulation, situations, or partners) or situational, and can be either acquired (develops only after a period of normal functioning) or lifelong.<sup>2</sup>

The patient **MAY** qualify for the diagnosis of acquired, generalized HSDD if

She answers "YES" to questions 1–4, and your review confirms "NO" to all the factors in question 5.

The patient **MAY** qualify for the diagnosis of acquired, generalized HSDD if

She answers "YES" to questions 1–4 and "YES" to any of the factors in question 5; clinical judgment is required to determine if the answers to question 5 indicate a primary diagnosis other than acquired, generalized HSDD. Co-morbid conditions such as arousal or orgasmic disorder do not rule out a concurrent diagnosis of HSDD.

The patient does **NOT** qualify for the diagnosis of acquired, generalized HSDD if

She answers "NO" to any of questions 1–4.

## Additional information:

- The DSDS was validated in a sample of 263 premenopausal women.
- Use of the DSDS (by a clinician who was not an expert in female sexual dysfunction) to diagnose acquired, generalized HSDD was compared to the use of a standard diagnostic interview conducted by a clinician considered to be an expert in female sexual dysfunction.
- Diagnostic assessment by the DSDS and a standard diagnostic interview were in agreement 85.2% of the time (with 83.6% sensitivity and 87.8% specificity of the DSDS).

**References:** 1. Clayton A, Goldfischer E, Goldstein I, et al. Validity of the decreased sexual desire screener for diagnosing hypoactive sexual desire disorder. *J Sex & Marital Ther.* 2009;35:132–143. 2. Changes under DSM-5 have combined HSDD and Female Arousal Disorder (FAD) into Female Sexual Interest and Arousal Disorder (FSIAD). Acquired, generalized HSDD is diagnosed using the DSM-IV-TR criteria.