

Female dysorgasmia: an analysis of 19 patients who experience pain with orgasm

Breton F. Barrier, MD¹, Raymond T. Foster, MD¹, Molly M. Greenwade, MD¹

1. University of Missouri, Columbia, MO, USA

Abstract

PURPOSE: The purpose of this study was to explore the demographics and clinical associations of female dysorgasmia among patients undergoing non-surgical therapy for pelvic floor disorders. To date, female dysorgasmia has not been described in the medical literature.

METHODS: 19 cases of women with dysorgasmia were retrospectively identified from a dataset of 778 subjects who received pelvic floor therapy at a university based Female Pelvic Medicine and Reconstructive Surgery clinic. Coexisting symptoms, medical history, and response to pelvic floor therapy were analyzed and compared with age-matched controls and published population prevalence data.

RESULTS: Among women who endorsed dysorgasmia, 9 (47%) were nulliparous, 4 (21%) were primiparous and 6 (32%) were multiparous. The mean patient age of this group was 31.1 years, and body mass index 29.4 kg/m². All but one (94.7%) demonstrated clinical puborectalis spasm at the time of examination. Women with dysorgasmia were more likely than controls to experience chronic pelvic pain ($p < 0.001$) and defecatory dysfunction ($p = 0.031$). Prior diagnoses of endometriosis (27.8% vs. 10%) and/or bipolar disorder (21.1% vs. 3.3%) appeared to be unusually high in patients with dysorgasmia when compared with published population controls.

CONCLUSIONS: To our knowledge, this is the first report female dysorgasmia as a distinct sexual health problem. Prospective data collection and population surveys are needed to further characterize the condition.