DSM-5 Changes in Diagnostic Criteria of Sexual Dysfunctions

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Keywords: DSM-5; Sexual dysfunctions; Diagnosis; Nosology; Diagnostic criteria

Introduction

The Diagnostic and Statistical Manual of Mental Disorders (DSM) criteria proved to be in a constant of evolution [1]. The first edition of the DSM, in 1952, catalogued 60 categories of abnormal behavior. By 1994, the fourth edition (DSM-IV) listed 297 separate disorders and over 400 specific psychiatric diagnoses [2]. As with other disorders, DSM criteria for sexual dysfunctions reflect the prevailing psychiatric thinking of the time of publication; they have thus evolved throughout the years, reflecting advancements in the understanding of sexual disorders. For instance, in the first edition of the DSM, in 1952, impotence and "frigidity were listed under “psychophysiological autonomic and visceral disorders” [3]. Likewise, diagnostic categories of female sexual interest as described in the DSM IV 1994 [4] were based on the model of human sexual response proposed by Masters and Johnson [5], and further developed by Kaplan [6]. However, recent research has put into question the validity of that model; both the strict distinction between different phases of arousal and the linear model of sexual response were found to inadequately explain sexual behavior, particularly in women [7-9]. This has in turn led to several proposed changes in sexual dysfunction diagnostic criteria [1,10].

The DSM-5, published in May of 2013, seeks to incorporate some of aforementioned findings [11]. Changes were made in the sexual dysfunctions chapter in an attempt to correct, expand and clarify the different diagnoses and their respective criteria. Although many of the changes are subtle, some are noteworthy: gender-specific sexual dysfunctions were added, and female disorders of desire and arousal were amalgamated into a single diagnosis called "female sexual interest/arousal disorder". Many of the diagnostic criteria were updated for increased precision: for instance, almost all DSM-5 sexual dysfunction diagnoses now require a minimum duration of 6 months as well as a frequency of 75%-100% [11].

The purpose of this article is to present and explain the changes that were introduced to the nomenclature and diagnostic criteria of sexual dysfunctions in the DSM-5.

Revised Classification

The classification of sexual dysfunctions was simplified. There are now only three female dysfunctions and four male dysfunctions, as opposed to five and six, respectively, in the DSM-IV. Female hypoactive desire dysfunction and female arousal dysfunction were merged into a single syndrome called sexual interest/arousal disorder. Similarly, the formerly separate dyspareunia and vaginismus are now called genito-pelvic pain/penetration disorder. Female orgasmic disorder remains in place.

As for males, male hypoactive sexual desire disorder now has a separate entry. Male orgasmic disorder was changed to delayed ejaculation, the "male" adjective was dropped from erectile disorder, and premature ejaculation remains unchanged. Male dyspareunia or male sexual pain does not appear in the sexual dysfunctions chapter of the DSM-5.

Additionally, sexual aversion disorder and sexual dysfunction due to a general medical condition are absent from the new edition. The Not Otherwise Specified (NOS) category was scrapped from the sexual dysfunctions chapter as well as elsewhere in the DSM-5. Finally, substance- or medication-induced sexual dysfunction remains unchanged. The DSM-IV and DSM-5 classifications are compared in Table 1.

Revised Diagnostic Criteria Applicable to All Diagnoses

Unlike its predecessor, the DSM-5 includes the requirement

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<th>Other dysfunctions</th>
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| Sexual dysfunction NOS | Replaced by Other specified sexual dysfunctions and Unspecified sexual dysfunction |

Note: Individual changes to DSM nomenclature and criteria are in bold.

Table 1: Sexual dysfunctions in DSM-5: Changes in classification from DSM-IV.

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Received July 16, 2013; Accepted July 27, 2013; Published August 02, 2013

Citation: IsHak WW, Tobia G (2013) DSM-5 Changes in Diagnostic Criteria of Sexual Dysfunctions. Reprod Sys Sexual Disorders 2: 122. doi:10.4172/2161-038X.1000122

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of experiencing the disorder 75%-100% of the time to make any
diagnosis of sexual disorder, with the notable exception of substance-
or medication-induced disorders. Moreover, there is now a required
minimum duration of approximately 6 months. Finally, in order
to make a diagnosis, the disorder must be deemed to have caused
significant distress (the DSM-IV requirement of “interpersonal
difficulty” was removed).

One new exclusion criterion was added: the disorder should not
be better explained by a “nonsexual mental disorder, a consequence
of severe relationship distress (e.g., partner violence) or other
significant stressors”. In addition to the existing specifiers of lifelong
versus acquired disorder and generalized versus situational, a new
severity scale was added: the disorder can be described as mild,
moderate or severe. The subtypes indicating etiological factors (due
to psychological or combined factors) were dropped.

A new group of criteria called “associated features” was also
introduced. It is subdivided into five categories: 1) partner factors (e.g.,
partner sexual problem; partner health status); 2) relationship factors
(e.g., poor communication, discrepancies in desire for sexual activity);
3) individual vulnerability factors (e.g., poor body image; history of
sexual or emotional abuse), psychiatric comorbidity (e.g., depression;
anxiety), or stressors (e.g., job loss; bereavement); 4) cultural or
religious factors (e.g., inhibitions related to prohibitions against sexual
activity or pleasure; attitudes toward sexuality); and finally 5) medical
factors relevant to prognosis, course, or treatment.

