Recent research suggests that the sexual concerns of patients still go unaddressed and that communication with patients about sexual issues is generally inadequate. The focus of this book is on helping practitioners recognize and respond appropriately to psychosexual anxiety and distress.

Psychosexual anxiety and distress occur as the consequence of changes or threats to the sexual aspects of an individual’s self-confidence. Such changes may occur as the consequence of illness, disability, ageing, altered sexual function, relationship difficulties, loss and other psychosocial events. Sexual distress and anxieties that go unrecognized may lead to sexual and interpersonal problems which in turn create further anxiety or distress. As a consequence, a vicious circle of altered sexual self-concept, psychosexual anxiety and distress, and alterations in sexual response and satisfaction, can become quickly established.

This book gives a thorough grounding in the principles of the care of patients with psychosexual problems:

- Psychosexual anxiety and distress
- Professional issues in psychosexual care
- Psychosexual nursing skills
- Altered sexual interest and response
- Sexual dysfunction
- Reproductive sexual health
- Sexual orientation
- Sexually transmitted infections
- Sexual assault and sexual abuse
- Sexual variations and issues relating to gender identity
- Useful addresses
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