

Zwanghafte sexuelle Verhaltensstörung als neue ICD-11-Diagnose: Diagnostik und Psychotherapie

Charlotte Markert, Sarah Golder & Rudolf Stark

- American Psychiatric Association (Hrsg.). (2013). *Diagnostic and statistical manual of mental disorders* (5. Aufl.). Arlington VA: Author.
- Ballester-Arnal, R., Castro-Calvo, J., Giménez-García, C., Gil-Juliá, B. & Gil-Llario, M. D. (2020). Psychiatric comorbidity in compulsive sexual behavior disorder (CSBD). *Addictive Behaviors*, 107, 106384.
- Baranowski, A. M., Vogl, R. & Stark, R. (2019). Prevalence and Determinants of Problematic Online Pornography Use in a Sample of German Women. *The Journal of Sexual Medicine*, 16 (8), 1274–1282.
- Barth, R. J. & Kinder, B. N. (1987). The mislabeling of sexual impulsivity. *Journal of Sex & Marital Therapy*, 13(1), 15–23.
- Bóthe, B., Baumgartner, C., Schaub, M. P., Demetrovics, Z. & Orosz, G. (2021). Hands-off: Feasibility and preliminary results of a two-armed randomized controlled trial of a web-based self-help tool to reduce problematic pornography use. *Journal of Behavioral Addictions*.
- Bóthe, B., Koós, M., Tóth-Király, I., Orosz, G. & Demetrovics, Z. (2019). Investigating the Associations Of Adult ADHD Symptoms, Hypersexuality, and Problematic Pornography Use Among Men and Women on a Largescale, Non-Clinical Sample. *The Journal of Sexual Medicine*, 16(4), 489–499.
- Bóthe, B., Potenza, M. N., Griffiths, M. D., Kraus, S. W., Klein, V., Fuss, J. et al. (2020). The development of the Compulsive Sexual Behavior Disorder Scale (CSBD-19): An ICD-11 based screening measure across three languages. *Journal of Behavioral Addictions*, 9 (2), 247–258.
- Bóthe, B., Tóth-Király, I., Demetrovics, Z. & Orosz, G. (2021). The Short Version of the Problematic Pornography Consumption Scale (PPCS-6): A Reliable and Valid Measure in General and Treatment-Seeking Populations. *Journal of Sex Research*, 58(3), 342–352.
- Bóthe, B., Tóth-Király, I., Zsila, Á., Griffiths, M. D., Demetrovics, Z. & Orosz, G. (2018). The Development of the Problematic Pornography Consumption Scale (PPCS). *Journal of Sex Research*, 55(3), 395–406.
- Brand, M., Rumpf, H.-J., Demetrovics, Z., Müller, A., Stark, R., King, D. L. et al. (2020). Which conditions should be considered as disorders in the International Classification of Diseases (ICD-11) designation of "other specified disorders due to addictive behaviors"? *Journal of Behavioral Addictions*.
- Brand, M., Snagowski, J., Laier, C. & Maderwald, S. (2016). Ventral striatum activity when watching preferred pornographic pictures is correlated with symptoms of Internet pornography addiction. *NeuroImage*, 129, 224–232.
- Brand, M., Wegmann, E., Stark, R., Müller, A., Wölfling, K., Robbins, T. W. et al. (2019). The Interaction of Person-Affect-Cognition-Execution (I-PACE) model for addictive behaviors: Update, generalization to addictive behaviors beyond internet-use disorders, and specification of the process character of addictive behaviors. *Neuroscience and Biobehavioral Reviews*, 104, 1–10.
- Brand, M., Young, K. S., Laier, C., Wölfling, K. & Potenza, M. N. (2016). Integrating psychological and neurobiological considerations regarding the development and maintenance of specific

- Internet-use disorders: An Interaction of Person-Affect-Cognition-Execution (I-PACE) model. *Neuroscience and Biobehavioral Reviews*, 71, 252–266.
