

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 by injuries sustained during birth.
- Although relationship problems or psychological trauma from abuse may contribute to dyspareunia, psychosocial factors alone are rarely responsible

- **Paraphilias:**

- ✂ This disorder is characterized by unusual fantasies and sexual urges or behaviors, which are recurrent and sexually arousing.
- ✂ Involves: nonhumans, children, non-consenting adults.
- ✂ According to the DSM-IV-TR, paraphilias should be diagnosed only if the fantasies or urges or 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 know as transvestism or cross-dressing.
- It is characterized by urges, fantasies or behaviors involving dressing in the others 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.