

“A cognitive behavioral intervention for female sexual arousal disorders using a vibrating device”

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The authors declare that they have no known competing financial interests.

Objectives

We will investigate the safety and preliminary evidence of the effectiveness of a new Cognitive Behavioral Therapy (CBT) in combination with a vibrating device for the treatment of Female Sexual Arousal Disorders (FSAD).



Methods

A one-group pretest-posttest multicenter design was used.

Main outcome measure was assessed using the Female Sexual Function Index (FSFI).

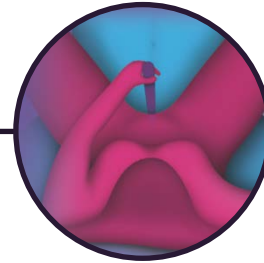
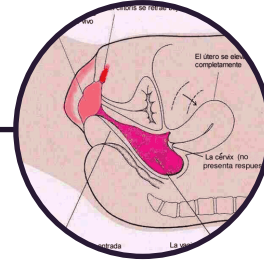
A total of 16 patients aged between 19 and 48 years of age (mean = 28.12 years, standard deviation (SD) = 1.92) met criteria and were instructed in the use of a small, portable vibration device over 12 weeks.

The inclusion criteria were: Premenopausal women between 18 and 50 years of age who were diagnosed with FSAD and were in a stable monogamous relationship with a male or female partner.

Exclusion criteria were: If they were pregnant or nursing or were diagnosed with or being treated for depression, anxiety, psychosis, bipolar disorder, or substance abuse within 6 months before.

Methods

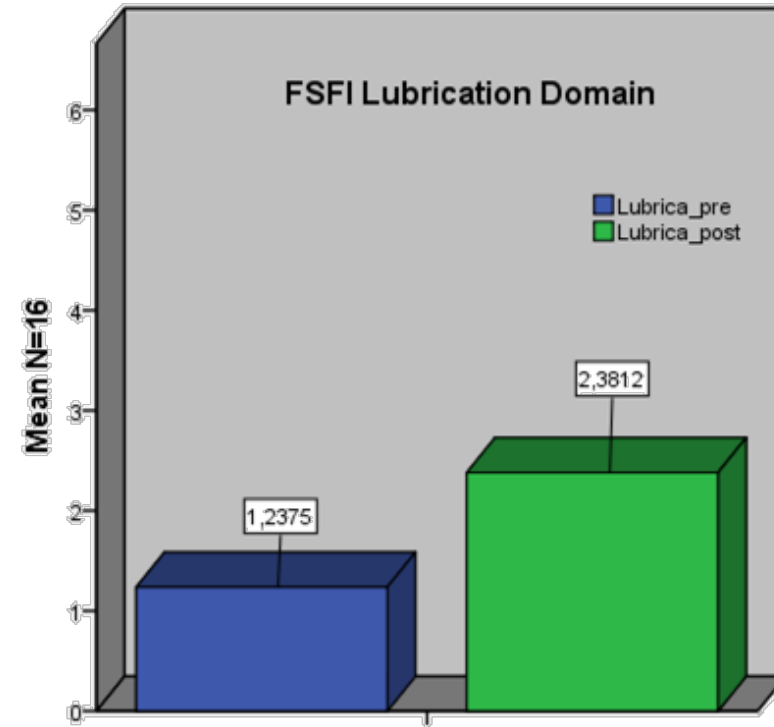
The CBT consists of three educational sessions to provide patients with greater knowledge, awareness, and control of the excitation reflex using a bendable vibration prior to sexual intercourse called Crescendo®.



Results

There was a significant improvement score in domain of FSFI:

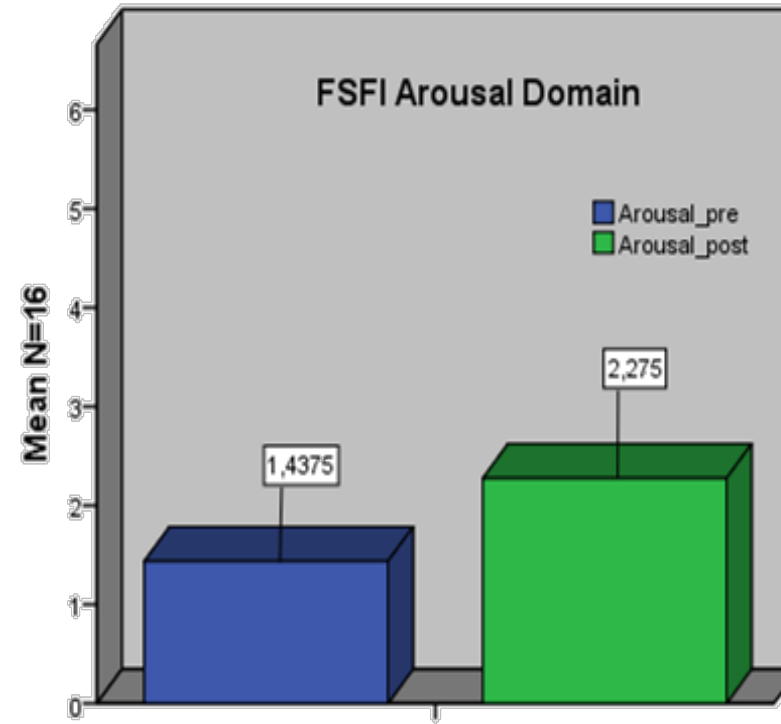
Lubrication (mean pre = 1.23 (SD) = 0.41, mean post = 2.38 (SD) = 0.60 Wilcoxon test pre vs. post p-value = 0.02).



Results

There was a significant improvement score in domain of FSFI:

Arousal (mean pre = 1.43 (SD) = 0.41, mean post = 2.27 (SD) = 0.55, Wilcoxon test pre vs. post p-value = 0.02



Conclusions

In this study, CBT in combination with a vibrating device is a potential treatment for sexual arousal difficulties.

It was associated with a significantly **increased from baseline in Arousal and Lubrication domain score of the FSFI**, with **no adverse effects** related to the treatment.

Future studies with, larger group of patients, with larger follow-up and group control are needed.

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