



REVIEW

Psycho-prophylaxis of sexual health disorders

Psicoprofilaxis de los trastornos de la salud sexual

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ABSTRACT

Introduction: the relevance of the researched topic is driven by the fact that in the modern world, sexuality has ceased to be a taboo concept, making the prevention, particularly psychological prevention, of various disorders increasingly important.

Objective: analyse and assess the effectiveness of modern methods of psycho-prophylaxis of sexual disorders worldwide.

Method: this review article employed methods of analysis, synthesis, abstraction, deduction, and generalization for the systematic study, processing, and summarization of data, along with a systematic search of literature sources in databases.

Results: the results of this study reveal that people have limited access to medical services for treating sexual dysfunctions, and educational programs on psychosocial hygiene are absent for a large percentage of the population. The percentage of misconceptions about sexual rights (including sexual health) and preventive measures remains critically low. Additionally, notable aspects of the results include analysing factors affecting sexual health, assessing psycho-prophylactic strategies, examining sexual education needs, formulating recommendations for improvement, and developing strategies like counselling centres and psychotherapeutic sessions.

Conclusions: this study has practical significance for professionals in the fields of medicine, psychology, psychotherapy, sociology, as well as for gender researchers and scientists dealing with issues of sexuality, sexual education, and upbringing.

Keywords: Psychotherapy; Sex Education; Sexuality; Sexually Transmitted Diseases; Preventive Health Services.

RESUMEN

Introducción: la relevancia del tema investigado está impulsada por el hecho de que en el mundo moderno, la sexualidad ha dejado de ser un concepto tabú, por lo que la prevención, sobre todo psicológica, de diversos trastornos es cada vez más importante.

Objetivo: analizar y evaluar la eficacia de los métodos modernos de psicoprofilaxis de los trastornos sexuales en todo el mundo.

Método: este artículo de revisión empleó métodos de análisis, síntesis, abstracción, deducción y generalización para el estudio sistemático, procesamiento y resumen de datos, junto con una búsqueda sistemática de fuentes bibliográficas en bases de datos.

Resultados: los resultados de este estudio revelan que las personas tienen un acceso limitado a los servicios médicos para el tratamiento de las disfunciones sexuales, y los programas educativos sobre higiene psicosocial están ausentes para un gran porcentaje de la población. El porcentaje de conceptos erróneos sobre derechos

sexuales (incluida la salud sexual) y medidas preventivas sigue siendo críticamente bajo. Además, entre los aspectos destacables de los resultados se incluyen el análisis de los factores que afectan a la salud sexual, la evaluación de las estrategias psicoprofilácticas, el examen de las necesidades de educación sexual, la formulación de recomendaciones de mejora y el desarrollo de estrategias como los centros de asesoramiento y las sesiones psicoterapéuticas.

Conclusiones: este estudio tiene importancia práctica para los profesionales de la medicina, la psicología, la psicoterapia y la sociología, así como para los investigadores y científicos especializados en cuestiones de género que se ocupan de temas de sexualidad, educación sexual y crianza.

Palabras clave: Psicoterapia; Educación Sexual; Sexualidad; Enfermedades de Transmisión Sexual; Servicios Preventivos de Salud.

INTRODUCTION

The modern world is facing an increase in sexual health disorders, posing a threat to the physical and mental well-being of the population. Therefore, the relevance of the issues related to sexual disorders and psychoprophylaxis is determined by the pressing need for society to develop effective strategies for preventing and treating these phenomena. In recent years, the rise in cases of sexual violence and disorders has created an urgent need for an in-depth analysis of the problem. The proliferation of information technologies and the development of modern society present new challenges in the field of sexual health. The most relevant aspects include psychotherapeutic methods, medical aspects, and sociocultural influences.⁽¹⁾ The goal is to develop a comprehensive strategy for sexual problem prevention and treatment that takes into account individual characteristics, gender, and cultural factors. Traditional approaches to sexual education and prevention are becoming increasingly inadequate, compounded by current technologies such as the Internet and social media, which form sexual stereotypes and present new obstacles. Addressing these issues through practical psychoprophylactic techniques is critical. Furthermore, there is a noticeable lack of scientifically sound preventative measures and effective treatments for sexual problems, emphasising the importance of methodical analysis and strategy formulation in order to design effective programmes. Expanding awareness in these areas can help identify crucial topics for future research and practical strategy development.

