

Supplementary materials

To better illustrate and elaborate on our work, concise themes and subthemes are presented in tabular form.

Table 1 .A total of four themes and 14 sub-themes were distilled

Themes	Subthemes
significant symptoms of sexual distress	sexual dysfunction interruption of sexual intercourse
negative emotional dilemmas	reduced self-esteem and self-confidence anxiety and depression fear and avoidance of sexual life
multiple changes in marital relationships	decreased intimacy communication barriers role change of husbands and wives partner's understanding and support
positive coping styles and the need for sexual rehabilitation	active seeking for medical help trying alternatives psychological adjustment facing problems with the partner and redefining intimate relationships looking forward to professional guidance for sexual distress