

## Problematic Internet Sexuality

**Chris Kraft, Ph.D.**

Sexual Behaviors Consultation Unit  
Johns Hopkins Medical Institution  
Baltimore, Maryland  
[ckraft@jhmi.edu](mailto:ckraft@jhmi.edu)  
410-616-7150

---

---

---

---

---

---

---

---

## He's Just Not That Into Anyone

New York Times Article  
Published Jan 30, 2011

- ▶ <http://nymag.com/print/?/news/features/70976/>
- ▶ Men more aroused by porn than partner which can lead to "faking" it.
- ▶ 25% admitted faking in one study.
- ▶ Increase in inhibited or delayed ejaculation problems.
- ▶ Dopamine - oxytocin combo released in the brain.
  - This bonding "love potion" can lead to bonding with porn rather than a partner.

---

---

---

---

---

---

---

---

## He's Just Not That Into Anyone

- ▶ "I wake up in the morning, open my favorite porn webpage which leads to Pandora's Box of visuals. There have been days when I saw over 300 vaginas before I got out of bed."
- ▶ "In order to get aroused enough to orgasm with my wife I play scenes I've seen while viewing porn. Something is lost in our intimacy. I'm no longer with my wife, I'm inside my own head."

---

---

---

---

---

---

---

---

## He's Just Not That Into Anyone

- › "It's like I've got this other woman...the other woman is porn."
- › Some woman feel the need to turn up the dial and mimic what happens in porn.

---

---

---

---

---

---

---

---

## Presentation Goals!

- › Describe various problematic online sexual activities.
- › Diagnose and/or define the problems.
- › Explore treatment modalities

---

---

---

---

---

---

---

---

## Size of the porn industry

- › \$57.0 billion world-wide
- › \$20 billion Escort services
- › \$12.0 billion US Adult videos
- › \$11 billion Magazines
- › \$7.5 billion Strip clubs
- › \$5 billion Phone sex
- › \$4.5 billion Cable/Pay per view
- › \$2.5 billion **Internet**
- › \$2.5 billion CD-Rom

---

---

---

---

---

---

---

---

## Escort Services

- › <http://amyswonderland.com/index.html>

---

---

---

---

---

---

---

---

## Statistics

- › 4.2 Million porn websites – 12% of total websites, but 60% of all web traffic.
- › 45 million users visit porn sites monthly. Most are free.
- › 70% of porn visits are from males; 30% from females.
- › 10% admit to Internet compulsion/addiction.

---

---

---

---

---

---

---

---

## Online Sex in the Workplace

- › 6 out of 100 employees reported that their primary method of accessing online sexual material was via their work computer.
- › 20% of men and 12% of women are using work computers for at least some portion of their online sexual activity.
- › Adult content sites are the fourth most visited category while at work.
- › 70% of all adult content traffic occurs during the 9-to-5 workday.

---

---

---

---

---

---

---

---

Three distinct profiles of online sexual users

**Recreational**

Aim to satisfy curiosity  
Occasionally experiment or gratify a sexual urge  
Search for specific sexual information.

47% of online users reported visiting Internet sexuality sites in a recreational way, less than one hour per week with no reported negative consequences.

---

---

---

---

---

---

---

---

Three distinct profiles of online sexual users

▸ **Compulsive Users**

- Exhibit sexually compulsive traits and experience negative consequences as a result.
- May have previously established patterns of unconventional sexual practices, porn use, multiple affairs, phone sex, frequenting prostitutes, or sex with several anonymous partners.

---

---

---

---

---

---

---

---

Three distinct profiles of online sexual users

▸ **At-risk Users**

- Online users without a prior history of sexual compulsivity.
- Currently experience some problems in their lives from online sexual pursuits since discovering the Internet.
- Might not have had difficulty with problematic sexual behavior if not for the Internet.

