

MUTUAL INTERACTION OF PERSONALITY AND SEXUALITY: A NEW MODEL FOR THE TREATMENT OF SEXUAL DYSFUNCTIONS

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Introduction: Personality, also designed as one's identity gives color to the notions, beliefs, social activities, self image ... We wondered how personality could affect sexual life and functioning in a systematic way.

Objectives: Many sexual dysfunctions, either primary or acquired are rooted in deep personality related beliefs and cannot be treated easily.

Aims: To find newer ways of treating more profound psychopathology in patients with sexual dysfunction by adding personality guided therapy into the sex therapy sessions.

Methods: Fifty four patients with sexual dysfunction were evaluated by Millon's clinical Multiaxial inventory III in addition to Questionnaire on Sexual attitude and function 2009. Half the patients received only sex therapy and if needed drug therapy while the other half received additionally intensive (twice weekly) personality guided therapy which included supportive psychotherapy, cognitive therapy and behavior therapy based on the personality category diagnosed at the beginning. After 12 weeks, both groups were evaluated with the same tools in addition to a clinical interview.

Results: The latter group fared significantly ($p < 0.03$) better in regard to both personality and sexuality scales. A reduction of anxiety, depression, alcoholism and drug abuse scales was also encountered. Patients in the latter group explained themselves less disturbed, less ashamed and more ambitious to solve their problems as exemplified by the clinical interview.

Conclusions: Personality is a more and possibly the sole prominent risk factor of sexual dysfunction in the majority of patients and inclusion of treatment in this regard is extremely effective and with faster response.