

Compulsive sexual behavior with trichophilia disguised as despair – A case report

Bilal Zafar

Liaquat National Hospital, Pakistan

Abstract: The continuous and intense obsession with sexual ideas, urges, and behaviors that results in clinically significant distress or impairment of professional, interpersonal, or social functioning is known as compulsive sexual behavior (CSB). Both the type of behavior and the frequency with which it occurs vary substantially in human sexual engagement. Recurrent and strong sexually stimulating fantasies, sexual desires, and practices that affect an individual's regular functioning are all signs of compulsive sexual behavior. Trichophilia is a type of sexual obsession for hair, specifically human hair. The patient had one of the most unusual manifestations of trichophilic hyper-sexuality, with significant despair and problems managing daily life. The root reason was shown to be excessive masturbation to the senses of thought, sight, smell, and touch, and feel of female scalp hair since childhood. Early in the process of sexual development, hyper-sexual tendencies might well be identified. Masturbation develops early in males with hyper-sexual condition, which distinguishes them from healthy ones. People with hyper-sexual tendencies are more likely than others to suffer from anxiety disorders and depressive disorders as compared to the normal individuals.

Conclusion: This case study emphasizes the importance of thoroughly analyzing instances of depression for possible hyper-sexual behavior to the point of sexual compulsivity, especially when a paraphilic inclination is present.

Importance: The majority of depression research and clinical treatment revolves around physical, mental, emotional, financial, or environmental stresses. A person suffering from depression is frequently considered to have succumbed to some external influence. Furthermore, little thought is given to the possibility of internal harming behaviors. If study can trace such naturally occurring behaviors, their associations, and prevention, it will be a remarkable discovery.

Biography

Bilal Zafar graduated from Dow University of Health Sciences (DUHS) and practiced his skills and earned exclusive expertise in Sindh Government Lyari General Hospital where he served as a House Officer (HO). Currently he serves as Psychiatry resident at Liaquat National Hospital (LNH), Karachi Pakistan, Editor in-chief at MEDizzy Journal UK, Global Executive Member at Oli Health Magazine Turkey, and i-act manager for mental health certified by Royal College of Psychiatrists, UK.

Received: February 17, 2022; **Accepted:** February 21, 2022; **Published:** April 04, 2022