New directions in research on well-being: psychological process in everyday contexts

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Adolescence 12-18: health

- Learning principles: learning to deal with physical complaints
- Attribution
- Brain and behaviour: risk behaviour; vulnerable brain; chronic nephrological disease van Sandwijk et al. Transplant 2016
- Stress and coping:
  - Body image and illness Kinahan et al. JCO 2012
  - Social support; peer group Helgeson et al. Health Psychology 2009
- Sexuality and intimacy Lehmann et al. Psychooncology 2016

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**The Genderbread Person v3.3**

Gender is one of those things everyone thinks they understand, but most people don’t. Like Inception. Gender isn’t binary. It’s not either/or. In many cases it’s both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It’s okay if you’re hungry for more. In fact, that’s the idea.

- **Gender Identity**
  - Woman-ness
  - Man-ness
  - How you, in your head, define your gender, based on how much you align (or don’t align) with what you understand to be the options for gender.

- **Gender Expression**
  - Feminine
  - Masculine
  - The ways you present gender, through your actions, dress, and demeanor, and how those presentations are interpreted based on gender norms.

- **Biological Sex**
  - Female-ness
  - Male-ness
  - The physical sex characteristics you’re born with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.

- **Sexually Attracted to**
  - Nobody
  - Women/Females/Femininity
  - Men/Males/Masculinity

- **Romantically Attracted to**
  - Nobody
  - Women/Females/Femininity
  - Men/Males/Masculinity

The diffusion of a risk-based approach

Health professionals do not generally receive adequate training to address the sexual concerns of their clients, provide sexual and reproductive health and rights counselling and education or conduct comprehensive sexual history-taking.

Most of them talk about sexuality with clients through a risk-based approach, addressing the negative consequences of sexual relationships, such as HIV, sexually transmitted infections (STIs) and unwanted pregnancies, as a way of influencing people to practice safer sex.

Castellanos-Usigli, & Braeken-van Schaik, 2019
The importance of sexual pleasure

A substantial body of evidence shows that sexual rights, sexual health, and sexual pleasure—as a whole—are fundamental to individual health and wellbeing

Gruskin et al., 2019; Starrs et al., 2018

Sexual pleasure and satisfaction are integral components of wellbeing and require universal recognition and promotion

Ford et al., 2019

Lust, desire and commitment can be difficult to combine, especially in a long-term relationship

The Global Advisory Board (GAB) for Sexual Health and Wellbeing, 2018
Working definition of sexual pleasure

Sexual pleasure is the physical and/or psychological satisfaction and enjoyment derived from solitary or shared erotic experiences, including thoughts, dreams and autoeroticism.

Self-determination, consent, safety, privacy, confidence and the ability to communicate and negotiate sexual relations are key enabling factors for pleasure to contribute to sexual health and wellbeing.

Sexual pleasure should be exercised within the context of sexual rights, particularly the rights to equality and non-discrimination, autonomy and bodily integrity, the right to the highest attainable standard of health and freedom of expression.

The experiences of human sexual pleasure are diverse and sexual rights ensure that pleasure is a positive experience for all concerned and not obtained by violating other people’s human rights and wellbeing.

The Global Advisory Board (GAB) for Sexual Health and Wellbeing, 2016
The need of including sexual pleasure

Without underestimating the importance of discussing the risks associated with sexual relationships, health professionals should address sexual pleasure and well-being in sexual history-taking, SRHR counselling and education.

Research has shown that ignoring sexual well-being in counselling with clients has a negative effect on safer sex practices and may confound contraceptive consultations.

Hanbury et al., 2016; Castellanos-Usigli, & Braeken-van Schaik, 2019
Barriers to address sexual pleasure

There are significant barriers to incorporating pleasure into clinics

Allen & Carmody, 2012; Boyce et al., 2007; Centers for Disease Control and Prevention, 2010; Gruskin et al., 2019; Hirst, 2008

One of the most important barriers to the incorporation of sexual pleasure into health programming is the societal view and control of sexuality, sexual desire, passion, and pleasure—historically viewed as threats to society

Foucault, 1990; Gagnon & Simon, 1973

We see remnants and renewed versions of this in present-day politics and social control, particularly in the ways that sexual pleasure remains censored, regulated, controlled, and oppressed under the name of religion, medicine, and protection

Hart & Wellings, 2002; WAS, 2008; Wellings et al., 2013; Ford et al., 2019
Barriers to address sexual pleasure

This includes, in particular, the condemnation of sex outside of marriage, beyond the purpose of procreation, and beyond heteronormative sexual preference and behavior

Coleman & Bockting, 2013; Foucault, 1990; Hawkes, 2004

Moreover, there is a clear disregard for the sexuality of disabled persons, of transgender and intersex people, and the legitimacy of certain sexual practices, such as masturbation, sadomasochism, and fetishistic sexual interest

