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### Title:

Cognitive behavioural therapy for sexual addictions: a controlled and randomized trial

### Abstract:

Problematic Internet related sexual behaviours do not reflect a discrete disorder but, rather, a new range of behaviours made increasingly possible and accessible by the advent of Internet technology. Those seeking treatment for sexual compulsivity, impulsivity or hypersexuality often report Internet related behaviours. This progress has also produced negative psychological issues as well as affecting ones relationships and work productivity. The proposed study is the first-known, empirically and UK based outcome study reporting the efficacy of group format Cognitive Behavioural Therapy (CBT) in a treatment-seeking sample (n=12; male=11) of problematic cybersex addiction (in the UK). Findings indicate that group based CBT is an effective form of treatment in targeting reduction of time spent online, depression, stress, hypersexuality and anxiety among clients, which in turn has reduced their internet-based sexual behaviours.