

## The Psychological and Physical Impact of Sexual Addictions, a Case Report

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### Background:

Sexuality is a basic need of every human being. However, it can sometimes become deviant. Unlike alcohol or drug abuse, suppression of sexual behavior is not an option, only compulsive character must be suppressed in order to allow a full and satisfying sexuality.

### Objectives:

The purpose of this observation is to explore the psychological and physical consequences of sexual addiction.

### Methods:

We report the case of a patient with sexual addiction, in order to describe the impact of this addiction on his psychological and physical health.

### Results:

Mr. JG is 28 a years old man, he has no particular habits and no significant pathological history. He was addressed by his general practitioner for "excessive masturbation".

His sexual history is characterized by:

- An excessive interest in pornographic films since the age of 13,
  - An extremely rich fantasy life,
  - Frequent compulsive masturbation, going up to ten times a day.
- Through the years, this hyper sexuality has become more important, and masturbation more frequent, which resulted in:

- Permanent feeling of embarrassment and shame,
- Ideas permanently focused on sexual thoughts,
- Fatigue and chronic physical exhaustion,
- Constant muscle pain and headache, diminished visual acuity.
- Relationship difficulties, and social maladjustment,
- Depression and suicidal thoughts.

The evaluation by the Carnes scale found a score of 16/25, which corresponds to a severe sexual addiction.

### Conclusions:

The boundary between normal and pathological depends on the models and taboos of society, but for physicians, the major criteria for sexual addiction are mental suffering, social maladjustment, and demand of care.