

## THE INFLUENCE OF BRONCHIAL ASTHMA ON THE QUALITY OF LIFE AND SEXUAL FUNCTIONING OF WOMEN

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**Introduction:** According to world statistics, bronchial asthma concerns about 300 million people. The epidemiological analysis estimates the frequency of bronchial asthma occurrence to 1-18% of adults and children populations in the world.

**Aim:** The aim of this study was to evaluate the effect of bronchial asthma and its severity on quality of life and sexual functioning of women.

**Material and methods:** 72 women aged 18-45 years were qualified to the study as the research population. The study group consisted of 31 women treated for bronchial asthma; the control group - 41 healthy women. A specific questionnaire was used as a research tool in this study. It included socio-demographic part and validated scales: Polish version of Short Form-36 Health Survey (SF-36) and Female Sexual Function Index (FSFI) for the quality of life and sexual dysfunction evaluation. In the statistical analysis the mean differences between parameters were tested using U Mann-Whitney, Fisher tests, and multiple regression models.

**Results:** The mean age of the study group was  $34.16 \pm 7.75$  years and of the control group was  $35.41 \pm 9.52$  years. The mean duration of bronchial asthma in studied women was  $7.77 \pm 6.93$  years. The quality of life parameters for women with asthma was lower than for the control group and significantly worse in the following aspects: limitations due to physical health ( $P=0.003$ ), limitations due to emotional problems ( $P=0.047$ ), social functioning ( $P=0.003$ ), energy/fatigue ( $P=0.018$ ), and emotional well-being ( $P=0.033$ ). Asthmatic women showed worse sexual functioning, particularly in the sexual arousal ( $P=0.002$ ), lubrication ( $P=0.003$ ), orgasm ( $P=0.006$ ), sexual satisfaction ( $P=0.002$ ), and pain domain ( $P=0.048$ ). According to FSFI scale, sexual dysfunctions were diagnosed in 36.84% of asthmatic women and 19.51% of controls ( $P>0.05$ ).

**Conclusions:** Bronchial asthma decreases the quality of life and sexual functioning in women.