Coleman & Bockting, 2013; Karkazis, 2008; Tepper, 2000; Vida, 2019
The triangle approach
How to include sexual pleasure

The links between the three concepts can be addressed in the context of service delivery in a variety of ways:

- Giving information
- History taking
- Counselling
- Resources provided to clients

The Global Advisory Board (GAB) for Sexual Health and Wellbeing, 2018
How to include sexual pleasure

➢ Position your clients as autonomous sexual beings with the right to experience desire and pleasure in their daily lives and to have control over their bodies – whether they are sexually active or not

➢ Opening up a discussion on pleasure entails understanding what pleasure means in the context of sexual health and sexual rights for each client

➢ Be aware of your own prejudices and preferences

➢ Don’t wait until the clients asks questions: be proactive

The Global Advisory Board (GAB) for Sexual Health and Wellbeing, 2018
Some tips for clients

➢ Treat your partner as a human being, not as a body or object
➢ Strike the right balance between play, seriousness, sensuality and intimacy
➢ Give pleasure to your partner and accept being pleased
➢ Communicate what you want and don’t want to happen
➢ Ask for a yes and accept a no
➢ Be safe

The Global Advisory Board (GAB) for Sexual Health and Wellbeing, 2018
How to include sexual pleasure

Incorporating pleasure into health promotion programs has been shown to successfully increase safer sex through a variety of approaches:

- eroticizing condoms,
- use of erotic images and films,
- promoting lubricants,
- introduction of a “pleasure dialogue” as part of each person’s sexual repertoire

Arrington-Sanders et al., 2015; Hoppe, 2011; Peterson et al., 1992; Philpott et al., 2006; Robinson, Bockting, Rosser, Miner, & Coleman, 2002; Wysocki, 1998
The pleasumeter

Step #1 of the Pleasuremeter: Scoring

The Global Advisory Board (GAB) for Sexual Health and Wellbeing, 2018
How to include sexual pleasure

Examples of possible questions to discuss one of the factors with the client:

- **Physical and psychological satisfaction or enjoyment**
  - Who were your sexual partners...?
  - Can you tell me if you had anal, vaginal, oral sex...?
  - How many partners did you have?
  - How do you usually meet your partners?
  - Can you recall any factors or situations that made you lean more towards 1 or 10?
  - Was the satisfaction or enjoyment the same beforehand (when you were planning the encounter), during and after sex, or not?
  - Can you think separately of physical and psychological satisfaction or enjoyment in your sexual encounters, or not? Was there anything specific that made your relationships more or less pleasurable?
The pleasymeter

Spider-web diagram to document the scores provided by the client.

The Global Advisory Board (GAB) for Sexual Health and Wellbeing, 2018
Take-home messages

➢ Be positive about sexuality and the rich diversity of sexual pleasure - your attitudes towards sexuality are reflected in verbal and non-verbal messages (your gestures, looks, tone of voice and expressions)

➢ Listen attentively to the language the client uses around sexuality and pleasure

➢ Don’t be afraid to use clear and explicit language, according to the client’s literacy levels and needs

➢ Practise some key messages and language around sexual pleasure – the more comfortable you feel using language around sexual pleasure, the easier it will be to integrate it in conversations with clients

➢ Use the working definition of sexual pleasure and the Pleasuremeter which provide a framework to implement the pleasure approach

The Global Advisory Board (GAB) for Sexual Health and Wellbeing, 2018
What we thought about the future of sexuality in the mid 1990s
But from the beginning: The technological development
Internet access 1997-2017
Daily internet usage by gender in Sweden 2016

Daglig internetanvändning i hemmet

9.1. Andel av män och kvinnor i olika åldersgrupper som dagligen använder internet i hemmet.
What is online sexual activities (OSA)?

- The use of the internet for engaging in any activities involving sexuality or of a sexual nature (Cooper, Månsson, Daneback, Tikkanen, & Ross, 2003).

- Cybersex is a sub-category of OSA involving two or more individuals engaging in communication via the internet for the purposes of sexual gratification that may or may not involve masturbation (Daneback, Cooper, & Månsson, 2005).

- There are several areas of sexuality as well as types of internet services (Döring, 2009).
Online Sexual Activities (OSA)

**Areas of Sexuality:**
1. Sexual information / Education
2. Sexual Entertainment / Porn
3. Sexual Contacts / Relationships
4. Sexuelle Scenes / Sub Cultures
5. Sexshops / Sexual Products
6. Sex Work

**Types of Internet Services:**
- Websites
- Online-Communitys
- Online Chat / Instant Messenger
- Social-Networking-Platforms
- Mailinglists / Online Forums
- Online Content Platforms etc.
What do we know about Online Sexual Activities?

