

INDEX

- abstinence from sex, during
 - pandemic, 217–18
- abuse in childhood, compulsive
 - sexual behavior, 113
- addiction, sexual, 7–8, 33–4, 182–3
- adolescents, 2, 49–50
 - age of first sexual experience,
 - 4, 42–5
 - awakening of sexual desire,
 - 37–40, 184
 - case example, 30, 37–40
 - control/regulation of desire, 36
 - later adolescence and early
 - adulthood, 47–9
 - masturbation, 30
 - physical bodily changes, 38–9
 - pornography, 183–5
 - pregnancy, 41, 42–3
 - same-gender sexual desire, 45–7
 - sex differences, 40–2
 - sexual risk-taking, 111
 - youthful indiscretion, 36
- age factors *see also* adolescents;
 - children; older adults
- aging/ageism, 207–10
- compulsive sexual behavior,
 - 108, 111
- first sexual experience, 4, 42–5
- masturbation, 55–6
- agitation, stimulants, 151
- alcohol, role in sexual desire, 35, 81,
 - 148, 153–6
- amoeba, 31
- amphetamines *see* stimulants
- androgen blockers, compulsive
 - sexual behavior, 125
- andropause, 70
- animal drives, 31–2
- animal pair bonding/mating, 48
- anorexia, sexual, 94–5
- anti-androgens, 125
- antidepressants *see* SSRIs; tricyclic
 - antidepressants
- anti-hypertensives, effect on sexual
 - desire, 161
- antipsychotics, effect on sexual
 - desire, 160, 162
- anxiety
 - compulsive sexual behavior,
 - 103–4
 - lowered sexual desire, 80–1
- aphrodisiacs, natural supplements,
 - 163–4
- apps (applications) *see* dating apps
- aripiprazole, hypersexuality, 162
- arousal
 - alcohol use, 154
 - aphrodisiacs, 163
 - cigarette smoking, 159
 - disorders of, 218

INDEX

- arousal (cont.)
 - lowered sexual desire, 77, 95
- attachment, 47–9; *see also* love
- attractiveness
 - benefits of sex, 134
 - compulsive sexual behavior, 122–3
 - role in sexual desire, 87, 88
- Australia, available resources, 222–3
- awakening of sexual desire, 37–40, 184
- biological perspectives
 - sexual addiction, 183
 - sexual desire, 19
 - sexual orientation, 46–7, 198–9
- bipolar illness, compulsive sexual behavior, 107, 119–20
- bisexuality, 195, 197–8
- body dysmorphic disorder, 166–7
- body image, 18
 - compulsive sexual behavior, 122–3
 - drugs and alcohol use, 165–7
 - levels of sexual desire, 85–6
- body mass index (BMI), lowered sexual desire, 79–80
- boundary setting, compulsive sexual behavior, 122
- brain function
 - complexities of brain systems, 36–7
 - compulsive sexual behavior, 114–15
 - desire, 32–4
 - health benefits of sex, 134–6
 - suppression of/acting on sexual desire, 25
- breast cancer, health benefits of sex, 131
- cancer, health benefits of sex, 131
- cannabis use, 91, 152–3
- cardiovascular system, 127, 138–42
 - alcohol use, 154–5
 - coronary artery disease, 140
 - drug use, 151
 - medication for sexual issues resulting from, 157
- case examples
 - COVID-19 pandemic, 211
 - dating apps, 177–8
 - developmental perspectives, 30, 37–40
 - drugs and alcohol use, 148–9, 153–6
 - excessive sexual desire, 98–100, 126
 - health and sex, 127
 - healthy sex, 51–2
 - internet/digital technology, 177–8
 - LGBTQ community, 195–6
 - lowered sexual desire, 72–3
 - pornography, 177
 - relationship problems, 168–9
 - sexual desire, 12–13
- CBT (cognitive behavioral therapy) *see* psychotherapy
- celibacy, 136
- Center for Sexual Health Promotion, Indiana

