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The effect of sexual health literacy on the sexual life quality of women referring to healthcare centers in Qazvin, Iran

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Abstract:

BACKGROUND: Considering the role of sexual quality of life in public satisfaction, improving interpersonal relationships, promoting the general quality of life, especially in women, and ultimately maintaining, consolidating, and promoting family and community health, the need to explain the factors affecting it, such as sexual health literacy, is felt from the perspective of women. This study aimed to determine the relationship of sexual health literacy on the sexual life quality of women referring to health-care centers in Qazvin.

MATERIALS AND METHODS: This research was a descriptive cross-sectional study. The population of this study was 420 women of Qazvin in 2020 who were selected by multistage sampling. The data collection tool was a demographic questionnaire and the standard questionnaire sexual health literacy for adults and Sexual Quality of Life-Female questionnaire. Data were analyzed using SPSS software version 22 and descriptive statistics and logistic regression.

RESULTS: The mean (standard deviation) of the sexual health literacy score was 78.47 (17.85) and sexual quality of life was 59.71 (19.21). The results of logistic regression test showed that the variables of sexual health literacy, education level, age of marriage, and number of sexual intercours per week were effective factors on the sexual quality of life ($P < 0.05$).

CONCLUSION: Women with lower sexual health literacy, lower education level, higher marriage age, and women who had sex less per week had a lower sexual quality of life. Therefore, it is necessary to pay more attention to these women in designing educational programs to improve the quality of sexual life.

Keywords:

Sexual health literacy, sexual health literacy for adults, sexual life quality, women

Introduction

The central component of the quality of life is health. Since the phenomenon of quality of life cannot be fully inquired in the health system, the concept of health is studied in relation to the quality of life, which is defined in the format of the concept of "health-related quality of life."^[1,2] According to the definition of the

World Health Organization, the quality of life is the individuals' perception about the state of life in the field of culture and value system in which they live, relating to goals, expectations, criteria, and important matters.^[3] The sexual life quality is interrelated and intertwined with the level of the general quality of life so that poor sexual quality of life can be a picture of health status and general quality of life.^[4] The sexual quality of life, like the quality

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