Zhylka et al.⁽²⁾ found a reduction in reproductive health, demanding efforts at the state, sectoral, and intersectoral levels to address the determinants influencing reproductive health. Addressing reproductive health is critical for promoting sexual health and combating sexual disorders in society. Current research highlights a lack of adequate legislation, regulations, and directives for sexual education among children and adolescents.⁽³⁾ The authors advocate for incorporating sexual education into holistic development in order to reduce sexual disorders and improve reproductive health. These findings highlight the importance of preventing sexual disorders and working to overcome these challenges.

Some studies focus on sexual assault and gender inequality in nations such as Ukraine. While these studies add to understanding of gender differences, they frequently miss the larger psychosocial elements of sexual health issues. Ogorenko et al.⁽⁴⁾ related sexual violence to psychological issues, stating that negative familial conditions might cause personality distortions and sexual behavioural abnormalities. Women are disproportionately harmed by gender-based violence, highlighting the importance of psychoprophylactic efforts to avoid such instances. Capasso et al.⁽⁵⁾ conducted comprehensive research on sexual violence, particularly in conflict-affected areas of eastern Ukraine, and advocated for early preventive measures due to the high levels of violence. Despite these worries, there is currently no official documentation or standard establishing a comprehensive plan for violence prevention; therefore, the problem remains unaddressed for now.

There are also a number of studies focusing on the issues of sexual health among children and adolescents, taking into account the peculiarities of sexual education and the formation of psychosexual identity.⁽⁶⁾ According to Kyslova and Nikolaievska,⁽⁷⁾ contemporary projects of relevant courses only address the issues of unwanted pregnancies, sexually transmitted diseases, and family planning. However, this approach is recognized as ineffective, and the system should be fundamentally changed, including mandatory sexual education that addresses issues of human rights, freedom, and respect for personal boundaries. Thus, the research results indicate the need to structure and improve educational programs on sexual education. Previous studies related to sexual health have primarily focused on sociocultural aspects and reproduction issues.^(8,9) While such research provides a significant contribution to understanding certain aspects of the problem of sexual health violations worldwide, a systematic and comprehensive approach to studying this topic remains insufficient. Moreover, the medical and psychological aspects (as interrelated) are often ignored, although they significantly impact the sexual health of society. Thus, the medical and psychotherapeutic dimensions of this issue remain inadequately explored.

The rising global frequency of sexual health issues and the dearth of evidence-based psycho-prophylactic techniques to address them holistically are the driving forces behind this research. Despite advances in technology and medicine, there is still a great knowledge gap on the efficient management and prevention of sexual health issues in a variety of diverse populations. The integration of psychological, sociocultural, and medical aspects of sexual health is lacking, and this disparity is exacerbated in many places by a lack of sexual education, cultural taboos, and restricted access to healthcare. The goal of this research is to create a comprehensive psycho-prophylactic strategy for sexual health issues. Its main goal is to evaluate the efficacy of contemporary psycho-prophylactic techniques globally in order to develop culturally aware implementation strategies for healthcare and educational environments. The objective is to improve sexual well-being worldwide and aid in the reduction of sexual health issues.

METHOD

Eligibility criteria

Studies were included to the review article if they met the following criteria: focused on psycho-prophylaxis of sexual health disorders; published between 2004 and 2023; were scientific articles, theoretical reviews, clinical studies, meta-analyses, or books; written in English or other languages including Ukrainian, Polish, Italian, German, and Chinese. Full texts and substantial abstracts or summaries were considered when full texts were unavailable.

Information sources

The following electronic databases were searched: PubMed, Google Scholar, Scopus, Web of Science, EMBASE, and MEDLINE.