- Research published over a 20 year period (1996-2016)
- Often focus on one specific activity or aspect of OSA (e.g., pornography, HIV/STI, addiction/compulsiveness, etc)
- Often focus on negative outcomes
- Often quantitative convenience samples
- Often college samples
- Often western countries, North American in particular (African, Central and South American, and Asian countries absent)
- Interdisciplinary field, but psychology, epidemiology and media studies dominant
## Predicting the future...(2003)

<table>
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<th>Activity</th>
<th>18-24</th>
<th>25-34</th>
<th>35-49</th>
<th>50-75</th>
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<td>35</td>
<td>43</td>
<td>37</td>
<td>28</td>
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<tr>
<td>Female</td>
<td>41</td>
<td>34</td>
<td>37</td>
<td>25</td>
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<td>Flirt</td>
<td>47</td>
<td>53</td>
<td>43</td>
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<td>Male</td>
<td>40</td>
<td>52</td>
<td>52</td>
<td>32</td>
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<tr>
<td>Looking for partner</td>
<td>19</td>
<td>32</td>
<td>33</td>
<td>28</td>
</tr>
<tr>
<td>Female</td>
<td>10</td>
<td>21</td>
<td>34</td>
<td>48</td>
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<tr>
<td>Staying in contact</td>
<td>31</td>
<td>26</td>
<td>22</td>
<td>17</td>
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<td>Male</td>
<td>36</td>
<td>34</td>
<td>35</td>
<td>37</td>
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<tr>
<td>Reading erotica</td>
<td>42</td>
<td>31</td>
<td>30</td>
<td>24</td>
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<tr>
<td>Female</td>
<td>33</td>
<td>33</td>
<td>22</td>
<td>11</td>
</tr>
<tr>
<td>Viewing erotica</td>
<td>74</td>
<td>71</td>
<td>64</td>
<td>58</td>
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<tr>
<td>Male</td>
<td>25</td>
<td>25</td>
<td>15</td>
<td>5</td>
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<tr>
<td>Visiting contact sites</td>
<td>25</td>
<td>43</td>
<td>44</td>
<td>33</td>
</tr>
<tr>
<td>Female</td>
<td>11</td>
<td>30</td>
<td>43</td>
<td>63</td>
</tr>
<tr>
<td>Replying to sex ads</td>
<td>10</td>
<td>12</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>Male</td>
<td>1</td>
<td>6</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Chat with people with same interest</td>
<td>37</td>
<td>28</td>
<td>24</td>
<td>17</td>
</tr>
<tr>
<td>Female</td>
<td>32</td>
<td>31</td>
<td>34</td>
<td>34</td>
</tr>
<tr>
<td>Education/support</td>
<td>20</td>
<td>16</td>
<td>24</td>
<td>8</td>
</tr>
<tr>
<td>Male</td>
<td>33</td>
<td>24</td>
<td>13</td>
<td>5</td>
</tr>
<tr>
<td>Buying sex products</td>
<td>12</td>
<td>16</td>
<td>21</td>
<td>3</td>
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<tr>
<td>Female</td>
<td>13</td>
<td>21</td>
<td>16</td>
<td>3</td>
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<tr>
<td>Contacting prostitutes a)</td>
<td>2</td>
<td>2</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Male</td>
<td>2</td>
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<td>2</td>
<td>-</td>
</tr>
<tr>
<td>Other things</td>
<td>3</td>
<td>2</td>
<td>4</td>
<td>6</td>
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*a)* Not applicable
Present study: Experiences of Online Sexual Activities

- What activities are engaged in and how frequently?
- Are there any gender differences?
- Are there any country differences?
Unusual online sexual interests in heterosexual Swedish and Italian university students

F. Tripodi, S. Eleuteri, M. Giuliani, R. Rossi, S. Livi, I. Petruccelli, F. Petruccelli, K. Daneback, C. Simonelli

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University of Cassino and Southern Lazio, Cassino, Italy
University of Gothenburg, Gothenburg, Sweden

Available online 27 May 2015

KEYWORDS
Sexual interests; Cybersexuality; Internet sexual behaviour; Online sexual activities (OSA); Sexual addiction; Sexual arousal

Summary: Previous studies explain that the Internet makes it possible to explore various unusual desires with little embarrassment and often with the illusion of personal security. Despite the flourishing publications on the double link between sexuality and the Internet in the last decade, there are relatively few studies analyzing the contents of online erotic stimuli to specifically investigate unusual sexual interests.

Objective of the study: To examine cultural and gender differences in online sexual behavior and unusual sexual interests in online pornography reported by young adults recruited in Italy and Sweden, aiming to offer clinical considerations that could be useful when facing this issue in clinical practice.

Method: A survey was conducted with 847 Italian and Swedish heterosexual university students. They completed a set of measures including Internet Sex Screening Test, Sexual Addiction Screening Test. — Abbreviated and Unusual Online Sexual Interests Questionnaire.