---

---

---

---

---

---

---

---

## Types of online activities

- ▶ Social Networking Sites
  - MySpace, Facebook Friendster
- ▶ Video Sharing
  - YouTube, Google Video, Skype
  - Photobucket, Flickr Shutterfly, Snapfish
- ▶ Instant Messengers
  - AIM, MSN, Yahoo, Google Talk
- ▶ Online Gaming
  - World of Warcraft, Runescape, EverQuest, Fantasy Sports

Smart phones – iPhones, Blackberry,  
Sexting

---

---

---

---

---

---

---

---

## Newer Technologies

- ▶ Social Bookmarking
  - Reddit.com
  - Stumbleupon.com
- ▶ Twitter
- ▶ Teledildonics
  - Highjoy.com
  - Realtouch.com
- ▶ Second Life

---

---

---

---

---

---

---

---

## Hiding, Deleting and Destroying

- File shredding
- Stealth surfing
- Renaming of files
- Anonymous surfing/emailing
  - [www.anonymizer.com](http://www.anonymizer.com)
- Workaround Webpages
  - [www.cexx.org](http://www.cexx.org)
- Removable media
  - Flash drives
- Remote storage

---

---

---

---

---

---

---

---

## Tech-Savvy

- › Those who are more tech-savvy can access and camouflage their behaviors.
- › Do you have enough knowledge and skill to manage a client who is more tech-savvy than you?
- › Do you need a consultant or supervisor who can assist with technology related issues of the case?

---

---

---

---

---

---

---

---

## Non contact interactions

- › My space – Face book
- › Chat rooms
- › Instant messaging
- › Emailing
- › Web Cams
- › Paraphilic activities
  - Voyeurism
  - Exhibitionism

---

---

---

---

---

---

---

---

## Contact interactions

- › Online dating
- › Cruising or hook up sites
- › Sex workers
- › Paraphilic activities
  - Transvestic Fetishism
  - BD/SM
  - Pedophilia

---

---

---

---

---

---

---

---

## Pedophiles Online

- › Exchange child pornography
- › Find children to engage in “cyber-sex” with
- › Can try to meet children FTF
- › Communicate with other pedophiles
  
- › What is child pornography?
  - Federal Statutes – under age 18
  - Visual depiction of sexually explicit conduct.
  - Focus is primarily on the genital area or child posed in sexually suggestive manner.

---

---

---

---

---

---

---

---

## Child Abuse Images

- › U.S. Customs Service estimates 100,000 child porn websites worldwide.
  
- › 20,000 new child porn images come online each week.
  
- › Child porn images are getting younger, and the abuse is more serious in nature.

---

---

---

---

---

---

---

---

## Advances in Technology

- › Actual Images: Live (webcam) and recorded digital photos or streaming video.
  
- › Morphed Images: Electronic manipulation of real human images (minor’s head on adult body).
  
- › Virtual Images: Electronic creation of digital images using no real humans.

---

---

---

---

---

---

---

---

## Commercial Aspect of Internet

- ▶ Adult pay websites
  - Still photos
  - X-rated videos
  - Live sex shows
  - Web cams
- ▶ Sexually related merchandise
  - <http://www.goodvibes.com>
- ▶ Exchange of sexual services
  - Escorts

---

---

---

---

---

---

---

---

## Sex Workers Online

- ▶ Sex workers can provide "virtual" meetings and sexual encounters.
- ▶ Internet can be a more sanitary and comfortable place to arrange an exchange of sex for money.
- ▶ Live sex shows can replace billion-dollar phone sex industry.
- ▶ <http://www.hotcams.com/>

---

---

---

---

---

---

---

---

## Triple-A-Engine

- ▶ Three factors that "turbocharge" online sexuality and make it attractive.
  - Accessibility (millions of sites 24/7)
  - Affordability (many free sites)
  - Anonymity

---

---

---

---

---

---

---

---

## Computer Mediated Relating

- ▶ Reduced role of physical attributes that play into the development of attraction:
  - Rapport building
  - Similarity
  - Mutual self-disclosing

---

---

---

---

---

---

---

---

## Computer Mediated Relating

- ▶ Erotic connections can stem from:
  - Pseudo intimacy
  - Projection of physical characteristics
- ▶ Safe environment to practice flirtation, different sex roles and personas

---

---

---

---

---

---

---

---

## Internet Infidelity

- ▶ Conflicts in relationships can lead to triangulation and the pursuits of online relationships.
- ▶ Partners in conflict within relationships may seek comfort, understanding, and sexual intimacy online instead of working out the conflict in their relationship.
- ▶ Relative ease of maintaining hidden communication and affairs.

---

---

---

---

---

---

---

---

## Compulsive Sexual Behavior (CSB)

Eli Coleman

- ▶ A disorder in which the individual experiences intense sexually arousing fantasies, urges, and associated sexual behaviors that are intrusive, driven, and repetitive.
  
- ▶ Individuals with this disorder are:
  - 1. Lacking in impulse control
  - 2. Often incur social and legal sanctions
  - 3. Cause interference in interpersonal and occupational functioning
  - 4. Create health risks

---

---

---

---

---

---

---

---

## Sexual Addiction

Patrick Carnes

- ▶ Abnormal sexual behaviors are a result of an addictive process much like alcoholism.
  