Revised Diagnostic Criteria of Individual Dysfunctions

Diagnosis-specific criteria- or criteria “A” -were in most cases
amended or expanded. In addition to the abovementioned duration
and frequency requirements, the most important innovation is the
introduction of criteria checklists, which already existed elsewhere in
the DSM. A patient now needs fulfill a certain number of “A” criteria-
e.g. one out of three-in order to qualify for the diagnosis.

The criteria of the newly-introduced female disorder of sexual
interest/arousal are based on those of hypoactive desire disorder. In
addition to absent or decreased sexual interest, and erotic thoughts
or fantasies, there are four new criteria taking into account absent or
decreased activity in four additional aspects of sex life: initiation
of sexual activity or responsiveness to a partner's attempts to initiate it,
excitement and pleasure, response to sexual cues, and sensations during
sexual activity, whether genital or non-genital. Three out of six criteria
are required for diagnosis.

As for the diagnosis of female orgasmic disorder, one or both of
the following should be present 75%-100% of the time: absence, infrequency
or delay of orgasm, and/or reduced intensity of said orgasm. Regarding
the new genito-pelvic pain/penetration disorder, one of the following
should occur persistently or recurrently to establish a diagnosis:
difficulty in vaginal penetration, marked vulvovaginal or pelvic pain
during penetration or attempt at penetration, fear or anxiety about
pain in anticipation of, during, or after penetration, and tightening or
tensing of pelvic floor muscles during attempted penetration.

Changes to criteria for male sexual dysfunctions are more limited in
scope. The requirements for male hypoactive desire disorder are exactly
the same as those for undifferentiated hypoactive desire disorder in the
DSM-IV. Likewise, the criteria for erectile disorder are similar to the
ones in the previous edition, with the notable addition of the 75%-100%
requirement as well as the symptom of decreased erectile rigidity. The
entry for delayed ejaculation-formerly male orgasmic disorder-remains
essentially the same, as does that for premature ejaculation, except for
an added time constraint: ejaculation must occur within approximately
one minute following vaginal penetration. It should be noted that
while the diagnosis of premature ejaculation diagnosis is applicable
in the context of nonvaginal intercourse, there is no specific duration
requirement in that case.

Finally, the diagnosis of sexual dysfunction due to a general medical
is absent from the DSM-5, and the criteria for substance/medication-
induced sexual dysfunction are unchanged and include neither the
75%-100% nor the 6 months requirements.

Discussion

The DSM-5 seeks to remedy some of the inconsistencies of the
previous edition. Arguably, one of the major changes that the DSM-
5 introduces to the classification of sexual dysfunctions is the merger
of sexual disorders of desire and arousal in females. Researchers who
advocated this amalgamation [12] based their recommendations on a
large body of research suggesting that the separation may have been
artificial. In addition to the increased rejection of a linear model of
sexual arousal [8,9], a high comorbidity of disorders of desire and
arousal was demonstrated in both men and women [13,14]. However,
the response to this alteration was not unanimously positive. Sarin et
al. disputed the aforementioned claims and argued that the new criteria
excluded an excessively large number of low desire and arousal patients
[15]. Clayton et al. further argued that the combination of the two
diagnoses was counterproductive because patients with hypoactive
sexual disorder often presented with incomplete loss of receptivity
and were therefore likely to be excluded using the new criteria [16].
Moreover, they contended that most women with sexual arousal
disorder met none of the proposed “A” criteria for female sexual
interest/arousal disorder and would also be left out [17].

Another important change was the fusion of the diagnoses of
dyspareunia and vaginismus into a single entry named genito-pelvic
pain/penetration disorder. This decision was based on the conclusion
that the two disorders could not be reliably differentiated, for two
main reasons. Firstly, the diagnostic formulation of vaginismus as
“vaginal muscle spasm” was not supported by empirical evidence [18].
Secondly, fear of pain or fear of penetration is commonplace in clinical
descriptions of vaginismus [18]. Kaplan even describes it as “phobic
avoidance” [6]. Carvalho et al., after testing five alternative models of
female sexual function, concluded that the diagnoses vaginismus and
dyspareunia overlapped to a great degree [19]. One consequence of
the collapse of the two diagnoses is male dyspareunia which, because
it was deemed exceedingly rare, was scrapped completely from the
nomenclature [20].

The diagnosis of sexual aversion disorder was similarly deleted from
the DSM. The rationale behind this decision was that the diagnosis had
very little empirical support. Furthermore, it was noted that sexual
aversion shared a number of similarities with phobias and other anxiety
disorders and therefore did not belong in the sexual dysfunctions
chapter of the DSM-5 [21].

The new edition introduced duration and frequency requirements
for sexual disorders. All diagnoses except substance- and medication-
induced sexual dysfunction now require a minimum duration of
approximately 6 months as well as the presence of symptoms 75%-100%
of the time. This development corrects what was seen as a flaw in sexual
dysfunction diagnostic criteria, especially when compared to other
DSM-IV diagnoses which did have duration requirements [1].
Conclusion

The changes introduced by the DSM-5 to the nosology of sexual dysfunctions aims at increasing its validity and clinical usefulness. Although some of the innovations were criticized by some members of the psychiatric community, it could be argued that, to a certain extent, the fifth edition was successful in reflecting the current state of research in the field sexual disorders.

References