

# Sex & Drugs & Self-Control



Tom Platteau  
Sexologist, PhD



# OVERVIEW OF THE PRESENTATION

1. Understanding chemsex
2. Reducing negative impact of chemsex
3. Integrate self-control principles in clinical practice
4. *Budd*-app: self-control intervention for people who participate in chemsex



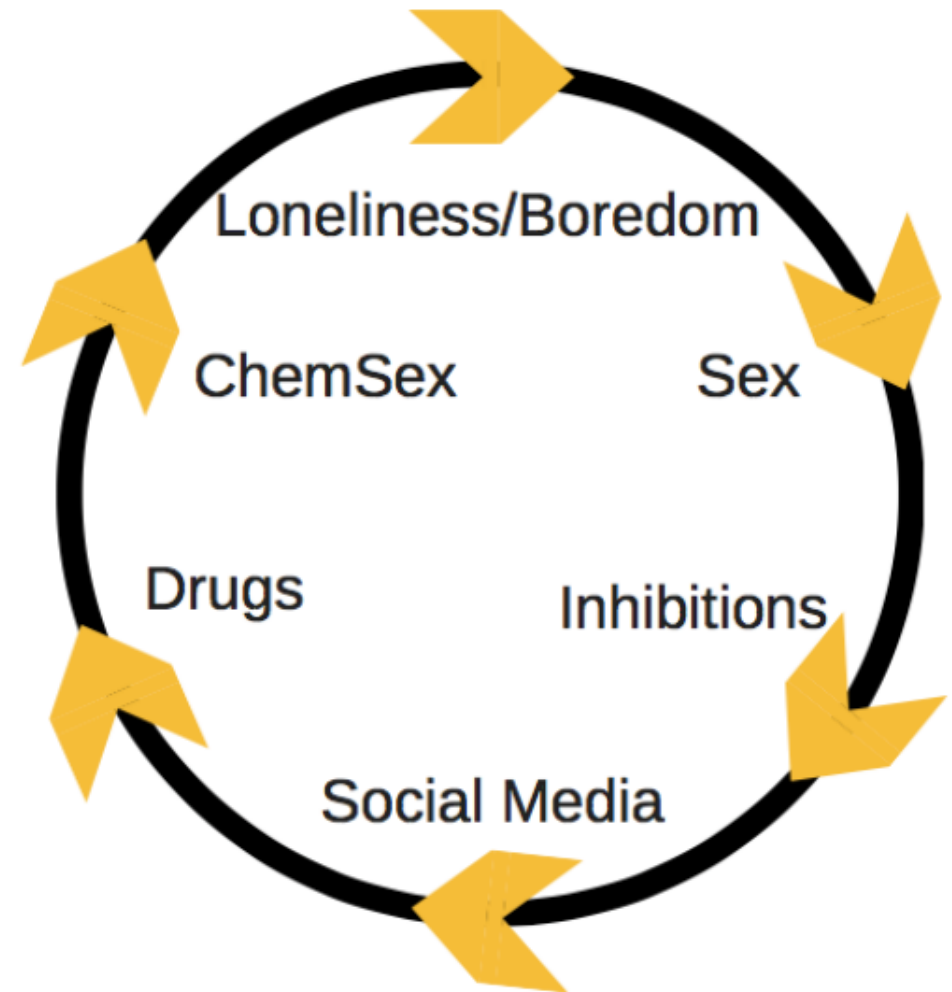
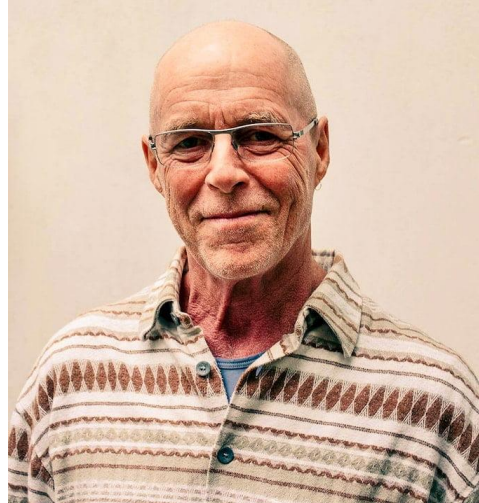
**UNDERSTANDING CHEMSEX:  
*CONTINUUM PERSPECTIVE***

# CONTINUUMPERSPECTIVE: *PROBLEMATIC CHEMSEX JOURNEY*

2nd European  
**ChemSex**

22-24 March 2018 **Forum**

Mercure Hotel MOA Berlin





“... represents a common pattern of events, rather than an inevitable progression.”