INDEX

- University School of Public Health, surveys on sexual health, 2
- children
 - compulsive sexual behavior, 108
 - safe internet use, 190–1
- chocolate, desire for, 34, 36–7
- cigarette smoking, effect on sexual desire, 158–60, 166
- cocaine *see* stimulants
- cognitive behavioral therapy (CBT) *see* psychotherapy
- cognitive function *see* brain function
- communication *see* talking about sex
- compulsive sexual behavior (CSB), 101–4, 126
 - boundary setting, 122
 - case examples, 126
 - clinical features, 108–9
 - consequences, 115–17
 - cultural norms and overpathologizing, 104–5, 118
 - and deviancy, 117
 - diagnosis, 105–8, 117–18
 - effect of prescription drugs, 161–2
 - medication for, 123–5
 - natural recovery, 119
 - possible causes, 105–8, 112–15, 161–2
 - psychotherapy, 120–1
 - risk factors, 109–12
 - substance use, 107, 112–13, 116–17, 119
 - support groups, 125
 - treatment goals, 121–3
 - treatment interventions, 117–20
- consent to sex, decision-making competence, 45
- contraception, age of first sexual experience, 42–3
- control/regulation of desire *see* self-control/self-regulation
- coronary artery disease, 140; *see also* cardiovascular system
- couples, impact of COVID-19 pandemic, 214
- COVID-19 pandemic, 211–12
 - case examples, 211
 - couples, 214
 - historical perspectives, 215–17
 - sexually transmitted diseases, 214–15
 - single people, 212–14
- CSB *see* compulsive sexual behavior
- cultural/social norms, 4, 7
 - age of first sexual experience, 43–5
 - compulsive sexual behavior, 105, 106, 118
 - same-gender sexual desire, 46
 - sexual diversity, 196–8
- cybersex, 178; *see also* Internet
- dating apps, 185–9
 - advice for safe use, 191–3
 - case example, 177–8
 - future research needs, 188
 - problematic use, 188–9

INDEX

- deceit, sexual desire, 28–9
- decision making/decision-making
 competence
 alcohol use, 148, 154
 consent to sex, 45
 suppression of/acting on sexual
 desire, 23–6
- Denmark, prevalence of
 pornography use, 62–3
- depressed mood
 compulsive sexual behavior,
 98–9, 103–4, 108–9
 lowered sexual desire, 80
 sexual dysfunction, 141
- desires, 13–14, 30
 control/regulation of, 34–7
 developmental perspectives,
 49–50
 evolutionary perspectives,
 31–2
 neuroscientific
 perspectives, 32–4
 and sexual desire, 13–14, 19–21
- developmental perspectives *see*
 adolescents; children
- deviancy, and compulsive sexual
 behavior, 117
- diabetes, 142–6
- diet, and sexual desire, 90–1; *see*
 also food supplements
- digital technology *see* Internet
- discrimination, LGBTQ
 community, 203–5
- discussion *see* talking about sex
- disinhibition, sexual, 35, 117–18
- diversity, sexual *see* LGBTQ
 community; sexual
 orientation
- divorce, after COVID-19
 pandemic, 214
- dopamine/dopaminergic system,
 33, 92
 effect of prescription drugs, 161
 role in sexual desire, 151
 sexual addiction, 183
- drives, 31–2; *see also* desires
- drugs *see* side effects of medication;
 substance use; treatment
 interventions; *and see specific*
 drugs
- duration of sex, 63–4
- ecstasy (MDMA), 153
- educational success, age of first
 sexual experience, 43
- egodystonic thoughts, 26
- endorphins, 131
- erectile dysfunction
 alcohol use, 154–5
 diabetes, 143–4
 effect of illegal drugs, 150, 152
 effect of smoking, 158
 heart problems, 141–2
 medication for, 157–8
- estrogen levels, and sexual desire,
 84, 95–6
- Europe, available resources, 222
- evolutionary perspectives
 desire, 31–2, 33
 sexual desire, 14–16

INDEX

- excessive sexual desire, 100–1, 126;
 see also compulsive sexual
 behavior
 case examples, 98–100
 historical perspectives, 101
- exercise, sex as, 129
- exploitation *see* sexual
 exploitation/violence and
 grooming
- families *see* parental/familial
 influences
- family therapy, compulsive sexual
 behavior, 120–1
- fantasy, sexual, 2–3, 16–17
- first sexual experience
 age of, 4, 42–5
 developmental perspectives,
 39–40
 enjoyment of, 21
 public health perspectives, 42–5
- flibanserin, 96
- fluctuating levels, sexual desire, 85;
 see also excessive sexual
 desire; lowered sexual desire
- food analogy, sexual desire, 20–2
- food supplements, effect on sexual
 desire, 163–4
- frequency of sex
 addressing mismatches, 172–4
 healthy sex, 64–5
 LGBTQ community, 200
 mismatches, 170–2
- frequency of sex-related
 thoughts, 52–4
- frustration, sexual, 87
- gambling, online, 177; *see also*
 Internet
- gamma-hydroxybutyrate
 (GHB), 107
- gay men *see* LGBTQ community
- gender differences *see* sex
 differences
- gender identity, 204
 bisexuality, 197
 case example, 195
 lesbian couples, 201
 suicidal ideation, 203–4
 transgender relationships, 198
- genetics *see* heritability
- global available resources, 221
- glutamate, 33
- grooming *see* sexual exploitation/
 violence and grooming
- group therapy, compulsive sexual
 behavior, 120–1
- guilt, levels of sexual desire,
 88, 98–9
- habit patterns, sexual desire,
 20, 27–8
- happiness
 COVID-19 pandemic, 214,
 217–18
 inverted U model, 69
- health and sex, 128–34, 146–7
 abstinence from sex during
 pandemics, 217–18
 benefits of masturbation, 56–8
 benefits of sex, 128–34
 case examples, 127
 diabetes, 142–6

