

Questionario EMAS - Sexual Function Questionnaire

Comprende in tutto 20 quesiti, di cui non esiste una traduzione validata in italiano, ma ai fini del calcolo finale del punteggio vengono considerati le risposte a 16 quesiti, escludendo le risposte ai quesiti numero 1 (che indaga lo stato della relazione con la partner), numero 10 (preso dal MMAS - Massachussets male aging study), e numero 19 e 20 (relativi alla soddisfazione sessuale).

Il questionario comprende 4 diverse sezioni:

- OSF (overall sexual functioning): quesiti numero 2, 5, 6, 13, 16. Il punteggio totale si ricava dalla somma dei punteggi delle singole domande, riportati nel questionario stesso (il punteggio di ogni singola risposta corrisponde al numero riportato alla sinistra della stessa). Si può totalizzare da un minimo di 0 ad un massimo di 33 punti;
- M (masturbation): quesito numero 7. Si può totalizzare da un minimo di 0 ad un massimo di 7 punti;
- SFD (sexual-function-related distress): quesiti 3, 8, 11, 14, 17. Il punteggio va da 0 a 20;
- CSF (change in sexual functioning): quesiti numero 4, 9, 12, 15, 18. Il punteggio minimo è -10, il massimo +10.

Nello studio di O'Connor (condotto su 1600 uomini di 40-79 anni), non sono riportati cut-off precisi, ma i pazienti con livelli di T totale, libero e biodisponibile più bassi hanno punteggi più bassi nelle sezioni OSF ed M. Gli autori concludono che il questionario EMAS-SFQ (in particolare le sezioni OSF ed M) è capace di discriminare fra gli uomini con T totale, libero e biodisponibile basso e quelli con tali valori nel range fisiologico.

Please circle the one response that best describes you IN THE LAST MONTH.

1. Please tick one statement that best describes your circumstances.
 1. I have been living with my wife.
 2. I have been living with my partner.
 3. I have a sexual partner but we did not live together.
 4. I do not have a sexual partner.
2. How often did you think about sex? This includes times of just being interested in sex, daydreaming, or fantasizing about sex, as well as times when you wanted to have sex.
 0. Not at all
 1. Once in the last month
 2. 2–3 times in the last month
 3. Once a week
 4. 2–3 times a week
 5. 4–6 times a week
 6. Once a day
 7. More than once a day
3. Are you worried or distressed by your current level of sexual drive/desire?
 0. Not at all worried or distressed
 1. A little bit worried or distressed
 2. Moderately worried or distressed
 3. Very worried or distressed
 4. Extremely worried or distressed
4. Compared with a year ago, has your sexual drive/desire changed?
 - +2. Increased a lot
 - +1. Increased moderately
 0. Neither increased nor decreased
 - 1. Decreased moderately
 - 2. Decreased a lot

If you did NOT have a sexual partner in the LAST MONTH, please skip questions 5 and 6 and go straight to question 7.

5. How many times have you attempted sexual intercourse?
 0. Not at all
 1. Once in the last month
 2. 2–3 times in the last month
 3. Once a week
 4. 2–3 times a week
 5. 4–6 times a week
 6. Once a day
 7. More than once a day
6. Apart from when you attempted sexual intercourse, how frequently did you engage in activities such as kissing, fondling, petting, etc.?
 0. Not at all
 1. Once in the last month
 2. 2–3 times in the last month
 3. Once a week
 4. 2–3 times a week
 5. 4–6 times a week
 6. Once a day
 7. More than once a day

7. How often did you masturbate?
0. Not at all
 1. Once in the last month
 2. 2–3 times in the last month
 3. Once a week
 4. 2–3 times a week
 5. 4–6 times a week
 6. Once a day
 7. More than once a day
8. Are you worried or distressed by the overall frequency of your sexual activities (including intercourse, kissing, etc., and masturbation)?
0. Not at all worried or distressed
 1. A little bit worried or distressed
 2. Moderately worried or distressed
 3. Very worried or distressed
 4. Extremely worried or distressed
- 8A. If you are worried or distressed by the current frequency of your sexual activities, do you consider it to be
1. Too frequent
 2. Not frequent enough
9. Compared with a year ago, has the overall frequency of your sexual activities changed?
- +2. Increased a lot
 - +1. Increased moderately
 0. Neither increased nor decreased
 - 1. Decreased moderately
 - 2. Decreased a lot

Skip question 8A and go straight to question 9

It is common for men to experience erectile problems. This may mean that one is not always able to get or keep an erection that is rigid enough for satisfactory activity (including sexual intercourse and masturbation). In the LAST MONTH:

10. You are
1. Always able to keep an erection which would be good enough for sexual intercourse
 2. Usually able to get and keep an erection which would be good enough for sexual intercourse
 3. Sometimes able to get and keep an erection which would be good enough for sexual intercourse
 4. Never able to get and keep an erection which would be good enough for sexual intercourse
11. Are you worried or distressed by your current ability to have an erection?
0. Not at all worried or distressed
 1. A little bit worried or distressed
 2. Moderately worried or distressed
 3. Very worried or distressed
 4. Extremely worried or distressed
12. Compared with a year ago, has your ability to have an erection changed?
- +2. Increased a lot
 - +1. Increased moderately
 0. Neither increased nor decreased
 - 1. Decreased moderately
 - 2. Decreased a lot
13. When you had sexual stimulation, how often did you have the feeling of orgasm or climax?
0. No sexual intercourse/masturbation
 1. Almost never/never
 2. A few times (much less than half the time)

3. Sometimes (about half the time)
 4. Most of the time (much more than half the time)
 5. Almost always/always
14. Are you worried or distressed by your current orgasmic experience?
0. Not at all worried or distressed
 1. A little bit worried or distressed
 2. Moderately worried or distressed
 3. Very worried or distressed
 4. Extremely worried or distressed
15. Compared with a year ago, has the enjoyment of your orgasmic experience changed?
- +2. Increased a lot
 - +1. Increased moderately
 0. Neither increased nor decreased
 - 1. Decreased moderately
 - 2. Decreased a lot
16. How frequently did you awaken with full erection?
0. Not at all
 1. Once in the last month
 2. 2–3 times in the last month
 3. Once a week
 4. 2–3 times a week
 5. 4–6 times a week
 6. Once a day
 7. More than once a day
17. Are you worried or distressed by the frequency of your morning erections?
0. Not at all worried or distressed
 1. A little bit worried or distressed
 2. Moderately worried or distressed
 3. Very worried or distressed
 4. Extremely worried or distressed
18. Compared with a year ago, has the frequency of your morning erections changed?
- +2. Increased a lot
 - +1. Increased moderately
 0. Neither increased nor decreased
 - 1. Decreased moderately
 - 2. Decreased a lot
19. How satisfied have you been with your overall sex life?
0. Very dissatisfied
 1. Moderately dissatisfied
 2. About equally satisfied and dissatisfied
 3. Moderately satisfied
 4. Very satisfied
20. How satisfied have you been with your general (nonsexual) relationship with your partner?
1. Very dissatisfied
 2. Moderately dissatisfied
 3. About equally satisfied and dissatisfied
 4. Moderately satisfied
 5. Very satisfied