- Briken, P. & Basdekis-Jozsa, R. (2010). Sexuelle Sucht? Wenn sexuelles Verhalten außer Kontrolle gerät [Sexual addiction? When sexual behavior gets out of control]. *Bundesgesundheitsblatt, Gesundheitsforschung, Gesundheitsschutz*, 53 (4), 313–318.
- Carnes, P. (1983). *Out of the shadows: Understanding sexual addiction*. Minneapolis: CompCare.
- Cooper, A. (1998). Sexuality and the Internet: Surfing into the New Millennium. *CyberPsychology & Behavior*, 1 (2), 187–193.
- Coleman, E. (1991). Compulsive sexual behavior: new concepts and treatments. *Journal of Psychology and Human Sexuality*, 4, 37–52.
- Cooper, A., Scherer, C. R., Boies, S. C. & Gordon, B. L. (1999). Sexuality on the Internet: From sexual exploration to pathological expression. *Professional Psychology: Research and Practice*, 30 (2), 154–164.
- Crosby, J. M. & Twohig, M. P. (2016). Acceptance and Commitment Therapy for Problematic Internet Pornography Use: A Randomized Trial. *Behavior Therapy*, 47 (3), 355–366.
- Dickenson, J. A., Gleason, N., Coleman, E. & Miner, M. H. (2018). Prevalence of Distress Associated With Difficulty Controlling Sexual Urges, Feelings, and Behaviors in the United States. *JAMA Network Open*, 1 (7), e184468.
- Efrati, Y. & Gola, M. (2018). Compulsive sexual behavior: A twelve-step therapeutic approach. *Journal of Behavioral Addictions*, 7 (2), 445–453.
- Engel, J., Veit, M., Sinke, C., Heitland, I., Kneer, J., Hillemacher, T. et al. (2019). Same Same but Different: A Clinical Characterization of Men with Hypersexual Disorder in the Sex@Brain Study. *Journal of Clinical Medicine*, 8 (2).
- Everitt, B. J. & Robbins, T. W. (2016). Drug Addiction: Updating Actions to Habits to Compulsions Ten Years On. *Annual Review of Psychology*, 67, 23–50.
- Gola, M., Wordecha, M., Sescousse, G., Lew-Starowicz, M., Kossowski, B., Wypych, M. et al. (2017). Can Pornography be Addictive? An fMRI Study of Men Seeking Treatment for Problematic Pornography Use. *Neuropsychopharmacology : Official Publication of the American College of Neuropsychopharmacology*, 42(10), 2021–2031.
- Goldstein, R. Z. & Volkow, N. D. (2011). Dysfunction of the prefrontal cortex in addiction: neuroimaging findings and clinical implications. *Nature Reviews. Neuroscience*, 12 (11), 652–669.
- Grubbs, J. B. & Gola, M. (2019). Is Pornography Use Related to Erectile Functioning? Results From Cross-Sectional and Latent Growth Curve Analyses. *The Journal of Sexual Medicine*, 16 (1), 111–125.
- Grubbs, J. B., Kraus, S. W. & Perry, S. L. (2019). Self-reported addiction to pornography in a nationally representative sample: The roles of use habits, religiousness, and moral incongruence. *Journal of Behavioral Addictions*, 8 (1), 88–93.
- Hallberg, J., Kaldo, V., Arver, S., Dhejne, C., Jokinen, J. & Öberg, K. G. (2019). A Randomized Controlled Study of Group-Administered Cognitive Behavioral Therapy for Hypersexual Disorder in Men. *The Journal of Sexual Medicine*, 16 (5), 733–745.
- Kafka, M. P. (2010). Hypersexual Disorder: A Proposed Diagnosis for DSM-V. *Archives of Sexual Behavior*, 39 (2), 377–400.
- Kafka, M. P. (2014). What happened to hypersexual disorder? *Archives of Sexual Behavior*, 43 (7), 1259–1261.