Search strategy

Key terms and phrases used included “psycho-prophylaxis of sexual health disorders,” “sexual health in Ukraine,” “sexual disorders,” “prevention of sexual disorders,” “psychotherapy and sexual health,” “sexual education (and psycho-prophylaxis),” “sexual identity,” “legislative aspects of sexual health,” “medical aspects of sexual prophylaxis,” and “sexual self-awareness”. Various synonyms and combinations of these terms were also employed. For the selection of documents, the PRISMA flowchart was used, which is presented in figure 1.

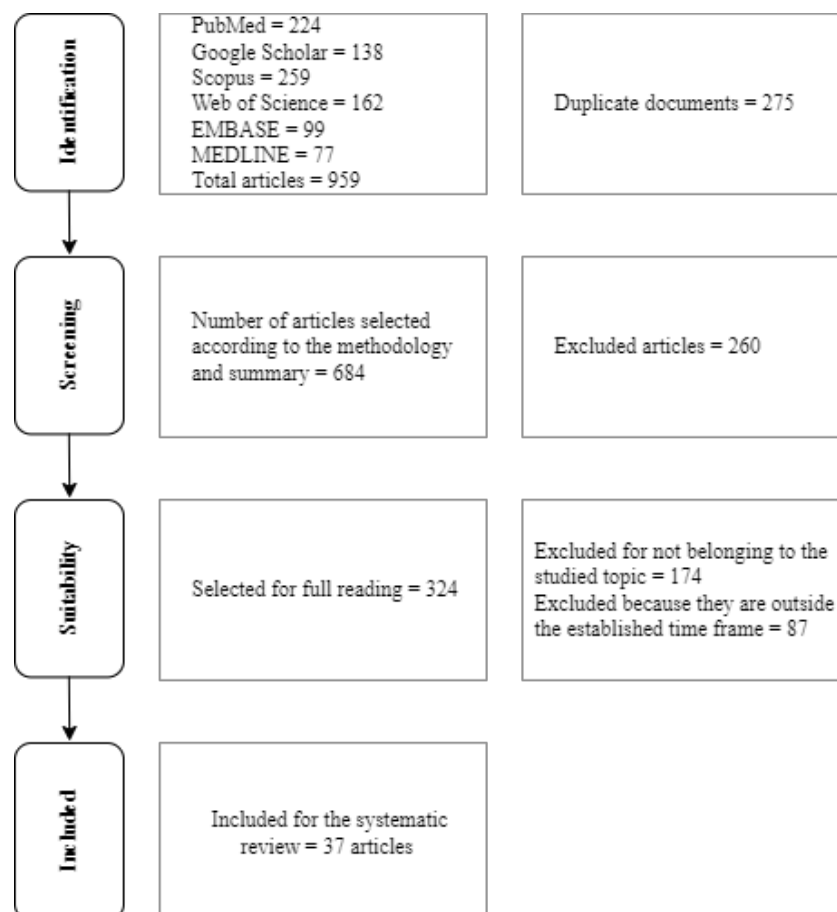


Figure 1. PRISMA flow chart applied for the selection of articles

Selection process

A preliminary analysis of each article's abstract or annotation was conducted to check the relevance of the chosen data. Results and conclusions directly related to the specified topic were crucial aspects in selecting scientific sources. Articles or other sources that did not meet the described criteria were not included in the research.

Data collection process

The chosen literature data were organized according to thematic categories such as psycho-prophylaxis strategies, sociocultural influences, and results of previous studies. This allowed for analysis and preparation of material for further use in the research.

Data items

The following data were extracted: study characteristics (e.g., publication year, study design), participant characteristics, intervention details, outcomes, and key findings related to psycho-prophylaxis strategies and sociocultural influences.

Synthesis methods

A narrative synthesis was conducted, organizing the literature data into thematic categories such as psycho-prophylaxis strategies and sociocultural influences. Methods of analysis, synthesis, abstraction, deduction, and generalization were employed to critically review and integrate the findings.

