

Evaluation of the counseling service for youth with
compulsive sexual behaviors and sexual offences:
Implications for practice and research

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Sexual Compulsivity

- Sexual Compulsivity is defined as a propensity to experience sexual disinhibition and under-controlled sexual impulses and behaviors as self-identified by individuals (Kalichman & Cain, 2004).
- Compulsive sexual behavior (CSB) is a disorder that a person has an excessive fantasies, lusts, associations and connections sexually (Coleman, Miner, & Raymond, 2001).
- Sexual addiction is a pattern of sexual behavior that is initially pleasurable but becomes unfulfilling, self-destructive, and that a person is unable to stop (Sussman, 2007).

Sexual Compulsivity

- “Addiction” is generally constructed by social values that involves moral judgments. Existential approach, on the other hand, encourages therapists to see the client’s experience with an open-minded perspective and limit themselves to jump into conclusions if they want to learn more about the client’s internal voice and the actual states of things they really are (Wurm, 2003).

Objectives of the Evaluation Study

1. To assess the effectiveness of casework service in terms of the following indicators:
 - o Self-esteem
 - o Self-efficacy
 - o Sexual self-concept
 - o Cognitive outcomes of sexual behavior
 - o Sexual compulsivity
 - o Sexual behaviors (frequency of accessing pornographic materials, frequency of engaging in premarital sex, frequency of having voyeuristic behaviors, frequency of other sexual offensive behaviors, frequency of engaging in paid sex, etc.)

Objectives of the Evaluation Study

2. To assess the effectiveness of group work service in terms of the following indicators:

- o Meaning in life
- o Loneliness
- o Perceived social support
- o Compulsive sexual behavior
- o Sexual daydreaming
- o Sexual behavior (frequency of accessing pornographic materials, frequency of engaging in premarital sex, frequency of having voyeuristic behaviors, frequency of other sexually offensive behaviors, frequency of engaging in paid sex, etc.)

Objectives of the Evaluation Study

3. Developmental programs for students:

- o Satisfaction with the program
- o Satisfaction with the trainer
- o Perceived helpfulness of the program

4. Parent support group

- o Satisfaction with the group
- o Satisfaction with the trainer
- o Communication with children about sexuality
- o Enhancement of sexual knowledge

