

## ABSTRACT

### EVALUATION OF AN INTENSIVE WORKSHOP FOR MEN WITH COMPULSIVE SEXUAL BEHAVIORS: CHANGES IN SHAME, HOPELESSNESS, AND READINESS TO CHANGE

Richard T. Underwood

Reduction in shame hopelessness and ambivalence about change are accepted goals for treatment of compulsive sexual behavior (CSBs). The current study examined change in these constructs for 82 adult male participants over the course of an intensive 3-day workshop. Paired *t* test results indicated significant and clinically meaningful decreases in general shame, shame specific to sexual behavior, emotions associated with shame, and hopelessness. Readiness to change, based on the transtheoretical model of change, also improved with a clear decrease in precontemplation and an increase in desire to take action. Multiple regression analyses revealed differences in change as a function of baseline scores. Participants with the highest shame and hopelessness scores reported the largest simple change scores on these measures. Those who were the least ready to change (i.e., participants who scored highest at baseline on precontemplation and contemplation and lowest on action and maintenance) also improved the most.

Surprisingly, severity of hypersexual behavior failed to predict simple change scores on every outcome with the exception of maintenance. These results have important clinical implications for individual, group, and short-term multi-modal treatments that emphasize topic-specific presentations and experiential exercises that address shame and hopelessness. This study was limited by its reliance on self-report and lack of a control group. Future studies should use experimental designs and examine long-term outcomes.