RESULTS

Medical aspects in the psychoprophylaxis of sexual disorders

Sexual health is a crucial aspect of both individual and societal well-being. The contemporary state of sexual health worldwide is determined by various factors, including medical indicators, sociocultural aspects, reproductive health, and sexual rights. Analysing these factors provides a more comprehensive understanding of current challenges and achievements in the field of sexual health. Sexual health and the psycho-prophylaxis of its disorders are key concepts for understanding the current research landscape. Sexual health is defined as the foundation for the physical and emotional health and well-being of individuals, couples, and families, as well as for the socio-economic development of communities and countries.⁽¹⁰⁾ Psycho-prophylaxis is a system of measures and strategies aimed at preventing or reducing psychological problems and disorders. In the context of this research, the psycho-prophylaxis of sexual health disorders encompasses a set of measures aimed at promoting a healthy attitude towards sexuality, developing skills for healthy and safe sexual behaviour, and preventing and early detecting potential issues. The research on psycho-prophylaxis of these disorders is guided by various theoretical approaches focused on preventing or reducing the risks of sexual problems.

Psycho-prophylaxis is divided into three stages: primary, secondary, and tertiary, which aim to preserve sexual health and address abnormalities.^(11,12) Primary focuses on preventing influences that contribute to diseases, whereas secondary recognises and prevents their onset. Tertiary care attempts to heal and prevent complications, but defined procedures for these stages are missing, necessitating further research. Firstly, medical aspects should be highlighted. It is essential to emphasize that medical and psychological aspects are closely interconnected, making it relevant to consider this issue comprehensively. Medical aspects in the psycho-prophylaxis of sexual disorders are defined by a comprehensive approach to health protection and risk prevention. Research in this area focuses on various aspects, including combating sexually transmitted infections and diseases, the effectiveness of contraceptive methods, and other medical aspects related to sexual health.^(13,14) However, one of the key areas of previous research is strategies for preventing HIV infection.

Medical indicators reveal considerable inequalities in sexual health worldwide. Training programmes or talks on HIV prevention in schools and extracurricular settings might raise awareness among teenagers and help to reduce HIV infections.⁽¹⁵⁾ Mass flash mobs and campaigns dedicated to HIV issues for all age groups are also effective. Addressing psychological issues, such as stigma and anxieties about HIV testing and treatment, is critical for effective public education.⁽¹⁶⁾ Advances in HIV prevention, such as intravaginal rings and dual-purpose pills that combine contraception and HIV prevention, hold promise for lowering infections and their related health consequences.⁽¹⁷⁾

Regular medical check-ups, particularly for women in gynaecologists, are essential, as some women first see a gynaecologist between the ages of 22 and 25, which is considered late.⁽¹⁸⁾ This delay shows that parents neglected health education, resulting in the late diagnosis of sexually transmitted illnesses and gynaecological issues. In this case, addressing the issue at the level of the Ministry of Health by establishing specific obligations for timely medical examinations could be considered. This approach would help prevent diseases and promptly identify the initial stages of disorders, initiating timely treatment. Such an approach could significantly reduce the number of serious illnesses and their unwanted consequences.

In conclusion, research in the field of medical aspects of psychoprophylaxis of sexual offences expands society's knowledge of effective methods of sexual health control, contributing to the further development of prevention strategies and improvement of medical practice in this direction.

The role of psychotherapy in the prevention of sexual disorders

The medical field also plays a crucial role in psychoprophylaxis and treatment of sexual disorders. The coordinated work of psychotherapists and medical professionals aims to achieve harmony between the mental and physical well-being of individuals, improving the quality of their sexual lives.⁽¹⁹⁾ In this context, key aspects of medical interventions in psychotherapy and psychoprophylaxis are crucial. Medical psychotherapy, which focuses on psychoprophylaxis, combines the physiological and psychological components of sexuality. It covers a variety of interventions aimed at sexual dysfunction, trauma rehabilitation, and improving interpersonal relationships. Individualised patient care is essential, taking into account hormonal, physiological, psychological, and emotional elements. This integrated approach promotes both mental and physical well-being by adapting procedures flexibly to unique requirements and cultural contexts, allowing for effective care across varied populations. Psychotherapy in the context of psychoprophylaxis focuses on comprehensive health promotion, taking into account the physical, emotional, social, and ecological environment.⁽²⁰⁾ This may involve educational elements aimed at shaping positive beliefs about sexuality and relationships. However, it would be worthwhile to consider the development pathways of psychotherapy (table 1), as there are currently no standardized psychotherapeutic strategies in this field.

