



SEXUAL DISORDERS

What are sexual disorders?

The DSM-IV identifies two categories of sexual disorders: **sexual dysfunction** and **paraphilia**. It also describes **sexual identity disorder**.



DSM-IV, [Manuel diagnostique et statistique des troubles mentaux](#), publié par l'American Psychiatric Association

Sexual dysfunctions

Sexual desire disorders

- The decline in sexual desire
- Sexual aversions

Sexual arousal disorders

- Sexual arousal disorder (lubrication, intumescence)
- Erectile dysfunction

Orgasm disorders

- Persistent absence or delay of orgasm
- Premature ejaculation
- Sexual disorders with pain
- Vaginismus: Involuntary spasm of the muscles of the vagina disrupting sexual intercourse

Sexual identity disorders

Gender identity

- Transgender / non-binary (gender dysphoria)
- Ambivalent gender identity

Sexual orientation

** Targets the consequences associated with such diagnoses: ambivalence, family/cultural issues, victimization, coming out, transitions, homo/transphobia, etc.*





Paraphilias

- Exhibitionism
- Fetishism
- Frotteurism
- Pedophilia
- Masochism
- Sadism
- Fetish transvestism
- Voyeurism
- Unspecified paraphilia: telephone scatologia (obscene phone calls), etc.

OTHER REASONS FOR CONSULTATION IN SEXOLOGY

- Sexual assault (victims or abusers)
- Addictions: emotional / sexual, pornography, etc.
- Violence in romantic relationships
- Inability to engage in sexual activities
- Breakups
- Self esteem and assertiveness in relationships
- Risky sexual behaviors
- Prostitution
- Etc.

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Only a clinical sexologist who is certified to assess sexual disorders can determine the presence or absence of a diagnosis of a sexual disorder.

A diagnosis can only be given when:

- There is a presence of marked and persistent suffering and / or disruption of functioning
- The disorder is not the cause of another mental or physical health problem
- The disorder is not induced by any substance or other medical condition

For more information or for services, ask for a reference with a clinical sexologist. You can also visit the website of the Ordre Professionnel des Sexologues du Québec (www.opsq.org) for more information about the profession and services.

