
CLINICAL AND SEX-THERAPEUTIC INTERVENTIONS BASED ON THE MOBILE APPLICATION S-ON IN PATIENTS WITH SEXUAL DYSFUNCTION

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Abstract

S-ON is an online sex therapy and a modern method of clinical intervention for sexual and couple life optimization as well as for female and male sexual dysfunctions treatment. S-ON is an important tool in sexual disorders evaluation, testing and resolution. At the same time, this technique has proven effective in sex education as well as in interactions with other long-distance sexual partners, with the help of the internet, software and advanced technology. In short, the S-ON method we propose in treating sexual dysfunctions and in optimizing intimate and couples' lives is advanced, scientifically validated and readily available to anyone.

Keywords: sexual dysfunction, S-ON, sex-therapy.

INTRODUCTION

The S-ON platform offers people interested in sexual performance, researchers and students in clinical field quick access to clinical evaluation and testing as well as standardized protocols for sex life, to make it harmonious. As a user, you will have full online access to all the scientifically validated resources to improve and optimize your sex and couples life. What do you have to do?

Go to www.drdelcea.com and you will be able to browse the desired application. Remember, this application has been created, standardized and scientifically validated by associate professor. Dr. Delcea Cristian to help you treat your intimate issue. The application is approved by the Romanian Institute of Sexology and the research results have been published in the International Journal of

Advanced Studies in Sexology, Vol. 1, 2019. the leading authority in the field will be happy to provide further relevant information.

We created everything you will access in order to facilitate you access to easily evaluate, test and finalize standardized protocols for optimizing and treating intimate and couple life. You have to follow 3 or 4 steps to improve your sexual performance and your couple and family relationship. Below you will find the description of each step separately.

Clinical interventions

The first step you take, after receiving access, is to go through a system of clinical sexual evaluation, called *S-ON Test*[®] consisting of 4 tests (*General clinical sexual screening, DSM-Screening, Cognitive-sexual questionnaire, Genogram of sexual stimuli*).

General clinical sexual screening has 33 items / questions in order to validate if you have a sexual disorder and / or a couple issue or if you want to optimize your couple relationship and sex life. This screening allows you to use the most robust tool for assessing and testing your sexual and couples health status, an innovative and unique tool in all the world. After you have taken the first step you will receive an answer whether or not you have sexual dysfunction and / or couple issues.

The second step, after making the payments, you will access the following three instruments (*DSM- Screening, Cognito-sexual and Genogram of sexual stimuli*) of complex evaluation and testing in accordance with the principles and good practices of International Test Commission (ITC).

DSM-Screening (S-DSM) is an interactive computer system mediated by a specialized software application on qualitative, categorical, index-type evaluation of women and men sexual disorders. S-DSM is divided into nine scales (S-DSM- feminine orgasm, S-DSM- masculine orgasm, S-DSM-arousal, S-DSM-DE, S-DSM- masculine and S-DSM-feminine dyspareunia, S-DSM-PE, S-DSM-desire in females S-DSM-desire in males) for presumptive diagnosis of sexual disorders in accordance with the requirements of the American DSM-IV-TR and DSM-5 and ICD 11 issued by the World Health Organization. The features of the application facilitate access to the complete DSM-4 / 5® diagnostic criteria that allows using a phone or tablet to establish a categorical diagnosis of the sexual disorder or its absence and the application is used in clinical and administrative purposes. DSMapp-Screening meets all security requirements, good IT functionality, has a clinical / non-clinical discriminatory robustness, is accessible to anyone; easy to use, and has an interface language adapted to user's cultural and educational level, so that the user develop compliance to the treatment of sexual dysfunction and optimise his/her intimate life to the maximum.

The Cognito-sexual questionnaire (CSQ) is a multidimensional assessment tool for the operationalization of arousal stimuli on cog-

nitive level. CC-Sapp measures three participants' cognitive patterns related to adaptive or maladaptive management of arousal stimuli: how arousal stimuli are processed cognitively during intercourse, how they operate cognitively during sexual intercourse, and how they cognitively influence sexual behavior. The test has three scales (CC-Sco, CC-Ss and CC-Sc): the first scale (CC-Sco) measures cognitive processes mediated by perceptive analyzers (hearing, sight, tactile, olfactive and taste) and the way in which the individual adapts; the second scale (CC-Ss) refers to processing identified sensations as well as as the way the individual adapts; and the last scale (CC-Sc) refers the way the individual manifests himself, adaptively or not during sexual intercourse.

Genograma stimulilor sexuali (GSS) is an interactive informatics system mediated by a software application specialised in qualitative assessment of exciting stimuli which do or do not generate pleasure (*Gpapp*), relaxation (*Grapp*) and arousal (*Geapp*) of exciting stimuli is a projective test which qualitatively indexes exciting stimuli from 1 to 10 for pleasure (attraction), for relaxation (good mood) and arousal (stimulation), committed to memory throughout sexual acts in men and women. The features of the *Gapp* application facilitate access to a qualitative and dimensional assessment (pleasure, relaxation, arousal) of arousal stimuli that generate on a phone and/or tablet a clinical/nonclinical conceptualisation of the user with regard to sexual stimulus operationalisation on pleasure level (*Gpapp*), relaxation (*Grapp*) and arousal (*Geapp*). *Gapp* meets all security requirements, has good IT functionality and clinical/nonclinical discriminatory robustness, is accessible, easy to use and has an interface language adapted to the user's cultural and educational level, so that the user develop compliance in reporting on sexual dysfunction, as well as optimise his/her intimate and couple life to the maximum.

