

Sexuality after gynecological cancer in Iranian couples; A qualitative study

Samaneh Alinejad Mofrad

Department of Nursing and Midwifery, Neyshabur University of Medical Sciences,
Neyshabur, Iran.

Abstract

Background:

Sexual life is a multidimensional issue that can be affected negatively after gynecological cancer. The aim of this study was to reveal what sexuality life difficulties Iranian women with gynecological cancers experience.

Methods:

A qualitative approach was conducted through face-to-face semi-structured interviews with 16 Iranian women with gynecological cancer and then analyzed with conventional content analysis.

Results:

Three themes emerged from the data: (1) participant's struggle to maintain the sexual monopoly of the husband, (2) deterioration of intimacy, and (3) unpleasant bed-life experiences. Most women are ashamed to talk about their sexual relationships problems, and on the other hand, nurses and physicians ignore to talk about their sexual problems, so these women are alone in the face of this problem.

Conclusion:

Although women with gynecological cancer experience sexual problems such as reluctant to have sex and lack of enjoyment, they struggle to maintain sexual life with their husbands. These women do not have enough support. They believe that sexuality is a shameful issue, and they are reluctant to ask questions about it. Health professionals need to talk about the possibility of sexual problems due to changes in their bodies caused by cancer. These women need to be encouraged to talk about these problems, with consideration to their religious and cultural differences.

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Biography

I am PhD in nursing in Iran and my defense session was held on June 22, 2021. My expertise is evaluation and improving the situation and wellbeing in patients with cancer and their survivors. I have international articles about this issue and interested in collaboration with all researcher in this field in the worldwide. In this regard, I am a collaborated researcher

at University of Wollongong (UOW) in Australia and I am very good at team work as a researcher. I have worked as a clinical nurse for about 8 years and I have a warm relation with patients and their families. Also I am a member of Reviewer Board of Acta Scientific Women's Health Journal.