Objectives of the Evaluation Study

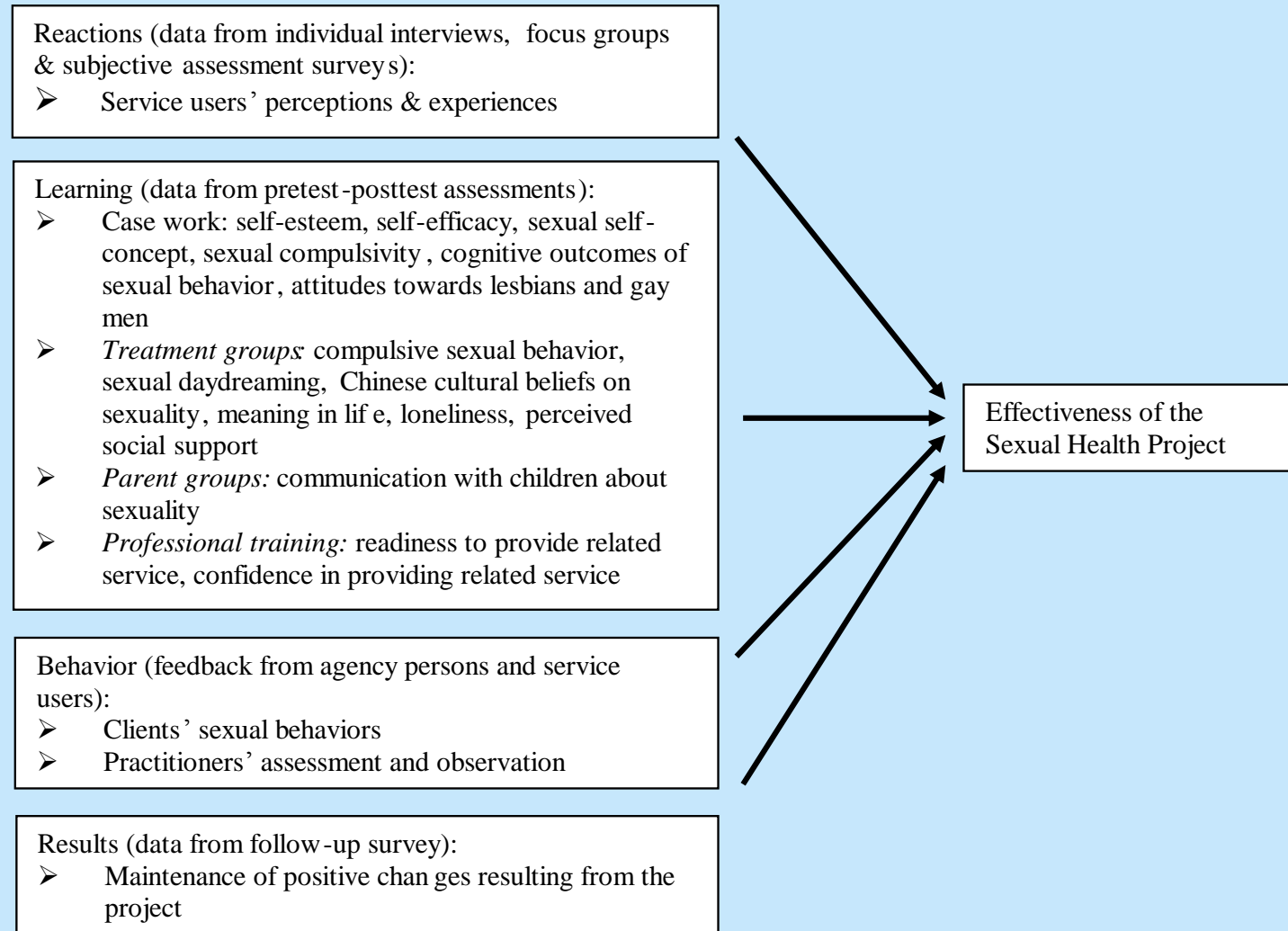
5. Professional training

- o Satisfaction with the training program
- o Satisfaction with the trainer
- o The trainees' readiness to provide related services
- o The trainees' confidence in providing related services

Objectives of the Evaluation Study

6. To examine the perceptions and experiences of the participants (service users, group members, parents, trainees, etc.) in the project.
7. To evaluate the sustainability of the program model for young people having compulsive sexual behaviors and explore its applicability to adolescents in face of different sexual needs and issues.

Evaluation Framework (Kirkpatrick 1979)



Evaluation Framework

- Humanistic-existential approach to youth sexual development (Parrish, Stanard, & Cobia, 2008)
- Hattie (1992) pointed out that our conceptions of self are cognitive appraisals, expressed in terms of expectations, descriptions, and prescriptions, integrated across various dimensions that we attribute to ourselves.
- Sexual self-concept is considered a multidimensional construct that refers to an individual's positive and negative perceptions and feelings about himself or herself as a sexual being (Rostosky, Dekhtyar, Cupp, & Anderman, 2008; Snell & Papini, 1989).

Evaluation Framework

- Previous research indicated that sexual self-concept was significantly negatively associated with sexual risk-taking behavior (Breakwell & Millward, 1997, Buzwell & Rosenthal, 1996; Hensel et al., 2011; Pai & Lee, 2012; Pai, Lee, & Yen, 2011; Winter, 1988).
- Sexual self-concept was predicted to be negatively associated with sexual compulsivity.

