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Managing Hypersexuality in Adolescents with Pituitary Microadenoma: A Case Report

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Abstract

Hypersexuality is characterised by frequent and intense sexual impulses or behaviours that lead to psychological distress or impair social, or occupational functioning. Hypersexuality in pituitary microadenoma can arise from hormonal imbalances that influence behavioural functioning. This case report discusses a 14-year-old female diagnosed with both pituitary microadenoma, who exhibited symptoms of hypersexuality, including impulsivity and preoccupation, which led to significant distress for the patient. In terms of treatment, selective serotonin reuptake inhibitors (SSRIs) may provide a valuable therapeutic option, particularly for managing impulsivity and reducing obsessive thoughts related to sexual behaviour. Although SSRIs show promise in treating hypersexuality in such cases, further studies are essential to confirm their effectiveness in managing hypersexuality associated with pituitary microadenoma. This report highlights the need for a comprehensive approach that considers both medical and psychological factors in the management

of hypersexuality in adolescents with endocrine disorders. © 2026 Universiti Putra Malaysia Press.
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Abstract

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