



Obsessive Compulsive Disorder And Sexual Dysfunction: A Literature Review

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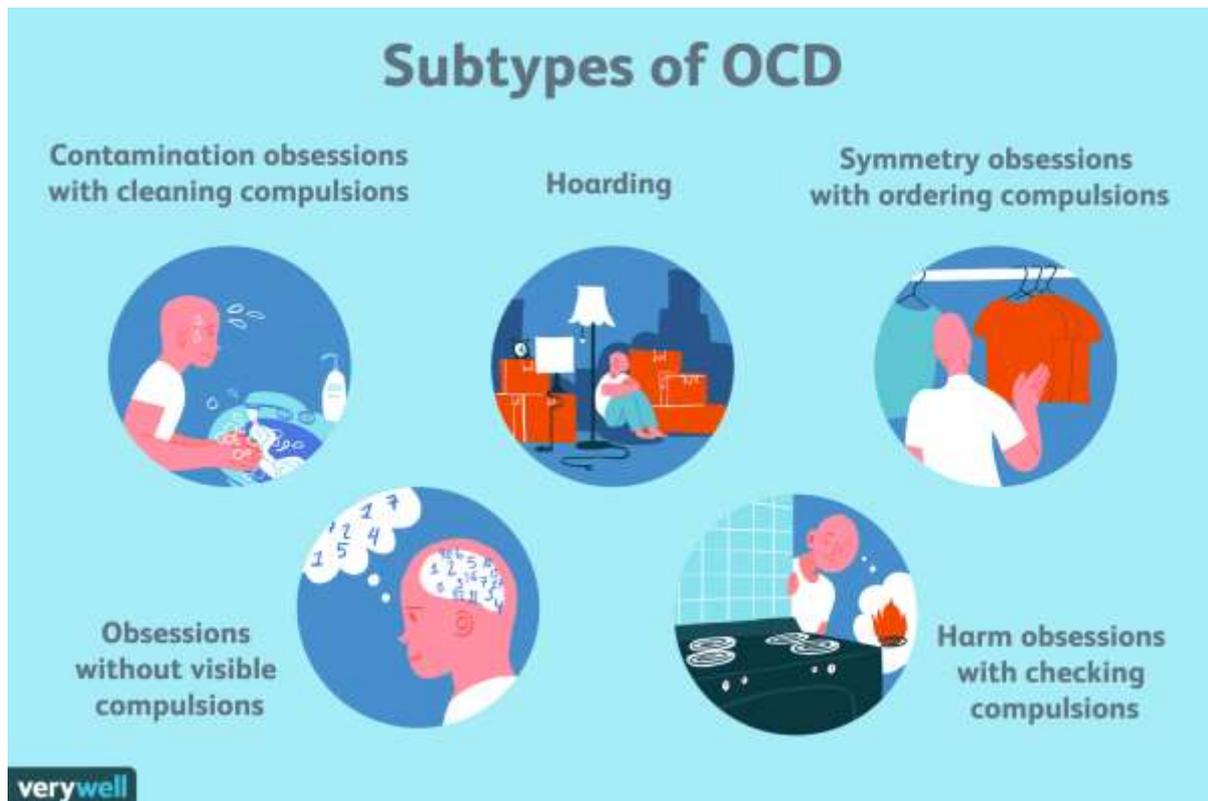
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Abstract

