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Integrating Medical and Islamic-based Psychoeducation In the Management of Pituitary Microadenoma and Hypersexual Behaviour in an Adolescent

[Malaysian Journal of Medicine and Health Sciences](#) • Article • 2026 •

DOI: 10.47836/mjmhs.22.s4.17

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Abstract

Pituitary microadenoma in adolescents may present with complex behavioural and psychological symptoms that require holistic and culturally informed care. This case report presents a multidisciplinary approach to manage persistent engagement in sexually explicit online content in a late-adolescent girl diagnosed with pituitary microadenoma. While medical treatment stabilised her hormonal imbalance, persistent sexual preoccupation and emotional distress necessitated tailored psychiatric intervention. A novel component of her care involved integrating Islamic-based psychoeducation into conventional therapy, focusing on spiritual coping and spiritual reflection. This culturally congruent, patient-centred approach provided effective coping strategies for

managing excessive sexually related thoughts and psychological distress. The intervention led to improved mood regulation and social functioning, demonstrating the value of combining medical, psychological, and faith-informed care in addressing complex adolescent presentations. © 2026 Universiti Putra Malaysia Press. All rights reserved.

Author keywords

Adolescents; Cultural; Hypersexuality; Pituitary adenomas; Spiritual

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