Table 1. Ways of development of psychotherapeutic practice in matters of sexual health.

Perspectives/aspects	Justification
Use of technologies	Advances in virtual reality and telemedicine can make psychotherapy more accessible and convenient for clients. Virtual platforms will allow sessions to be held at a time and place convenient for the patient, thereby reducing barriers to access to psycho-prophylactic services.
Integration with other medical fields	The cooperation of psychotherapists with other medical professionals, such as sexologists, gynaecologists, can improve a comprehensive approach to psychoprophylaxis, increasing its effectiveness. This will allow doctors of different specialities to share knowledge and develop joint prevention and treatment strategies.
Development of research and evidence base	Further research is a key aspect to confirm the effectiveness of psychotherapy in psychoprophylaxis. Increased funding and support for research will contribute to the development of new methods and approaches in this field.
Increasing the level of public awareness	Sexual health is an important component of general health, so it is important to increase the level of information and awareness of society. Outreach programs and educational initiatives can help reduce the stigma surrounding psychotherapy and prevention.
Involvement in the practice of the latest techniques	The use of innovative approaches, such as neuromodulation or cognitive techniques, can improve the results of psychotherapy in psychoprophylaxis, since the constant improvement of methods and their adaptation to modern requirements is an important stage in the development of this field.
Creating a safe environment	It is important to create an atmosphere of mutual understanding and support, both among specialists and among patients. Such an environment will facilitate more effective work and have higher effectiveness in the prevention and overcoming of sexual violations.

In general, the prospects for the development of psychotherapy in the psychoprophylaxis of sexual disorders are defined by the complexity and interaction of various aspects of medical science and practice. Incorporating innovations, harmonizing approaches, and fostering a deep understanding of mental health make psychotherapy even more effective and accessible for those in need. However, psychotherapy has certain drawbacks. One key drawback is the insufficient public awareness of the possibilities and advantages of psychotherapy in the psychoprophylaxis of sexual health disorders. Increasing awareness can improve access to these services.⁽²¹⁾ Additionally, despite significant progress in this field, further research is needed to evaluate the effectiveness of various methods and strategies of psychoprophylaxis. This is due to the lack of standardized psychoprophylactic strategies and the diverse approaches of professionals to addressing a range of relevant issues. Therefore, further research can help to some extent address this issue. Another drawback is the limited access to modern psychotherapy methods in certain countries, significantly complicating psychoprophylactic efforts (especially concerning interracial relationships). By addressing these aspects, psychotherapy can become an effective method for the psychoprophylaxis of sexual disorders, addressing various relevant issues.

Gestalt therapy, which has been highlighted in older research as a strategy for treating sexual issues, takes a holistic approach to individuals, concentrating on their connections with the environment.⁽²²⁾ While not limited to sexual concerns, it is used worldwide, particularly in the United States, Europe, and Australia, to treat

psychological challenges, perhaps assisting with self-expression and relationship enhancement. However, when compared to other psychotherapy treatments, its specialised significance in sexual disorder prevention has received little attention from researchers.

Modern problems of sexual education for the purpose of prevention of sexual violations

Despite long-standing discussions, sexual education is still not fully addressed in schools. The lack of public records addressing this omission emphasises the continuous need for comprehensive sexual education, such as lectures or specific courses. Emphasising contraceptive techniques and their role could help to reduce the spread of sexually transmitted infections and undesired pregnancies, but addressing psychological issues such as sexuality, rights, and dignity is also important.

It is worth emphasizing the critical need for effective sexual education and psychoeducational programs to address prevalent issues such as sexual assault and violence. It was found that online education significantly reduced sexual assault cases on campuses, highlighting its potential in higher educational institutions.⁽²³⁾ However, concerns about the credibility and accessibility of online resources suggest a need for professionally vetted programs. Concurrently, familial silence on sexual knowledge underscores the high prevalence of sexual disorders across age groups, reinforcing the urgency for comprehensive sexual education initiatives.⁽²⁴⁾ The multifaceted approach needed to prevent sexual violence, encompassing individual, relational, community and societal factors, was also emphasized.⁽²⁵⁾ Addressing both short-term and long-term consequences of sexual violence, including unwanted pregnancies and abortions, underscores the importance of further research and robust psycho-prophylactic strategies in this critical area.