Obsessive compulsive disorder (OCD) is a very common disorder among individual but very few know that OCD can also cause sexual dysfunction among individuals. OCD is a disorder where individual is trapped under repetitions and compulsions surrounding around a particular thought or superstitions or belief which causes major distress among individual. Due to which preoccupation with their thoughts reduces their sexual performance and increased distress is seen. This paper focuses on different review of literature on relation between sexual dysfunction and OCD among different individuals. A conventional review regarding the topic was done, that focuses on clinical aspects with people diagnosed with OCD. The paper searches regarding review of literature were done from Medline, PsycINFO, Google Scholar and Shodhganga in last 15 years using different keywords like: clinical features, clinical characteristics, obsessive compulsive disorder, sexual dysfunction and sexual satisfaction. Most studies results indicated that sexual dysfunction within OCD patients' is present and in more prevalent in men than women. But with female patients with contamination and cleaning type of OCD have increased sexual dysfunction as loss of desire and arousal sexual performances. Therefore, sexual dysfunction is a relevant variable to be diagnosed when evaluating patients with obsessive compulsive disorder. More studies and researches are required to analyze the effect of sexual dysfunction within OCD patients.

There are different subtypes of OCD which are as follows



Sexual dysfunction is a broad concept but people are widely affected by them. Human sexuality is complex concept that deals with social, psychological and developmental aspect that make it a complicated and unique. Psychosexual disorder are the disorders which are caused by different variables like psychological concepts and which are not caused by the pathological reasons. They are caused due to different psychological and environmental reasons. There are different types of sexual disorder which are seen in both man and women.

Male sexual dysfunction

There are different sexual disorder that male go through. They can be both lifelong or acquired in span of time. Lifelong sexual disorder generally remains in person for his entire lifetime but in acquired the person faces sexual disorder after having normal sexual life without any trouble. Men widely suffers from different disorders like dhat syndrome, erectile dysfunction and more but

The main types of male sexual dysfunction are:

- Erectile dysfunction : Erection is not being made/ having difficulty in keeping it.
- Premature ejaculation : Quickly reaching to orgasm.
- Delayed or inhibited ejaculation: Difficulty in reaching orgasm or nit able to reach to it.
- Low libido: decrease in desire of having sex.

Female dysfunction

Female dysfunction is topic which is widely stereotyped and is not well discussed. Problems related sexual activity can reduce confidence within them and create self doubt within themselves. As a result, they can feel rejected, hurt or will blame herself. Majorly sexual dysfunction within causes excess amount of pain and discomfort.

- Low sexual desire: This most common of female sexual dysfunctions involves a lack of sexual interest and willingness to be sexually involved.
- Sexual arousal disorder. Your desire for sex might be intact, but you have difficulty with arousal or are unable to become aroused or maintain arousal during sexual activity.
- Orgasmic disorder. You have persistent or recurrent difficulty in achieving orgasm after sufficient sexual arousal and ongoing stimulation.
- Sexual pain disorder. You have pain associated with sexual stimulation or vaginal contact.

Whereas when talked about Obsessive compulsive disorder having above mentioned problems there are many researches which have given their share contribution which are as follows

Objective

- A. Correlation between obsessive compulsive disorder and sexual dysfunction
- B. Correlation between obsessive compulsive subtype and sexual dysfunction
- C. Correlation between men with obsessive compulsive disorder and sexual dysfunction
- D. Correlation between women with obsessive compulsive disorder and sexual dysfunction
- E. Correlation between men and women sexual dysfunction diagnosed with obsessive compulsive disorder.

Review of literature

There are many studies that are done in this field :

Dettore, Angelo and Marazziti (2021): (Pilot study of gender differences in sexual arousal of patients with OCD): The moderator role of attachment and contamination symptoms) this is a study was on relation between sexual arousal and gender within ocd diagnosed patients which are moderated by different contamination symptoms and attachment styles. And the result were significant and it was found women with higher scale of discomfort with intimacy but with increased confidence had difficulty with sexual excitation whereas the women having issues with contamination had higher level of sexual inhibition which is leading to higher chances of failure during performance than compared to men.

Pozza, Marazziti and Mucci (2020): (Propensity to sexual response among Adults with Obsessive Compulsive Disorder) this study focuses on sexual dysfunction and OCD and discusses how different subtype of OCD may be associated with different psychological responses regarding sex. As a result it was

shown that there is correlation between different subtype of OCD and propensity of how people getting excited or having inhibition. This study also focuses on more work required towards the respective topic.

