

**SEXUAL DYSFUNCTIONS TENDENCIES MEASURE (SDTM)**

**Instructions:**

The following scale is aimed at identifying any possible sexual dysfunctions. It has two versions i.e. separate versions for males and females. You are requested to please respond to the following statements truly by keeping the **LAST SIX MONTHS** in mind. You are supposed to tick ✓ only one box for each statement. Please do not leave any statement without a response. Thanks.

**SDTM-Males**

1. I experience a prominent delay or absence in ejaculation during sexual activity.  
 Never  Rarely  Not Sure  Sometimes  Most of the times   
 Always
2. I have difficulty in having erection for sexual activity.  
 Never  Rarely  Not Sure  Sometimes  Most of the times   
 Always
3. I have trouble in maintaining erection during sexual activity.  
 Never  Rarely  Not Sure  Sometimes  Most of the times   
 Always
4. I feel distressed due to my sexual performance.  
 Never  Rarely  Not Sure  Sometimes  Most of the times   
 Always
5. I don't feel sexual desires.  
 Never  Rarely  Not Sure  Sometimes  Most of the times   
 Always
6. I experience a decrease or absence in my sexual/erotic thoughts or fantasies.  
 Never  Rarely  Not Sure  Sometimes  Most of the times   
 Always
7. After penetrating penis into my partner's vagina, I usually ejaculate within the first minute against my wish.  
 Never  Rarely  Not Sure  Sometimes  Most of the times   
 Always

**SDTM -Females**

1. I have difficulty in having orgasm during sexual activity.  
 Never  Rarely  Not Sure  Sometimes  Most of the times   
 Always
2. I usually remain uninterested to welcome my partner's sexual advances.  
 Never  Rarely  Not Sure  Sometimes  Most of the times   
 Always
3. I feel distressed due to my sexual performance.  
 Never  Rarely  Not Sure  Sometimes  Most of the times   
 Always
4. I don't feel sexual desires.  
 Never  Rarely  Not Sure  Sometimes  Most of the times   
 Always
5. I experience a decrease or absence in my sexual/erotic thoughts or fantasies.  
 Never  Rarely  Not Sure  Sometimes  Most of the times   
 Always

6. I experience pain during vaginal penetration.  
 Never  Rarely  Not Sure  Sometimes  Most of the times   
 Always
7. I am afraid of vaginal penetration.  
 Never  Rarely  Not Sure  Sometimes  Most of the times   
 Always
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**Response Values:**

Never = 1; Rarely = 2; Not Sure = 3; Sometimes = 4; Most of the times = 5; Always = 6

**Scoring:**

The scoring for this scale is done by calculating mean for the scale and its subscales. To obtain mean values, use the following method:

**Sexual Dysfunctions Tendencies Measure for Males**

Overall Sexual Dysfunctions = Sum (items 1 to 7) / 7

Delayed Ejaculation = Sum (item 1)

Erectile Disorder = Sum (items 2, 3, 4) / 3

Male Hypoactive Sexual Desire Disorder = Sum (items 5, 6) / 2

Premature Ejaculation = Sum (item 7)

**Sexual Dysfunctions Tendencies Measure for Females**

Overall Sexual Dysfunctions = Sum (items 1 to 7) / 7

Female Orgasmic Disorder = Sum (items 1, 2, 3) / 3

Female Sexual Interest/ Arousal Disorder = Sum (items 4, 5) / 2

Genito-Pelvic Pain/ Penetration Disorder = Sum (items 6, 7) / 2

**Interpretation:**

1.0 – 1.9 = Not at all present; 2.0 – 2.9 = Rarely Present; 3.0 – 3.9 = Doubtable to be Present;

4.0 – 4.9 = Somewhat Present; 5.0 -5.9 = Moderately Present; 6.0 = Severely Present

## Psychometric Properties

### Scale: SEXUAL DYSFUNCTIONS TENDENCIES MEASURE

**Description:**

**Sexual Dysfunctions Tendencies Measure – Male Version (SDTM-M)**

The SDTM-M is a brief, psychometrically sound screening instrument designed to evaluate the core symptoms and tendencies associated with male sexual dysfunctions as outlined in the Diagnostic and Statistical Manual of Mental Disorders. Unlike existing instruments that are often lengthy, outdated, or narrowly focused, the SDTM-M represents a comprehensive yet concise tool, intended particularly for non-clinical male populations who may be reluctant to seek help due to stigma, shame, or cultural silence surrounding sexual health. The measure evaluates four principal domains of male sexual dysfunction:

Erectile Disorder

Delayed Ejaculation

Male Hypoactive Sexual Desire Disorder

Premature (Early) Ejaculation

Each domain is operationalized with a focus on psychological tendencies and behavioral symptoms, allowing the scale to function as both a preventive screening tool and an early

indicator for when clinical intervention may be warranted. Importantly, the scale is not intended for diagnostic use, but rather serves as a self-report measure to raise awareness and facilitate open conversations regarding sexual health—an area often fraught with social taboo and gendered expectations. **Key Contributions and Features:**

**DSM Comprehensiveness:** Integrates all male-specific sexual dysfunction categories from DSM-5 into a single unified instrument, streamlining assessment.

**Clinical Accessibility:** Facilitates early recognition of distressing patterns, empowering individuals to seek appropriate psychological or medical support.

**Research Utility:** Enhances the study of sexual functioning as a critical yet under-assessed dimension of psychosocial health and quality of life.

The SDTM-M thus represents a pivotal step in bridging the gap between clinical diagnostic frameworks and accessible self-assessment tools, offering a much-needed resource for both psychological research and public mental health promotion. It underscores the value of sexual wellbeing as integral to masculine psychosocial health, challenging the cultural barriers that often inhibit its discussion and treatment.

**Sexual Dysfunctions Tendencies Measure – Female Version (SDTM-F)**

The SDTM-F is a brief, user-friendly, and clinically sensitive psychometric instrument developed to assess tendencies associated with female sexual dysfunctions, as classified in the Diagnostic and Statistical Manual of Mental Disorders. This scale was specifically designed for non-clinical populations, addressing a significant gap in sexual health assessment tools available for women—tools which are often outdated, overly clinical, or fragmented. The SDTM-F evaluates the three core categories of female sexual dysfunction defined by DSM:

- Female Sexual Interest/Arousal Disorder
- Female Orgasmic Disorder
- Genito-Pelvic Pain/Penetration Disorder

Unlike earlier instruments that tend to be lengthy or narrowly focused, the SDTM-F offers a concise and comprehensive approach within a single measure, promoting awareness of sexual health challenges in a way that is approachable and minimally intrusive. Its language and structure are crafted to reduce embarrassment and discomfort, enabling women to reflect honestly on their experiences without clinical pressure. **Key Contributions and Theoretical Advancements:**

**DSM Inclusivity:** Captures all relevant categories of female sexual dysfunctions within one brief and integrated framework, which is rare among existing tools.

**Psychoeducational Value:** Serves as an early indicator that can help users decide whether professional consultation or therapeutic support is warranted.

**Research and Clinical Utility:** Ideal for epidemiological research, public health initiatives, and mental health screenings where sexual wellbeing is considered a dimension of overall psychosocial health.

The SDTM-F reflects a broader movement in psychological science to center female sexual health as both a personal right and a clinical priority. By addressing the psychological, emotional, and somatic components of female sexual dysfunction within a holistic and stigma-sensitive framework, the scale contributes significantly to advancing gender-sensitive sexual health assessment.

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**Language:** English

**Reliability:**

*Cronbach's alpha:* SDTM-M = 0.660; SDTM-F = 0.640

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