

BREAK FREE with

OSCAR BAMUHIGIRE

Is sex addiction common?

Q: Dear Counsellor,
How common is sex addiction? Are womanisers sex addicts? Does it affect women also? Why is it hard for sex addicts to change?
Christine, Kampala

A: Dear Christine,
While womanising is relatively common, sex addiction only occurs in a smaller percentage of the population. There are two types of sex addiction; non-paraphilic compulsive sexual behaviour (CSB) and paraphilic CSB. According to a 2010 study published in the *Journal of Clinical Psychiatry*, 5.7% of university students are sex addicts. Another study published in the journal *Annals of Clinical Psychiatry*, 2013, found that 2.0% of university students (5.0% men, 1.2% women) were sex addicts. Among mental patients, the rates have been 1.7% and 4.4%. That

is according to a 2011 study published in the journal *Psychiatry Research*. The problem with most of these studies, say researchers, is that the sensitive nature of sexual behaviour makes it hard to carry out research, and that these findings may be an underestimation of the real picture. Females, they say, may be under reported because of this. A 2008 study found that CSB was much higher in women than men (8.9%) compared to (6%) in males. These findings were published in the *Journal of Clinical Psychiatry*, 2007. It is hard for sex addicts to change, because they suffer from an obsession with sex. A 2015 study published in the *Journal of Treatment & Prevention*, revealed that 42% of sex addicts have difficulty in controlling their sexual fantasies, 67% reported difficulties with sexual urges and 67% engaged in repeated sexual behaviours that they were unable to control.

How can I quit smoking?

Q: Dear Counsellor,
I have tried to quit smoking but failed. I think I am weak. What is the best way to quit?
Irene, Kampala

A: Dear Irene,
You have made a good decision by choosing to quit smoking, because it will spare you from many smoking-related diseases such as lung cancer and chronic obstructive pulmonary disease. The best way to quit smoking is to acquaint yourself with the ways in which it has affected you and the benefits of quitting. To come up with an exhaustive list, you can talk to your friends and family who know your history of smoking. This information will act as a motivation for you, more so if you read that list every day, and, if possible, keep building on it. Most of the people that I know who have quit smoking have done so by reducing on the number of cigarettes they smoke, until they quit. A few have been able to quit once without relapsing.



Quitting smoking is possible

have quit had many previous failed attempts. Researchers in a 2011 study published in the *International Journal of Chronic Obstructive Pulmonary Disease*, explain: "Patients who try to quit smoking on their own rarely achieve complete abstinence over time. Initially, 25%-50% of patients succeed; however, by three months, the success rate drops to 10%-20%, and by six months, 95%-97% are back to smoking." They recommend medication and counselling, because these increase one's chances of quitting. According to the findings of a 2010 study published in the journal *Advances in Anatomic Pathology*, the most effective medications are bupropion and nicotine.