## The problematic chemsex journey: a resource for prevention and harm reduction

Tom Platteau, Roger Pebody, Nia Dunbar, Tim Lebacqz and Ben Collins

Drugs and Alcohol Today

<https://doi.org/10.1108/DAT-11-2018-0066>

2019



**REDUCING NEGATIVE IMPACT:  
*HARM REDUCTION*  
*AND SELF-CONTROL***



# **HARM REDUCTION**

# HARM-REDUCTION: WHAT DO PEOPLE DO THEMSELVES?



International Journal of  
*Environmental Research  
and Public Health*

## Harm Reduction Practices and Needs in a Belgian Chemsex Context: Findings from a Qualitative Study

by  Corinne Herrijgers <sup>1,\*</sup>  ,  Karolien Poels <sup>2</sup> ,  Heidi Vandebosch <sup>2</sup> ,  
 Tom Platteau <sup>1,3</sup>  ,  Jacques van Lankveld <sup>3</sup>   and  Eric Florence <sup>1</sup>  

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*Int. J. Environ. Res. Public Health* **2020**, *17*(23), 9081; <https://doi.org/10.3390/ijerph17239081>



# HARM-REDUCTION: WHAT CAN ADDITIONALLY BEEN DONE?

THE LANCET  
HIV

## HIV, chemsex, and the need for harm-reduction interventions to support gay, bisexual, and other men who have sex with men

*Carol Strong, Poyao Huang, Chia-Wen Li, Stephane Wen-Wei Ku, Huei-Jiuan Wu, Adam Bourne*

*Lancet HIV 2022; 9: e717-25*

Published Online

August 1, 2022

HOW TO ACHIEVE  
HARM REDUCTION?



**SELF-CONTROL**

## SELF-CONTROL

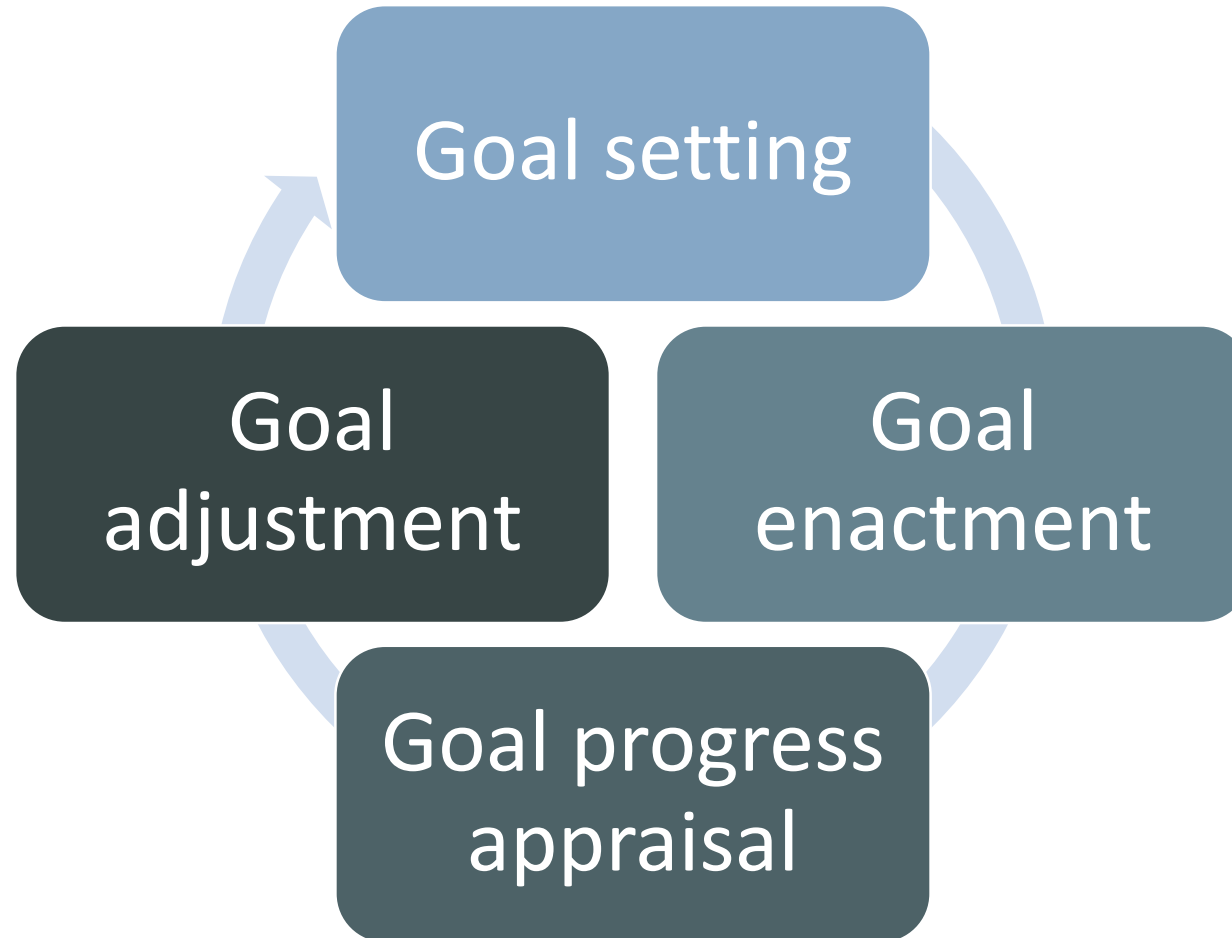
Cognitive process that refers to one's ability to forego immediate or momentary pleasures (which may have negative consequences), in favor of longer-term, more abstract benefits or the prevention of adverse impacts that may never occur.