INDEX

- health and sex (cont.)
 - heart problems, 127, 138–42
 - mental health, 134–6
 - pregnancy, 136–8
 - sexual desire, 8–9
- healthy sex, 51–4, 71; *see also* risky
 - behavior; sexual dysfunction;
 - sexual satisfaction
- case examples, 51–2
- duration of sex, 63–4
- frequency of sex, 64–5
- frequency of sex-related
 - thoughts, 52–4
- infidelity, 67–8
- interest in sex, 65–7
- masturbation, 54–60
- midlife crises, 68–70
- older adults, 51–2, 70–1
- pandemic, 218–19
- pornography, 60–3
- spectrum of sexual desire
 - levels, 74–6
- heart *see* cardiovascular system
- heritability
 - levels of sexual desire, 92
 - same-gender sexual desire, 46–7
- high blood pressure *see*
 - hypertension
- historical perspectives
 - excessive sexual desire, 101
 - pandemics, 215–17
- HIV/AIDS, in context of LGBTQ
 - community, 205–7
- homophobia, 201
 - internalized, 112, 204
- homosexuality *see* LGBTQ
 - community; sexual orientation
 - honesty, sexual desire, 28–9
- hormones, role in sexual desire, 82–5, 95–6; *see also* estrogen; testosterone
- human immunodeficiency virus
 - see* HIV/AIDS
- hygiene issues, role in sexual desire, 87, 88
- hypersexuality *see* compulsive
 - sexual behavior; excessive sexual desire
- hypertension
 - effects of medication, 161
 - lowered sexual desire, 78–9
- hypoactive sexual desire disorder (HSDD), 76–7
- hypogonadism, lowered sexual desire, 78
- hypothyroidism, lowered sexual desire, 79
- identity, sexual *see* gender identity
- imagined desire (sexual fantasies), 2–3, 16–17
- impulsivity, 4; *see also* self-control/
 - self-regulation
- individual variation, levels of
 - sexual desire, 74–6
- inferior frontal gyrus, 34–5
- infidelity, 67–8, 171, 174
- insecurities, 3; *see also* self-esteem
- insomnia, lowered sexual desire, 91–2

INDEX

- interest in sex *see* levels of sexual desire
- internalized homophobia, 112, 204
- Internet, the, 178, 193–4; *see also*
 dating apps; pornography,
 advice for safe use, 189–93
 case examples, 177–8
 compulsive sexual behavior, 109
 sexual addiction, 182–3
- intimacy, in sexual desire, 164–5
- inverted U model of happiness, 69
- Kama Sutra* (ancient Hindu text), 60
- lack, feelings of, 17–18
- learned behavior, and sexual desire, 19–20
- legal perspectives
 age of first sexual experience, 45
 suppression of/acting on sexual desire, 25
- lesbian women *see* LGBTQ community
- levels of sexual desire, 7–8; *see also*
 compulsive sexual behavior;
 excessive sexual desire;
 lowered sexual desire
 body image, 85–6
 fluctuating levels, 85
 frequency of sex, 64–5
 genetics, 92
 lesbian couples, 200–1
 and masturbation, 59
 partner/relationship roles
 in, 86–9
 ways to increase, 65–7
- LGBTQ community, 196–8, 210; *see also* sexual orientation
- aging, 207–10
- biology of sexual orientation, 198–9
- case examples, 195–6
- compulsive sexual behavior, 111
- HIV/AIDS, 205–7
- open relationships, 202–3
- relationship issues, 200–2, 203–5
- sexual desire, 199–201
- life expectancy, health benefits of sex, 129–31
- lithium, 125, 161
- love, 3, 7, 12–13
 control/regulation of desire, 37
 pair bonding/attachment, 47–9
- lowered sexual desire, 73–4, 97, 200–1
 body image, 85–6
 case examples, 72–3
 fluctuating levels, 85
 genetics, 92
 hormonal effects, 82–5
 hypoactive sexual desire disorder, 76–7
- lesbian couples, 200–1
- myths, 93–4
- nutrition and diet, 90–1
- partner/relationship roles
 in, 86–9
- physical and medical causes, 77–82
- seeking help, 96–7
- sexual anorexia, 94–5

