

## EVALUATION OF THE EFFECT OF SPECIALIZED GROUP THERAPY ON SEXUAL PROBLEMS IN WOMEN WITH A HISTORY OF CHILD SEXUAL ABUSE

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**Introduction and objectives:** Childhood sexual abuse (CSA) is most often associated with sexual problems in adult women. Specialized group therapy is often referred to as the treatment of choice targeting sexual problems in adults with a history of CSA, but the therapy as well as the outcome measures seldom addresses the sexual problems specifically.

**Aims:** The aim of the study was to investigate the effect of specialized group therapy on sexual function in women with a history of intrafamilial child sexual abuse (CSA).

**Methods:** This prospective multicentre pre-post study of women with a history of hands-on intrafamilial CSA referred to the psychiatric clinics for specialized group therapy included 158 women. Data concerning social and psychological functioning, body image, and current sexual life were collected using self-rating questionnaires and conducting a clinical interview before and after group therapy.

**Results:** Data were available pre and post treatment for 132 women. There was some effect on unspecific sexual problems and sexual dysfunctions. Still, at the end of treatment nearly half of the women were unsatisfied with their sexual life, and among sexual active women half had still sexual dysfunction. Especially dyspareunia and orgasmic dysfunction were common.

**Conclusions:** The present study showed that women with a history of intrafamilial CSA who had completed specialized group therapy still have many sexual problems and may need psychosexual therapy. This need to be taken in consideration when designing treatment programs.

**References:** Lau M, Kristensen E. *Acta Psychiatr Scand*, 2007;116:96-104.

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