

SEXUAL SATISFACTION, GUILT, AND SHAME IN WOMEN WITH OBSESSIVE–COMPULSIVE DISORDER AND GENERALIZED ANXIETY DISORDER**Selin Karakaya¹, Ezgi Sıla Ahi Üstün¹, Büşra Söylemez Karakuş², Nurdan Özder³, İrem Tanrıkulu³
Meram Can Saka⁴**¹*Department of Psychiatry, Mamak State Hospital, Ankara, Türkiye*²*Department of Psychiatry, Kocaeli City Hospital, Ankara, Türkiye*³*Department of Psychology, Mamak State Hospital, Ankara, Türkiye*⁴*Department of Psychiatry, Ankara University Faculty of Medicine, Ankara, Türkiye*

BACKGROUND AND AIM: Obsessive–compulsive disorder(OCD) is characterized by recurrent intrusive thoughts, urges, or mental images accompanied by repetitive behaviors, whereas generalized anxiety disorder (GAD) involves persistent and excessive worry related to everyday events and associated physical symptoms. Both disorders may impair sexual functioning, including sexual satisfaction. In individuals with OCD, sexual satisfaction may be influenced by feelings of shame and guilt, as well as by depressive symptoms, medication-related sexual side effects, and cultural factors. The present study aimed to compare patients with OCD and GAD with respect to sexual satisfaction, shame, and guilt, and to examine whether shame and guilt are associated with diagnostic group and sexual satisfaction.

METHODS: This study has been approved by the Ankara University Faculty of Medicine Ethics Committee (Approval date and number: 05.05.2025, I04-351-25). This ongoing cross-sectional study includes 10 patients diagnosed with OCD(mean age: 38.00±4.78) and 29 patients diagnosed with GAD(mean age: 35.67±5.30). All participants completed a sociodemographic data form, the The Golombok-Rust Inventory of Sexual Satisfaction

(GRISS), Offence-Related Shame and Guilt Scale (ORSGS), and the Hamilton Depression Rating Scale(HAM-D). In addition, to assess illness severity, the Hamilton Anxiety Rating Scale was administered to the GAD group, and the Yale–Brown Obsessive Compulsive Scale was administered to the OCD group.

RESULTS: In the OCD and GAD groups, GRISS, ORSGS, and HAM-D scores were 45.60±9.03 vs. 40.46±18.96, 36.90±15.96 vs. 39.96±15.20, and 9.10±5.64 vs. 8.82±6.32, respectively. Mann–Whitney U analyses revealed no significant group differences in GRISS, HAM-D, or ORSGS scores, and no significant correlations were observed between age, ORSGS, and disease severity in either group (all p>0.05).

CONCLUSIONS: In this preliminary analysis, no statistically significant associations were observed between guilt, shame, and sexual satisfaction in individuals. However, these findings should be interpreted as preliminary. Future analyses based on a larger sample may provide clearer insights into these relationships.

Keywords: Generalized anxiety disorder, obsessive–compulsive disorder, sex guilt, sexual satisfaction, sexual shame