

Extended Abstract

Vaginismus and subfertility: Case reports on the association observed in clinical practice

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The purpose of this research is to analyse patients with vaginismus. It is a condition in which involuntary muscle spasms prevent vaginal penetration. This often results in pain with attempts at sex. Often it begins when sexual intercourse is first attempted. This reaction is completely inhospitable and uncontrollable and prevents any foreign object from entering, even the finger or tampon into the vagina. Vaginismus can lead to sexual impairment, emotional disturbances and marital disharmony. This research includes a series of cases of Malaysian women, who had been suffering from vaginismus and infertility. There was no history of traumatic sexual experience or any major psychiatric illness in these patients and majority of the patients had prominent symptoms of anxiety. They had unique psychological features, which require psychological interventions. Generally there is a relation between infertility and vaginismus but in some cases, shows that pregnancy was still possible despite the women suffering from vaginismus and can still have vaginal delivery. The underlying cause is generally a fear that penetration will hurt. It is thought to be more prevalent in younger women, women with negative attitudes towards sex and those with a history of sexual abuse. Treatment may include behavior therapy such as breathing exercises and relaxation techniques assist in overcoming sexual anxieties.

Biography:

Samaneh Rostamian has completed her PhD in field of Clinical Psychology from Kerala University, India, in 2014 and had completed her Master's degree in Mysore University, India (in the same field). She is a Clinical Psychologist and is studying advanced language courses in her field now.