Results: Men scored higher than women did on viewing and feeling excited by unusual sexual interests. Although the conditional effect of gender was statistically significant (P = 0.05) in both national contexts for the same scenes, the differences between males and females were greater in Italy than in Sweden. Swedish women appeared more curious about sexual contents than Italian ones, with no differences regarding excitement level.

Discussion and conclusions: Our results could help clinicians by offering information about the diffusion of some unusual online sexual interests and the “normality” of the Internet use for sexual purposes. It is very important that the clinicians have a specific knowledge on online

http://dx.doi.org/10.1016/j.aseed.2015.05.003
1158-1360 © 2015 Published by Elsevier Masson SAS.
Method and rationale for the present study

- Prior research suggest that there are some gender differences in experience of OSA
- Studies often use national samples
- Definitions of OSA often differs
- No study so far has compared OSA experiences on a country level using the same definition of OSA
- Participating countries: Sweden, Germany, Canada and USA
- Online questionnaire with skip patterns (10-15 minutes)
- Sample size: 2,690 respondents (Sweden=874, Germany=1021, Canada=516, USA=279)
- Gender distribution was 53.4% women and 46.6% men
- Mean age was 24.65 years
Inglehart Value Scale
(Present study 5-item scale, alpha= .79)
<table>
<thead>
<tr>
<th>OSA Areas</th>
<th>Online Sexual Activity</th>
<th>%</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Information</strong></td>
<td>Getting sexual information</td>
<td>89.8</td>
<td>1</td>
</tr>
<tr>
<td><strong>2. Entertainment</strong></td>
<td>Getting sexually stimulating material</td>
<td>76.5</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Posting self-created sexually stimulating material</td>
<td>6.8</td>
<td>8</td>
</tr>
<tr>
<td><strong>3. Sexual Contacts</strong></td>
<td>Having cybersex</td>
<td>30.8</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Finding offline sex partners</td>
<td>14.1</td>
<td>7</td>
</tr>
<tr>
<td><strong>4. Sexual Scenes</strong></td>
<td>Joining online communities for sex/gender minorities</td>
<td>14.2</td>
<td>6</td>
</tr>
<tr>
<td><strong>5. Sex Products</strong></td>
<td>Browsing for sexual products</td>
<td>48.5</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Buying sexual products</td>
<td>27.4</td>
<td>5</td>
</tr>
<tr>
<td><strong>6. Sex Work</strong></td>
<td>Paying for online sexual services</td>
<td>1.1</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>Offering online sexual services</td>
<td>0.5</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>Purchasing offline sexual services</td>
<td>1.0</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Advertising offline sexual services</td>
<td>0.9</td>
<td>11</td>
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</table>
### Prevalance & Intensity of Online Sexual Activities by Country and Gender (overall sample n=2,690): INFORMATION

<table>
<thead>
<tr>
<th>Online Sexual Activity</th>
<th>Prevalence %</th>
<th>Intensity M (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting sexual information</td>
<td>89.8</td>
<td>1.63 (1.50)</td>
</tr>
<tr>
<td><strong>Sweden</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>82.3</td>
<td>1.49 (1.61)</td>
</tr>
<tr>
<td>Female</td>
<td>86.5</td>
<td>1.17 (1.26)</td>
</tr>
<tr>
<td><strong>Germany</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>92.6</td>
<td>1.97 (1.71)</td>
</tr>
<tr>
<td>Female</td>
<td>94.9</td>
<td>1.34 (1.30)</td>
</tr>
<tr>
<td><strong>Canada</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>91.5</td>
<td>2.01 (1.34)</td>
</tr>
<tr>
<td>Female</td>
<td>92.2</td>
<td>1.75 (1.38)</td>
</tr>
<tr>
<td><strong>USA</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>87.8</td>
<td>2.06 (1.68)</td>
</tr>
<tr>
<td>Female</td>
<td>87.0</td>
<td>1.73 (1.35)</td>
</tr>
</tbody>
</table>

Intensity scale: 0=never, 1=less than once a month, 2=once month, 3=several times a month, 4=once a week, 5=several times a week, 6=daily
Prevalance & Intensity of Online Sexual Activities by Country and Gender (overall sample n=2,690): ENTERTAINMENT

<table>
<thead>
<tr>
<th>Online Sexual Activity</th>
<th>Prevalence %</th>
<th>Intensity M (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting sexually stimulating material</td>
<td>76.5</td>
<td>3.21 (2.02)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Country</th>
<th>Gender</th>
<th>Prevalence %</th>
<th>Intensity M (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweden</td>
<td>Male</td>
<td>91.7</td>
<td>3.94 (1.83)</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>53.4</td>
<td>1.76 (1.70)</td>
</tr>
<tr>
<td>Germany</td>
<td>Male</td>
<td>98.3</td>
<td>4.35 (1.54)</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>67.0</td>
<td>1.81 (1.62)</td>
</tr>
<tr>
<td>Canada</td>
<td>Male</td>
<td>94.4</td>
<td>4.26 (1.57)</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>66.4</td>
<td>2.12 (1.71)</td>
</tr>
<tr>
<td>USA</td>
<td>Male</td>
<td>91.4</td>
<td>4.49 (1.49)</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>64.5</td>
<td>2.32 (1.90)</td>
</tr>
</tbody>
</table>

