

Original Article

Investigating the Relationship between Personality Patterns and Orgasm Types in Women

Parisa Pakseresht¹, Afshin Salahian^{2*}, Maryam Mohammadi³, Mahshid Mohammadi⁴

1.Department of Psychology, Faculty of Psychology, Islamic Azad University, Science and Research Branch Tehran, Iran

2.Assistant Professor Department of Psychology, Payame Noor University, Tehran, Iran

3.Department of Psychology, Faculty of Psychology, Electronic Branch Islamic Azad University, Tehran, Iran.

4.Department of Psychology, Faculty of Psychology, Islamic Azad University, Science and Research Branch Tehran, Iran.

*Corresponding Author Email: Afshin Salahian, Email: salahianafshin@pnu.ac.ir

Extended Abstract

Background and Objectives

Sexual function is a complex interplay of psychological, emotional, physiological, and interpersonal factors. Among women, orgasmic experiences are particularly variable and influenced by both biological and psychological mechanisms. Orgasm is typically categorized into clitoral, vaginal, or a combination of both types. However, the psychological correlates of these types, particularly personality traits and disorders, remain underexplored.

The primary objective of this study was to investigate the relationship between different personality disorder patterns and types of orgasms among women. By identifying the psychological traits associated with different orgasmic experiences, the study aimed to provide insights into how personality influences sexual function, potentially informing more effective therapeutic approaches in sex therapy and mental health care.

Materials and Methods

This study employed a correlational research design. A total of 400 adult women residing in Tehran, Iran, participated voluntarily. Participants were selected via convenience sampling and met inclusion criteria: being over 18 years old and having a history of orgasm. Data collection tools included: (1) the Millon Clinical Multiaxial Inventory-III (MCMI-III) for assessing personality disorders; (2) the Female Sexual Function Index (FSFI).

Participants completed the questionnaires anonymously after being briefed about the study's aims and ethical considerations. Data analysis included chi-square tests to determine associations between personality patterns and orgasm types, and logistic regression to identify predictors among personality disorder traits.

Results

Descriptive statistics showed that most participants had experienced orgasm (94.9%), with clitoral orgasm being the most commonly reported best orgasmic experience (31.2%), followed by combined (22.7%) and vaginal (20.7%) types. Regarding personality traits, the narcissistic and negativist subscales demonstrated a

statistically significant relationship with orgasm types ($P < 0.05$), while other subscales did not yield significant associations.

Logistic regression analysis revealed that avoidant, sadistic, and borderline personality traits were significant predictors of orgasm types. The regression model showed good fit, with pseudo R-square values indicating moderate explanatory power (Nagelkerke = 0.225). Specifically:

- Avoidant personality had a negative beta coefficient (-0.255, $p = 0.023$), indicating reduced likelihood of vaginal or mixed orgasms.
- Sadistic traits also had a negative predictive value (-0.225, $p = 0.035$).
- Borderline traits, conversely, showed a strong positive prediction of orgasm type ($\beta = 0.386$, $p = 0.003$).

These findings suggest nuanced relationships between personality characteristics and sexual response. For example, individuals with borderline traits may experience intense emotions and heightened arousal, which may be linked to stronger orgasmic responses, whereas avoidant and sadistic traits may inhibit sexual intimacy and satisfaction.

Discussion

The study highlights the significant influence of personality traits on women's sexual functioning, particularly the type of orgasm experienced. The strong associations between narcissism, negativism, and orgasm type may reflect the underlying psychological dynamics of body awareness, emotional regulation, and interpersonal intimacy. For instance, individuals with narcissistic traits may exhibit elevated attention to bodily sensations, potentially enhancing or impeding sexual response...

The predictive capacity of borderline personality traits supports prior research suggesting heightened emotional reactivity and impulsivity in these individuals, which may intensify physical and emotional sexual experiences. Conversely, avoidant traits are typically characterized by emotional distancing and discomfort with intimacy, which may reduce the likelihood of experiencing fulfilling sexual encounters. The negative impact of sadistic traits could be linked to difficulties in establishing empathy...

These insights not only support earlier findings on the intersection of personality and sexual function but also expand on them by highlighting specific patterns related to orgasm type. Clinically, understanding these patterns may assist therapists in addressing sexual dysfunctions rooted in personality pathology and improving relationship satisfaction in affected individuals.

Conclusion

This study provides empirical evidence for the role of personality disorder patterns in predicting and shaping women's orgasmic experiences. Notably, narcissistic and negativist traits were significantly associated with orgasm type, while avoidant, sadistic, and borderline personality traits served as significant predictors. These findings underscore the importance of psychological and personality assessments in sexual health evaluations. Given the complexity of sexual function and its susceptibility to emotional and interpersonal dynamics, therapeutic approaches should incorporate personality evaluation. Treatment plans tailored to personality traits may better address sexual dysfunctions and enhance overall relationship satisfaction.

Future research is recommended to replicate these findings in diverse cultural and clinical populations and to explore interventions that target maladaptive personality traits in the context of sexual dysfunction. Cultural taboos and self-report limitations should also be considered in designing more effective, inclusive, and validated assessments for sexual health.