

Sexual Health and Dysfunctions Extend Across Sexual and Gender Minorities:  
Need for Professional Training  
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Sexual dysfunction, a disruption in sexual health, describes a constellation of sexual complaints and disorders affecting all ages throughout the life span. Etiologies and contributing factors involve the psychological, physiological and socio-cultural aspects of the individual and cuts across sexual and gender minorities. Female sexual dysfunction has expanded from the general population of 43% (Laumann & Rosen, 1999) to sexual minority women (SMW) of 48% with the modification of the Female Sexual Function Index (FSFI) (Boehmer, Timm, Ozonoff & Potter, 2012). However, examining sexual dysfunctions to include gender minorities i.e. transgender, non-binary and intersex populations (LGBTQI) has been limited to date.

The attention to the interaction between gender and sexuality have encouraged a number of people to come forth seeking help from clinicians to assist with sexual concerns. Gender, sex and sexuality are intertwined in that they intersect but remain separate aspects of the individual (Barker & Richards, 2015, pg 79). Sociological and anthropological shifts have resulted in significant changes in cultural values and education on sexual practices for all sexual and gender minorities (i.e., lesbian, gay, bisexual, transgender, non-binary and intersex (LGBTQ)).

There continues to be a need to educate clinicians and broaden professional curriculum aimed at recognizing, evaluating and addressing sexuality and sexual practices across sexual orientation and gender status. The emerging field of sexual medicine is an evidenced-based practice which includes both medical and psychological specialties. It incorporates culture competence specifically with sexual and gender minorities and is being integrated into the curriculum of professional training institutes (Mayfield, Ball, Tillery, Crendall & Dexter, 2017). Training in comprehensive assessment and treatment of sexual and gender minorities need to include sexual dysfunction (Borough, Bedoya, O'Cleirigh, & Safren, 2015; Mayfield et al., 2017) as well as overall health status. The training needs to be part of the core curriculum in medical and psychological training institutions. The aim of this review is to expand the current knowledge in sexual health as well as sexual dysfunction and become more inclusive across LGBTQ populations.