*In the case of chemsex:* Foregoing immediate excitement of combining sex and drugs to avoid potential negative impacts, including physical harm, legal sanctions social disapproval or self-disappointment



***SELF-CONTROL* IN  
CLINICAL PRACTICE**

# SELF-CONTROL FRAMEWORK IN CLINICAL PRACTICE



# STEP 1: GOAL SETTING

An effective goal should be:

- Specific
- Realistic
- Ambitious (motivation)

- *Chem use*
- *Sexual health*
- *Negative social impact*



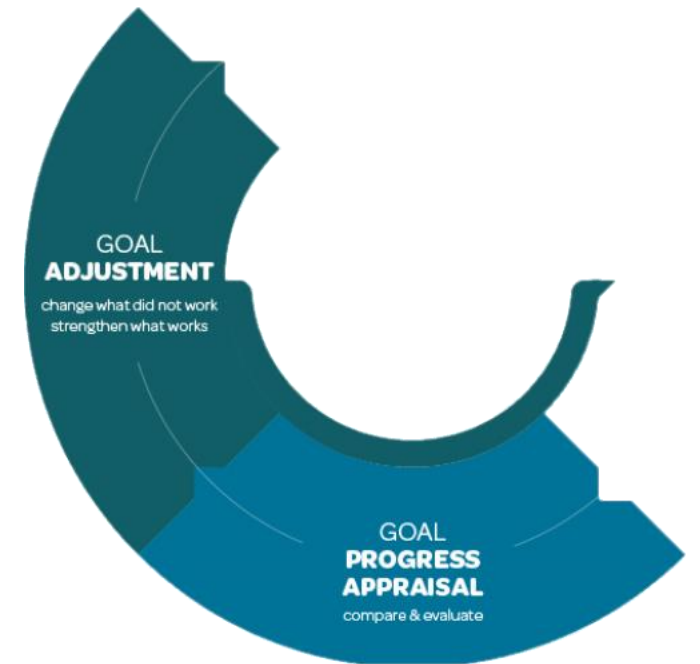
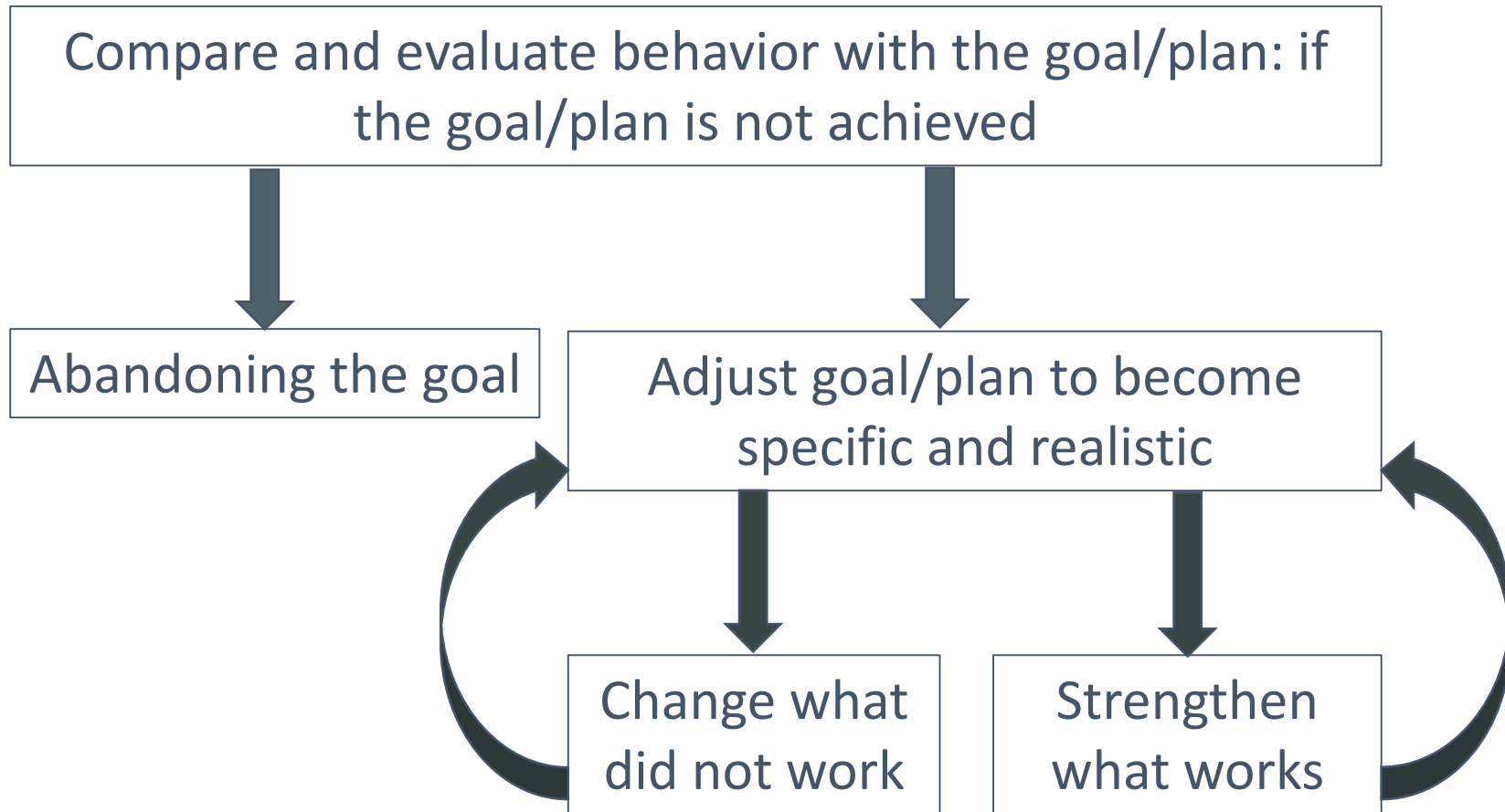
## STEP 2: GOAL ENACTMENT

