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# Prevalence of Erectile Dysfunction and Its Associated Factors among Non-Diabetic Overweight & Obese Patients Attending Government Health Clinics in Kuantan, Pahang

[IIUM Medical Journal Malaysia](#) • Article • [Open Access](#) • 2026 •

DOI: 10.31436/imjm.v25i02.2897

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## Abstract

**INTRODUCTION:** In the clinical setting, erectile dysfunction (ED) is a significant issue that should not be neglected, as it can adversely impact the quality of life of patients and their partners, especially among overweight and obese populations. This study aims to determine the prevalence of ED and its associated factors among non-diabetic, overweight, and obese patients who attend a government health clinic in Kuantan, Pahang, Malaysia. **MATERIALS AND METHODS:** A six-month cross-sectional study was conducted from February 2024 to August 2024 at twelve health clinics in Kuantan, Pahang. The selected respondents were married men over 18 years old, and those with diabetes mellitus, cardiovascular disease, psychiatric illness, or illiteracy were excluded. Data were collected using the validated Malay version of the International Index of Erectile Function (IIEF-5).


ED was defined as an IIEF-5 score of less than 22. Descriptive analysis and simple and multiple logistic regression were performed using SPSS. RESULTS: All 221 eligible patients in the study responded (100% response rate). The prevalence of ED was 66.1% (n=146). Multiple logistic regression showed that ED was significantly associated with dyslipidemia [AOR (95% CI): 2.42 (1.06–5.52); p-value=0.036], anxiety [AOR (95% CI): 3.99 (1.44–11.01); p-value=0.008] and older age [AOR (95% CI): 1.07 (1.02–1.12); p-value=0.009]. CONCLUSION: The study revealed a high prevalence of ED among non-diabetic overweight and obese patients, potentially linked to increasing age, dyslipidemia, and anxiety. Increasing awareness among the public and healthcare providers could improve detection rates in primary care. © 2026, International Islamic University Malaysia. All rights reserved.

## Author keywords

Anxiety; Dyslipidaemia; Erectile Dysfunction; Overweight & Obese

## Funding details

Details about financial support for research, including funding sources and grant numbers as provided in academic publications.

Funding sponsor	Funding number	Acronym
Kementerian Kesihatan Malaysia <a href="#">See opportunities by KKM</a> 		KKM
Pahang State Health Department and Kuantan District Health Office		

### Funding text

The researchers express their profound appreciation to the Director General of the Ministry of Health Malaysia for authorizing the publication of this manuscript. Special thanks to the Pahang State Health Department and Kuantan District Health Office for allowing me to use government health clinics for data collection. Thank you to the staff for their cooperation and assistance in ensuring smooth data collection.

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