INDEX

- lowered sexual desire (cont.)
 sleep/insomnia, 91–2
 spectrum of normal levels, 74–6
 treatment interventions, 95–6
- luteinizing hormone, 114
- lying, sexual desire, 28–9
- maca root (*Lepidium meyenii*), 163
- mania, compulsive sexual
 behavior, 107, 119–20
- marijuana use, 91, 152–3
- marriage, COVID-19
 pandemic, 214
- masturbation, 54–6
 adolescents, 30
 compulsive sexual behavior,
 109
 health benefits, 56–8
 levels of sexual desire, 93–4, 104
 myths about sex, 128
 pornography, 180
 within a relationship, 58–60
 sex differences, 41–2
 stress response, 132
 talking about sex, 38
- MDMA (ecstasy), 153
- media portrayals of sex, 1
- medical causes
 compulsive sexual behavior, 114
 lowered sexual desire, 77–82
- medication *see* side effects of
 medication; treatment
 interventions
- menopause, 69–70
- mental health, benefits of sex,
 134–6; *see also* brain function
- methamphetamine *see* stimulants
- methylenedioxymetham
 phetamine *see* MDMA
- midlife crises, 68–70
- migraine, health benefits of sex, 133
- mismatches *see* relational
 mismatches
- mobile phone apps *see* dating apps
- mood states, compulsive sexual
 behavior, 98–9, 103–4, 108–9;
 see also depressed mood
- morality, 9, 37; *see also* cultural/
 social norms
- motivation, 31–2; *see also* desires
- myths about sex
 lowered sexual desire, 93–4
 masturbation, 128
- naltrexone, to treat compulsive
 sexual behavior, 124–5
- National Survey of Sexual Health
 and Behavior, Indiana
 University, 55–6
- natural recovery, compulsive
 sexual behavior, 119
- natural supplements, effect on
 sexual desire, 163–4
- neuroplasticity, 32–3
- neurotransmitters, 33; *see also*
 brain function
- New Zealand, available resources,
 222–3
- nicotine, effect on sexual desire,
 158–60, 166
- norepinephrine, role in sexual
 desire, 151

INDEX

- normal levels of sexual desire,
 74–6; *see also* cultural/social
 norms; healthy sex
 nucleus accumbens, 33
 nutrition, lowered sexual desire,
 90–1; *see also* food
 supplements
 obesity, lowered sexual desire,
 79–80
 obstructive sleep apnea (OSA),
 lowered sexual desire, 91
 Occam's razor, 32
 older adults, 1–2
 aging/ageism, 207–10
 healthy sex, 51–2, 70–1
 lowered sexual desire, 72–3
 sexual desire, 8–9
 online gambling, 177; *see also*
 Internet
 open-mindedness, dating apps
 use, 186
 open relationships, LGBTQ
 community, 202–3
 opiates, and body image, 166–7
 oral contraceptives, lowered sexual
 desire, 81
 orbitofrontal gyrus, 34–5
 oxytocin, 48, 85, 131
 pain perception, benefits of sex, 133
 pair bonding, 47–9; *see also* love
 pandemics; *see also* COVID-19
 pandemic
 abstinence from sex, 217–18
 historical perspectives, 215–17
 sexual health, 218–19
 paraphilia, and compulsive sexual
 behavior, 117
 parental/familial influences
 age of first sexual experience, 44
 compulsive sexual behavior, 113
 sexual desire, 22–3
 Parkinson's disease, 19, 107–8, 114,
 117–18
 partner roles, levels of sexual
 desire, 86–9
 pathologization of sexual
 behavior, 105
 penis size, effect of smoking, 166
 personality traits, dating apps
 use, 186
 perversion (paraphilia), 117
 physical health benefits of sex,
 128–34
 physical–psychological
 interactions, 3
 pleasure, neuroscientific
 perspectives, 33
 pornography, 9, 12–13, 60–3, 179
 advice for safe use, 189–93
 case example, 177
 compulsive sexual behavior, 109
 future research needs, 182
 prevalence of use, 62–3
 problematic use, 183, 184, 191
 and relationships, 179–82
 sexual addiction, 182–3
 young people, 183–5
 pregnancy
 adolescents, 41, 42–3
 sex in, 136–8