Intensity scale: 0=never, 1=less than once a month, 2=once month, 3=several times a month, 4=once a week, 5=several times a week, 6=daily
## Prevalance & Intensity of Online Sexual Activities by Country and Gender (overall sample n=2,690): CYBERSEX

<table>
<thead>
<tr>
<th>Online Sexual Activity</th>
<th>Prevalence %</th>
<th>Intensity M (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Having cybersex</td>
<td>30.8</td>
<td>0.78 (1.35)</td>
</tr>
<tr>
<td><strong>Sweden</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>31.2</td>
<td>0.96 (1.64)</td>
</tr>
<tr>
<td>Female</td>
<td>30.6</td>
<td>0.33 (0.82)</td>
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<tr>
<td><strong>Germany</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>24.0</td>
<td>0.78 (1.30)</td>
</tr>
<tr>
<td>Female</td>
<td>27.2</td>
<td>0.53 (1.26)</td>
</tr>
<tr>
<td><strong>Canada</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>48.6</td>
<td>1.27 (1.54)</td>
</tr>
<tr>
<td>Female</td>
<td>35.5</td>
<td>1.02 (1.49)</td>
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<tr>
<td><strong>USA</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>42.0</td>
<td>1.22 (1.58)</td>
</tr>
<tr>
<td>Female</td>
<td>27.5</td>
<td>0.80 (1.23)</td>
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</table>

Intensity scale: 0=never, 1=less than once a month, 2=once month, 3=several times a month, 4=once a week, 5=several times a week, 6=daily
### Prevalance & Intensity of Online Sexual Activities by Country and Gender (overall sample n=2,690): SEXUAL PRODUCTS

<table>
<thead>
<tr>
<th>Online Sexual Activity</th>
<th>Prevalence %</th>
<th>Intensity M (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Browsing for sexual products</td>
<td>48.5</td>
<td>0.92 (1.12)</td>
</tr>
<tr>
<td>Sweden</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>50.6</td>
<td>0.80 (1.15)</td>
</tr>
<tr>
<td>Female</td>
<td>43.3</td>
<td>0.59 (0.91)</td>
</tr>
<tr>
<td>Germany</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>55.2</td>
<td>1.01 (1.14)</td>
</tr>
<tr>
<td>Female</td>
<td>56.9</td>
<td>0.90 (1.08)</td>
</tr>
<tr>
<td>Canada</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>41.1</td>
<td>1.25 (1.23)</td>
</tr>
<tr>
<td>Female</td>
<td>40.1</td>
<td>1.22 (1.25)</td>
</tr>
<tr>
<td>USA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>47.0</td>
<td>1.17 (1.39)</td>
</tr>
<tr>
<td>Female</td>
<td>43.0</td>
<td>0.97 (0.99)</td>
</tr>
</tbody>
</table>

Intensity scale: 0=never, 1=less than once a month, 2=once month, 3=several times a month, 4=once a week, 5=several times a week, 6=daily
Conclusions

1. **Online sexual activities quite prevalent but infrequent among university students:**
   highest prevalence for sexual information (90%), pornography (77%) and browsing for sexual products (49%) on the internet
   → internet’s impact on sexual health and sexual pleasure? 
   trend towards sexual liberalization / commercialization / pornographication?

2. Despite cultural differences **only small country differences** in online sexual activities between USA – Canada – Germany – Sweden
   → globalized student / net generation culture?

3. **Closing gender gaps in OSA,** especially regarding porn use and browsing for sexual merchandise
   → indication of sexual equality / empowerment?
Preliminary results from qualitative analyses (SWE) – negative outcomes

- Sometimes the pornography has been so arousing that I could not control my ejaculation, which may have resulted in very short intercourse with my girlfriend, or alternatively early ejaculation when masturbating.

- Sometimes I feel guilty because having watched online pornography, because I am doing it without my partner knowing anything about it.

- A couple of times I have gotten in conflict with persons I have had sexual relationships with because of misunderstandings or bad formulations on social media. I guess I have also been sick of myself in periods when I have felt addicted to so called ”sexually stimulating material” on the internet.

- I really don’t want to watch porn movies, It is really in contrast to my perception of women and moral (I am incredibly negative to the whole porn industry!). The result is that I feel very bad, but the alternative with complete abstinence (except for fantasy) feels even worse. Two equally bad things. I am also worried about the personal consequences it may have in the ”new surveillance society”.