- Goal enactment: *planning and execution of specific (short term) actions to achieve the higher-order goal*
- Translation of goals in specific and realistic actions during the next 'event'

- *Chem use*
- *Sexual health*
- *Negative social impact*



## STEP 3: GOAL PROGRESS APPRAISAL AND ADJUSTMENT







# CONCEPTUAL FRAMEWORK

**GOAL  
SETTING**  
prioritizing

**GOAL  
ENACTMENT**  
making plans  
implementing plans

**GOAL  
PROGRESS  
APPRAISAL**  
compare & evaluate

**GOAL  
ADJUSTMENT**  
change what did not work  
strengthen what works

## Self-control as conceptual framework to understand and support people who use drugs during sex

 [Tom Platteau](#)<sup>1, 2\*</sup>,  [Eric Florence](#)<sup>1</sup> and  [John de Wit](#)<sup>3</sup>

<sup>1</sup>Institute of Tropical Medicine Antwerp, Belgium

<sup>2</sup>Open University of the Netherlands, Netherlands

<sup>3</sup>Utrecht University, Netherlands



**frontiers**

in Public Health

| Public Mental Health



**BUDD: a mobile health intervention for people who participate in chemsex**

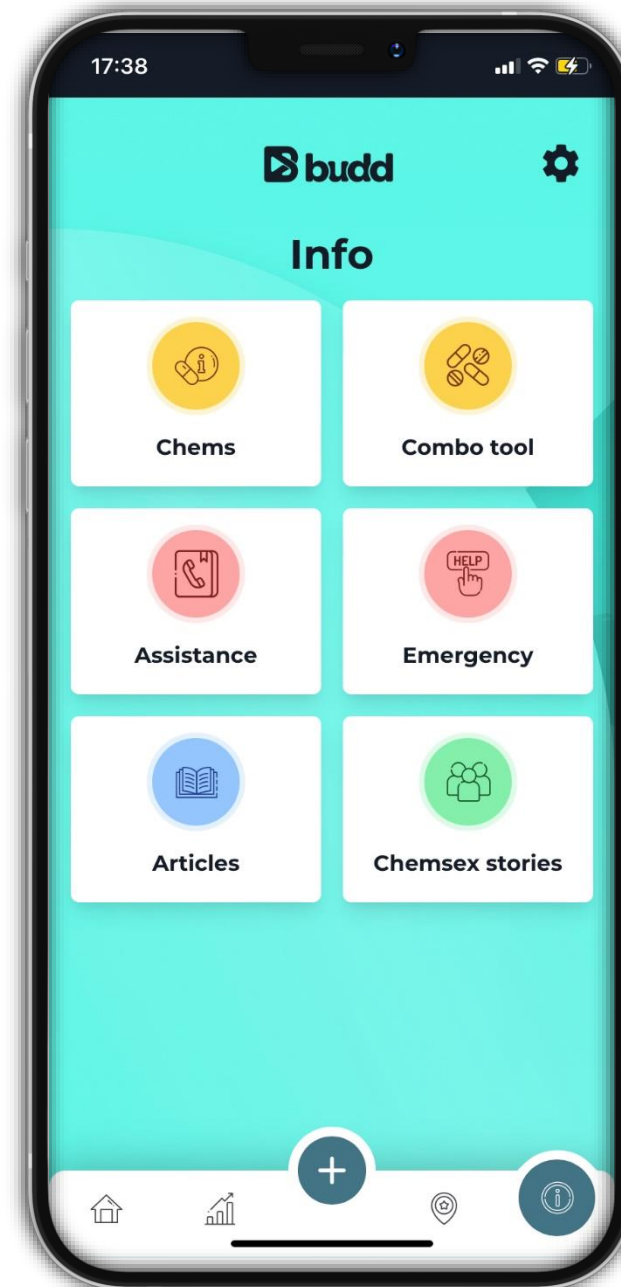
# INFORMATION MODULE



# INDIVIDUAL SUPPORT



# INFORMATION MODULE

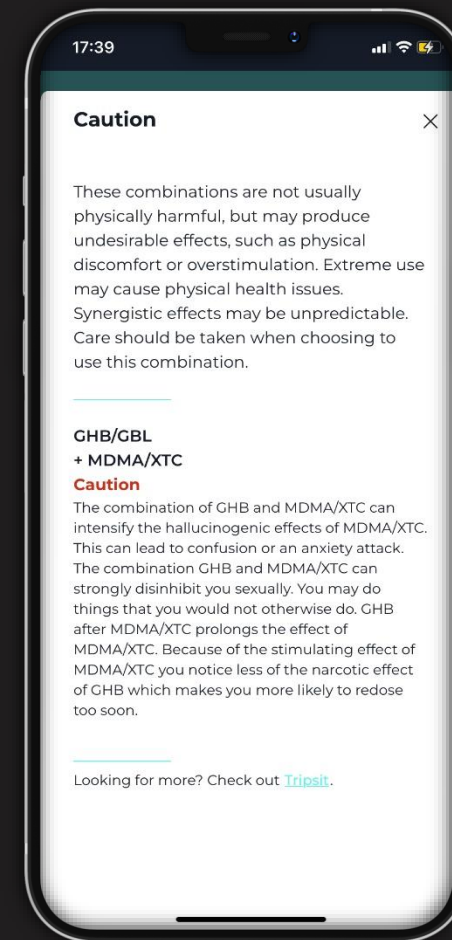
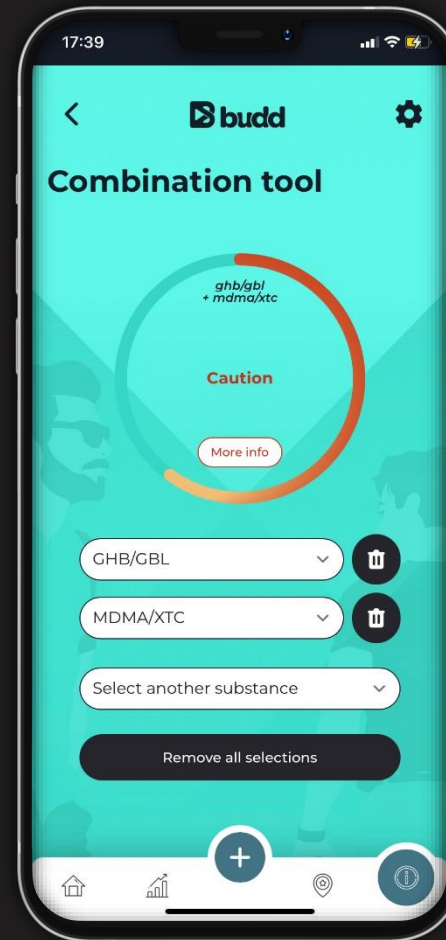


# Information module



## Combination tool

With the Budd 'Combo tool' button you can quickly and easily get information about the different drug combinations.

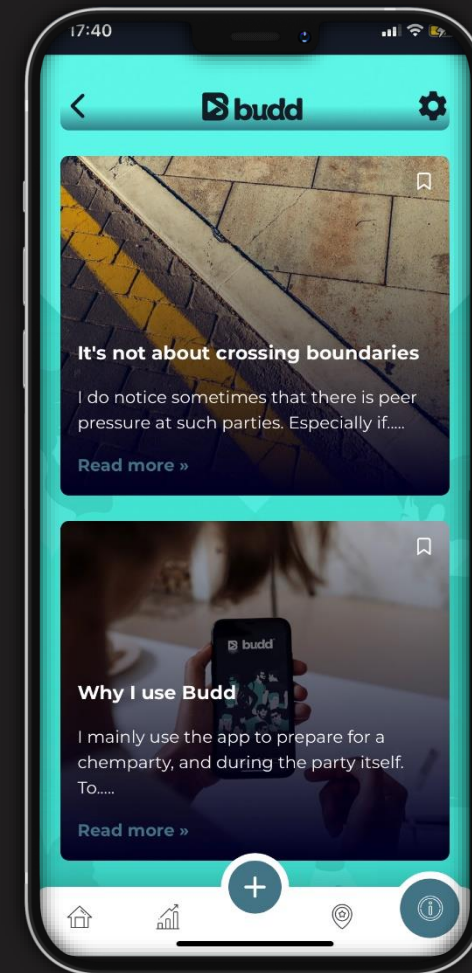
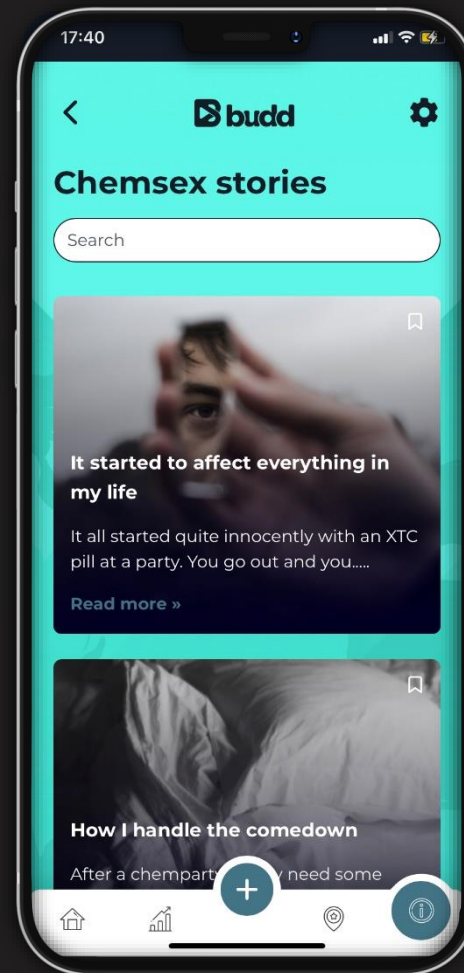