INDEX

- prescription drugs *see* medication
 progesterone, levels of sexual
 desire, 84
 prolactin, levels of sexual desire, 84
 promiscuity, compulsive sexual
 behavior, 109
 prostate cancer, benefits of
 masturbation, 57–8
 psychological–physical
 interactions, 3
 psychotherapy
 compulsive sexual behavior,
 120–1
 lowered sexual desire, 95–6
 puberty, onset of, 40–2; *see also*
 adolescents
 public health perspectives, first
 sexual experience, 42–5

 quality of life, benefits of sex, 135–6;
 see also healthy sex

 race, onset of puberty, 40–1
 recovery, compulsive sexual
 behavior, 119
 regulation of desire *see* self-
 control/self-regulation
 relational mismatches, 169, 175–6
 addressing, 172–4
 case examples, 168–9
 frequency of, 170–2
 sexual activity, 174–5
 sexual desire, 169–74
 relationships
 bringing sex back into, 201–2
 levels of sexual desire, 86–9

 LGBTQ community, 200–2,
 203–5
 and pornography, 179–82
 religious perspectives, 7, 25; *see also*
 cultural/social norms
 resources available, 221–3
 restless legs, 107–8, 161
 retrograde ejaculation, 144–5
 reward system/rewards of sex, 2, 15,
 34, 92; *see also* dopamine/
 dopaminergic system
 sexual addiction, 183
 and sexual desire, 19
 risky behavior
 adolescents, 111
 age of first sexual
 experience, 43–5
 alcohol use, 154
 case example, 99–100
 compulsive sexual behavior, 112,
 115–17, 126
 HIV/AIDS, 112

 same-gender sexual desire *see*
 LGBTQ community; sexual
 orientation
 SARS (severe acute respiratory
 syndrome) pandemic, 216
 schools, sex education, 4, 5, 23
 self-control/self-regulation
 age of first sexual experience,
 43
 complexities of brain
 systems, 36–7
 directing/restraining sexual
 desire, 26–7

INDEX

- impulsivity, 4
- sexual desire, 15, 34–6
- suppression of/acting on sexual desire, 23–6
- self-esteem
 - body image, 85–6
 - dating apps use, 187
 - drug/alcohol use, 165–167
 - masturbation, 58–59
 - and sexual desire, 7–8
- serotonin syndrome, 157
- Sex Addicts Anonymous (SAA), 125
- Sex and Love Addicts Anonymous (SLAA), 125
- sex differences in sexual
 - behavior, 40–2
 - compulsive sexual behavior, 108, 109–11
 - frequency of sex-related thoughts, 52–4
 - lowered sexual desire, 82–5
 - pornography use, 62–3
 - timing of puberty, 40–2
- sex drive *see* levels of sexual desire
- sex education in schools, 4, 5, 23
- sex-related thoughts, 52–4
- sexual abstinence, during
 - pandemic, 217–18
- sexual addiction, 7–8, 33–4, 182–3
- sexual anorexia, 94–5
- sexual behavior; *see also* Internet; sex differences
 - learned, 19–20
 - mismatches, and relationship problems, 174–5
- sexual communication *see* talking about sex
- sexual desire, 3, 5–6, 10, 12–13, 29
 - addressing mismatches, 172–4
 - aging, 207–10
 - awakening of, 37–40, 184
 - body image, 85–6
 - case examples, 12–13
 - and desire in general, 13–14, 19–21
 - developmental perspectives, 37–40, 49–50
 - directing/restraining, 26–7
 - effect of drugs and alcohol, 149–50, 153–6, 164–5
 - effect of natural supplements, 163–4
 - effect of prescription drugs, 158
 - effect of smoking, 158–60, 166
 - food analogy, 20–2
 - function of, 14–16
 - habit patterns, 20, 27–8
 - and HIV/AIDS, 205–7
 - intimacy, 164–5
 - lying and deceit, 28–9
 - mismatches, 169–74
 - molding/diversifying, 21–2
 - parental/familial roles, 22–3
 - role of fantasy and imagination, 16–17
 - same-gender sexual desire, 45–7
 - and sexual orientation, 199–200
 - societal role in, 17–19
 - suppression of/acting on, 23–6

