

Voyeuristic Disorder DSM-5 Criteria

Voyeuristic Disorder is a paraphilic disorder characterized by persistent sexual arousal from observing unsuspecting people who are naked, undressing, or engaging in sexual activity. While many people may experience voyeuristic interests, the diagnosis of Voyeuristic Disorder requires that these urges and behaviors cause significant distress or impairment in social, occupational, or other important areas of functioning or involve non-consenting individuals.

A. Over a period of at least 6 months, recurrent and intense sexual arousal from observing an unsuspecting person who is naked, in the process of disrobing, or engaging in sexual activity, 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.

C. The individual experiencing the arousal and/or acting on the urges is at least 18 years of age.

Specify if:

- **In a controlled environment:** This specifier is primarily applicable to individuals living in institutional or other settings where opportunities to engage in voyeuristic behavior 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.

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