

EVALUATION OF THE RELATIONSHIP BETWEEN OBSESSIVE BELIEFS AND ANXIETY AND SEXUAL DYSFUNCTION IN MEN WITH PSYCHOGENIC ERECTILE DYSFUNCTION

Esengül Ekici¹, Emrah Yakut²

¹ *Department of Psychiatry, Yüksek İhtisas University, Faculty of Medicine, Ankara, Türkiye*

² *Department of Urology, Yüksek İhtisas University, Faculty of Medicine, Ankara, Türkiye*

BACKGROUND AND AIM: The presence of various myths and beliefs about sexuality in individuals with erectile dysfunction creates a predisposition for the development of the difficulty experienced. Psychogenic causes are performance anxiety, negative cognitive beliefs, anxiety disorders, and psychotic disorders. These beliefs can affect sexuality by influencing individuals' attitudes and behaviors. This study aimed to evaluate the relationship between obsessive beliefs, anxiety, and sexual dysfunction in men with psychogenic erectile dysfunction.

METHODS: Twenty-three individuals evaluated at the Urology outpatient clinic were referred to the Psychiatry outpatient clinic when there was no organic reason for erectile dysfunction. Sociodemographic data form, International Index of Erectile Function-15 (IIEF-15), Obsessive Beliefs Questionnaire-44 (OBQ-44), and State-Trait Anxiety Inventory (STAI) were applied to all participants with correlation analysis. Approval was received from the ethics committee with the date 28.12.2023 and decision number 2023/112.

RESULTS: The mean age of the men included in the study was 35.61±4.51 and the mean years of education was 19.26±3.68.

There is a negative relationship between the two sub-dimensions of IIEF-15 and OBQ-44, namely increased perception of responsibility/exaggerated perception of threat (OBQ- RT) ($p=0.02$, $r=-0.64$), giving importance to thoughts/control of thoughts (OBQ-ICT) ($p=0.03$, $r=-0.61$) and STAI ($p=0.02$, $r=-0.55$).

CONCLUSIONS: In studies, one of the factors underlying male sexual functions is cognitive beliefs and myths. In a study conducted in our country, sexual beliefs about sexual intercourse and orgasm were found to be higher in men with erectile dysfunction than in those without. Our findings show that state anxiety and obsessive beliefs may be related to sexual dysfunction in men with psychogenic erectile dysfunction. It can be suggested that understanding the role of sexual dysfunctions, obsessive beliefs, and anxiety in individuals with psychogenic erectile dysfunction is important for the development of psychotherapeutic interventions.

Keywords: Obsessive beliefs, anxiety, International Erectile Function Index-15.