The aim of this study is to optimize the personalization of contraceptive choice, introducing sexological parameter evaluation, by studying and comparing the effects of different types of hormonal oral contraceptives (OC), on women’s sexual life.

Fifteen women with a permanent partner and active sexual life have been randomly divided in three groups according to a computer-generated randomization list: 5 women (A) have used OC containing 20 µg of ethinylestradiol (EE) and 3 mg of drospirenone, on extended-cycle regimen; 5 women (B) have used OC containing at least 30 µg EE; 5 women participated in the study as control group (C).

BMI of each woman has been registered; McCoy Female Questionnaire (MFSQ) to measure the change of sexual behavior has been administered.

Women in Group A reported decreased sexual satisfaction and decreased orgasm frequency; the low dose of EE has also improved genital pain and it could have caused decreased vaginal lubrication. Dyspareunia appeared in women taking low dose of EE, except for women with high BMI, maybe thanks to estrogens coming from peripheral conversion. Conversely, the mild dose of EE has determined positive changes on the sexual behavior, improving desire, orgasm frequency and vaginal lubrication.

Future goals of our team are hormonal and biohumoral parameters evaluation, to compare this changes on women sexual life with objective parameters.

The study achieves more rigorous knowledge about the effect of OC on women’s sexological sensitivity, helping to customize and advise the most appropriate hormonal contraceptive choice.