

News Release

FOR IMMEDIATE RELEASE

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Pivotal Study Confirms eSense as Effective Digital Program for Women’s Sexual Health

Vancouver, Canada eSense Health Inc. is proud to announce the publication of a pivotal randomized clinical trial in the peer-reviewed journal *Behaviour Research & Therapy*, validating the efficacy of its flagship product, eSense—a digital program designed to support women experiencing Female Sexual Interest/Arousal Disorder (SIAD), a condition that affects up to 40% of women.

Sexual concerns such as low desire, arousal challenges, and discomfort during intimacy are common and often linked to life changes like pregnancy, menopause, cancer, or a history of sexual trauma. Yet less than 20% of affected women receive treatment due to stigma, lack of awareness, long waitlists, and limited access to trained providers. Most healthcare professionals receive minimal formal training in sexual health, leaving a major gap in care.

eSense was developed to address this gap. The platform delivers evidence-based Cognitive Behavioral Therapy (CBT) and Mindfulness-Based Therapy (MBT) through interactive, self-guided modules that women can complete privately, at their own pace, and at a fraction of the cost of traditional in-person care or psychological support.

In the published trial, participants using eSense experienced significant improvements in sexual desire, reduced distress, and greater sexual satisfaction—with effect sizes comparable to those outcomes typically observed in clinical settings—and sustained improvements at 6-month follow-up. Notably, women with a history of sexual trauma also reported similar benefits, including reductions in trauma-related symptoms.

“Sexual health is a vital part of overall well-being, yet so many women face these challenges in silence,” said Dr. Brotto, Professor of Obstetrics and Gynaecology at UBC’s Faculty of Medicine and Canada Research Chair in Women’s Sexual Health. “This study shows that evidence-based care can be delivered digitally—privately, affordably, and effectively. With eSense, we’re offering women real solutions, grounded in science, that they can access on their own terms.”

In the trial, 129 women diagnosed with SIAD across Canada and the US were randomly assigned to complete either the CBT or MBT version of the eSense program, or to a waitlist control group. Participants were also paired with non-expert ‘navigators’ trained to offer encouragement, accountability, and technical support—without delivering formal therapy. Participants found the

platform easy to use and highly helpful, with a strong satisfaction rating and an attrition rate of just 20%—well below the average for digital health tools.

“These findings validate what we’ve built—a scalable, accessible, and user-friendly solution to one of the most underserved areas in women’s health,” said Elayne Wandler, CEO of eSense Health. “As awareness around sexual health and menopause continues to grow, eSense is poised to meet that need with care women can trust.”

Ariana, a study participant shared, “eSense helped me challenge negative thoughts around my sexuality—and those skills carried into other parts of my life. Working with the navigator made it easier to talk about sex, improving communication with my partner and even my friends. I finished the program feeling more empowered, more connected to my body, and more open to positive and enjoyable sexual experiences.”

Prior to its commercial launch, eSense will be made available through a commercial pilot study beginning in the coming weeks. Women interested in learning more or participating can sign up for updates at <http://esense.health>.

This study was supported through a grant from the Canadian Institutes of Health Research (CIHR).

About SIAD

Female Sexual Interest/Arousal Disorder (SIAD) is a common and distressing condition characterized by a persistent lack of sexual desire or arousal, accompanied by emotional distress. It is associated with depression, anxiety, and reduced quality of life and is often underdiagnosed and undertreated due to stigma, low awareness, and limited access to trained providers—despite the existence of effective treatments.

About eSense Health

eSense Health is a digital health company empowering women with evidence-based care for sexual concerns. Its clinically validated platform translates cognitive-behavioural and mindfulness strategies into structured self-guided programs, offering accessible, private, and effective treatment developed by leaders in sexual health. eSense is addressing a massive, under-served need in healthcare with scalable, science-backed solutions.

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