

Sexual Disorder

DEFINITION

- Any disorder involving sexual functioning , desire, or performance

OR

- Sexual disorder is difficulty experienced by an individual or a couple during any stage of a normal sexual activity, including physical pleasure, desire, preference, arousal or orgasm.

CLASSIFICATION

1. Gender identity disorders
2. Psychological and behavioral disorders associated with sexual development and maturation
3. Disorders of sexual preference (paraphilias)
4. Sexual dysfunctions

CAUSES

- **Physical issues-** Medical conditions such as cancer, heart disease and medications such as blood pressure medications or antidepressants can contribute to the issue.
- **Hormonal issues-** Decreased levels of estrogen during pre-menopause and menopause can cause multiple issues, including vaginal dryness.
- **Psychological issues-** such as untreated depression or anxiety; the stresses associated with early motherhood; marital issues; and cultural or religious issues.
- **Lifestyle issues-** Smoking and excessive alcohol and recreational drug use can lead to sexual dysfunction.

Gender Identity Disorders

- In these disorders, the sense of one's masculinity or femininity is disturbed. They include;

- a) Transsexualism

- b) Gender identity disorder of childhood

- c) Dual-role transvestism

- d) Intersexuality

a)Transsexualism

- In this, there is a persistent and significant sense of discomfort regarding one's anatomic sex and a feeling that it is inappropriate to one's perceived gender..

- The person will be preoccupied with the wish to get rid of one's genitals and secondary sex characteristics and to adopt the sex characteristics of the other sex.

- *Treatment*

- Counseling to help the individual reconcile with the anatomic sex.
- Sex change to the desired gender [sex reassignment surgery (SRS)] in selected cases.

- **Gender identity disorder of childhood:**

This is a disorder similar to transsexualism, with a very early age of onset.

- **Dual-role transvestism:**

It is characterized by wearing clothes of the opposite sex in order to enjoy the temporary experience of membership of the opposite sex but without any desire for permanent sex change.

- **Intersexuality:**

The patients have gross anatomical or physiological features of the other sex. For example, Turner's syndrome, congenital adrenal hypoplasia.

Psychological and Behavioral Disorders Associated with Sexual Development and Maturation

- **Homosexuality**

In this, sexual relationships are maintained between persons of the same sex. Female homosexuals are called as 'lesbians' and male homosexuals are called 'gay.'

Treatment:

- **Behavior therapy:** Aversion therapy, covert sensitization, systematic desensitization
- Supportive psychotherapy
- Psychoanalytic psychotherapy

Disorders of Sexual Preference (ICD10-F6) or Paraphilias (DSMV)

- In paraphilias, sexual arousal occurs persistently and significantly in response to objects, which are not a part of normal sexual arousal. These disorders include:

1.Fetishism:

- Sexual arousal occurs with a non-living object which is usually intimately associated with the human body. The fetish object may include bras, underpants, shoes, gloves, etc.

2. Transvestism:

- Sexual arousal occurs by wearing clothes of the opposite sex.

3. Sexual sadism:

- The person is sexually aroused by physical and psychological humiliation, suffering or injury of the sexual partner.

4. Sexual masochism:

- Here the person is sexually aroused by physical or psychological humiliation or injury inflicted on self by others.

5. Exhibitionism:

- In this, the person is sexually aroused by the exposure of one's genitalia to an unsuspecting stranger.

6. Voyeurism:

- This is a persistent or recurrent tendency to observe unsuspecting persons naked (usually of the other sex) and engaged in sexual activity.

7. Frotteurism:

- This is a persistent or recurrent involvement in the act of touching and rubbing against an unsuspecting, non-consenting person.

1. Pedophilia:

- It is characterized by persistent or recurrent involvement of an adult in sexual activity with prepubertal children

9. Zoophilia

Involving in sexual activity with animals.

10. Other paraphilia's:

Sexual arousal occurs with urine, feces, enemas, etc.

- *Treatment*
- Behavior therapy: Aversion therapy
- Drug therapy: Antipsychotics have been used for severe aggression associated with paraphilia

SEXUAL DYSFUNCTIONS

- Sexual dysfunction is a significant disturbance in the sexual response cycle, which is not due to an underlying organic cause.
- The common dysfunctions are:

- **Frigidity:**

- Absence of desire for sexual activity

- **Impotence:**

- This disorder is characterized by an inability to have or sustain penile erection till the completion of satisfactory sexual activity.

- **Premature ejaculation:**

- Ejaculation before the completion of satisfactory sexual activity for both partners.

- **Non-organic vaginismus:** An involuntary spasm of lower 1/3rd of vagina, interfering with coitus.
- **Non-organic dyspareunia;** Pain in the genital area of either male or female during coitus.

- *Treatment*

- Psychoanalysis
- Hypnosis
- Group psychotherapy
- Behavior therapy

Nursing Intervention for Patient with Sexual Disorder

- Assess patient's sexual history and previous level of satisfaction in sexual relationships; also assess patient's perception of the problem
- Assess for any medications which might be affecting libido

- Assist therapist as necessary in plan of behavior modification to help decrease variant behavior.
- Refer for additional counseling or sex therapy if required.

Thank you...