

Abstract

This bachelor thesis introduces the newly recognized diagnosis of Compulsive Sexual Behavior Disorder and maps available online interventions targeting it. The theoretical part of the thesis describes the disorder itself, including its aetiology, prevalence, ICD-11 diagnostic criteria and treatment options, and explains the concept of online interventions and their types. The second part is a systematic review which provides detailed information on existing online intervention programmes and available data on their effectiveness. The third, empirical part presents a proposal for a quantitative study on the effectiveness of the Czech version of the Hungarian-Swiss programme Hands-off, which should enhance the current knowledge on the effectiveness of low-threshold online intervention programmes for people with Compulsive Sexual Behaviour Disorder and provide first data based on clinical population from the Czech Republic. Based on all findings, the thesis presents recommendations for the implementation of a similar intervention programme in the Czech environment.

Key words: Compulsive Sexual Behavior Disorder; compulsive sexuality; problematic pornography use; on-line interventions; Hands-off