Psychosocial and sociocultural aspects in psychoprophylaxis of sexual disorders

It is crucial to comprehend the psychosocial facets of sexual health in order to preserve wellbeing and quality of life. It influences factors that shape a person's psychological and social well-being, including sexual identity, body image, interpersonal connections, and adherence to ethical norms. Acceptance of one's sexual identity and body acceptance are essential components of psychosocial support for sexual health. Attitudes towards sexuality are also greatly influenced by cultural, religious, and ethical convictions, underscoring the significance of harmonious engagement with society in a variety of cultural contexts.

Including psychological components in sexual health prevention improves general well-being and quality of life. However, past research has not provided advice for efficiently integrating these factors into sexual problem prevention. To close this gap, educational programmes should emphasise the development of psychosocial skills and cultural competence in sexuality, with courses on self-perception, emotional intelligence, and ethical relationships.⁽²⁶⁾ Furthermore, encouraging healthy sexual views through group sessions and self-awareness training is critical for creating supportive environments that allow open talk and respect for various sexual identities. Finally, developing media literacy abilities to critically analyse sexual content in the media is vital for countering stereotypes and negative influences on sexual views.

Another crucial point is psychosocial support. Developing psychosocial support programs for those who have experienced sexual disorders is pertinent. These programs could include therapeutic sessions, group activities, and online self-help resources. Furthermore, in the future, such support could be scaled by involving the community in the implementation of relevant projects. Collaborating with schools, civil society organizations, and religious communities would be beneficial. The last step is to recognize the implementation of medical consultations.

Analysing the sociocultural element of sexual health demonstrates how norms, beliefs, stereotypes, and traditions influence individual and group sexual experiences. These factors influence sexuality perceptions, gender relationships, and sexual norms, all of which have an impact on attitudes towards sexual health. The media and the internet play an important part in establishing sexual stereotypes and ideals, since they provide information and instruction while also affecting notions of beauty, sexual attractiveness, and roles. As a result, a careful approach to media is required to promote healthy sexual attitudes while countering bad influences.

The sociocultural aspect has a substantial impact on perceptions of sexuality, making it important to examine in research. The findings are consistent with global trends such as rising sexually transmitted illnesses, increased emphasis on sexual education, and a need for credible information. It is vital to note that past studies may differ due to cultural, medical, and societal variables; nonetheless, similarities highlight the study's global relevance and support its conclusions.

DISCUSSION

Sexual health is critical for individual and societal well-being, encompassing medical indicators, sociocultural aspects, reproductive health, and sexual rights. It provides insights into both current challenges and advancements, including global disparities in development and medical aspects such as combating sexually transmitted infections and HIV prevention.

For example, a study by de Melo et al.⁽²⁷⁾ revealed that young men aged 18 to 23 are engaging in risky sexual behaviour without using contraceptives, demonstrating a high level of sexual diseases. It was also highlighted that the majority of adolescents have never undergone HIV testing. Thus, timely diagnosis of sexually transmitted infections needs to be promoted, educational practices in university settings should be enhanced to increase awareness of sexual health, and vulnerability to sexual diseases among students should be reduced. According to most literature sources, the emphasis was on expanding access to free protection means and improving information dissemination processes.^(26,28,29) However, a clear and structured plan of action or recommendations for HIV prevention have not been identified or tracked down.⁽³⁰⁾ Therefore, it is necessary to develop recommendations to prevent the spread of HIV infection and increase society's awareness on relevant issues.

Further research into medical psychoprophylaxis of sexual offenses emphasizes the necessity for new contraception methods. For instance, Haddad et al.⁽¹⁷⁾ studied innovative contraception methods, like hormonal patches with microchips, aimed at reducing sexually transmitted disease risks and preventing unwanted pregnancies. These advancements not only improve disease prevalence but also mitigate broader consequences, significantly impacting various aspects of life.

