

### MR. AND MS. B.

Mr. and Ms. B. have been married for 14 years and have three children, ages 8 through 12. They are both bright and well educated. Both are from Scotland, from which they moved 10 years ago because of Mr. B.'s work as an industrial consultant. They present with the complaint that Ms. B. has been able to participate passively in sex "as a duty," but has never enjoyed it since they have been married.

Before their marriage, although they had intercourse only twice, Ms. B. had been highly aroused by kissing and petting and felt she used her attractiveness to "seduce" her husband into marriage. She did, however, feel intense guilt about their two episodes of premarital intercourse; during their honeymoon, she began to think of sex as a chore that could not be pleasing. Although she periodically passively complied with intercourse, she had almost no spontaneous desire for sex. She never masturbated, had never reached orgasm, thought of all variations such as oral sex as completely repulsive, and was preoccupied with a fantasy of how disapproving her family would be if she ever engaged in any of these activities.

Ms. B. is almost totally certain that no woman she respects in any other generation has enjoyed sex, and that despite the "new vogue" of sensuality, only sleazy, crude women let themselves act like "animals." These beliefs have led to a pattern of regular, but infrequent, sex that at best is accommodating and gives little or no pleasure to her or her husband. Whenever Ms. B. comes close to having a feeling of sexual arousal, numerous negative thoughts come into her mind, such as "What an I, a tramp?" "If I like this, he'll just want it more often." or "How could I look myself in the mirror after something like this?" These thoughts almost inevitably are accompanied by a cold feeling and an insensitivity to sensual pleasure. As a result, sex is invariably an unhappy experience. Almost any excuse, such as fatigue or being busy, is sufficient for her to rationalize avoiding intercourse.

Yet, intellectually Ms. B. wonders, "Is something wrong with me?" She is seeking help to find out whether she is normal or not. Her husband, although extraordinarily tolerant of the situation, is in fact very unhappy about their sex life and is very hopeful that help may be forthcoming.

### Discussion of "Mr. and Ms. B."

This couple seeks help for the wife's long-standing sexual problem. Clearly this woman's sexual difficulties stem from her many negative attitudes toward sexuality, and cannot be accounted for by a nonsexual Axis I disorder, such as Major Depressive Disorder. The diagnosis of Sexual Aversion Disorder needs to be considered. Although she certainly has a persistent extreme aversion to genital sexual contact and might like to avoid sexual activity, she does, in fact, have regular though infrequent intercourse. The persistent absence of sexual fantasies and desire for sexual activity justify the diagnosis of Hypoactive Sexual Desire Disorder, Due to Psychological Factors, Lifelong, Generalized (DSM-IV, p. 498). When she does have sexual intercourse, she probably does not become sexually excited, so the additional diagnosis of Female Sexual Arousal Disorder should be considered. The diagnosis of Inhibited Female Orgasm would be added only if there were many occasions when during sexual activity she failed to have an orgasm, but had no disturbance in sexual excitement—extremely unlikely in this case.

The absence of any significant complaint on the part of the husband is reflected in the notation No Diagnosis or Condition on Axis I for him.

### BEASTS

A white man in his mid-30s, in prison for molesting prepubescent girls, volunteered for an interview with a sex researcher. He had been reared in a rural area by lower-middle-class parents with a grammar-school education. His mother, who was extremely prudish, frightened her son with tales of venereal disease and the dire consequences of masturbation, and impressed upon him that all sexual activity was nasty and that men were "beasts." He therefore felt guilty about his heterosexual urges and his preadolescent heterosexual play, and with puberty at age 12 ceased all heterosexual activity. Masturbation had begun a year before puberty and ceased a year after puberty, evidently because of the maternal warnings. During adolescence he was shy and fearful of females, although desiring them. Girls accused him of being "tied to his mother's apron strings."

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### Discussion of "Bea

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The behavior tha volved sexual activity likely diagnosis at th Attracted to Females, Specified (Zoophilia). apparently was attract