

Erection Quality Scales:

(to give quantifiable measurement to erectile function and then improvement with treatment)

The Erection Hardness Score (EHS)

How would you rate the hardness of your erection

- 0 – Penis does not enlarge
- 1 – Penis is larger, but not hard
- 2 – Penis is hard, but not hard enough for penetration
- 3 – Penis is hard enough for penetration, but not completely hard
- 4 – Penis is completely hard and fully rigid

The Erection Hardness Score (EHS) : _____

Sexual Health Inventory For Men (SHIM)

(shortened version of much longer IIEF-5)

Instructions

Each question has 5 possible responses. Circle the number that best describes your own situation. Select only 1 answer for each question. Add your total when finished.

Over the past **6 months**:

1. How do you rate your confidence that you could keep an erection?

1	2	3	4	5
Very low	Low	Moderate	High	Very high

2. When you had erections with sexual stimulation, how often were your erections hard enough for penetration (entering your partner)?

1	2	3	4	5
Almost never	A few times	Sometimes	Most times	Almost always

3. During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?

1	2	3	4	5
Almost never	A few times	Sometimes	Most times	Almost always

4. During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?

1	2	3	4	5
Extremely difficult	Very difficult	Difficult	Slightly difficult	Not difficult

5. When you attempted sexual intercourse, how often was it satisfactory for you?

1	2	3	4	5
Almost never	A few times	Sometimes	Most times	Almost always

Total = _____

Results:

22 - 25 = No ED **17 - 21** = Mild ED **12 - 16** = Mild-to-moderate ED **8 - 11** = Moderate ED **5 - 7** = Severe ED

International Index of Erectile Function (IIEF-5) (longer version)

The IIEF is a validated tool designed for detecting treatment-related responses in patients with erectile dysfunction. In addition, the IIEF provides a broad measure of sexual function. As such, it should be viewed as an adjunct to, rather than a detailed sexual history.

Precede all questions listed below with the phrase, "Over the past 4 weeks....."

Questions:

Response options:

Q1 How often were you able to get an erection during sexual activity?

0 = No sexual activity

1 = Almost never / never

Q2 When you had erections with sexual stimulation, how often were your erections hard enough for penetration?

2 = A few times (much less than ½ the time)

3 = Sometimes (about ½ the time)

4 = Most times (much more than ½ the time)

5 = Almost always / always

Q3 When you attempted sexual intercourse, how often were you able to penetrate (enter) your partner?

0 = Did not attempt intercourse

1 = Almost never / never

2 = A few times (much less than ½ the time)

Q4 During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?

3 = Sometimes (about ½ the time)

4 = Most times (much more than ½ the time)

5 = Almost always / always

Q5 During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?

0 = Did not attempt intercourse

1 = Extremely difficult

2 = Very difficult

3 = Difficult

4 = Slightly difficult

5 = Not difficult

Q6 How many times have you attempted to have sexual intercourse?

0 = No attempts

1 = One to two attempts

2 = Three to four attempts

3 = Five to six attempts

4 = Seven to ten attempts

5 = more than 11 attempts

Q7 When you attempted sexual intercourse, how often was it satisfactory to you?

- 0 = Did not attempt sexual intercourse
- 1 = Almost never/never
- 2 = A few times (much less than ½ the time)
- 3 = Sometimes (about ½ the time)
- 4 = Most times (much more than ½ the time)
- 5 = Almost always/always

Q8 How much have you enjoyed sexual intercourse?

- 0 = No intercourse
- 1 = No enjoyment
- 2 = Not very enjoyable
- 3 = Fairly enjoyable
- 4 = Highly enjoyable
- 5 = Very highly enjoyable

Q9 When you had sexual stimulation or intercourse, how often did you ejaculate?

- 0 = No sexual stimulation or intercourse
- 1 = Almost never/never
- 2 = A few times (much less than ½ the time)

Q10 When you had sexual stimulation or intercourse, how often did you have the feeling of orgasm or climax?

