

Many women experience 'post-sex blues'

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Credit: George Hodan/public domain

Very few studies on female sexual dysfunction have looked at postcoital dysphoria (PCD), or "post-sex blues," which is characterized by tearfulness, a sense of melancholy or depression, anxiety, agitation, or aggression following sexual intercourse.

Among 230 female university students who completed an [online survey](#), 46% of respondents reported experiencing PCD symptoms at least once in their lifetime, with 5.1% experiencing PCD symptoms a few times

within the past 4 weeks. There appeared to be no relationship between PCD and intimacy in close relationships.

"The findings build upon our previous research investigating the correlates of sexual functioning in women," said Dr. Robert Schweitzer, lead author of the *Sexual Medicine* study. "The results of our original research in this area have now been confirmed in an international multinational study on negative postcoital emotions, which appear to have evolutionary functions."

More information: Schweitzer, R. D., O'Brien, J. and Burri, A. (2015), Postcoital Dysphoria: Prevalence and Psychological Correlates. *Sexual Medicine*. DOI: [10.1002/sm2.74](https://doi.org/10.1002/sm2.74)

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