

Exhibitionistic Disorder DSM-5 Criteria

What is exhibitionistic disorder?

Exhibitionistic disorder is a paraphilic disorder characterized by intense, recurrent sexual urges and fantasies involving exposing one's genitals to unsuspecting strangers, usually for the purpose of achieving sexual excitement or gratification.

Diagnostic criteria

A. Over a period of at least 6 months, recurrent and intense sexual arousal from the exposure of one's genitals to an unsuspecting person, as manifested by fantasies, urges, or behaviors.

B. The individual has acted on these sexual urges with a nonconsenting person, or the sexual urges or fantasies cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

Specify whether:

- Sexually aroused by exposing genitals to prepubertal children
- Sexually aroused by exposing genitals to physically mature individuals
- Sexually aroused by exposing genitals to prepubertal children and to physically mature individuals

Specify if:

In a controlled environment: This specifier is primarily applicable to individuals living in institutional or other settings where opportunities to expose one's genitals are restricted.

In full remission: The individual has not acted on the urges with a nonconsenting person, and there has been no distress or impairment in social, occupational, or other areas of functioning, for at least 5 years while in an uncontrolled environment.

Reference

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Pearson.