

Abstract

Original Paper

Examining the Effectiveness of Home-Based Pelvic Floor Muscle Training in Treating Sexual Dysfunction in Women

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Abstract

Background: Sexual dysfunction is a common problem among women during their reproductive period and can decrease the quality of women's social lives, as well as their overall quality of life.

Aim: The purpose of this paper was to determine the effects of pelvic floor muscle training (PFMT) with home biofeedback therapy (HBT) on sexual life and quality of life in patients with sexual dysfunction.

Methodology: The sample consisted of 36 patients who were randomized into a PFMT group (n=18) and a control group (n=18). The PFMT group was treated with HBT for 10 weeks, while the control group did not receive any treatment during this time. Frequency, percentages, mean, χ^2 , Wilcoxon rank, and Mann-Whitney U test was used to analyze.

Results: There was no significant difference between the groups in terms of age, education, employment status, level of income, number of pregnancies, births, mode of delivery, and health problems. The average age of women was 34 ± 3 years old in the biofeedback group and 35 ± 2 years old in the control group. Sexual dysfunction, quality of life and pelvic floor muscle strength improved significantly in women who received the HBT compared to the controls.

Conclusions: PFMT with HBT is an effective treatment for improving sexual dysfunction in women. HBT increases pelvic floor muscle strength, which leads to significant improvement in women's sexual function and quality of life.

Key words: Biofeedback, pelvic floor exercise, quality of life, sexual dysfunction