



## **Sexual Health Inventory for Men**

You can take this form to the comfort of your home and score accordingly.

### **About erectile dysfunction**

Sexual health is an important part of an individual's overall physical and emotional well-being. Erectile Dysfunction, also known as impotence, is a very common medical condition affecting sexual health. Fortunately, there are many different treatment options for erectile dysfunction.

### **About this questionnaire**

This questionnaire is designed to help your doctor identify if you may be experiencing erectile dysfunction. It may also help your Doctor to find out other underlying problems like Diabetes, Heart Disease, High Blood Pressure etc. and take appropriate action to prevent any further complications.

Each question has several possible responses. Circle the number of the response that best describes your own situation. Please ensure that you select **only one** response for each question.

### **Over the past 6 months:**

1. How do you rate your <u>confidence</u> that you could get and keep an erection?		Very low 1	Low 2	Moderate 3	High 4	Very high 5
2. When you had erections with sexual stimulation, <u>how often</u> were your erections hard enough for penetration (entering your partner)?	No sexual activity 0	Almost never or never 1	A few times (much less than half the time) 2	Sometimes (about half the time) 3	Most times (much more than half the time) 4	Almost always or always 5
3. During sexual intercourse, <u>how often</u> were you able to maintain your erection after you had penetrated (entered) your partner?	Did not attempt intercourse 0	Almost never or never 1	A few times (much less than half the time) 2	Sometimes (about half the time) 3	Most times (much more than half the time) 4	Almost always or always 5
4. During sexual intercourse, <u>how difficult</u> was it to maintain your erection to completion of intercourse?	Did not attempt intercourse 0	Extremely difficult 1	Very difficult 2	Difficult 3	Slightly difficult 4	Not difficult 5
5. When you attempted sexual intercourse, <u>how often</u> was it satisfactory for you?	Did not attempt intercourse 0	Almost never or never 1	A few times (much less than half the time) 2	Sometimes (about half the time) 3	Most times (much more than half the time) 4	Almost always or always 5
<b>SCORE</b>						
Add the numbers corresponding to question 1-5						<b>Total</b>

**If your score is 20 or less we advise you to contact your GP in the first instance or ring Castle Hill Hospital on 01482 622095 for further advice.**

All your information will be treated in the strictest confidence.