

Sexual Health Inventory For Men (SHIM)

Instructions

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

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 or never	A few times (much less than half the time)	Sometimes (about half the time)	Most times (much more than half the time)	Almost always or 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 or never	A few times (much less than half the time)	Sometimes (about half the time)	Most times (much more than half the time)	Almost always or 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 or never	A few times (much less than half the time)	Sometimes (about half the time)	Most times (much more than half the time)	Almost always or always

Information for Clinicians

Scoring instructions

Add the numbers corresponding to the answers for questions 1 through 5. If the patient's score is 21 or less, erectile dysfunction (ED) should be addressed. The SHIM score characterizes the severity of the patient's ED in the following manner:

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

Score: _____

Purpose of SHIM

- With the advent of oral therapies for ED, the need for accurate diagnosis is greater than ever.
- The SHIM Questionnaire (also known as the IIEF-5) is an abridged and slightly modified 5-item version of the 15-item International Index of Erectile Function (IIEF), designed for easy use, by clinicians, to diagnose the presence and severity of ED in clinical settings.
- This diagnostic tool may reduce the number of incorrectly diagnosed or underdiagnosed cases. It is intended to complement the physical examination and patient history as a means to detect ED.

Adapted with permission from: Rosen RC, Cappelleri JC, Smith MD, Lipsky J, Peña BM. Development and evaluation of an abridged, 5-item version of the International Index of Erectile Dysfunction (IIEF-5) as a diagnostic tool for erectile dysfunction. *Int J Impot Res.* 1999;11:319-326. <http://www.nature.com>.