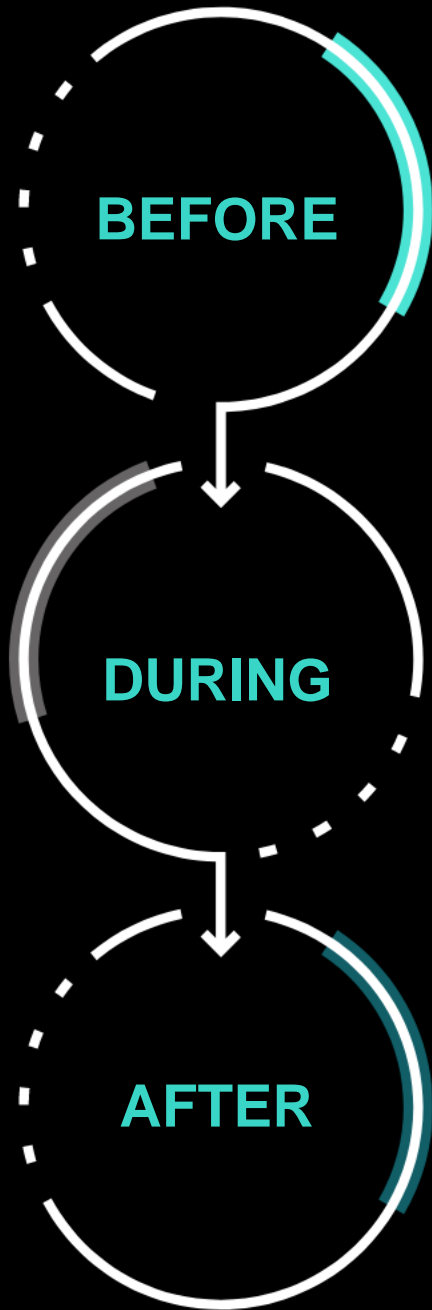
# Information module



## Testimonials

Via the button 'Chemsex stories' you can read (or watch) experiences of other persons who participated in chemsex and shared their stories.





# INDIVIDUAL SUPPORT





# Individual support

*at each stage:*



## Before

before the event:  
Preparation  
& planning

## During

during the event:  
Harm reduction

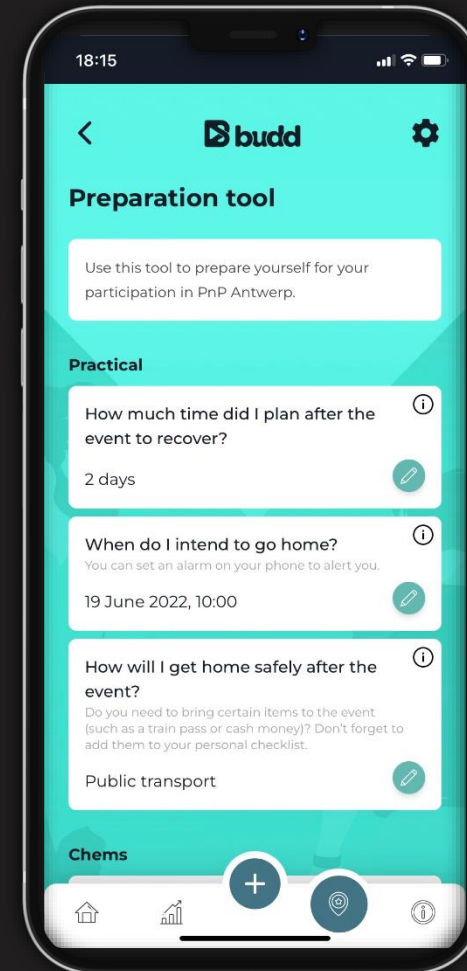
## After

after the event:  
Reflection  
& monitoring



## Before: PREPARE YOURSELF

Use the **preparation tool** to reflect on your intentions and personal boundaries.