- ▶ The person has a pathological relationship to a sexual event or process, substituting it for a healthy relationship with others.
  
- ▶ Trauma history is causal of sex addiction.

---

---

---

---

---

---

---

---

## Sexual Addiction

Patrick Carnes

- ▶ Three levels of sexual addiction:
  - 1. Excessive masturbation, numerous heterosexual relationships, interest in pornography, relations with prostitutes, and homosexuality
  - 2. Exhibitionism, voyeurism, and obscene phone calls
  - 3. Child molestation, incest, and rape
  
- ▶ The addict moves from one level to the next in search of excitement and satisfaction.

---

---

---

---

---

---

---

---

## Sexual Addiction

› Four problems with the sexual addiction model:

- 1. Addiction requires physiological dependence on a chemical substance arising from habitual use.
- 2. Research fails to convincingly document sexual addiction as a clinical condition.

---

---

---

---

---

---

---

---

## Sexual Addiction

› Four problems with the sexual addiction model:

- 3. There is no sexual hierarchy that would suggest that masturbation leads to pornography, pornography to exhibitionism, and exhibitionism to rape.
- 4. The sexual addiction model is highly moralistic. Non procreative sex such as masturbation and same-sex sexual expression is considered symptomatic.

---

---

---

---

---

---

---

---

## Problem is:

- › We have no clear diagnostic criteria for compulsive/addictive sexual behaviors

---

---

---

---

---

---

---

---

## Different Theories

- ▶ Hypersexuality
  - An excessive, insatiable sex drive
- ▶ Love map pathology
- ▶ Psychosexual disorder
- ▶ Impulse control disorder
- ▶ Mood disorder

---

---

---

---

---

---

---

---

## Five Hallmarks of Sexual Compulsion

- ▶ 1. Denial
- ▶ 2. unsuccessful repeated efforts to discontinue the activity.
- ▶ 3. Excessive amounts of time dedicated to the activity.
- ▶ 4. Behavior has a negative impact on social occupational, and recreational functioning.
- ▶ 5. Repetition of behavior despite adverse consequences.

---

---

---

---

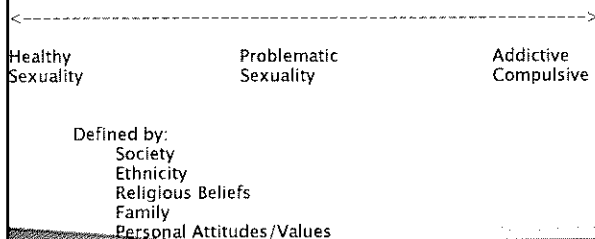
---

---

---

---

## Continuum of Compulsive Sexual Behavior



---

---

---

---

---

---

---

---

## Contributing Factors for CSB

- › Relationship problems
- › Low self-esteem
- › Anxiety
- › Stress
- › Depression
- › Identity and intimacy problems
- › Abuse or trauma
- › Psychiatric comorbidity

---

---

---

---

---

---

---

---

## Words of Caution

- › Danger of overpathologising
- › Distinguish between CSB and a conflict over values
- › Developmental process vs. CSB
- › Therapist bias and comfort levels

---

---

---

---

---

---

---

---

## Compulsive Sexual Behavior

- › Driven by anxiety reduction mechanisms rather than sexual desire.
- › Obsessive thoughts and compulsive behaviors reduce anxiety and distress, although they lead to a self-perpetuating cycle.

---

---

---

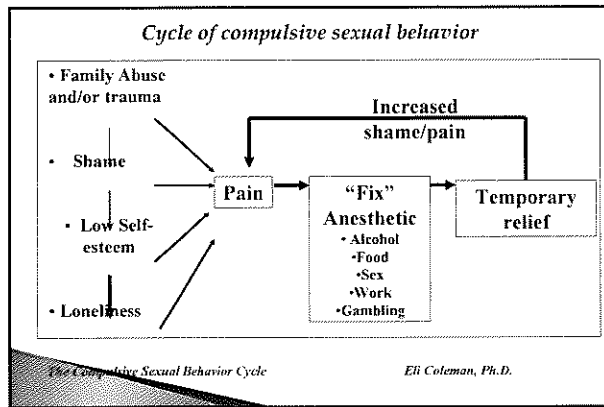
---

---

---

---

---




---

---

---

---

---

---

---

---

- ### Sexual Compulsivity
- ▶ Driven by Axis I features:
    - Mood disorders
    - Anxiety
    - Substance use
  - ▶ Driven by Axis II features:
    - Narcissistic
    - Avoidant
    - Schizoid
    - Antisocial
  - ▶ Or a combination of both

