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