AddictionTherapy-2013

OMICS Group Conferences
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2nd International Conference and Exhibition on
Addiction Research & Therapy

July 22-24, 2013 Las Vegas, USA

Examining connections on compulsive sexual behavior (CSB), anxiety, depression, and unsafe sexual practices among 88 CSB and 64 non-CSB men in Sao Paulo, Brazil

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Abstract

Compulsive sexual behavior (CSB) is highly prevalent and associated with unsafe sex practices in studies conducted in United States, but the data on this association is very limited in other countries. The aim of this study was to examine the associations among CSB, anxiety, depression, and unsafe sexual practices in a CSB treatment-seeking sample (patients) and control non-CSB sample in São Paulo, Brazil. Method: Eighty-eight men who met diagnostic criteria for sexual addiction, and 64 men who did not meet this criteria completed assessments that included the Sexual Compulsivity Scale (SCS), Beck Anxiety (BAI) and Depression Inventories (BDI), and items on sexual behavior. Results: Patients presented higher scores on SCS, BAI, BDI, and a higher number of casual sexual partners. More patients than controls reported sex under the influence of drugs and sex with casual partners. Compared with controls, patients reported less sex with their main partners and vaginal sex with casual partners. There was no difference among patients and controls on the use of condoms during anal or vaginal intercourse with casual partners. Logistic regressions examining unsafe sexual practices revealed associations of CSB, anxiety, and depression with no/infrequent use of condoms during anal sex with both main and casual partners, but anxiety was a significant predictor over above CSB and depression while adjusting for sociodemographic factors and HIV status. Conclusion: The study provides important data on the links between CSB, negative mood states, and unsafe sexual practices among men with and without CSB in São Paulo, Brazil.

Biography

Dr. Marco de Tubino Scanavino is a psychiatrist, and has completed his Ph.D from University of Sao Paulo Medical School (FMUSP). From 2002 to 2012 he was the Educational Coordinator of the Specialization Course in Human Sexuality of the FMUSP. He is the responsible for the Excessive Sexual Drive Outpatient Unit from the Institute of Psychiatry of the Clínica's Hospital of the FMUSP, and he is conducting studies on sexual compulsivity in Sao Paulo, Brazil, funded by Foundation for Research Support of the state of Sao Paulo (FAPESP). He is a member of the Comission's Research of the FMUSP.

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