

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.