

Sex After Childbirth: Postpartum Sexual Function

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1. Of the following, the strongest predictor of postpartum sexual dysfunction is:

- A. Prepregnancy sexual functioning
- B. Parity
- C. Mode of delivery
- D. Use of breastfeeding
- E. Contraceptive choice

2. The most common reason for postpartum sexual dysfunction to be undiagnosed or treated is:

- A. Patient reluctance to discuss the topic
- B. High rate of spontaneous resolution
- C. Lack of provider training
- D. Low prevalence of dysfunction
- E. Lack of effective therapeutic options

3. Breastfeeding alters sexual function because of:

- A. Reduced thyroid hormone levels
- B. Reduced estrogen levels
- C. Reduced androgen levels
- D. Increased oxytocin levels
- E. Increased relaxin levels

4. Secondary sexual dysfunction is characterized by:

- A. Lifelong dysfunction
- B. A change in function
- C. Situational dysfunction
- D. Global dysfunction
- E. More than one sexual disorder at a time

5. In a cross-sectional study of 589 pregnant women in Turkey in each of the three trimesters, the most common sexual dysfunction found was:

- A. Lack of libido
- B. Diminished clitoral sensitivity
- C. An orgasmic disorder
- D. Insertional dyspareunia
- E. Pelvic floor muscle laxity

6. Cesarean delivery appears to reduce the rate of dyspareunia for only what period following delivery?

- A. 6 weeks
- B. 8–12 weeks
- C. 3–6 months
- D. 1 year
- E. 3 years

7. The highest rates of postpartum dyspareunia occur in women who deliver with:

- A. An intact perineum
- B. A first-degree laceration
- C. A second-degree laceration
- D. A third-degree laceration
- E. A fourth-degree laceration

8. The most common demonstrated impairment in sexual function found in a cohort of 2,247 women with depression who were treated with selective serotonin reuptake inhibitor (SSRI) or serotonin and norepinephrine reuptake inhibitor (SNRI) agents was:

- A. Desire
- B. Arousal
- C. Orgasm
- D. Resolution
- E. Sexual pain

9. The association between breastfeeding and erotic thoughts or arousal is thought to be mediated by the release of:

- A. Prolactin
- B. Ovarian androgen
- C. Estrogen
- D. Oxytocin
- E. Prostaglandins

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