- Before I met my current partner I was extremely scared because of what I looked like down there. Also I had not shaved between my legs. I was afraid he would think that I was disgusting. It feels terrible when I think about it, I really did not have anything to worry about. Think about what self-confidence these movies give young girls. I think porn can be arousing – but absolutely not when the woman is portrayed as submissive to the man.
Preliminary results from qualitative analyses (SWE) – positive outcomes

- I have been able to explore my own sexuality and as a result learnt more about myself, for example that I have bisexual tendencies when I from the beginning was certain that I was heterosexual.

- I’ve gotten information about sexually transmitted infections, birth control and general questions about intercourse and sexuality from the internet.

- My sexual activities on the internet primarily consists of looking at free porn clips, mostly on red tube, but also some clips on youtube. Sometimes I watch with my boyfriend, but mostly alone to become aroused. It is very difficult for me to have orgasm, especially with a partner, and having visual stimuli helps a lot. I prefer to watch alone, it feels to private to watch together with someone. Even if it is someone I love. It is also difficult to find the kind of porn that turns me on as a woman, it is mostly for men. I am quite picky, I want it to show that the woman enjoys it and that she does what she wants. But sometimes one finds good clips and then its fun. To masturbate as a woman is something you don’t talk about so much. When you see women who masturbate or enjoying sex, then it helps me to feel that it is ok to enjoy sex as a woman. I don’t feel as shy of my own body. Society still place pressure on young girls that they should be ”nice girls” and then you should preferably not feel lust or want to do sexual things with your body. Good porn movies can help breaking that taboo.
Results from preliminary qualitative analyses (SWE) – positive outcomes (cont’d)

- I have got a clearer picture of what really turns me on sexually. It provides me in some way with a general education about sexuality, as sexual education in school do not provide such things, and things you do not ask about as a teenager. And I don’t talk just about porn, but primarily by reading on various web fora.

- My online sexual activity (looking at sex toys) has given me increased lust and excitement in the moment, and has resulted in my partner buying a sex toy which in part has added a positive effect on my sexlife. But it has not influenced my life in general.

- I have learned to focus so I have learned to ”come” by watching porn, something I could not learn before, neither by myself or with partner. So now I can come without porn and it gives both me and my partner satisfaction.

- In my home country sex is forbidden. I use the internet to get good knowledge and to learn how sex works in the best way. Internet has helped me to understand my rights and obligations to my husband. Internet helps me to understand how he thinks, what he wants and helps me see the boundaries for good and disgusting. Internet is the best teacher for me so I don’t have to be ashamed or scared.
Theory of sexual scripts

- Biological, psychological, and socio-psychological development (socialization)

- Sexual socialization throughout life

- Script as a metaphor (what, when, where, whom, to what consequences)

- Sexual scripts on different levels (intrapsychic, interpersonal, cultural)

- The setting as mediator of sexual behavior

- Anonymity – different concept and meaning for different generations
Is it good or bad?

- OSA should not be framed negatively as most users report slightly positive outcomes in most areas of life.

- However – these are marginal effects and should not be overestimated.

- Even if we are living in a digital age, there are other factors offline that influence our lives.

- It is integrated in everyday life and should be integrated in research as well.
What we think about the future of sexuality in 2018
Smartphone VS Computer

= 

Phone

Mobility

Bluetooth

Photo

Medical Device

Geo localisation
Definition

- What is a mobile application?
  - A downloadable program (free or paying) used thanks to the operating system of the phone.
  - A software that can run on a mobile device such as a cell phone that will allow the device to perform specific tasks that are typically restricted to PCs.
Use of mobile apps

- Top of Apps categories according to audience (in US)

*Source: comScore MobileLens, 3 mon. avg. ending Dec-2011 vs. Dec-2010*
Identity, relationships, sexuality, and risky behaviors of adolescents in the context of social media

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KEYWORDS
Adolescent relationship; adolescent sexuality; social media; social networking; risky behavior

ABSTRACT
The use of social networking services (SNSs) has been reported as one of the favorite activities for adolescents. Over the past decade, SNSs have become one of the most important venues for connecting, communicating, and socializing, as well as identity-building and self-expression. Adolescence is the phase during which individuals construct a critical part in the process of constructing their sexual identity and gender. In the literature, it is suggested that SNSs have become venues for young people to construct and express themselves, and this can produce positive and negative effects. SNSs offer several opportunities for adolescents to explore their sexuality, and cybersex is often the first activity through which teenagers can explore their sexuality freely and without bias. SNS use inevitably affects and is related to adolescents' sexuality and relationships with peers, sometimes with increasing inclination to risk-taking attitudes and related behaviors. Therefore, our aim of this paper was to explore and address the way in which social media and SNSs are affecting and changing not only adolescent sexuality, but also the type of relationship adolescents establish in their first sexual experiences, including possible risky consequences like cyberbullying, sexting, revenge pornography, excessive use of the Internet, and risky sexual behaviors. Specifically, research will be discussed on the development and evolution of sexuality of adolescents and young adults, also illustrating the clinical consequences.

