



Disorders of Desire

- ◆ **Hypoactive sexual desire** – Characterized by low sexual interest. Must be distressing to patient.
- ◆ **Sexual aversion (disorder)** – Characterized by absent sexual interest. Must be distressing to patient.
- ◆ *Management*, if necessary, will be by psychotherapy. Because this is a disorder of desire, it may not be distressing to patient and therefore therapy may not be desired/necessary.

Disorders of Arousal

- **Female sexual arousal disorder:** Characterized by a failure to achieve adequate lubrication during sex. Often due to psychological causes – nervousness, fear, anxiety, etc.
 - *Differential:* Rule out usage of any kind of medications that may cause dryness, i.e., antihistamines and anticholinergics (most prominently diphenhydramine and ipratropium)
 - *Management* is to consider alternative medications (if cause), psychotherapy, and synthetic lubricants.
- **(Male) Impotence:** Characterized by a failure to achieve or maintain erection. Must rule out physiological causes. Ask patient if he has erection when he wakes up in the morning. If yes, you can rule out physiological causes.
 - *Differential:* Work-up patient for physiological causes, most prominently **diabetes mellitus** and **peripheral vascular disease**
 - *Management* is psychotherapy, may use sildenafil, tadalafil as pharmacotherapy

Disorders of Orgasm

- **Premature ejaculation syndrome** – Most commonly in teenage boys, young men. Characterized by ejaculation earlier than desired.
 - *Management* is sexual techniques such as the “squeeze” technique, may also use SSRIs (especially sertraline)
- **Anorgasmia** – Recurrent or persistent inability to achieve orgasm.
 - *Differential*: Rule out SSRI use. If using SSRI, switch to bupropion.
 - *Management* is psychotherapy

Disorders of Pain during Sex

- **Dyspareunia** – Pain associated with sex, but NOT associated with lack of lubrication or other organic medical cause.
 - *Differential* includes *female sexual arousal disorder, endometriosis, hypoplasia of the vaginal introitus, lichen sclerosis, candidiasis*
 - *Management* is psychotherapy
- **Vaginismus** – Involuntary contraction of outer 1/3 of the vagina which results in pain during penile penetration
 - *Management* is techniques such as dilators, fingers, etc.

Gender Dysphoria

gender
and
sexual
identity
disorder

- DSM-5: A marked incongruence between one's experienced/expressed gender and assigned gender, of at least 6 months duration
- In children, may manifest as preponderance to play with toys associated with other sex, toilet habits associated with opposite sex, friends primarily of opposite sex, etc.
- Adults may get surgery to change outward appearance
- Can only diagnose if patient outwardly expresses disappointment with current or desire to be opposite sex.
Cannot be diagnosed on behaviors alone.
- *Management* is psychotherapy or sexual reassignment

DIAGNOSIS AND DSM-5 CRITERIA

- **At least two of the following:**
 - A marked incongruence between one's experienced gender and primary/secondary sex characteristics.
 - A strong desire to be rid of one's primary/secondary sex characteristics because of the above.
 - A strong desire for the primary/secondary sex characteristics of the other gender.
 - A strong desire to be of the other gender.
 - A strong desire to be treated as the other gender.
 - A strong conviction that one has the typical feelings/reactions of the other gender.
- Clinically significant distress or impairment in functioning.

Paraphilias

- Sexual arousal to *objects, situations, and individuals*, that is outside normative stimulation or what is considered to be acceptable.
- According to the AJP: “Recurrent, intense, sexually arousing fantasies, sexual urges, or behaviors generally involving:
 - Non-human objects (fetishism)
 - The suffering or humiliation of oneself or one's partner (masochism, sadism)
 - Children (pedophilia, ephebophilia)
 - Non-consenting persons (exhibitionism, frotteurism, voyeurism)
- Must cause distress to the patient, effect the patient's level of functioning, or break the law in jurisdiction
- *Management*, if necessary, is psychotherapy

Paraphilias involving non-human objects

- *Fetishism* – Sexual arousal from objects associated with the human body
 - Examples include specific garments of clothing, rubber and rubber items, footwear, and leather items
- *Transvestic fetishism* – Sexual arousal from dressing or playing the role of the opposite sex

Paraphilias involving suffering/humiliation

- *Sadism* – Sexual arousal from inflicting pain on one's sexual partner
- *Masochism* – Sexual arousal from receiving pain



Paraphilias involving children

- *Pedophilia* – Sexual arousal from intimate contact with or watching of prepubescent children
- *Ephebophilia* – Sexual arousal from intimate contact with or watching of pubescent teens under the age of 18



Paraphilias involving non-consenting persons

- *Exhibitionism* – Sexual pleasure from exposure to unsuspecting strangers
- *Frotteurism* – Sexual pleasure from rubbing up against unsuspecting strangers
- *Voyeurism* – Sexual pleasure from spying on sexual or private acts of unsuspecting strangers