

## Successful infertility treatment and spontaneous pregnancy in an unconsummated marriage after 7 years

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### Abstract

**Introduction:** About ten percent of people are suffering from sexual disorders in Iran and studies show that 50 percent of divorces are due to sexual disorders, too. If couples with sexual disorder receive consultation and undergo proper treatment, half of these divorces will not occur. An unconsummated marriage (UCM) is a marriage in which the couples have never had coitus. Etiological factors of UCM are varied: Psychogenic factors are the most prevalent and the main psychogenic factor is "Performance anxiety".

**Case introduction:** This report is about a couple who attended "Avesina Infertility Clinic" after 7 years of UCM with a chief complaint of infertility and expression of their will to become pregnant. A team composed of a gynecologist, an andrologist and a psychiatrist achieved a successful treatment goal within 3 months. Gynecological examination of the female was normal. Andrological examinations of the male showed severe premature ejaculation and male factors impairment in his semen analysis but psychiatric evaluation showed that the couple had low sexual information and the male had high stress and phobia at the time of intercourse. Finally, by dual-sex therapy and sensate focus exercises the couple experienced the first intercourse after 3 months and the female became pregnant 3 months later.

**Conclusion:** Regarding the lack of necessary information on sexual issues and performance anxiety as the common cause of the disorder, it seems that teachings on sexual relationships might be a necessary part of pre-marriage counseling. On the other hand, a comprehensive and simultaneous evaluation of the couples with the sexual disorder by a harmonious expert team may increase treatment success rates.

**Key Words:** Unconsummated marriage, Dual-sex therapy, Sensate focus exercises, Infertility.

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