

important understanding of creativity and recovery among Chinese people with bipolar disorder. The implications on mental health services and the use of Photo voice in mental health research will be discussed.

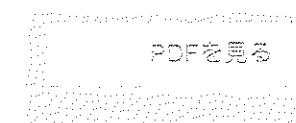
2457 Relationship between compulsive sexual behaviour and emotion regulation in victims of sexual violence

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Objective: Sexual violence has an impact on mental health. Victims of sexual violence report problems with emotional regulation. Compulsive sexual behaviour disorder, recently added to ICD-11, may be associated with high rates of sexual traumas and difficulty controlling emotions (e.g., Scanavino, 2023). This study aimed to identify the relationship between emotional regulation and compulsive sexual behaviour in survivors of sexual violence. Methods: An online survey was conducted in Japan ($N = 438$, men = 222, women = 211, others = 5; Mage = 36.1, SD = 8.67). Participants completed the Technology-Facilitated Sexual Violence scale (TFSV-V; Powell & Henry, 2016), the Sexual Experiences Survey Short Form Victimization (SES-SFV; Koss et al., 2007), the 7-item Compulsive Sexual Behaviour Disorder Scale (CSBD-7; Bóthe et al., 2023), and the Difficulties in Emotion Regulation Scale (DERS; Gratz & Roemer, 2004). Because of reflecting fast-changing technology, the 15 new items added to TFSV-V. Each participant enrolled in the study anonymously following the provision of informed consent. Results: Based on the results of the SES-SFV and the TFSV-V, 101 individuals reported having experienced some form of sexual violence victimization. Participants were divided into two groups: sexual violence victimization ($n = 101$) and non-sexual violence victimization ($n = 337$). Then, the correlations between CSBD-7 and DERS were calculated for two groups. A moderate positive correlation was shown for the sexual violence victim group ($r = .30, p = .003$), and a small positive correlation was shown for the non-sexual violence victim group. ($r = .15, p = .007$). Conclusions: DERS is more strongly related to CSBD-7 for the sexual violence victim group. Given that avoidance of negative emotions derived from sexually traumatic experiences may be associated with exacerbation of compulsive sexual behaviour, it is important to focus on emotion regulation in clinical psychological treatment.

2402 A pilot study on awareness on body sensations and the effectiveness of MBCT-CP



Relationship between Compulsive Sexual Behavior and Emotion Regulation in Victims of Sexual violence

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Introduction

- Sexual violence has an impact on mental health. Victims of sexual violence report problems with emotional regulation.
- Compulsive Sexual Behavior Disorder (CSBD) is characterized by intense and repetitive patterns of sexual behavior and urges that persist over a long period of time causing difficulties and distress in daily life (WHO, 2022).
- CSBD may be associated with high rates of sexual traumas and difficulty controlling emotions (e.g., Scanavino, 2023).

Objectives

- This study aimed to identify the relationship between emotional regulation and compulsive sexual behavior in survivors of sexual violence

Method

Participants

- Total= 438 (Mean age = 36.1, SD = 8.67, range = 18–49, women = 211, men = 222, others = 5)

Procedure

- An online survey was conducted in Japan. Each participant enrolled in the study anonymously. All research activities were approved by the institutional review board of the first author's institution.

Measures

- Technology- Facilitated Sexual Violence scale (TFSV-V; Powell & Henry, 2016). Because of reflecting fast changing technology, the 15 new items added.
 - e.g., Someone has made you a sexual target and posted your personal detail online.
- Sexual Experiences Survey Short Form Victimization (SES-SFV; Koss et al., 2007)
 - e.g., It wasn't done, but someone tried to have oral sex with me or tried to have oral sex with me without my consent.
- Short Version of the Compulsive Sexual Behavior Disorder Scale (CSBD-7; Böthe et al., 2023)
 - e.g., I was not successful in reducing the amount of sex I had.
- Difficulties in in Emotion Regulation Scale (DERS; Gratz & Roemer, 2004).
 - e.g., When I'm upset, I have difficulty controlling my behavior.

Data Analysis

- Participants were divided into two groups
 - Sexual violence victimization ($n=101$)
 - Non-sexual violence victimization ($n=337$).
- The correlation coefficient and Welch's t-test were calculated between CSBD-7 and DERS.

