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List of Abbreviations

BMI	Body Mass Index
DSME	Diabetes Self-Management Education
FSD	Female Sexual Dysfunction
FSFI	Female Sexual Function Index
PLISSIT model	Permission, Limited Information, Specific Suggestions, and Intensive Therapy

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Abstract

Sexual dysfunction is a chronic complication of diabetes mellitus. Sexual issue and sexuality are a taboo in Egypt. Educational programs about specific sexual issue help in improvement of knowledge, behaviors, and practices of diabetic women. **Aim of the study:** Evaluate the effectiveness of adaptation program for diabetic women about sexual dysfunction. **Subjects and methods** A quasi-experimental design was used. The study was conducted at diabetic outpatient clinic at Ain Shams University Hospitals, Cairo, Egypt. A purposive sample of 105 women with sexual dysfunction, **Tools:** Three tools were used to collect data consisted of Arabic Structured interview questionnaire, Female Sexual Function Index (FSFI), and Pre - post assessment sheet for knowledge, attitude and practices of diabetic women. **Results:** Sexual dysfunction in diabetic women were statistically significant with age, education, duration of marriage, and glucose control. Most of studied women had unsatisfactory knowledge, attitude, and practices about sexual dysfunction. **Conclusion:** Adaptation program has a positive effective on sexual function improvement among women with diabetes. **Recommendations:** Increase awareness of diabetic women through classes, sessions, and educational programs to discuss sexual dysfunction related to diabetes mellitus.

Key words: Sexual dysfunction, Diabetes mellitus, PLISSIT model.

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Introduction



Aim of the Study



Review of Literature



Subjects and Methods



Results



Discussion