INDEX

- sexual desire (cont.)
 - varying, 7–8, 85; *see also* levels of sexual desire
- sexual disinhibition, 35, 117–18
- sexual diversity *see* LGBTQ
 - community; sexual orientation
- sexual duration *see* duration of sex
- sexual dysfunction; *see also* erectile dysfunction
 - diabetes, 142–6
 - health and sex, 141–2
 - and pornography, 181–2
- sexual exploitation/violence and grooming
 - adolescents, 185
 - age of first sexual experience, 43
 - dating apps use, 188
- sexual frequency *see* frequency of sex
- sexual health *see* healthy sex; sexual dysfunction
- sexual identity *see* gender identity
- sexual interest *see* levels of sexual desire
- sexual orientation *see also* LGBTQ
 - community
 - adolescents, 45–7
 - biology of, 198–9
 - levels of sexual desire, 93–4
 - and sexual desire, 14, 199–200
 - sexual satisfaction; *see also* healthy sex
 - LGBTQ community, 200
 - and pornography, 180–1
 - quality of life, 135–6
- sexually transmitted diseases
 - age of first sexual experience, 42–3
 - COVID-19 pandemic, 214–15
 - excessive sexual desire, 99–100
- shame, compulsive sexual behavior, 108–9, 121
- side effects of medication
 - compulsive sexual behavior, 107–8
 - effect on sexual desire, 81, 158
- single people, COVID-19 pandemic, 212–14
- sleep problems, lowered sexual desire, 91–2
- smoking, effect on sexual desire, 158–60, 166
- social norms *see* cultural/social norms
- societal roles/social constructions
 - sex differences in sexual behavior, 41
 - sexual desire, 17–19
- sociosexual hypothesis of human sexuality, 14
- South Africa, available resources, 223
- Spanish flu pandemic, 216
- spectrum of sexual desire, 74–6; *see also* individual variation
- SSRIs (selective serotonin reuptake inhibitors)
 - compulsive sexual behavior treatment, 124

INDEX

- effect on sexual desire, 81, 160
- sexual dysfunction, 141
- stimulants, 148–9, 151
 - compulsive sexual behavior, 107
 - effect on sexual desire, 150–2, 165–6
- stress, COVID-19 pandemic, 214
- stress response, health benefits of sex, 131–3, 134–6
- strokes, myths about sex, 128
- substance use, 149, 167; *see also*
 - alcohol
 - addiction, 33–4
 - body image, 165–7
 - cannabis, 152–3
 - case examples, 148–9, 153–6
 - compulsive sexual behavior, 107, 112–13, 116–17, 119
 - ecstasy, 153
 - effect on sexual desire, 149–50
 - intimacy, 164–5
 - medication for sexual issues resulting from, 157–8
 - natural supplements, 163–4
 - prescription drugs, 160–2
 - smoking, 158–60, 166
 - stimulants, 150–2, 165–6
 - stopping use, 156–7
- suicidal ideation, gender identity, 203–4
- supplements, effect on sexual desire, 163–4
- support groups, compulsive sexual behavior, 125
- suppression of sexual desire, 23–6; *see also* self-control/self-regulation
- survey on sexual health, Center for Sexual Health Promotion, Indiana University, 2
- Sweden, 130
- taboo subject, sex as, 4, 128
- talking about sex, 5–7, 9
 - age of first sexual experience, 44
 - compulsive sexual behavior, 103
 - developmental perspectives, 38
 - levels of sexual desire, 87, 89
 - pornography, 61
 - sex during pandemics, 218–19
 - sexual desire mismatches, 172, 173–4
- testosterone levels
 - compulsive sexual behavior, 114
 - lowered sexual desire, 82–5, 95–6
- thoughts/thinking about sex, frequency of, 52–4
- timing of puberty, and sexual desire, 46–7
- transgender relationships, 202
- treatment interventions
 - compulsive sexual behavior, 117–20, 121–5
 - lowered sexual desire, 95–6
- tricyclic antidepressants, effect on sexual desire, 160
- truth, sexual desire, 28–9

INDEX

- UK, available resources, 222
- USA, 130, 221
- vaginal dryness, diabetes, 145–6
- valproic acid, effect on sexual desire, 161
- value systems *see* cultural/social norms
- ventral tegmentum, 33
- violence *see* sexual exploitation/ violence and grooming
- Wales, UK, 129–31
- well-being *see* happiness; health and sex
- white elephant phenomenon, 52
- Wilde, Oscar, 23
- worldwide resources, 221
- young people *see* adolescents
- youthful indiscretion, 36
- youthfulness, benefits of sex, 134