Measures

- Self-esteem:
 - It was measured by the 10-item Rosenberg Self-esteem Scale (Rosenberg, 1962; Shek, 1992). Each item was rated on a 6-point scale ranging from 1 (strongly disagree) to 6 (strong agree). Higher scores indicate a more positive global evaluation over oneself (e.g., On the whole I am satisfied with myself).
- Self-efficacy:
 - It was measured by the 7-item Self-Efficacy Scale (Shek et al., 2008). Each item was rated on a 6-point scale ranging from 1 (strongly disagree) to 6 (strong agree). Higher scores indicate a stronger belief in one's competence in achieving goals (e.g., I am unable to make changes to many important events in my life).

Measures

- Sexual Compulsivity:
 - It was measured by the 10-item Sexual Compulsivity Scale (Kalichman & Rompa, 2001; To, Ngai, & Lu Kan, 2012). Each item was rated on a 4-point scale ranging from 1 (Not at all like me) to 4 (Very much like me). Higher scores indicate higher chance of experiencing sexual compulsivity (e.g., My sexual thoughts and behaviors are causing problems in my life).
- Cognitive Outcomes of Sexual Behaviors:
 - It was measured by the 20-item cognitive outcomes components of the Cognitive and Behavioral Outcomes of Sexual Behavior Scale (McBride, Reece, & Sanders, 2008). Each item was rated on a 4-point scale ranging from 1 (Never) to 4 (Always). Higher scores indicate greater negative cognitive outcomes of one's sexual behavior (e.g., I am worried that the things I have done sexually might have placed me at risk of being arrested).

Measures

- Sexual Consciousness:
 - It was measured by a 5-item subscale of the Multidimensional Sexual Self-Concept Questionnaire (Snell & Papini, 1989). Each item was rated on a 5-point scale ranging from 1 (Not at all characteristic of me) to 5 (Very characteristic of me). Higher scores indicate a greater tendency to think and reflect about the nature of one's own sexuality (e.g., I am very aware of my sexual feelings and needs).
- Sexual Problem Self-blame:
 - It was measured by a 5-item subscale of the Multidimensional Sexual Self-Concept Questionnaire (Snell & Papini, 1989). Each item was rated on a 5-point scale ranging from 1 (Not at all characteristic of me) to 5 (Very characteristic of me). Higher scores indicate a greater tendency to blame oneself when the sexual aspects of one's life are unhealthy, negative, or undesirable in nature (e.g., I would be to blame if the sexual aspects of my life were not going very well).

Measures

- Sexual Esteem:

- It was measured by a 5-item subscale of the Multidimensional Sexual Self-Concept Questionnaire (Snell & Papini, 1989). Each item was rated on a 5-point scale ranging from 1 (Not at all characteristic of me) to 5 (Very characteristic of me). Higher scores indicate a greater tendency to positively evaluate one's own capacity to engage in healthy sexual behaviors and to experience one's sexuality in a satisfying and enjoyable way (e.g., I feel good about the way I express my own sexual needs and desires).

- Sexual Satisfaction:

- It was measured by a 5-item subscale of the Multidimensional Sexual Self-Concept Questionnaire (Snell & Papini, 1989). Each item was rated on a 5-point scale ranging from 1 (Not at all characteristic of me) to 5 (Very characteristic of me). Higher scores indicate a greater tendency to be highly satisfied with the sexual aspects of one's life (I am satisfied with the way my sexual needs are currently being met).

Measures

- Sexual Depression:
 - It was measured by a 5-item subscale of the Multidimensional Sexual Self-Concept Questionnaire (Snell & Papini, 1989). Each item was rated on a 5-point scale ranging from 1 (Not at all characteristic of me) to 5 (Very characteristic of me). Higher scores indicate greater tendency to experience feelings of sadness, unhappiness, and depression regarding one's sex life (e.g., I am depressed about the sexual aspects of my life).