Koolwal, Agarwal and Manohar (2020): (Obsessive Compulsive Disorder and Sexuality: A narrative review) This is a review which focuses on how relation between sexuality and obsessive compulsive disorder is relevant and important. It puts light how there should be more researches in this respective topic and efforts should be made to reduce sexual dysfunction among individuals.

Poazza, Marazzati and Mucci (2019): (Sexual dysfunction and satisfaction in obsessive compulsive disorder) this review focuses on comparing and investigating different sexual dysfunction in patients with obsessive compulsive disorder. As a result it was seen that patients with OCD had evident issues regarding sexual dysfunction which require need therapeutic solutions and strategies dedicated to population suffering from it.

Raisi, Ghassemzadeh and Meysami(2015): (Sexual dysfunction in obsessive compulsive disorder) This study focuses on different subtype of OCD and different phases of sexual cycle. This study dealt with different sexual dysfunction including sexual desire, sexual arousal, lubrication, orgasm, satisfaction and sexual pain. In results it was shown that there was 80.6% of prevalence of sexual dysfunction in women and 25% prevalence of sexual dysfunction in men diagnosed with obsessive compulsive disorder (OCD). Also, the score of washing OCD subtype and sexual desire was significantly correlated. Also High sexual dysfunction in women with OCD was significantly correlated with men with OCD.

TITLE	AUTHOR	YEAR	POPULATION	RESEARCH DESIGN	CONCLUSION
(Pilot study of gender differences in sexual arousal of patients with OCD):	Dettore, Angelo and Marazziti	2021	72 OCD patients	Quantitative research design	result were significant and it was found women with higher scale of discomfort with intimacy but with increased confidence had difficulty with sexual excitation whereas the women having issues with contamination had higher level of sexual inhibition which is leading to higher chances of failure during performance than compared to men.

(Propensity to sexual response among Adults with Obsessive Compulsive Disorder)	Pozza, Marazziti and Mucci	2020	27 female and 45 male	Quantitative research design	correlation between different subtype of OCD and propensity of how people getting excited or having inhibition.
(Obsessive Compulsive Disorder and Sexuality: A narrative review)	Koolwal, Agarwal and Manohar	2020	Overall population	Qualitative research design	there should more researches in this respective topic and efforts should be made to reduce sexual dysfunction among individuals.
(Sexual dysfunction and satisfaction in obsessive compulsive disorder)	Poazza, Marazzati and Mucci	2019	200	Quantitative meta analysis research design	As a result it was seen that patients with OCD had evident issues regarding sexual dysfunction which require need therapeutic solutions and strategies dedicated to population suffering from it.

(Sexual dysfunction in obsessive compulsive disorder)	Raisi, Ghassemzadeh and Meysami	2015	36 female, 20 male	Quantitative research design	In results it was shown that there was 80.6% of prevalence of sexual dysfunction in women and 25% prevalence of sexual dysfunction in men diagnosed with obsessive compulsive disorder (OCD). Also, the score of washing OCD subtype and sexual desire was significantly correlated. Also High sexual dysfunction in women with OCD was significantly correlated with men with OCD.
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Conclusion

It can be easily concluded that sexual dysfunction is widely observed in people diagnosed with obsessive compulsive disorder. Therefore, it can be interpreted that obsessive compulsive disorder plays a role of moderator for regulating sexual needs and performance. Hence importance should be shown regarding the different sexual dysfunction stages and appropriate diagnosis should be done.

Implication on daily life.

Sexual activity plays an important role in person's life. It is responsible for the person's confidence and psychological wellbeing and disruption in sexual activity can cause lifelong distress. Whereas Obsessive Compulsive Disorder is a different spectrum disorder and its relation with sexual dysfunction is something

that can not be imagined. This review focuses on the this topic to bring light and people identify and get diagnosis accordingly.

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