

Sexual Quality of Life Questionnaire-Male (SQoL-M)

This questionnaire consists of a set of statements, each asking about thoughts and feelings that you may have about your sexual life. The statement may be positive or negative.

You are asked to rate each statement according to how much you agree or disagree with it by circling one of the six categories.

In answering these items the following definitions apply:

Sexual life: includes both the physical sexual activities and the emotional sexual relationship you have with your partner.

Sexual activity: includes any activity which may result in sexual stimulation or sexual pleasure e.g. intercourse, caressing, foreplay, masturbation (i.e. self-masturbation or your partner masturbating you) and oral sex (i.e. your partner giving you oral sex).

Usually, the first answer that comes into your head is the best one, so do not spend too long on each question.

All your answers will be kept completely confidential

1. When I think about my sexual life, I feel frustrated	<i>completely agree</i>	<i>moderately agree</i>	<i>slightly agree</i>	<i>slightly disagree</i>	<i>moderately disagree</i>	<i>completely disagree</i>
2. When I think about my sexual life, I feel depressed	<i>completely agree</i>	<i>moderately agree</i>	<i>slightly agree</i>	<i>slightly disagree</i>	<i>moderately disagree</i>	<i>completely disagree</i>
3. When I think about my sexual life, I feel less of a man	<i>completely agree</i>	<i>moderately agree</i>	<i>slightly agree</i>	<i>slightly disagree</i>	<i>moderately disagree</i>	<i>completely disagree</i>
4. I have lost confidence in myself as a sexual partner	<i>completely agree</i>	<i>moderately agree</i>	<i>slightly agree</i>	<i>slightly disagree</i>	<i>moderately disagree</i>	<i>completely disagree</i>
5. When I think about my sexual life, I feel anxious	<i>completely agree</i>	<i>moderately agree</i>	<i>slightly agree</i>	<i>slightly disagree</i>	<i>moderately disagree</i>	<i>completely disagree</i>
6. When I think about my sexual life, I feel angry	<i>completely agree</i>	<i>moderately agree</i>	<i>slightly agree</i>	<i>slightly disagree</i>	<i>moderately disagree</i>	<i>completely disagree</i>
7. I worry about the future of my sexual life	<i>completely agree</i>	<i>moderately agree</i>	<i>slightly agree</i>	<i>slightly disagree</i>	<i>moderately disagree</i>	<i>completely disagree</i>
8. When I think about my sexual life, I am embarrassed	<i>completely agree</i>	<i>moderately agree</i>	<i>slightly agree</i>	<i>slightly disagree</i>	<i>moderately disagree</i>	<i>completely disagree</i>
9. When I think about my sexual life, I feel guilty	<i>completely agree</i>	<i>moderately agree</i>	<i>slightly agree</i>	<i>slightly disagree</i>	<i>moderately disagree</i>	<i>completely disagree</i>
10. When I think about my sexual life, I worry that my partner feels hurt or rejected	<i>completely agree</i>	<i>moderately agree</i>	<i>slightly agree</i>	<i>slightly disagree</i>	<i>moderately disagree</i>	<i>completely disagree</i>
11. When I think about my sexual life, I feel as if I have lost something	<i>completely agree</i>	<i>moderately agree</i>	<i>slightly agree</i>	<i>slightly disagree</i>	<i>moderately disagree</i>	<i>completely disagree</i>