- Kafka, M. P. (2015). DSM-IV Axis I Psychopathology in Males with Non-Paraphilic Hypersexual Disorder. *Current Addiction Reports*, 2 (3), 202–206.
- Karaca, S., Saleh, A., Canan, F. & Potenza, M. N. (2017). Comorbidity between Behavioral Addictions and Attention Deficit/Hyperactivity Disorder: Systematic Review. *International Journal of Mental Health and Addiction*, 15 (3), 701–724.
- Klontz, B. T., Garos, S. & Klontz, P. T. (2005). The Effectiveness of Brief Multimodal Experiential Therapy in the Treatment of Sexual Addiction. *Sexual Addiction & Compulsivity*, 12 (4), 275–294.
- Klucken, T., Wehrum-Osinsky, S., Schweckendiek, J., Kruse, O. & Stark, R. (2016). Altered Appetitive Conditioning and Neural Connectivity in Subjects With Compulsive Sexual Behavior. *The Journal of Sexual Medicine*, 13 (4), 627–636.
- Kor, A., Fogel, Y., Reid, R. C. & Potenza, M. N. (2013). Should Hypersexual Disorder be Classified as an Addiction? *Sexual Addiction & Compulsivity*, 20 (1-2).
- Kowalewska, E., Gola, M., Kraus, S. W. & Lew-Starowicz, M. (2020). Spotlight on Compulsive Sexual Behavior Disorder: A Systematic Review of Research on Women. *Neuropsychiatric Disease and Treatment*, 16, 2025–2043.
- Krafft-Ebing, R. (1893). *Psychopathia sexualis. Mit besonderer Berücksichtigung der conträren Sexualempfindung: eine klinisch-forensische Studie.* Enke.
- Kraus, S. W., Voon, V. & Potenza, M. N. (2016). Should compulsive sexual behavior be considered an addiction? *Addiction (Abingdon, England)*, 111 (12), 2097–2106.
- Laier, C., Pawlikowski, M., Pekal, J., Schulte, F. P. & Brand, M. (2013). Cybersex addiction: Experienced sexual arousal when watching pornography and not real-life sexual contacts makes the difference. *Journal of Behavioral Addictions*, 2 (2), 100–107.
- Levin, M. E., Heninger, S. T., Pierce, B. G. & Twohig, M. P. (2017). Examining the Feasibility of Acceptance and Commitment Therapy Self-Help for Problematic Pornography Viewing. *The Family Journal*, 25 (4), 306–312.
- Lewczuk, K., Lesniak, J., Lew-Starowicz, M. & Gola, M. (2021). Variability of Pornographic Content Consumed and Longest Session of Pornography Use Associated With Treatment Seeking and Problematic Sexual Behavior Symptoms. *Sexual Medicine*, 9 (1), 100276.
- Linehan, M. (1996). *Trainingsmanual zur Dialektisch-Behavioralen Therapie der Borderline-Persönlichkeitsstörung.* München: CIP-Medien.
- Mann, K. (2014). *Verhaltenssuchte. Grundlagen, Diagnostik, Therapie, Prävention.* Berlin: Springer.
- Nathanson, A. (2021). Psychotherapy with Young People Addicted to Internet Pornography. *The Psychoanalytic Study of the Child*, 74 (1), 160–173.
- Orzack, M. H. & Ross, C. J. (2000). Should Virtual Sex Be Treated Like Other Sex Addictions? *Sexual Addiction & Compulsivity*, 7 (1-2), 113–125.
- Pawlikowski, M., Altstötter-Gleich, C. & Brand, M. (2013). Validation and psychometric properties of a short version of Young's Internet Addiction Test. *Computers in Human Behavior*, 29 (3), 1212–1223.
- Raymond, N. C., Grant, J. E. & Coleman, E. (2010). Augmentation with naltrexone to treat compulsive sexual behavior: a case series. *Annals of Clinical Psychiatry: Official Journal of the American Academy of Clinical Psychiatrists*, 22 (1), 56–62.