Sex-therapeutic interventions

After completing step two and paying for the seven standardized protocols, called S-ON Sextherapy © to resolve sexual dysfunctions,

you will begin their examination, depending on the severity of the disorder standardized and validated protocols for sexual dysfunctions, identified in the first and second step. Once introduced into the protocols section, you will complete them step by step in order to get rid of your sexual and / or couple issues. Below is the description of each protocol separately.

Distributive thinking protocol has been scientifically validated to develop an adaptive cognitive-behavioral involvement on arousal stimuli thereby improving erectile dysfunction, arousal in women, premature ejaculation, reduced sexual desire in men and women, orgasm in women and men and dyspareunia in women and men.

Anticipated steps protocol, scientifically validated, uses the cognitive scenarios regarding the rules and the steps to be followed in re-learning the cognitive-behavioral participation on sexual stimuli. The technique has 5 cognitive steps / scenes to be followed contributing to the improvement of arousal in women, reduced sexual desire in men and women, orgasm in women and men as well as dyspareunia in women and men, but also in reducing erectile dysfunction and premature ejaculation.

Scientifically validated *multitasking protocol* refers to several techniques for focusing on sexual stimuli to teach / retrain participant's participation / focus during sexual intercourse on all relevant stimuli, thereby improving erectile dysfunction, arousal in women, premature ejaculation, reduced sexual desire in men and women, orgasm in women and men as well as dyspareunia in women and men.

Relaxation protocol, scientifically validated, helps the client to relax and psychically release all disruptive stimuli. It helps the body to 'defend itself' in less pleasant situations thereby improving erectile dysfunction, arousal in women, premature ejaculation, reduced sexual desire in men and women, orgasm in women and men, and dyspareunia in women and men.

Scientifically validated *performance anxiety management protocol* starts from Emotional and Behavioral Rational theory issued to balance, flex and optimize dysfunctional negative emotions in individuals with irrational cogni-

tions, rigid and dogmatic expectations about sex life, thereby improving erectile dysfunction, arousal in women, premature ejaculation, reduced sexual desire in men and women, orgasm in women and men as well as dyspareunia in women and men.

Scientifically validated *protocol for managing stressors* stimulates disruptive factors identification, wishing to identify stressors, in order to optimize and solve issues that would interfere with sex life and couple's relationship, thereby improving erectile dysfunction, arousal in women, premature ejaculation, reduced sexual desire in men and women, orgasm in women and men as well as dyspareunia in women and men.

Improvement of couples issues protocol uses the most advanced paradigms validated from the perspective of couple and family psychotherapeutic schools (systemic couple and family psychotherapy, cognitive-behavioral psychotherapy, rational-emotional and behavioral psychotherapy, etc.) to evaluate, test and outline a valid protocol for resolving or optimizing the couple's relationship thereby improving erectile dysfunction, arousal in women, premature ejaculation, reduced sexual desire in men and women, orgasm in women and men, and dyspareunia in women and men.

Step 4, in case no sexual disorders and / or couple issues were detected previously or you already solved these issues, S-ON can help you with five scientifically validated standardized protocols to optimize your sexual and/ or couple performance and thereby to enjoy a quality sex life. Below is a description of each protocol to optimize your sex life and couple relationship.

Effective sexual communication protocol has been validated for the development of couples' abilities to communicate openly, tolerantly with regard to an adaptive sex life, helping them to perform in their intimacy, increasing their quality of sexual life.

Behaviorist protocol was validated to develop the abilities of individuals to have adaptive and performance sex as well as to change maladaptive behaviors in order to maintain sexual health, helping couples to be the best in

their intimacy thereby increasing the quality of their sexual life.

Cognitive-sexual protocol has been validated for couples with absolutist and dogmatic cognitions regarding the perceptions of maladaptive couple and sexual relationship, for those who are nonparticipative on adaptive sexual stimuli as well as for those who use irrational cognitions while maintaining performance anxiety. This protocol proposes to modify maladaptive cognitions, helping the couples to be the best in their intimacy thereby increasing the quality of their sexual life.

Sexual emotional-affective protocol was validated to modify dysfunctional negative emotions, maladaptive affective states and emotional distress in couple's relationships in order to perform and increase the quality of sexual life.

Somato-sexual protocol was validated to teach couples how to harmonize with their own body, mind and anatomical-physiological states in order to perform and increase the quality of sexual life.

CONCLUSION

The SON app is recommended for all sexual dysfunctions for women and men. It can be accessed from Google Play and the APP Store. Easy to apply and useful for those aged 16-85.

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