

Compulsive Sexual Behavior Disorder (CSBD) is a condition where individuals struggle to control intense sexual impulses, leading to repetitive sexual behaviors. Its recognition in the 11th edition of the International Classification of Diseases (ICD-11) is a significant step forward. However, debates continue about its classification and underlying causes. While this acknowledgment may improve access to healthcare and treatments, it also exposes gaps in previous research, especially regarding gender and sexual orientation. Most studies on CSBD have centered on non-clinical samples of heterosexual men, creating notable gaps in our understanding of gender-specific risk factors, symptom severity, diagnostic criteria, and treatment approaches. Furthermore, there is limited comprehension of societal awareness, perceptions, and possible stigma related to CSBD, along with factors influencing individuals' decisions to seek treatment for the disorder.

The main objective of this project is to compare CSBD symptoms between genders, examine its link with other mental health conditions, and identify factors related to help-seeking for CSBD.

The specific aims include:

1. Investigating society's perception and understanding of CSBD.
2. Identifying gender-specific profiles of CSBD based on symptoms and comorbidity with other psychiatric conditions.
3. Identifying factors motivating people to seek treatment and barriers to seeking help for CSBD.
4. Determining effective methods to encourage individuals to participate in research on CSBD.

The project will conduct three studies:

Study 1 will involve an online survey with 2401 individuals from a representative sample of the Polish population. The goal is to gather comprehensive data on various aspects related to CSBD, including awareness, perceptions, stigmas, and treatment availability. This will provide a detailed understanding of the societal landscape surrounding CSBD in Poland.

Study 2 will include 1000 individuals who are actively seeking treatment for CSBD. Participants will be asked to complete a comprehensive set of psychological questionnaires covering diverse domains such as CSBD symptoms, sexual functioning, depression, anxiety, impulsivity, and comorbid conditions. The aim is to identify gender-specific profiles of CSBD and explore factors related to seeking help for the disorder.

Study 3 will employ a field-trial study design, conducting semi-structured interviews with individuals experiencing high CSBD symptoms severity. The objective is to deepen the understanding of the co-occurrence of CSBD with other psychiatric disorders and its impact on important areas of functioning. Additionally, this phase will analyze motivations and barriers to seeking help for CSBD, providing valuable insights for encouraging participation in CSBD research.

This project represents a significant leap forward in our understanding of CSBD and its societal implications. By investigating public attitudes and beliefs, it will uncover the norms and potentially existing stigmas surrounding CSBD, facilitating tailored education programs. Moreover, the identification of gender-specific CSBD profiles will improve diagnosis and treatment approaches. Understanding factors like stigma and accessibility will enhance access to care, while the development of effective research participation methods will ensure higher-quality and more inclusive findings. Overall, these efforts will lead to better-targeted interventions for individuals affected by CSBD, advancing both diagnosis and support.