

Sexual Health In Men (SHIM)



Name:

Date:

| Score | 1 | 2 | 3 | 4 | 5 | Total |
|---|-----------------------|--|---------------------------------|--------------------------------------|-------------------------|----------------|
| 1. How do you rate your confidence that you could keep an erection? | 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)? | Almost never or never | A few times (much less than half the time) | Sometimes (about half the time) | Most times (more than half the time) | Almost always or always | |
| 3. During sex, how often were you able to maintain your erection after you had penetrated (entered) your partner? | Almost never or never | A few times (much less than half the time) | Sometimes (about half the time) | Most times (more than half the time) | Almost always or always | |
| 4. During sex, how difficult was it to maintain your erection to completion of intercourse? | Extremely difficult | Very difficult | Difficult | Slightly Difficult | Not Difficult | |
| 5. When you attempted sex, how often was it satisfactory for you? | Almost never or never | A few times (much less than half the time) | Sometimes (about half the time) | Most times (more than half the time) | Almost always or always | |
| | | | | | | Total = |

Add together the numbers corresponding to the answers for all the questions. If the patient's score is 21 or less, erectile dysfunction (ED) should be addressed. The SHIM score measures the severity of the patient's ED in the following manner:

22 – 25 No significant erectile dysfunction

17 – 21 Mild erectile dysfunction

12 – 16 Mild-to-moderate erectile dysfunction

8 – 11 Moderate erectile dysfunction

5 – 7 Severe erectile dysfunction

Reference:

Rosen RC, Cappelleri JC, Smith MD, Lipsky J, Peña BM

Development of an abridged, 5-item version of the International Index of Erectile Function (IIEF-5) as a diagnostic tool for erectile dysfunction

Int J Impot Res (1999); 11; 319 – 326