

## SEXUAL DYSFUNCTION IN AN ADULT FEMALE WITH OBSESSIVE SEXUAL THOUGHTS: A CASE REPORT

SUNIL AWANA & SHIVANANDA JENA

### ABSTRACT

*We report a case of an adult married Muslim female from an orthodox background having sexual obsessions about males other than her husband and her 7 year-old son. She developed diminished sexual desire to have sex with her husband as a result of her obsessions. The role of sexual obsessions in sexual dysfunction in females is discussed.*

*Key Words: Obsession, compulsion, obsessive-compulsive disorder, sexual dysfunction*

### CASE REPORT

Mrs. I, a 30-year-old married Muslim female, presented to our adult psychiatry OPD with complaint of having inappropriate sexual thoughts. Eleven years ago, shortly after marriage, she found her husband to be less attractive than she earlier thought of. She observed that on seeing other males or their shoes and undergarments, she would get thoughts of having sex with them. The thoughts were excessive, intrusive, unnecessary, and uncontrollable. They were associated with sexual arousal and lubrication of vagina. There was a gradual decline in the sexual desire over the last 3 years from 1-2/day, until 3 years ago, to 1-2/week, recently. Six months ago, she developed sadness, anxiety symptoms, insomnia, anorexia when she had sexual thoughts about her son, and she decided to consult a doctor.

She had no past medical or psychiatric history or family history of psychiatric illness. She was well adjusted pre-morbidly. On physical examination, no abnormality could be found. On MSE, there were sexual obsessive thoughts, pathological guilt, hopelessness, death wishes,

objective and subjective sadness. No compulsions, psychotic phenomena, phobias were observed. A diagnosis of Obsessive-compulsive Disorder (OCD) with depressive features was made, according to DSM-IV criteria.

She was put on tablet clomipramine 75 mg/day. As she did not show any improvement, and she did not tolerate anticholinergic side-effects of the medicine, she was admitted to psychiatric ward. Capsule venlafaxine 75 mg HS and tablet alprazolam- SR 0.5 mg BD were given in place of clomipramine. The venlafaxine was increased to 150 mg/day after 3 days. She started showing reduction in frequency of sexual obsession, depressive and anxiety symptoms, 8 days after hiking its dose. Finally, she was discharged after 21 days of hospitalisation. After 1 week of discharge, venlafaxine was increased to 225 mg/day, and she stopped having sexual thoughts, 2 weeks after discharge.

### DISCUSSION

She was prescribed venlafaxine as several reviews mentioned its efficacy in OCD (Ninan,

2000; Gorman & Kent, 1999). The remission of obsessive-compulsive symptoms due to this drug, in very short time, underlines the observations made in the literature. There are very few reports on sexual obsessions in the literature (Khanna et al., 1990).

Patient reported a gradual reduction in the sexual desire and the frequency of sexual intercourse in last 3 years. Sexual dysfunction due a depressive illness was ruled out. because, she only developed depressive symptoms six months back. Freund et al. (1989) found one-third of their OCD sample reported obsessions related to sexual themes. This symptomatology interfered with sexual satisfaction, particularly for those concerned with bodily secretions. She had vaginal lubrication on seeing other males. Clark et al. (2000) found subjective physiological arousal to be a significant predictor of reduced control over sexual thoughts. She had physiological arousal and poor control over sexual thoughts. Aksaray et al. (2001) found that the women with OCD were more sexually non-sensual, avoidant, and anorgasmic than the women with GAD. A detailed sexual evaluation of every patient of OCD with sexual obsessions is essential to identify and treat such problem.

## REFERENCES

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\* Correspondence