

**Title: PSSD or Asexuality? (Drug started at 11 years of age)**

*INTRO: This is a case study submitted on 6/19/18. It is posted on the PSSD FAQ page for use by sufferers with similar concerns. It has been annotated from its original form, but the message remains the same. Please read this site's disclaimer before continuing.*

Abbreviations:

Pt. - PSSD Sufferer

G - "Ghost"

**Pt.** - I've been on [SSRIs] since I was an 11 year old girl, but now I genuinely have no sex drive and no libido even after stopping the pills...I thought I could've been [asexual] until I realized [PSSD] is actually a thing...I still want intimacy, and don't know if I'm actually asexual or if it's the drugs that permanently [harmed] me. That's the problem.

**G** - In my opinion it's hard to say what caused this.

There is no doubt that SSRIs CAN cause this, and especially in young people. PSSD seems to be more common in boys/men, but I'm not sure if this is due to reporting bias or from an actual etiology of PSSD.

However, in your case there is no way to determine if PSSD is the cause of your asexuality. PSSD is very rare (just look at how small the forum and subreddit are - under 1,000 people in total). If you didn't have PSSD, but were just asexual, I would hate for you to suffer without cause.

You may want to look into a study or survey that I once heard about (if you find it, please share it with us). Apparently, a good portion of people on asexuality forums (I was told around 50%) have been on SSRIs. This number reportedly is higher than SSRI use in the general population. Be careful, however, to generalize or claim causality. It could be that SSRIs induced asexuality for some people, but it could also be that being asexual led to societal stress that pushed these already asexual people on to SSRIs. Does that make sense?

The biggest tragedy here would be that you attribute your asexuality to PSSD when it was in fact something that you would have had anyways. I am not very close to the asexual community, but I do know that many asexual people live happy and fulfilling lives after initially struggling with their reality.

As noted above, there is NOTHING wrong with being asexual, and there is a strong support community there with many resources.