Introduction

Social media is the collective of online communication channels dedicated to community-based input, interaction, content sharing, and collaboration. They can be described as the future of communication, a countless array of Internet-based tools and platforms that increase and enhance the sharing of information. They now represent another place where people socialize, with online social networks being one of the most important venues for connecting, communicating, and socializing, as well as for identity-building and self-expression, and as the favorite activity for adolescents, alongside face-to-face communication with peers.
Sexual health in your hands: How the smartphone apps can improve your sexual wellbeing?

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Available online 22 May 2018

KEYWORDS
Smartphone; Apps; Sexual health; Internet sexuality; Online sexual activities (OSA); Sexual risk behaviors

Summary In recent years, the numbers of smartphone users has surged across the world and downloads of smartphone apps have grown significantly, with smartphone usage increased to 73% among American adolescents since 2013. The main goal of this article is to present a review of the literature focusing the use of smartphone applications to improve sexual health. Using a smartphone application to provide sexual health information, especially to younger populations, might aid in increasing awareness of sexual risk behaviors before sexual debut. Providing accurate, comprehensive, and up-to-date sexual health education materials through smartphones vs websites might improve their sexual health outcomes. However, there are few smartphone applications related to sexual and reproductive health that are available to users. Research has shown that 80% of Internet users in the United States search online for health information, and that young people are gathering health information using mobile devices with increasing frequency, including sexual health information. However, while new technologies, including smartphone apps, are used to facilitate health information seeking, health-related apps are infrequently downloaded and rarely used. This suggests that, to promote sexual health through smartphone apps, researchers could partner with app developers in order to integrate sexual health promotion interventions in popular sex-related or dating apps. However, it is evident that these apps provide novel opportunities to engage at-risk populations in sexual health.
Applications pour smartphones
Peuvent-elles être utiles pour l’éducation sexuelle, le counseling et la thérapie?

Stefano Gliuteri, Roberta Rossi, Francesca Tredòs, Aidele Fabrizi et Chiara Simonelli


Les dernières années, le nombre d’utilisateurs de smartphones a explosé dans le monde entier et les téléchargements d’applications pour ces téléphones ont considérablement augmenté. Le but de cet article est de présenter une revue de la littérature sur l’utilisation des applications de smartphones pendant la sexualité, comme pour faciliter le travail. Cet article pourrait aider les utilisateurs à utiliser les applications de smartphones pour faciliter leur travail. Il est très important que les cliniciens aient une connaissance spécifique des questions sexuelles en ligne, sinon ils peuvent être vulnérables aux stéréotypes et aux jugements.

Smartphone applications: useful for sex education, counseling and therapy?

In recent years, the number of smartphone users has exploded worldwide and downloads of applications for these phones have increased significantly. The purpose of this article is to present a review of the literature on the use of smartphone applications to improve sexual health, suggesting how they can be used in sex education, counseling and therapy, the use of smartphone applications to improve sexual health information, particularly to younger populations, could increase awareness of risky sexual behaviors before first sexual intercourse. This paper could help enlighten smartphone applications to facilitate their work. It is very important that clinicians have specific knowledge of online sexual issues, otherwise they may be vulnerable to stereotypes and judgments.

INTRODUCTION

Au cours des dernières années, un double fait s’est développé entre la sexualité et Internet: d’une part, de nouveaux médias représentent une nouvelle scène pour les pratiques sexuelles extrêmes; d’autre part, Internet affermit la possibilité de découvrir de nouveaux intérêts sexuels. Les progrès de la technologie mobile permettent l’accès à Internet par le biais de téléphones intelligents (smartphone). Ces dernières années, le nombre d’utilisateurs de ces appareils a explosé dans le monde entier et les téléchargements d’applications pour smartphones ont considérablement augmenté. L’utilisation des smartphones était passée à 75% chez les adolescents américains depuis 2013. Pour éclairer un exemple de ce qui se passe dans les pays occidentaux, plus de la moitié des adolescents aux États-Unis, en catégories de revenus confondus, possèdent un smartphone.

et près d’un tiers des utilisateurs ont déclaré avoir téléchargé au moins une application de sexe (sex)1. Les applications de smartphones intelligentes ont une nouvelle plateforme pour la discernement et la mise en réseau de l’information. Il est important que les utilisateurs peuvent facilement trouver des partenaires sexuelles géographiquement proches grâce au GPS. Deuxièmement, de nos jours, les gens ont tendance à toujours avoir leur smartphone sur eux. Les utilisateurs peuvent facilement accéder à un large éventail de partenaires sexuelles potentielles, n’importe quand et n’importe où, tant qu’ils portent leur smartphone. Troisièmement, contrairement aux sites de rencontre traditionnelles, qui peuvent nécessiter des frais d’abonnement, la plupart des applications de rencontres sont gratuites.

