

Sexual Aversion Disorder

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Sexual aversion disorder is a phobia and extreme aversion to normal sexual contact. Considered a sexual desire disorder, sexual aversion disorder first appeared in the DSM-IV as a sexual disorder. Individuals suffering from this condition suffer extreme emotional distress and fear when confronted with the possibility of sexual contact. They begin to experience anxiety symptoms such as increased heart rate, dizziness, distress, and nausea.

Possible causes for sexual aversion disorder include past sexual abuse or trauma such as rape, sexual identity issues, irrational fears of pregnancy or sexually transmitted infections, and influence from environmental influences like parents or culture. Therapy is the best and most common treatment for sexual aversion disorder.

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