

EDITORIAL

Navigating Sexuality Issues in the Nusantara and Beyond – The Updates In The International Symposium on Sexuality and Gender for Mental Health 2025

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Malaysian Journal of Medicine and Health Sciences (2026) 22(SUPP4):1.doi:10.47836/mjmhs.22.s4.1

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Introduction

The field of sexuality and sexual medicine is undergoing a paradigm shift, shifting away from a traditional, strict, binary, and biological framework toward a more fluid, diverse, and psychosocially constructed continuum. This evolution foregrounds sexual and gender identity and personal experience over anatomical determinants, embracing inclusivity and challenging conventional, stigmatizing standards. This supplementary issue of the Journal of Medical Health Science aims to spotlight the insightful discussions and perspectives from frontline research presented at the 2025 International Symposium of Sexuality and Gender for Mental Health, held in Kuala Terengganu.

Rationale for the Supplement

Although prior scholarship has examined sexuality through bio-psycho-social lenses, there is a distinct lack of cohesive and interdisciplinary research covering the intersection of the study of sexuality, especially on the cultural dimensions. The studies and case reports within this supplement directly address this gap. This collection

grants readers the opportunity to move beyond surface-level understanding, providing deep-dive methodologies and case data that could not be fully accommodated within the standard issues of the journal.

Overview of Contributions

This supplement includes a few original research articles, reviews, protocols, and case presentations in the form of case reports. Key findings, as detailed in the supplementary data files going with this issue, demonstrated that cultural determinants play a prominent role in understanding human sexuality, especially in the areas of religiosity and social norms.

Conclusion and Future Directions

The research presented here highlights that sexuality is a huge topic in a variety of manifestations and phenomenology, which will help clinicians understand their patients for the day-to-day clinical judgement and management. As guest editors, we believe this collection will serve as an opening resource for our researchers and clinicians alike. We would like to thank all the contributors for their rigorous work and the peer reviewers for their invaluable feedback. We hope these papers inspire future inquiry into making sexuality a topic that will improve our quality of life and be a better human being.