Additionally, according to World Health Organization (WHO)⁽³¹⁾ data for 2023, there is global mortality from breast cancer. Initially, it may seem that this disease has no relevance to the researched topic. However, firstly, the disease significantly affects women's health, including sexual and even psychological health. Therefore, it would be appropriate to superficially consider the disease in this context. As of today, the goal of the WHO Global Initiative on Breast Cancer is to prevent 25 % of deaths by 2030 and 40 % by 2040 among women under 70. This alarming number underscores women's failure to seek preventive care, including gynaecology and mammography. Addressing this issue at a higher level, through Ministry of Health programmes and standards requiring independent, corruption-free examinations, may be advantageous. Mobile groups might provide free, anonymous screenings during events such as Breast Cancer Awareness Day. Thematic teaching campaigns could also include issues such as sexual health, sexual offence prevention, and disease.

As of today, there are several studies examining the issue of sexual education and its potential solutions. One such study is by Goldfarb and Lieberman,⁽²³⁾ which explored the effectiveness of online education in increasing knowledge and awareness of sexual safety issues. The authors investigated campuses with a high incidence of sexual assault and discovered that internet tools greatly reduced incidents. They advocate improving and expanding these programmes in higher education. Despite rational and relevant findings, misinformation online has the potential to damage the legitimacy of institutional education, prompting additional research on the subject.

Another study highlighted the importance of implementing psychoeducational programs aimed at preventing cases of sexual violence.⁽³²⁾ When discussing sexual violence, it is important to consider both extra-domestic and domestic contexts, as domestic violence is frequently the result of psychological problems and unhealthy relationships. Despite substantial discussion in earlier studies, current psychoprophylaxis approaches for sexual violence are unsatisfactory. Farahi and McEachern⁽²⁵⁾ emphasise the need to prevent sexual assault through a holistic approach that considers individual, relationship, communal, and systemic issues. The wide-ranging implications of sexual violence, including both short- and long-term effects such as undesired pregnancies and abortions, highlight the need for additional research in this field.

Developing psychosocial aspects of sexual health in medical consultation programs can provide access to professional mental health assistance.⁽³³⁾ More specifically, the orientation of these programs should be directed towards supporting those who have experienced sexual trauma or disorders.⁽³⁴⁾ By adhering to these points, it would be possible to successfully implement psychosocial aspects into the prophylaxis of sexual health. In the sociocultural context, education, and awareness of the population about sexuality and sexual health are of great importance. Specifically, countries with a low level of sexual education may face problems associated with an increase in unplanned pregnancies and the spread of sexually transmitted infections.⁽³⁵⁾

Cultural and religious traditions have a considerable impact on acceptable sexual behaviours and relationship standards, including attitudes towards sexual disclosure, gender roles, and family dynamics in a variety of circumstances. Understanding these impacts is critical for creating inclusive preventive programmes that respect cultural variety while also meeting society's demands by encouraging psychological comfort, sexual expression, and fulfilment. Respecting these ideas and values guarantees that everyone has the right to a safe and enjoyable sexual experience.^(36,37)

While the findings are consistent with earlier research in many ways, it should be noted that this study is essentially a review of existing literature. To summarise, addressing sexual health disorders necessitates a multidimensional strategy that incorporates medical, psychological, educational, and societal components. Future research should include empirical investigations to validate the efficacy of the proposed therapies and techniques. It is also vital to develop standardised psychoprophylaxis measures, improve sexual education, and take into account the many cultural contexts in which sexual health is understood and experienced.

CONCLUSIONS

The analysis of sexual health in Ukraine and globally reveals pressing issues requiring immediate attention. These include inadequate public awareness, pervasive stereotypes, and ineffective psychotherapeutic strategies. Psychosocial factors are identified as significant influences on sexual health, emphasising the need to integrate these into strategies. Effective psychoprophylactic measures should be personalised, considering individual characteristics like age and gender for optimal adaptation.

Recommendations include thematic lectures addressing psychological barriers to HIV prevention, innovative prevention methods, and enhanced psychotherapeutic approaches to sexual disorders. Further research is crucial to explore underrepresented areas such as psychosocial influences and strategy effectiveness, aiming to refine approaches and inform medical and psychological practices for improved public health outcomes.

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