AVOIDANCE OF SEX

Sexual Aversion Disorder

A medical condition whose main symptom is low sexual desire.

♀ Symptom ♂ Male & Female

About Avoidance of sex

Avoidance of sex is a disorder characterized by disgust, fear, revulsion, or lack of desire in consensual relationships involving genital contact. It is normal to experience a loss of desire during menopause; directly after the birth of a child; before or during menstruation; during recovery from an illness or surgery; and during such major or stressful life changes such as the death of a loved one, job loss, retirement, or divorce. Other causes may be medications (such as the SSRIs - serotonin - specific reuptake inhibitors) or psychiatric conditions, such as depression and anxiety. The causes vary considerably, but include a possible decrease in the production of normal estrogen in women or testosterone in both men and women.

In some cases the person with sexual aversion disorder avoids any form of sexual contact; others, however, are not upset by kissing and caressing, and are able to proceed normally until genital contact occurs. There are several subclassifications of sexual aversion disorder, the most common causes being interpersonal problems and traumatic experiences.

Incidence and prevalence of sexual aversion disorder are not known, despite being considered widespread by several overviews. Significantly, more women than men meet the criteria for sexual aversion disorder.

The treatment is usually a course of psychotherapy for the psychological condition that may be causing the problem.

Obesity
Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health. Sexual dysfunction might also be related to obesity. This situation can cause considerable anxiety for those involved in sexual activity since it disturbs the subject and his/her partner, becoming an important problem.

Adenomyosis

Adenomyosis is a benign condition of the uterus, defined by the presence of endometrial glands and stroma within the myometrium. The condition is typically found in women between the ages of 35 and 50 but can also be present in younger women. Patients with adenomyosis often present with painful and/or profuse menses (dysmenorrhea (pain during menstruation) & menorrhagia (menstrual periods with abnormally heavy bleeding), respectively). Other possible symptoms include pain during intercourse, which can lead to avoidance of sex.

Anorexia Nervosa

Anorexia nervosa is an eating disorder in which the individual struggles to maintain a low food intake, with occasional ventures into what most of the rest of us would call moderate eating. Sexual functioning in eating disorders point to considerable concerns in the area of sexuality. Sexual satisfaction in anorexia nervosa is inversely related to degree of caloric restriction. Similarly, the greater the weight loss, the greater the loss of sexual enjoyment. Even though malnutrition may affect libido, other central features of eating disorders such as distorted body image, body dissatisfaction, and shame can also compromise healthy sexual functioning and relationships among individuals who struggle with eating pathology.

Vaginismus

Vaginismus is the involuntary (not under the woman’s conscious control) clamping of the vaginal muscles. It is often described as a muscular spasm of the outer third of the vagina, causing sex to be painful or impossible. The women with vaginismus sometimes state this disorder as "aversion to sexual intercourse, to be afraid" and sometimes as "sexual pain disorder".

Ovariectomy

Ovariectomy is the surgical removal of an ovary or ovaries. Women who have had bilateral oophorectomy surgeries lose most of their ability to produce the hormones estrogen and progesterone, and lose about half of their ability to produce testosterone, and subsequently enter what is known as "surgical menopause" (as opposed to normal menopause, which occurs naturally in women as part of the aging process). The sudden and complete drop in hormone levels usually produces extreme withdrawal symptoms such as hot flashes, etc. Symptoms of menopause include for example anxiety, inability to concentrate, depressive mood, irritability, mood swings, less interest in sexual activity.
Premature ejaculation

Ejaculatory disorder such as premature ejaculation (rapid ejaculation, rapid climax, premature climax, or early ejaculation) is very unpleasant matter, which is also mentally exhausting. Most men perceive premature ejaculation as a reduction of his manhood. Interpersonal dynamics (a person's body language) strongly contribute to sexual function, and ejaculatory disorders can be caused by a lack of communication between partners, hurt feelings, or unresolved conflicts that interfere with the ability to achieve emotional intimacy. Some men with this disorder would prefer to avoid sex to prevent failure.

Find more about related issues

- **Organs**

  - **Cervix**
    The narrow inferior portion of the uterus that projects into the vagina.
    Learn more at: [www.fertilitypedia.org/edu/organs/cervix](http://www.fertilitypedia.org/edu/organs/cervix)

  - **Male urethra**
    A tube that connects the urinary bladder to the urinary meatus for the removal of fluids from the body.
    Learn more at: [www.fertilitypedia.org/edu/organs/male-urethra](http://www.fertilitypedia.org/edu/organs/male-urethra)

  - **Penis**
    External male sex organ that additionally serves as the urinal duct.
    Learn more at: [www.fertilitypedia.org/edu/organs/penis](http://www.fertilitypedia.org/edu/organs/penis)

  - **Prostate**
    A walnut-sized structure that is located below the urinary bladder in front of the rectum.
    Learn more at: [www.fertilitypedia.org/edu/organs/prostate](http://www.fertilitypedia.org/edu/organs/prostate)

  - **Scrotum**
    Scrotum is an anatomical male reproductive structure that consists of a suspended sack of skin and smooth dual-chamber muscle located under the penis.
    Learn more at: [www.fertilitypedia.org/edu/organs/scrotum](http://www.fertilitypedia.org/edu/organs/scrotum)

  - **Testes**
    Male gonads which produce both sperm and androgens, such as testosterone, and are active throughout the reproductive lifespan of the male.
    Learn more at: [www.fertilitypedia.org/edu/organs/testes](http://www.fertilitypedia.org/edu/organs/testes)
Uterus
The uterus is the largest and major organ of the female reproductive tract that is the site of fetal growth and is hormonally responsive.
Learn more at: www.fertilitypedia.org/edu/organs/uterus

Vagina
Sex organ that is a part of the female genital tract having two primary functions: sexual intercourse and childbirth.
Learn more at: www.fertilitypedia.org/edu/organs/vagina

Diagnoses

Anorexia Nervosa
An eating disorder characterized by the maintenance of a body weight below average, fear of gaining weight, and a distorted body image.
Learn more at: www.fertilitypedia.org/therapy/diag/anorexia-nervosa

Obesity
A disease of excess body fat that can have a negative effect on health, leading to reduced life expectancy and other health problems.
Learn more at: www.fertilitypedia.org/therapy/diag/obesity

Adenomyosis
Medical condition characterized by the presence of ectopic endometrial tissue within the myometrium.
Learn more at: www.fertilitypedia.org/therapy/diag/adenomyosis

Vaginismus
A physical or psychological condition in which woman cannot engage in any form of vaginal penetration.
Learn more at: www.fertilitypedia.org/therapy/diag/vaginismus

Premature ejaculation
A man experiences orgasm and expels semen soon after sexual activity and with minimal penile stimulation.
Learn more at: www.fertilitypedia.org/therapy/diag/premature-ejaculation

Ovariectomy
Surgical removal of one or both ovaries.
Learn more at: www.fertilitypedia.org/therapy/diag/ovariectomy

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