Measures

Scale	Cronbach's Alpha	Number of Items
Self-esteem	.88	10
Self-efficacy	.76	7
Sexual Compulsivity	.94	10
Cognitive Outcomes of Sexual Behaviors	.89	20
Sexual Consciousness	.73	5
Sexual Problem Self-blame	.89	5
Sexual Esteem	.78	5
Sexual Satisfaction	.87	5
Sexual Depression	.90	5

Results: Background information

Gender		
	Frequency	Percentage (%)
Male	78	91.76
Female	9	8.24
Age		
11-13	11	12.94
14-16	30	35.29
17-19	20	23.53
20-22	13	15.29
23-25	11	12.94
Education Level		
Primary or Below	3	3.41
Junior Secondary	36	40.91
Senior Secondary	32	36.36
Diploma /Associate Degree	8	9.09
Bachelor Degree	9	10.23
Frequency of Religious Activities		
Never	29	32.95
Seldom	32	36.36
Sometimes	19	21.59
Often	8	9.1

Results: Background information

Involved Sexual Offences (by record)		
	Frequency	Percentage (%)
No	45	45
Yes	55	55
Convicted Sexual Offences (by record)		
No	70	70
Yes	30	30
Voluntary Participation (by practitioners' assessment)		
No	48	48
Yes	52	52

Results: All cases

Comparisons between pre- and post-test results (n=36)				
Indicator	Range of scale	Pre-test mean	Post-test mean	Significant positive change
Self-esteem	10-60	38.59	39.09	n.s.
Self-efficacy	7-42	26.86	26.49	n.s.
Sexual compulsivity	10-40	22.91	21.26	n.s.
Cognitive outcomes of sexual behaviors	20-80	34.53	31.25	n.s.
Sexual consciousness	5-25	13.81	14.89	n.s.
Sexual problems self-blame	5-25	7.2	11.23	Negative Change
Sexual esteem	5-25	11.64	13.55	Positive Change
Sexual satisfaction	5-25	11.00	13.60	Positive Change
Sexual depression	5-25	10,88	10.97	n.s.

Results: Service users who participated in the service “voluntarily”

Comparisons between pre- and post-test results (n=19)				
Indicator	Range of scale	Pre-test mean	Post-test mean	Significant positive change
Self-esteem	10-60	35.63	38.56	n.s.
Self-efficacy	7-42	23.89	25.16	n.s.
Sexual compulsivity	10-40	28.84	24.53	Positive Change
Cognitive outcomes of sexual behaviors	20-80	41.65	35.18	Positive Change
Sexual consciousness	5-25	15.42	16.26	n.s.
Sexual problems self-blame	5-25	8.26	12.63	Negative Change
Sexual esteem	5-25	11.06	14.00	Positive Change
Sexual satisfaction	5-25	10.89	14.42	Positive Change
Sexual depression	5-25	13.44	12.17	n.s.

Results: Partial correlations in pretest (ruling out the effects of self-esteem and self-efficacy)

	Sexual compulsivity	Cognitive outcomes of sexual behaviors	Sexual consciousness	Sexual problems self-blame	Sexual esteem	Sexual satisfaction	Sexual depression
Cognitive outcomes of sexual behaviors	.373***						
Sexual consciousness	.247	.306					
Sexual problem self-blame	.347***	.431***	.453***				
Sexual esteem	.002	.211	.570***	.270			
Sexual satisfaction	-.136	.150	.439***	.295	.758***		
Sexual depression	.560***	.412***	.399***	.719***	.118	.108	

Results: Partial correlations in posttest (ruling out the effects of self-esteem and self-efficacy)

	Sexual compulsivity	Cognitive outcomes of sexual behaviors	Sexual consciousness	Sexual problems self-blame	Sexual esteem	Sexual satisfaction	Sexual depression
Cognitive outcomes of sexual behaviors	.633***						
Sexual consciousness	.342	.343					
Sexual problem self-blame	.500**	.630***	.587***				
Sexual esteem	.084	.263	.685***	.305			
Sexual satisfaction	-.008	.249	.634***	.325	.879***		
Sexual depression	.646***	.622***	.465**	.630**	.172	.151	