- Reid, R. C., Carpenter, B. N., Hook, J. N., Garos, S., Manning, J. C., Gilliland, R. et al. (2012). Report of findings in a DSM-5 field trial for hypersexual disorder. *The Journal of Sexual Medicine*, 9 (11), 2868–2877.

- Reid, R. C., Garos, S. & Carpenter, B. N. (2011). Reliability, Validity, and Psychometric Development of the Hypersexual Behavior Inventory in an Outpatient Sample of Men. *Sexual Addiction & Compulsivity*, 18 (1), 30–51.
- Reid, R. C. & Meyer, M. D. (2016). Substance Use Disorders in Hypersexual Adults. *Current Addiction Reports*, 3 (4), 400–405.
- Rissel, C., Richters, J., Visser, R. O. de, McKee, A., Yeung, A. & Caruana, T. (2017). A Profile of Pornography Users in Australia: Findings From the Second Australian Study of Health and Relationships. *Journal of Sex Research*, 54 (2), 227–240.
- Robinson, T. E. & Berridge, K. C. (1993). The neural basis of drug craving: An incentive-sensitization theory of addiction. *Brain Research Reviews*, 18 (3), 247–291.
- Ross, M. W., Månsson, S.-A. & Daneback, K. (2012). Prevalence, severity, and correlates of problematic sexual Internet use in Swedish men and women. *Archives of Sexual Behavior*, 41 (2), 459–466.
- Rush, B. (1812). *Medical Inquiries and Observations, Upon the Diseases of the Mind*. Kimber & Richardson, no. 237, Market street. Merritt, printer, no. 9, Watkin's alley.
- Sniewski, L., Krägeloh, C., Farvid, P. & Carter, P. (2020). Meditation as an intervention for men with self-perceived problematic pornography use: A series of single case studies. *Current Psychology*, 7 (3), 230.
- Stark, R. (2020). *Ratgeber Sexuelle Sucht. Informationen für Betroffene und Angehörige (Ratgeber zur Reihe Fortschritte der Psychotherapie, Band 44)*. Göttingen: Hogrefe.
- Stark, R., Klucken, T., Potenza, M. N., Brand, M. & Strahler, J. (2018). A Current Understanding of the Behavioral Neuroscience of Compulsive Sexual Behavior Disorder and Problematic Pornography Use. *Current Behavioral Neuroscience Reports*, 5 (4), 218–231.
- Stark, R., Kruse, O., Snagowski, J., Brand, M., Walter, B., Klucken, T. et al. (2017). Predictors for (Problematic) Use of Internet Sexually Explicit Material: Role of Trait Sexual Motivation and Implicit Approach Tendencies Towards Sexually Explicit Material. *Sexual Addiction & Compulsivity*, 24 (3), 180–202.
- Stark, R. & Wehrum-Osinsky, S. (2016). *Sexuelle Sucht (Fortschritte der Psychotherapie, Bd. 63)*. Göttingen: Hogrefe.
- Wainberg, M. L., Muench, F., Morgenstern, J., Hollander, E., Irwin, T. W., Parsons, J. T. et al. (2006). A double-blind study of citalopram versus placebo in the treatment of compulsive sexual behaviors in gay and bisexual men. *The Journal of Clinical Psychiatry*, 67 (12), 1968–1973.
- Wéry, A., Vogelaere, K., Challet-Bouju, G., Poudat, F.-X., Caillon, J., Lever, D. et al. (2016). Characteristics of self-identified sexual addicts in a behavioral addiction outpatient clinic. *Journal of Behavioral Addictions*, 5 (4), 623–630.
- World Health Organization. (2019). ICD-11 for Mortality and Morbidity Statistics: 6C72 Compulsive Sexual Behavior Disorder. Verfügbar unter: <https://icd.who.int/browse11/l-m/en#/http%3a%2f%2fid.who.int%2fid%2fentfenty%2f1630268048> (02.12.2021).