



# Does Cannabis Use Before Partnered Sex Help Women Who Report Orgasm Difficulty?



Female Orgasm Research Institute  
Proven Pathways to Orgasm

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## INTRODUCTION

Up to 41% of women experience orgasm difficulty,<sup>1</sup> a statistic unchanged for 50 years.<sup>2</sup> A paucity of validated treatments exists.<sup>3,4</sup> Researchers have suggested cannabis as a treatment for female orgasm difficulty and other sexual disorders for nearly 50 years.<sup>5-7</sup>

## OBJECTIVES

To evaluate the effect of cannabis use before partnered sex on women with and without orgasm difficulty.

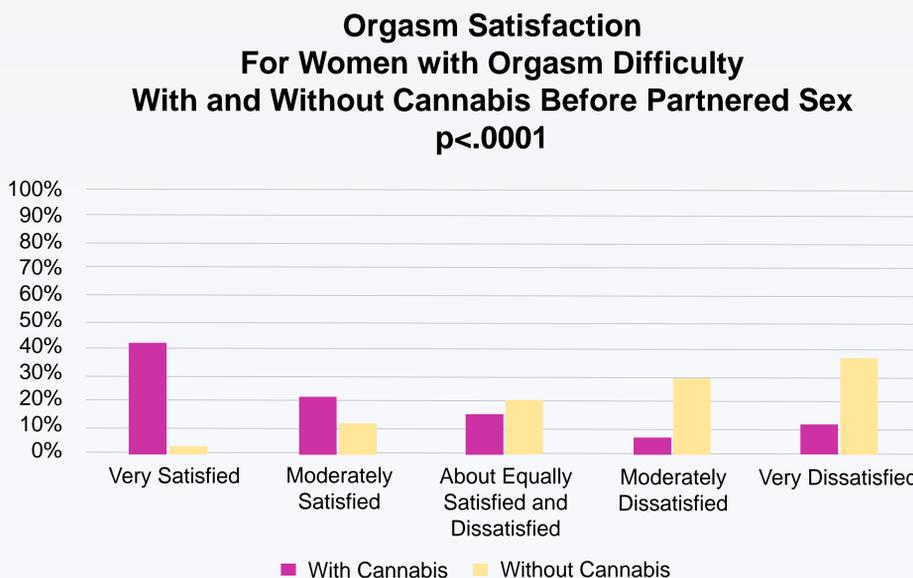
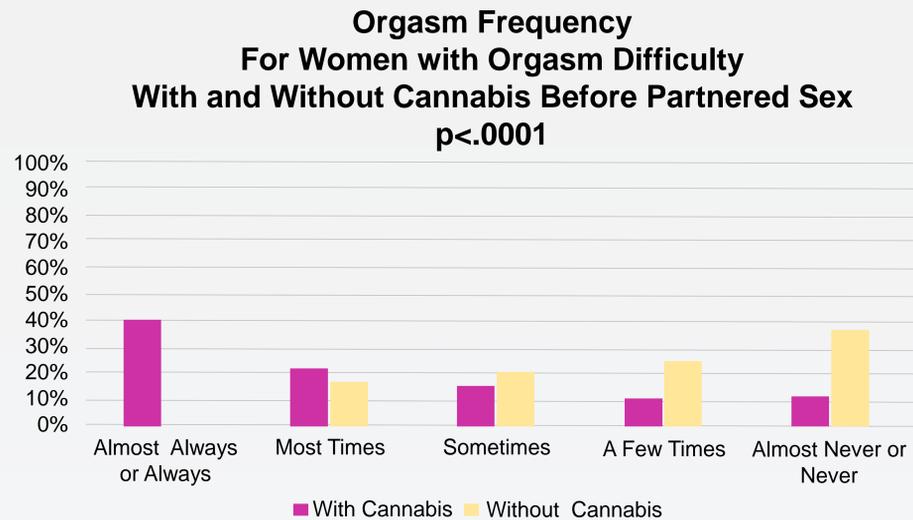
## METHODS

This IRB-approved observational study conducted between March and November, 2022, included 387 females, 52% (n=202) of whom reported orgasm difficulty during partnered sex. An anonymous, uncompensated 41-question online survey evaluated baseline demographics, sexual behavior, and cannabis use. Orgasm frequency, orgasm difficulty, and orgasm satisfaction were measured with and without cannabis use before partnered sex using the orgasm subscale questions of the Female Sexual Function Index (FSFI).<sup>8</sup>

## FINDINGS

- ❖ **Increased Orgasm Frequency** 72.8% (147/202,  $p < .0001$ ) of women with orgasm difficulty reported increased orgasm frequency when using cannabis before partnered sex.
- ❖ **Increased Orgasm Ease** 71% (143/202,  $p < .001$ ) of women with orgasm difficulty reported it was easier to orgasm when using cannabis before partnered sex.
- ❖ **Increased Orgasm Satisfaction** 67% (136/202,  $p < .0001$ ) of women with orgasm difficulty reported increased orgasm satisfaction when using cannabis before partnered sex.

## STATISTICS



## FINDINGS

- ❖ Among women who “almost never or never orgasm” without cannabis, 28.7% (n=58/202,  $p < .0001$ ) experienced orgasm when using cannabis before partnered sex.
- ❖ The frequency of cannabis use before partnered sex increased the frequency of orgasm for women with orgasm difficulty ( $p < .001$ ).
- ❖ Women with or without orgasm difficulty who reported a mental health diagnosis (n=231/287,  $p = .004$ ) or a sexual abuse history (n=125/387,  $p = .003$ ), had a statistically significant more positive orgasm response when using cannabis before sex.

## CONCLUSION

Cannabis-based treatment deserves further exploration into treatment for women who experience orgasm difficulty. Randomized-controlled studies should follow this observational study to evaluate the efficacy of cannabis in treating women who have orgasm difficulty.

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