Results: Summary

- Positive relationship between sexual compulsivity and cognitive outcomes of sexual behaviors
- Positive relationship between sexual problem self-blame and sexual compulsivity / cognitive outcomes of sexual behaviors
- Positive relationship between sexual depression and sexual compulsivity / cognitive outcomes of sexual behaviors
- Positive relationship between sexual problem self-blame and sexual depression
- No relationships between sexual esteem / sexual satisfaction and sexual compulsivity / cognitive outcomes of sexual behaviors / sexual problem self-blame / sexual depression

Results: All cases

Comparisons between pre- and post-test results (n=36)				
Indicator	Range of scale	Pre-test mean	Post-test mean	Significant positive change
Self-esteem	10-60	38.59	39.09	n.s.
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Sexual satisfaction	5-25	11.00	13.60	Positive Change
Sexual depression	5-25	10,88	10.97	n.s.

Hierarchical Regression Analyses Predicting Sexual Compulsivity and Cognitive Outcomes of Sexual Behavior from Sexual Consciousness, Sexual Problem Self-blame, Sexual Esteem, Sexual Satisfaction, and Sexual Depression (pretest)

Predictor	Sexual Compulsivity			Cognitive Outcomes of Sexual Behavior		
	ΔR^2	β	t	ΔR^2	β	t
Step 1						
Control	.32	Voluntary = .43	Voluntary = .35***	.34	Voluntary = .58	Voluntary = .46***
Step 2						
Self-esteem	.12	-.26	-1.56	.15	-.36	-.36*
Self-efficacy		-.16	-.86		-.08	-.08
Step 3						
Sexual consciousness		-.03	-.17		-.09	-.51
Sexual problem self-blame		-.19	-1.07		.17	.98
	.14			.08		
Sexual esteem		.18	.85		.23	1.04
Sexual satisfaction		-.23	-1.21		-.02	-.08
Sexual depression		.51	3.31**		-.11	.64

Note. Control = Control Variables (Demographic Data, Involved Sexual Offenses, Convicted Sexual Offenses, and Voluntary Participation).

* $p < .05$; ** $p < .01$; *** $p < .001$.

Hierarchical Regression Analyses Predicting Sexual Compulsivity and Cognitive Outcomes of Sexual Behavior from Sexual Consciousness, Sexual Problem Self-blame, Sexual Esteem, Sexual Satisfaction, and Sexual Depression (posttest)

Predictor	Sexual Compulsivity			Cognitive Outcomes of Sexual Behavior		
	ΔR^2	β	t	ΔR^2	β	t
Step 1						
Control	.22	--	--	.12	--	--
Step 2						
Self-esteem	.16	-.22	-.80	.21	.66	
Self-efficacy		-.23	-.77	-.61	-1.83	
Step 3						
Sexual consciousness		-.20	-.63	-.22	-.70	
Sexual problem self-blame	.30	.32	1.21	.62	2.22*	
Sexual esteem		.46	.97	.19	.39	
Sexual satisfaction		-.48	-.134	-.15	-.41	
Sexual depression		.46	2.05*	.41	1.79	

Note. Control = Control Variables (Demographic Data, Involved Sexual Offenses, Convicted Sexual Offenses, and Voluntary Participation).

* $p < .05$; ** $p < .01$; *** $p < .001$.

Results: Summary

- After ruling out the effects of background information and general self-concept, sexual depression was found to be positively associated with sexual compulsivity, while sexual problem self-blame was positively associated with cognitive outcomes of sexual behavior.
- Limitations: Small sample size

Discussion

- Are there any differences between “voluntary” and “involuntary” cases? How can practitioners motivate and enhance the participation of service users?
- From your clinical experience, how do you perceive service users’ self-blame of sexual problems and sexual depression? What are the relationships between them and compulsive sexual behavior?
- How can practitioners work with service users’ sexual depression and self-blame of sexual problems?

Thank you!

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