Results and Conclusions

Table 1. Independent Samples T-Test of CSBD-7 and DERS

	Total (N = 438)		Sexual violence (n=101)		Non-sexual violence (n=337)		p	Cohen's d
	Mean	(SD)	Mean	(SD)	Mean	(SD)		
CSBD-7	9.5	(3.4)	10.14	(3.48)	9.31	(3.41)	.04	0.24
DERS	92.4	(23.3)	100.53	(28.41)	89.94	(21.03)	< .001	0.42

Note. Welch's t-test.

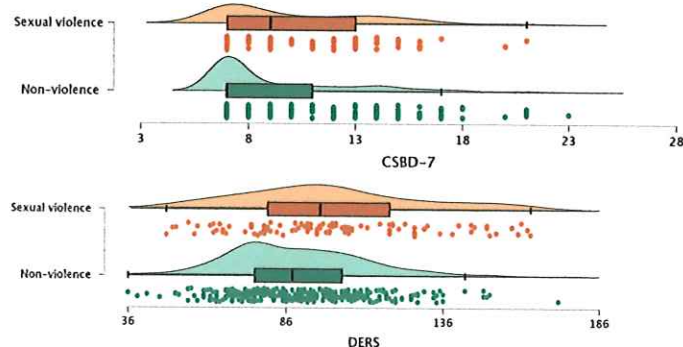


Table 2. Correlations of CSBD-7 and DERS

	Total (N=438)	Sexual violence (n=101)	Non-sexual violence (n=337)
	r	r	r
CSBD-7	.21***	.30**	.15**
DERS			

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

- Sexual violence victimization group scored had higher scores on CSBD-7 and DERS.
- Moderate positive correlation was shown for the sexual violence victim group ($r = .30$, $p = .003$). Small positive correlation was shown for the non-sexual violence victim group. ($r = .15$, $p = .007$).
- Relationship between CSBD-7 and DERS was stronger in the sexual violence victim group.
- Avoidance of negative emotions derived from sexually traumatic experiences might be associated with exacerbation of compulsive sexual behavior. Negative reinforcement might be involved. It is important to focus on emotion regulation in clinical psychological treatment for CSBD in survivors of sexual violence.
- Future research should be needed to collect data in clinical field.

発表成果報告書

* ご自身の研究発表の概要だけでなく、学会での国際交流体験などにつきましても必ずご記載ください。

【大会概要】

2024年7月21日から7月26日にチェコのプラハで開催された「33rd International Congress of Psychology」に参加しました。この学会は、心理学に関する広範囲なテーマを扱う大規模な国際学会であり、本学会のテーマは、「Psychology for Future: Together in Hope」でした。

【発表の概要】

Relationship between compulsive sexual behavior and emotion regulation in victims of sexual violence という題目でポスター発表を行った。ICD-11 に強迫的性行動症という新しい疾患が組み込まれたことで、強迫的性行動症の発症・維持に関わる要因を明らかにして、効果的な支援法を検討することが求められている。また、強迫的性行動症は、性暴力被害者においても見受けられる。さらに、強迫的性行動症は感情制御の低さと関連することが報告されている。そこで、本研究では、性暴力被害経験者とそうでない者との間で、感情制御と制御できない性的行動との関連性の違いを明らかにすることを目的とした。その結果、性暴力被害経験者の方が、制御できない性的行動と感情制御の間がより関連することが示され、感情制御に焦点を当てた支援の可能性が示唆された。

【学会体験記】

心理学に関する幅広いテーマを扱う規模の大きな学会に参加し、ポスター発表できたことはとてもよい経験でした。この国際会議は、当初、2020年の時点で、チェコのプラハで開催される予定の国際会議でしたが、新型コロナウイルスの流行で当時は完全オンラインでの開催となり、現地へ行く準備をしていただけに、悔しい思いをしたのを覚えています。この度の学会参加では現地で参加することができ、対面で他国の研究者と交流をできたのは良い経験となりました。特に、海外研究者との交流では、日本で用いられる名刺よりも、研究者用の SNS などを用いてお互い繋がりを作ることが印象的でした。その他にも、慣れない英語での発表という点で苦慮する部分が多く、セクシャルウェルネスを専門にした研究者から質疑をされましたが、十分に回答できず、何度も質問させてしまうなど、国際的な場面での発表スキルの向上に精進する必要性を強く感じました。また、自身の研究テーマと類似テーマの研究は見受けられませんでした。感情制御や性暴力被害体験に関する発表が見受けられ、最近の国際的な研究の流行について知ることができました。そのような経験ができるのは国際学会ならではの良さだと思いました。最後に、貴重な発表の機会をくださった運営準備関係者、スタッフの方々へ感謝を申し上げます。

(日本語 1200 字以内)

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