- 3 = Sometimes (about ½ the time)
- 4 = Most times (much more than ½ the time)
- 5 = Almost always/always

Q11 How often have you felt sexual desire?

- 0 = No sexual stimulation or intercourse
- 1 = Almost never/never
- 2 = A few times (much less than ½ the time)
- 3 = Sometimes (about ½ the time)
- 4 = Most times (much more than ½ the time)
- 5 = Almost always/always

Q12 How would you rate your level of sexual desire?

- 1 = Very low /none at all
 - 2 = Low
 - 3 = Moderate
 - 4 = High
 - 5 = Very high
-

- Q13** How satisfied have you been with your overall sex life?
- 1 = Very dissatisfied
2 = Moderately dissatisfied
3 = About equally satisfied and dissatisfied
- Q14** How satisfied have you been with your sexual relationship with your partner(s)?
- 4 = Moderately satisfied
5 = Very satisfied
-

- Q15** How do you rate your confidence that could get and keep an erection?
- 1 = Very low
2 = Low
3 = Moderate
4 = High
5 = Very high
-

Transfer points from each question into the correct blanks below

Erectile function Intercourse satisfaction Orgasmic function Sexual desire Overall satisfaction

- | | | | | |
|-----------|----------|-----------|-----------|-----------|
| 1. _____ | 6. _____ | 9. _____ | 11. _____ | 13. _____ |
| 2. _____ | 7. _____ | 10. _____ | 12. _____ | 14. _____ |
| 3. _____ | 8. _____ | | | |
| 4. _____ | | | | |
| 5. _____ | | | | |
| 15. _____ | | | | |

Total score from items # 1 - 15 _____

IIEF SCALE SCORING:

- 1-10:** Severe Erectile Dysfunction **11-16:** Moderate dysfunction **17-21:** Mild to moderate dysfunction
- 22-25:** Mild dysfunction **26-30:** No dysfunction

INTERNATIONAL INDEX of ERECTILE FUNCTION - 5

(Shorter Version of the 15 question IIEF)

Consider the response to each question over the **LAST 6 MONTHS**.....

1. How do you rate your confidence that you could get and keep an erection?

Very low	Low	Moderate	High	Very high
1	2	3	4	5

2. With your erections from sexual stimulation, how often were they hard enough for penetration?

Almost Never	Less than ½ the time	About ½ the time	Most of the Time	Almost Always
1	2	3	4	5

3. During sexual intercourse, how often were you able to maintain the erection after penetration?

Almost Never	Less than ½ the time	About ½ the time	Most of the Time	Almost Always
1	2	3	4	5

4. During sexual intercourse, how difficult was it to maintain the erection to completion of intercourse?

Extremely difficult	Very difficult	Difficult Slightly	Difficult	Not difficult at all
1	2	3	4	5

5. When you attempted sexual intercourse, how often was it satisfactory for you?

Almost Never	Less than ½ the time	About ½ the time	Most of the Time	Almost Always
1	2	3	4	5

Add up all 5 response numbers = **TOTAL** _____

IIEF-5 Score Interpretation:

1-7	Severe ED
8-11	Moderate ED
12-16	Mild to Moderate ED
17-21	Mild ED
22-25	Normal erectile function

Sexual Encounter Profile (SEP) Questionnaire:

Sexual Encounter Profile Diary question number 1:

Were you able to achieve at least some erection (some enlargement of the penis)?

Sexual Encounter Profile Diary question number 2:

Were you able to insert your penis into your partner's vagina?

Sexual Encounter Profile Diary question number 3:

Did your erection last long enough for you to have successful intercourse?

Sexual Encounter Profile Diary question number 4:

Were you satisfied with the hardness of your erection?

Sexual Encounter Profile Diary question number 5:

Were you satisfied overall with this sexual experience?

* These questions can be good indicators of dysfunction and also of potential improvements due to treatments of the dysfunction*

YES to question 4 but not 5 suggests ED issues might be starting

YES to questions 2 & 3 but not 4 suggests you already have ED issues