

Sexual function and quality of life of women adopting the levonorgestrel-releasing intrauterine system (LNG-IUS 13.5 mg) after abortion for unintended pregnancy.

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Rivista: The European journal of contraception & reproductive health care : the official journal of the European Society of Contraception

DOI: 10.1080/13625187.2018.1433824

PMID: 29436865

ABSTRACT

PURPOSE: The aim of the study was to investigate the impact of the long-acting reversible contraception (LARC) levonorgestrel-releasing intrauterine system (LNG-IUS 13.5 mg) on sexual function and quality of life (QoL) in women after having undergone abortion for unintended pregnancy.

METHODS: In a prospective controlled study, 128 women aged 16-35 years received counseling to adopt LNG-IUS contraception after termination of pregnancy. The Visual Analog Scale (VAS), the Short Form-36 questionnaire (SF-36), the Female Sexual Function Index (FSFI) and the Female Sexual Distress Scale (FSDS) were used to investigate, respectively, pelvic pain levels, QoL, sexual function and sexual distress of these women at baseline (T0) and at 6 (T1) and 12 (T2) months after LNG-IUS placement.

RESULTS: Sixty-six (51.6%) women adopted a SARC method, mainly because of the cost of the LNG-IUS. They constituted the control group. The study group consisted of 62 (48.4%) women. Improvement of QoL was observed at T1 ($p < .05$) and T2 ($p < .01$). Moreover, sexual function improved and dyspareunia decreased over the study period compared to baseline ($p < .001$). Dysmenorrhea measured by VAS improved at T1 and at T2 ($p < .001$). The women of the control group did not experience statistically significant changes at T1 and T2 compared to T0 ($p = \text{NS}$).

CONCLUSIONS: Women who underwent termination of pregnancy experienced positive changes in QoL and sexual function during LNG-IUS use. These results have to be confirmed in larger studies. However, not all women could adopt the LNG-IUS because of the cost of the contraceptive.