

A case report of Multiple Disorders of Sexual Preferences

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ABSTRACT

Paraphilias have been a diagnostic criterion in DSM-5 which refers to abnormal sexual preferences and abnormal sexual behaviour. Literature on the diagnosis and management of certain paraphilias are sparse. Here we report a patient with paraphilia with multiple disorders of sexual preferences.

Keywords: Paraphilias, multiple disorders, sexuality.

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INTRODUCTION

Paraphilias are sexual acts or stimuli which are deviated from the normal sexual acts but are necessary for experiencing arousal and orgasms by some people [1]. It is defined as any intense and persistent sexual interest other than sexual interest in genital stimulation or preparatory fondling with phenotypically normal, physically mature consenting human partners. The term Paraphilic disorder is used when such behaviour causes distress to the individual or its satisfaction causes personal harm or the risk of such harm to others and they should have acted upon the deviant fantasy for at least 6 months [2].

There are eight paraphilic disorder according to DSM-5 which includes paedophilia, voyeurism, sexual masochism, sexual sadism, exhibitionism, fetishism, frotteurism and transvestic fetishism. Paraphilias are most commonly seen in forensic or sexological set up, but they can also be seen in psychiatric settings as well [3]. The paraphilic behaviour is not always related to sexual offences but paraphilic behaviour which are associated with sexual offending is a major public health concern [4].

CASE REPORT

A 50-year-old male studied up to 1st standard, sheep rearer by occupation, married with two kids was referred from Department of Surgery with history of insertion of a torch into his anal canal. History revealed that patient had inserted a torch into his anus to achieve sexual pleasure and it had moved high up making him unable to grip it. Patient was interviewed on his 5th post operative day after he underwent Exploratory laparotomy. He identified himself as heterosexual male. According to the patient he had some minor conflicts with his wife because of which his wife left him 3 years. back, after which he started inserting small objects like pen /pencil into his anal canal. When he first did it, he felt sexually aroused and achieved sexual pleasure. Initially he used to do this practice once in 3-4 months, gradually the frequency increased to once or twice in a month and he continued this for about one year. During one of those practices, patient had inserted pen

into his anal canal, and he couldn't grip it. He got admitted and underwent exploratory laparotomy for the same (Figure 1). For the past 1 year he was using the same object (Torch) to achieve sexual gratification. Patient claimed that he gets more pleasure in inserting objects into anal canal than having normal genital intercourse. Wife reported that she has seen him having sexual intercourse with sheep in two separate occasions and when she confronted him about it the patient denied it. During the interview when asked about the same patient denied it. She also reported that he ties her and beats her only while having sexual contact with her and when asked him about the same he said that he gets sexual gratification while inflicting pain to her.

There was no history of substance use, other paraphilic disorders or any other psychiatric disorders. On physical examination suture present over the lower abdominal region and scar of previous surgery present over the lower abdomen and no significant findings on mental status examination. Insight – Grade 0.

DIAGNOSIS AND MANAGEMENT

All routine investigations done, and the levels were normal. He was diagnosed as multiple disorders of sexual preferences (F65.6). Once he was stabilized, he was started with Fluoxetine 20mg once a day and gradually increased to twice a day. He was also initiated psychotherapy. One session of cognitive behavioural therapy has been done and further session has been planned in the future.

DISCUSSION

The term paraphilia can be divided into two words Para and Philia meaning beyond the usual and love respectively [5]. Here we present a case because of its rarity as patient was observed to have multiple disorders of sexual preferences or multiple paraphilias. Multiple paraphilia is characterized as a disorder that includes more than one sexual preference [6]. In our case we had autoerotism, zoophilia and sadism. Paraphilias are considered as mental disorders and would need psychiatric help only if sexual practices lead to adverse consequences [7]. In our case the patient had undergone multiple surgical procedures because of his paraphilic behaviour. The onset of Paraphilic disorder is about 18 years of age, peaks between of 15-25 years of age and gradually declines by the 50 years of age [8]. Various other psychiatric disorders might be associated with paraphilic disorder like mood disorders, social anxiety disorder, autistic spectrum disorders, attention deficit hyperactivity disorder, and intellectual disability [9]. But in our case no such psychiatric disorders or any sexual offences were found. Other physical conditions like Traumatic brain injury, temporal lobe epilepsy, and neurodegenerative conditions can also be associated with paraphilias. But no such physical conditions were present in our case [10].

CONCLUSION

The exact mechanism for the sexually deviant behaviour is not known yet and also there is scarcity of literature on Paraphilias. A thorough screening for sexual disorders by a well-designed study is necessary.

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Figure 1 – X-Ray of the Individual with Torch inserted Anally