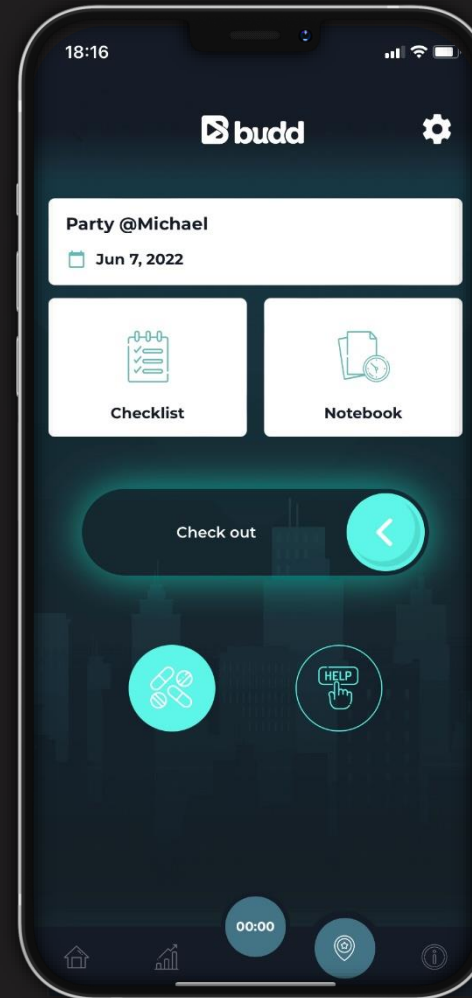


## During: LET'S PARTY

Arrived at the event?  
**Check-in**

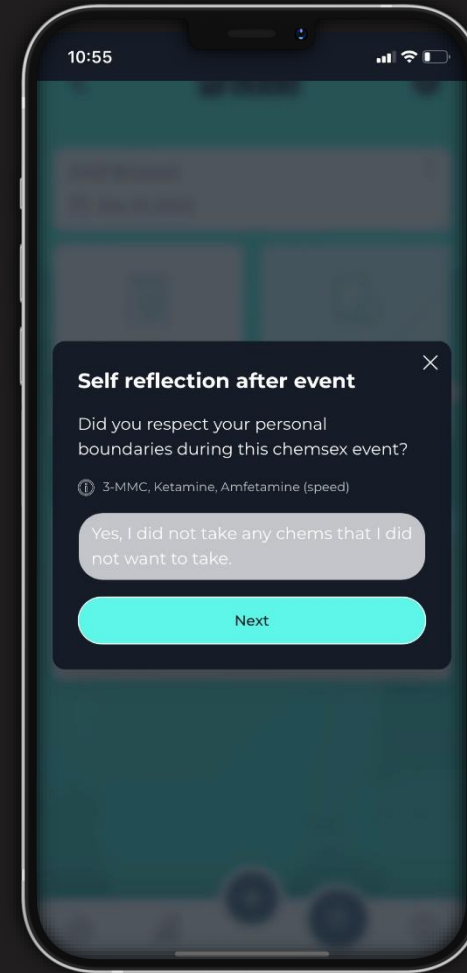
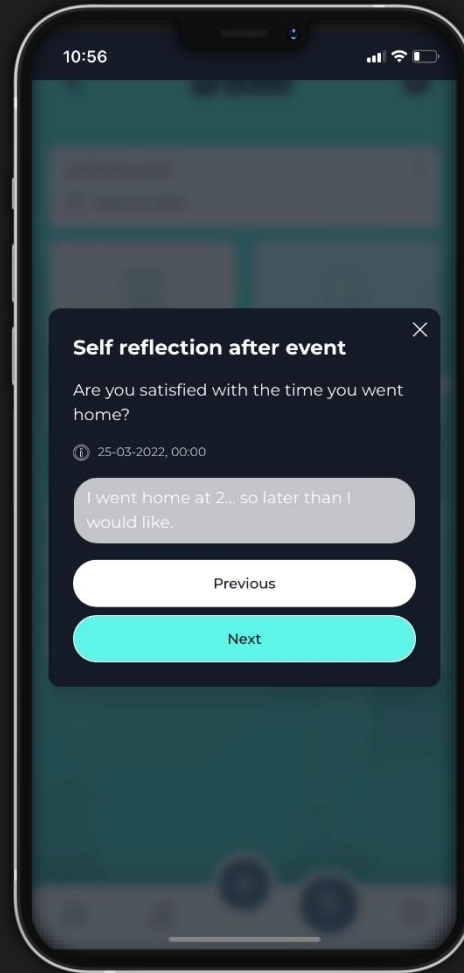
A **timer** shows how long you have been there.

Budd displays the most **relevant information** to reduce risks during the event



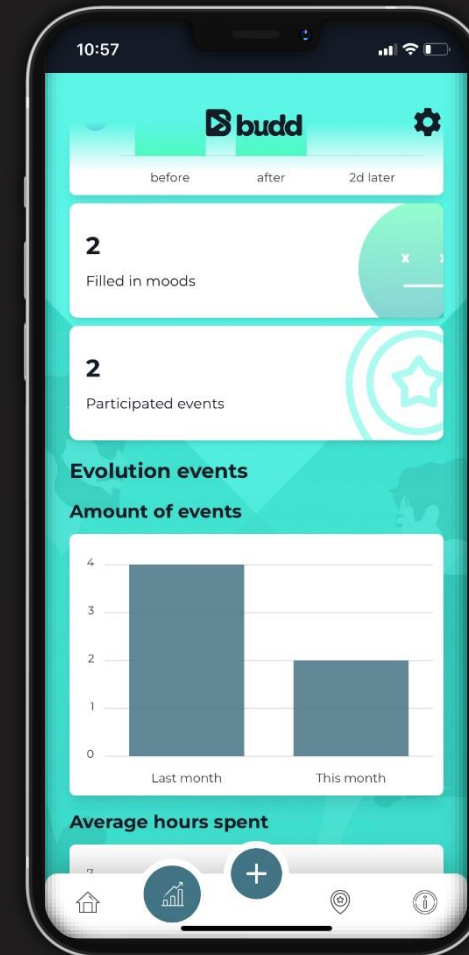
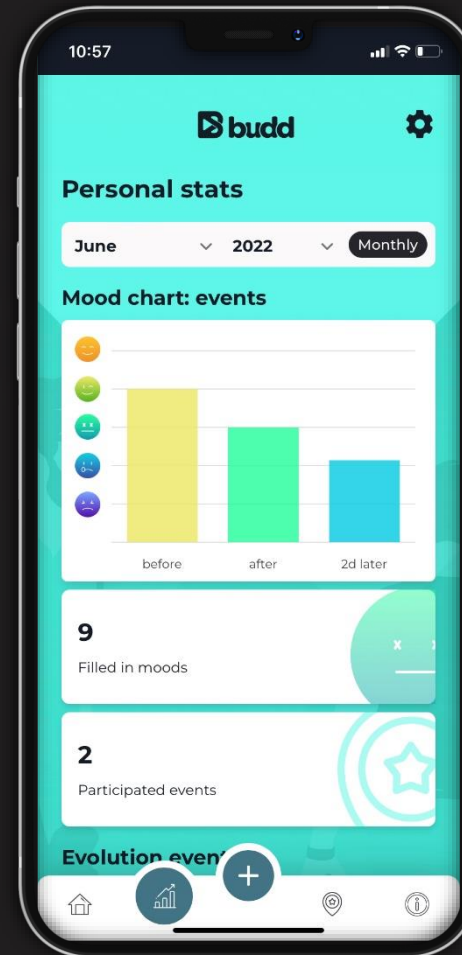
## After: REFLECT

After the event, reflect on your formulated intentions.



