

News Release

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New Study Finds eSense™ Digital Therapy Effective for Women with a History of Sexual Assault

Vancouver, BC and Cincinnati, OH — A newly published study in *Cognitive Behaviour Therapy* has found that [eSense™](#), a digital therapy platform for women’s sexual health, is effective in treating Sexual Interest/Arousal Disorder (SIAD) in women with a history of sexual assault—and may also reduce symptoms of Post-Traumatic Stress Disorder (PTSD).

Delivered through a private, self-guided digital platform, eSense mirrors in-person therapy using two gold-standard approaches: Cognitive Behavioral Therapy (CBT) and Mindfulness-Based Therapy (MBT).

“Given how common sexual trauma is, we felt it was essential to know whether eSense could support these women,” said Dr. Kyle Stephenson, Associate Professor at Xavier University, lead author, and co-founder at eSense. “Sexual concerns following trauma can be complex—often linked to shame, fear, and avoidance. Traditionally, trauma-related symptoms are addressed first—but these findings show it’s possible for survivors to focus on improving their sexual well-being without being engaged in trauma-focused work.”

These results build on a growing body of evidence validating eSense’s impact. The platform has been shown to be comparable to high quality clinical care in improving desire, reducing distress related to sex, and increasing overall satisfaction. Now, with evidence it works equally well for sexual trauma survivors, eSense’s relevance as an effective digital therapy platform continues to grow.

“PTSD and sexual dysfunction often go hand-in-hand for survivors of sexual assault,” said Dr. Lori Brotto, Professor at the University of British Columbia and co-founder at eSense. “This is the first time we’ve seen that treating sexual concerns can also help reduce PTSD symptoms. It reinforces the power of trauma-informed, digital tools to make a real difference.”

More than 40 per cent of women experience sexual difficulties in their lifetime, yet fewer than 20 per cent receive treatment. Many are unaware effective therapies exist, while others face barriers including stigma, provider shortages, waitlists, cost, and geography. For the estimated one in three women in North America with a history of sexual assault, these challenges are even greater, increasing the need for evidence-based solutions like eSense.

Key Findings

- Women with a history of sexual assault completed the program at similar rates, with comparable satisfaction, and improvements in desire and distress.
- Participants with a sexual trauma history also reported reductions in PTSD symptoms, even though the program didn't directly target trauma.
- Results highlight the potential of structured, trauma-informed digital care to reach women underserved by traditional healthcare systems.

Study Details

The randomized trial involved 129 women with SIAD, about half of whom had a history of sexual assault. Participants were randomly assigned to CBT, MBT, or a waitlist control. Both treatments were delivered via the eSense platform. The study, *The Role of Sexual Assault History and PTSD Symptoms in Online Treatment for Sexual Interest/Arousal Disorder in Women*, can be found [here](#).

About SIAD

Sexual Interest/Arousal Disorder is a persistent lack of desire or arousal that causes distress. It's linked to depression, anxiety, and reduced quality of life, and may stem from physical, psychological or emotional factors like trauma, menopause, or illness. Despite availability of effective treatments, SIAD is often undiagnosed and untreated due to stigma and limited access to care.

About eSense Health

eSense Health Inc. is a digital health company empowering women with evidence-based care for sexual concerns. Its clinically validated platform delivers cognitive behavioral therapy (CBT) and mindfulness-based therapy (MBT) through structured, self-guided modules—providing private, accessible, and effective care developed by global leaders in sexual health. eSense addresses a critical, underserved need in women's health with scalable, science-backed solutions.

eSense is preparing for a limited release in the U.S. and Canada through a commercial pilot, with full launch planned for 2026. Learn more at www.esense.health

Media Contact:

Debra Hadden, Hadden Communications
haddencommunications@gmail.com
1.604.240.3196