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

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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.

Identity

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.

Expression

Sexually Attracted to

- Nobody
- [Women/Females/Femininity]
- [Men/Males/Masculinity]

Romantically Attracted to

- Nobody
- [Women/Females/Femininity]
- [Men/Males/Masculinity]

For a bigger bite, read more at http://bit.ly/genderbread
Internet access 1997-2017
Daily internet usage by gender in Sweden 2016
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
Unusual online sexual interests in heterosexual Swedish and Italian university students

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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 behaviors 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...

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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 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.
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

Stefano Eleuteri, Valeria Saladino and Valeria Verrastro

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 biases. 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.
Applications pour smartphones
Peuvent-elles être utiles pour l'éducation sexuelle, le counseling et la thérapie?

Stefano Eleuteri, Roberta Rossi, Francesca Tripodi, Adele Fabrizi et Chiara Simonelli


Ces dernières années, le nombre d'utilisateurs de smartphones a explosé dans le monde entier et le téléchargement d'applications pour ces téléphones a considérablement augmenté. Le but de cet article est de présenter une revue de la littérature sur l'utilisation des applications intelligentes dans le domaine de la santé sexuelle, suggérant comment elles peuvent être utilisées dans l'éducation sexuelle, le counseling et la thérapie. Ce livre pourrait aider les sexologues à utiliser les applications des téléphones intelligents 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, counselling 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, counselling and therapy. The use of smartphone applications to provide sexual health information, particularly to younger populations, could increase awareness of risky sexual behaviors before first sexual intercourse. This article could help sexologists use 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 lien fort s’est développé entre la sexualité et internet: d’une part, ce nouveau média représentait une nouvelle scène pour les pratiques sexuelles existantes; d’autre part, internet offrait la possibilité de découvrir de nouveaux intérêts sexuels. Les progrès de la technologie mobile permettent l’accès à Internet grâce à la baisse de téléphones intelligents (smartphones). Ces dernières années, le nombre d’utilisateurs de ces appareils a explosé dans le monde entier et les applications pour smartphones ont considérablement augmenté. L’utilisation des smartphones est passée à 77% chez les adolescents américains depuis 2013. Pour donner un exemple de ce qui se passe dans les pays occidentaux, plus de la moitié des adultes aux États-Unis dans les catégories de revenus confondus, possèdent un smartphone.

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

Internet est devenu un moyen important et facilement accessible pour explorer sa sexualité. La recherche empirique sur la sexualité sur Internet n'a cessé de croître depuis 1993. 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 de l’information sur la santé sexuelle et internet peut jouer un rôle important dans les domaines qui nécessitent de l’interaction humaine. En raison de l’utilisation croissante des téléphones intelligents, des applications conçues pour fournir de l’information et de l’éducation en matière de santé sexuelle sont facilement accessibles sur le marché. Cependant, elles sont souvent 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

**IMPLICATIONS 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.