## After: MONITOR YOUR PARTICIPATION

Gain insight into your personal participation and see how it affects your state of mind.



# Want to learn more?



## Papers

Platteau T, Herrijgers C, de Wit J. Digital chemsex support and care: The potential of just-in-time adaptive interventions. *Int J Drug Policy*. 2020 Nov;85:102927. doi: 10.1016/j.drugpo.2020.102927. Epub 2020 Sep 12. PMID: 32932125.

Herrijgers C, Poels K, Vandebosch H, Platteau T, van Lankveld J, Florence E. Harm Reduction Practices and Needs in a Belgian Chemsex Context: Findings from a Qualitative Study. *Int J Environ Res Public Health*. 2020 Dec 4;17(23):9081. doi: 10.3390/ijerph17239081. PMID: 33291855; PMCID: PMC7730975.

## Video

Presentation Budd app: [https://www.youtube.com/watch?v=EqGs6tnrQk0&ab\\_channel=Budd](https://www.youtube.com/watch?v=EqGs6tnrQk0&ab_channel=Budd)

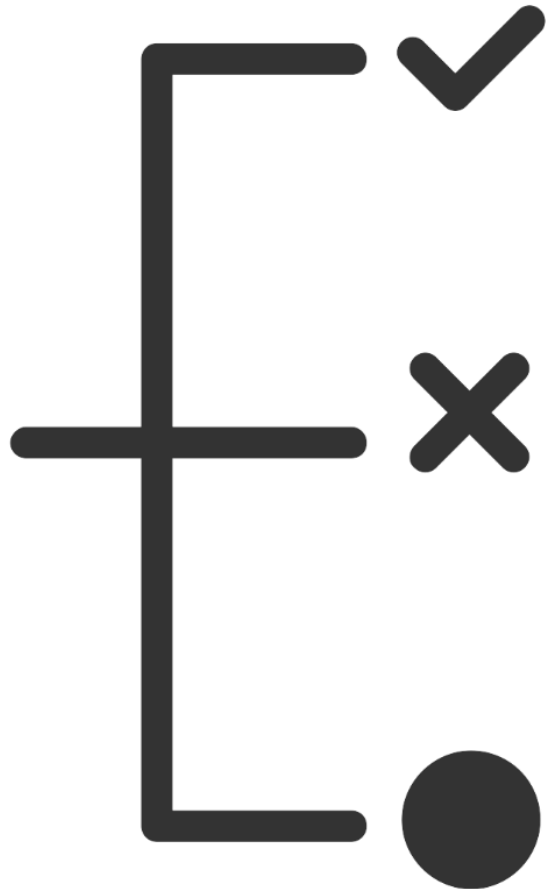
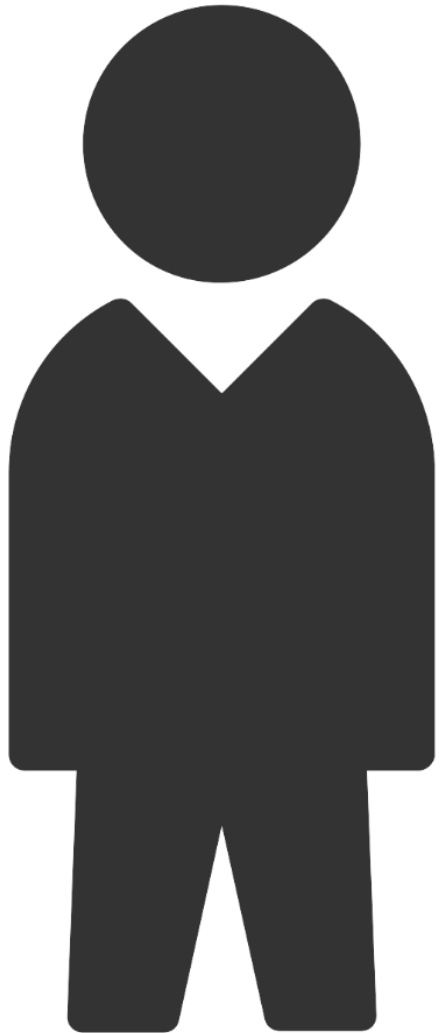
Development process Budd app: [https://www.youtube.com/watch?v=gOLWegQyEMI&ab\\_channel=Budd](https://www.youtube.com/watch?v=gOLWegQyEMI&ab_channel=Budd)

## Website & app

<https://budd.be/>

<https://app.budd.be/>

## WRAP UP



Self-control is a dynamic process, with feedback loops and adjusting plans / goals

In practice, self-control in three steps may reduce impact related to chemsex

The Budd-app may support people, as a stand-alone intervention or within a care and support program

THANKS!

Tim Lebacqz



Eric Florence

Corinne Herrijgers



John de Wit