

Sexual boredom: An underresearched construct

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Rationale/Background: Sexual boredom has been defined as a dimension of general boredom or the tendency to experience boredom with the sexual aspect of one's life. The knowledge on boredom has never been integrated in the study of sexual boredom and might contribute to the comprehension of sexual boredom and its role on sexual dysfunction.

Research Questions: Is sexual boredom relevant to human sexuality? Is sexual boredom leading to the over diagnosis of sexual dysfunction? Is sexual boredom a multidimensional construct?

Methods: A systematic search was conducted up to February 2018 in 6 databases. The titles, abstracts and full texts were scrutinized to extract any information regarding sexual boredom or the relationship between general boredom and other sexual constructs.

Results: Both quantitative and qualitative studies on sexual boredom are scarce. The lack of research seems to stem from the existence of competing constructs that may be overlapping sexual boredom, including a few sexual problems and dysfunctions. Studies suggest that sexual boredom may be multidimensional.

Conclusions: Sexual boredom may be a construct in its own name and a phenomenon contributing to the over diagnosis of sexual dysfunction. It seems relevant to conduct empirical researches on sexual boredom as they are practically non-existent and might have implications for sexual health of couples.

Keywords: sexual boredom; boredom; relationships; couples

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