

Psychoestimulants influence in sexual performance: a literature review

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Introduction

The association between sex and drugs is not new. Since ancient times, there are many substances as vegetal alkaloids that have been used to enhance sensations in sexual experiences, being more uninhibited or adding mysticism, among others. In recent years, drug and sex parties (“Chemsex” parties) are booming, representing a new challenge for professionals who are dedicated to sexually transmitted diseases and addictions (Giorgetti et al., 2017).

Goals

The main objective of this revision is to describe what effects on sexuality are experienced by methamphetamine, amphetamine and cocaine users, as well as the main motivations for consuming them.

Methodology

For the above purpose, a literature review of Embase, Pubmed and Cochrane Library was done, linking the terms "sexual behavior" or "coitus" with the three categories mentioned above (“methamphetamine”, “amphetamine” and “cocaine”). We obtained a total of 1330 abstracts with these terms of search. The 14 abstracts describing different relations between psychostimulants consumption and sexual performance were selected for deeper analysis.

Results

Most studies agree on an improvement in sexual abilities in the short term, with a worsening of sexual function in the long term (Sherman et al., 2008). Some of the reported effects are greater disinhibition, increased intensity of sensations, delay in ejaculation and more intense orgasms. These effects are especially related to methamphetamine, and to cocaine and amphetamines in a lesser extent. On the negative side, users reported the experimentation of more non-usual sex practices, such as sexual marathons, voyeurism, incest thoughts, a major sexual compulsivity and unprotected sex in some of the studies. (Figure 1).

Consumption patron	<ul style="list-style-type: none">● In most of the analyzed studies, users mentioned they took other drugs with MA, especially mephedrone and gamma-hydroxybutyric acid (GHB) or gamma-butyrolactone (GBL).● The main way of use was smoking or snorting.● In Lorvick, et al. (2012) study, 37% of women were under the effects of MA every time they had sexual activity.
Perception of sexual activity	<ul style="list-style-type: none">● Most users mentioned a coitus with longer duration before the orgasm, which was also more intense. They felt more powerful and confident during sex.● In one of the studies (Vu et al, 2016) users mentioned the pressure that the popularity of these substances exercises in social networks, especially among homosexual men.● In Jia et al. (2013) study, 63.3% of users felt a sexual impulse and 9% had sexual activity in every use of MA (21.1% of them usually).
Non-conventional or violent behavior	<ul style="list-style-type: none">● More than 50% of interviewed men had more receptive anal sex and group fisting, relating this behavior with MA consumption (Bourne et al. 2015).● In Dolatshahi et al. (2016) study, men affirmed they had sex in more dangerous places, as well as seeing more pornography or masturbating more frequently. They also used sildenafil and amyl nitrites with more frequency, and they mentioned incest thoughts and “voyeurism” tendency.

Conclusions

It seems clear that psychostimulants are related to sought changes on sexuality. A more global approach to psychosexual problems can help control their use.

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