

# DYSSPERMIA

Authored by  
**Mohammed looti**

December 14, 2025

## RECOMMENDED CITATION

Mohammed looti (2025). *DYSSPERMIA*. Encyclopedia of psychology. Retrieved from <https://encyclopedia.arabpsychology.com/?p=6098>

Dyspareunia, or dyspareunia, is a condition that affects many men and women, and is characterized by pain during or after sexual intercourse. While there is no definitive cause of this condition, it is believed to be associated with a range of physiological and psychological factors. In this article, we discuss the causes, symptoms, and treatments of dyspareunia, and how it can be addressed.

### Causes of Dyspareunia

Dyspareunia can be caused by a variety of physical and psychological factors. Physically, it can be caused by infections, such as thrush or genital herpes; endometriosis; inflammation of the vagina; scarring of the vagina; and skin problems, such as eczema or psoriasis. Psychological factors, such as stress, anxiety, or depression, can also play a role in dyspareunia. Additionally, some medications, such as anti-depressants, can cause dyspareunia as a side effect (Santoro, 2018).

### Symptoms of Dyspareunia

The primary symptom of dyspareunia is pain during or after sexual intercourse. The pain can be located in the vagina, clitoris, vulva, or inner thighs. It can vary in intensity, from mild to severe, and can be felt as a burning, stinging, or aching sensation (Graziottin, 2017).

### Treatments for Dyspareunia

The treatment for dyspareunia can vary depending on the underlying cause. In general, treatment includes medications, such as topical creams or antibiotics; physical therapy; and psychological counseling. Additionally, lifestyle changes, such as reducing stress and improving communication with a partner, can help to reduce the symptoms of dyspareunia (Graziottin, 2017).

### Conclusion

Dyspareunia is a condition that affects many men and women, and is characterized by pain during or after sexual intercourse. While the exact cause of the condition is unknown, it is believed to be associated with a range of physical and psychological factors. Symptoms of dyspareunia can vary from mild to severe and treatment options can include medications, physical therapy, and lifestyle changes.

### References

Graziottin, A. (2017). Dyspareunia: What You Need To Know. *International Journal of Women's Health*, 9, 99-104. doi: 10.2147/IJWH.S127032

Santoro, N. (2018). Dyspareunia: Causes, Symptoms, and Treatments. Harvard Medical School. Retrieved from <https://www.health.harvard.edu/womens-health/dyspareunia-causes-symptoms-and-treatments>