Disorders of Sexual Pain

• Vaginismus:
  → a sexual pain disorder characterized by involuntary contractions in the muscles of the outer third of the vagina.
  → Severe cases can prevent women from having intercourse.
  → 20% of women suffer from pains during intercourse but less than 1% has vaginismus.
  → Most clinicians agree with CBT and conclude that this is a learned fear response: there are factors, which can set the stage for this disorder. And some of them include anxiety caused by trauma induced during intercourse with an unskilled partner, childhood sexual abuse.
  → Some of the pain could be caused due to infection or disease leading to rational vaginismus.
  → Most women with vaginismus have other sexual disorders.

• Dyspareunia:
  ➯ Characterized by severe pain in genitals during sexual activity.
  ➯ Around 14% of women and 3% men.
  ➯ This disorder in women usually has a physical cause, most commonly injuries sustained during birth.
  ➯ Although relationship problems or psychological trauma from abuse may contribute to dyspareunia, psychosocial factors alone are usually responsible.

• Paraphilias:
  ☞ This disorder is characterized by unusual fantasies and sexual urges or behaviors, which are recurrent and sexually arousing.
  ☞ Involves: nonhuman or dead, non-consenting adults.
  ☞ According to the DSM-IV-TR, paraphilias should be diagnosed only if the fantasies or urges last for at least 6 months.
  ☞ For most paraphilias it must cause great distress and impairment.
  ☞ Some people with one paraphilia display others as well.

• Fetishism:
  ➔ Characterized by recurrent intense sexual urges, sexual arousing fantasies or behaviors that involve the use of non-living objects, often to the exclusion of other stimuli.
  ➔ This disorder usually begins during adolescence, mostly among men and anything can be fetish for example a women’s underwear (specially used or washed) shoes and boot are mostly common.

• Transvestic fetishism:
  ➔ Also known as transvestism or cross-dressing.
  ➔ It is characterized by urges, fantasies or behaviors involving dressing in the clothes of the opposite sex to achieve sexual arousal.
  ➔ Transvestism is different from gender identity disorder.
  ➔ The disorder seems to follow the behavioral principals of operant conditions.

Source: Google scholar, Science Direct, PubMed, BPS journal, etc.