Le but de cet article est de présenter une revue de la littérature sur l’utilisation des applications de smartphones pour améliorer la santé sexuelle, en suggérant comment elles peuvent être utilisées dans l’éducation sexuelle, le counseling et la thérapie.

COMMENT UTILISER LES APPLICATIONS DANS L’ÉDUCATION ET LE CONSEIL SEXUELS?

Internet est devenu un outil important et facilement accessible pour explorer sa sexualité. La recherche empirique sur la sexualité sur Internet n’a cessé de croître depuis 1995. Le domaine le plus étudié à ce jour est celui de la consommation de pornographie sur Internet, qui a également la plus grande intensité d’utilisation par rapport aux autres domaines de la sexualité sur Internet, comme la santé sexuelle. Il faut trouver de nouvelles façons novatrices de fournir l’information sur la santé sexuelle pour mieux soutenir les clients. Ces dernières années, en raison de l’utilisation croissante des téléphones intelligents, des applications conçues pour fournir l’information et l’éducation en matière de santé sexuelle et de sexualité faciles d’accès sur le marché. Cependant, elles sont rarement téléchargées, ont un faible taux d’utilisation et sont peu susceptibles d’atteindre les groupes cibles. Une étude récente a révélé que 137 applications sexuelles étaient disponibles, dont seulement 12 (8.8%) étaient destinées à l’éducation et à l’information sexuelles.
Conclusion

**IMPICATIONS PRATIQUES**

- L'utilisation d'une application pour téléphone intelligent pour fournir de l'information sur la santé sexuelle, en particulier aux populations plus jeunes, pourrait aider à accroître la sensibilisation aux comportements sexuels à risque avant les premiers rapports sexuels.

- La mise au point d'une application pour téléphone intelligent pour l'éducation et le counseling en matière de santé sexuelle est faisable et pratique.

- Les sexologues peuvent utiliser les applications de rencontres pour aider les clients à sortir avec des gens, en particulier les clients des minorités sexuelles ou les personnes vivant dans les zones rurales, où les lieux de rencontres manquent ou sont rares.

- Les applications pour smartphone peuvent donner la possibilité aux clients de trouver un thérapeute sexuel près de chez eux.
HUMAN-ROBOT SEXUAL INTERACTION

A SYSTEMATIC REVIEW OF EVIDENCE-BASED LITERATURE

CHIARA BACCANELLI & STEFANO ELEUTERI
OUR REVIEW

14 studies

- CRITERIA
  - 1996-2019
  - English language
  - Online available evidence-based literature

- CONTRIBUTE
  - Mainly conceptual

PRISMA Statement
RESULTS
4 Thematic areas and interpretations

- WHAT PEOPLE KNOW ABOUT SEX ROBOTS?
- WHO WOULD HAVE SEX WITH A ROBOT?
- WHAT IS PEOPLE'S ATTITUDE TOWARDS SEXUAL HRI?
- WHAT WILL BE THE ROLE OF SEX ROBOTS?
WHAT PEOPLE KNOW ABOUT SEX ROBOT?

- 18% OF PEOPLE BELIEVE THAT SEX ROBOT WILL BE AVAILABLE IN 2030
  “Sex robot are here” but who knows?

- SEX, ETERONORMATIVITY, STEREOTYPIC GENDER ROLES
  What kind of media representations?

Huffington Post, 2013; N.Döring & S.Poeschl, 2019; “Sex robots are here” (L.Frank, 2018).
WHO WOULD HAVE SEX WITH A ROBOT?

- Attitude towards robots
- Otakuism
- Interest in science fiction
- Disgust sensitivity
- Gender
- Sexual fantasies and sensation seeking

WHAT IS PEOPLE'S ATTITUDE TOWARDS SEXUAL HRI?

- Robot as humans
- Intimacy
- Infidelity
- Masturbation
- Sex work
- Concerns about digital love

Samani et al., 2011; J.M. Szczucka & N.C. Krämer, 2017; J.Li et al., 2016; C.Edirisinghe et al., 2018; Samani et al., 2010; Huffington Post, 2013; A.Pope, 2018; M.Scheutz & T.Arnold, 2016; M.Koverola et al., 2018; Samani et al., 2012
WHAT WILL BE THE ROLE OF SEX ROBOTS?

ADVANTAGES
- Reduction of abuses
- Satisfy sex criminals
- Education
- Enrich sexual life
- Damage avoidance

DISADVANTAGES
- Values
- Impersonality
- Abuse
- Sex addiction

THANK YOU FOR ATTENTION