

Effectiveness of Schema Therapy in Enhancing Sexual Desire in Females with Genital Mutilation on Qeshm Island

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Extended Abstract

Aim

Female Genital Mutilation (FGM), also known as female circumcision, predates Islam and has existed for centuries. Since the advent of Islam, this topic has been emphasized and exhaustively discussed in Latin books and articles throughout the 20th century, especially in relation to Muslims and Africans. While the practice has been largely eradicated in some regions of the world, it persists in others, and many women continue to experience its physical, psychological, and sexual consequences.

This paper is crucial because, despite the fact that female circumcision was once viewed as a ritual or cultural practice, research has shown that it is not only unnecessary but also has severe sexual, mental, and physical consequences for women. This paper intends to demonstrate how circumcision-related sexual dysfunction or absence of sexual desire can be treated. This study was conducted during the spring of 2018 on Qeshm Island to examine the efficacy of schema therapy in restoring sexual desire in circumcised women.

Methodology

This study employed a single-case design, and the statistical population included all married and circumcised women on Qeshm Island. Three of them were chosen non-randomly from the participants of the life skills training course, which was conducted in neighborhood mosques over a specified time period. First, participants who scored above the cut-off risk on the pre-test and the short form of Young's Incongruent Schema Questionnaire (YSQ-SF) and below the cut-off on the Halbert Sexual Desire Index (HISD) were selected, and three individuals were invited to participate in the study based on the inclusion criteria.

Findings

The intervention consisted of ten sessions, each lasting 90 minutes, and was administered once a week on an individual basis for each participant. The results were reported and interpreted using graphing and visual analysis. From the baseline point to the last follow-up session, the sexual desire index line exhibited an upward trend, indicating that schema therapy is effective in enhancing the sexual desire of women who have undergone female circumcision.

Conclusion

These findings have important implications for healthcare professionals and policymakers to provide appropriate interventions and support for women who have undergone female circumcision, emphasizing the need to address the physical and psychological consequences of FGM and to provide effective treatments to improve the quality of life and well-being of those affected.

In addition, it highlights the need for community-based education and awareness-raising programs to combat the detrimental cultural and social norms that perpetuate FGM. Such programs can increase awareness of the health and human rights implications of FGM and empower women and girls to make informed decisions about their bodies and livelihoods.

It is important to note that FGM is a complex and multifaceted problem that requires a comprehensive and multisectoral response is essential. This includes addressing the fundamental causes of the practice, such as gender inequality and harmful cultural and social norms, and providing affected individuals with medical and psychological care.

While this study shows optimistic results in terms of enhancing sexual desire in circumcised women, but it is a small-scale investigation. Further research is required to evaluate the generalizability of these findings and to identify additional interventions that effectively address the physical and psychological effects of FGM.

This study contributes to the growing body of evidence on interventions that effectively address the physical and psychological effects of FGM. It emphasizes the importance of providing appropriate care and support to affected individuals as well as promoting community-based education and awareness programs to challenge harmful cultural and social norms. We can halt FGM and improve the health and well-being of women and girls around the world if we work together.

Keywords: Female Genital Mutilation, Schema Therapy, Sexual Improvement.