---

---

---

---

---

---

---

---

- ### Assessment Process
- ▶ History of presenting problem
  - ▶ Complete sex history
    - Family background
    - Family attitudes about sexuality
    - Sex education
    - Early sexual experiences
    - Masturbation and fantasies
    - Body/genital image
    - Relationship history and sexual functioning

---

---

---

---

---

---

---

---

### Assessment Process Cont.

- ▶ Traumatic experiences
- ▶ Health status
- ▶ Health history - traumas, illness, injury
- ▶ Prescribed medications
- ▶ Use of alcohol or other drugs
- ▶ Current psychosocial stressors
- ▶ Addiction/compulsion history
- ▶ Depression/anxiety history
- ▶ Personality assessment

---

---

---

---

---

---

---

---

### Internet Screening Questions

- ▶ On average how many hours per week are you online?
- ▶ How many hours have you engaged in Internet sex, including images, videos, webcam, sexual chats?
- ▶ Have you posted or traded any sexual material on or through the Internet? This would include self photos, photos of others, sexual stories, videos, audio clips, sexual blogs, sexual profiles.
- ▶ Have you ever viewed or downloaded child pornography or images of individual who appeared to be less than 18 years old?

---

---

---

---

---

---

---

---

### Internet Screening Questions

- ▶ Has your offline sexuality ever been impacted by your online sexual behaviors?
- ▶ Has there ever been a relationship between your masturbation and cybersex behaviors?
- ▶ Have you noticed a progression in your sexual risk taking behavior (on or offline) as a result of your cybersex behaviors?
- ▶ Have you ever experienced consequences or jeopardized important life areas (work, family, friends) as a result of your online sexual behaviors?
- ▶ Has your partner ever complained about your Internet sexual behaviors?

---

---

---

---

---

---

---

---

## Treatment

- Biological
- Psychological
- Relational/Social

---

---

---

---

---

---

---

---

## Pharmacotherapy

- Serotonergic antidepressants
  - Prozac (fluoxetine)
  - Zoloft (sertraline)
  - Paxil (paroxetine)
- Mood stabilizers
  - Tegretol (carbamazepine)
  - Depakote (valproic acid)
  - Lithium carbonate

---

---

---

---

---

---

---

---

## Internet Management

- Move computer
  - Use blocking/filtering software
- Monitor compulsive cycle and identify triggers
- Develop Internet health plan
- Create an abstinence/boundary contract
- Use Internet for treatment/recovery

---

---

---

---

---

---

---

---

## Accountability Management

- ▶ Find an accountability partner, sponsor, etc.
  - (not the spouse or partner)
- ▶ Find methods to be accountable for time spent on the Internet.
- ▶ Participate in group therapy or 12-step group
  - Sex Addicts Anonymous
  - Sexual Compulsives Anonymous
- ▶ Spouse or partner support
  - <http://www.cosa-recovery.org/>

---

---

---

---

---

---

---

---

## Relationship

- ▶ Stabilize conflict
- ▶ Individualized goals for treatment
- ▶ Re-establish trust and communication
- ▶ Re-focus conflict - delay rebuilding intimacy
  
- ▶ Has this couple grown apart?
- ▶ Should they still be married?
- ▶ What happened to their sex life?

---

---

---

---

---

---

---

---

## Group Psychotherapy

- ▶ Decrease in shame and alienation
  - "I'm not the only one."
- ▶ Support from group members
- ▶ Confrontation from group members
  - "It takes one to know one."
- ▶ Ongoing therapy group
  - "I learned from others."

---

---

---

---

---

---

---

---

## Sex Information Online

- ▶ Most often researched topic online is SEX
- ▶ Sexuality education is abundant online
  - Advice columns
  - Discussion groups
  - Web page
- ▶ <http://kinseyconfidential.org/>

---

---

---

---

---

---

---

---

## Problematic Internet Sexuality

**Chris Kraft, Ph.D.**  
Sexual Behaviors Consultation Unit  
Johns Hopkins Medical Institution  
Baltimore, Maryland  
[ckraft@jhmi.edu](mailto:ckraft@jhmi.edu)  
410-616-7150

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---