

# MODEL OF WOMEN'S SEXUAL DYSFUNCTION

Developing a theoretical model of sexual dysfunction for women.

## Genito-Pelvic Pain Through a Dyadic Lens: Moving Toward an Interpersonal Emotion Regulation Model of Women's Sexual Dysfunction

Natalie O. Rosen   & Sophie Bergeron 

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*Scroll to see  
what we found!*



**1/3** of women report sexual difficulty

**1/4** of women struggle with low sexual interest/arousal

**35-45%** of women have genito-pelvic pain with sexual activity

... So how do we model women's sexual dysfunction?



# WE WANTED TO KNOW:



1

What are common patterns and factors that contribute to women's sexual difficulties?

2

How can this be adequately modeled?

We reviewed previous research on women's sexual dysfunction.



We then outlined a new theoretical model of sexual dysfunction.

# WE FOUND THAT...

An interpersonal model that accounts for dynamics within couples is a strong model of women's sexual dysfunction.

Far-back and recent factors influence couple emotion regulation, which affects couple outcomes.



# So, what does all of this mean?

There is no one size fits all model of sexual dysfunction, but a strong working model of women's sexual dysfunction can help individuals with their sexual well-being.



A strong working model  
can :

- help identify areas that need further research.
- develop strategies to help couples cope with sexual difficulties.



## **This is a summary of our published article:**

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