

# Cognitive-Behavioral Therapy in Preventing Residivitis in Pedophilia: A Systematic Review

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## Abstract

Pedophilia is a personality disorder of sexual behavior deviations that have such great sexual desire in children. The intervention has given actively determines the success in the prevention of pedophilic perpetrators, the guidance of imprisonment is necessary to change the behavior of sexual deviations on pedophilia perpetrators, so it is expected that the effective cognitive-behavioral therapy is given to change the negative mindset towards the positive because a positive mindset can influence one's emotional condition and behavior. Systematic review aims to review rehabilitation programs through a therapeutic approach that has been designed to prevent recidivism in pedophilic practitioners. A systematic review through journal review on Nursing therapy on Pedophilia perpetrators. The systematic review began by regularly identifying on several scientific articles that had been published from 2014 to 2019 in the international database of PubMed, ProQuest, Science Direct. Selection is done using the PRISMA flow diagram and criticized using JBI Tools. After that, 28 articles were considered relevant to be conducted in the analysis of the Sitematics review. In a systematic review, it showed that cognitive therapy is a very effective therapy administered by pedophilia inmates to prevent recidivism. Rehabilitation with the therapeutic approach of an active cognitive behavior is given to pedophilia inmates in preventing recidivism so that the application development is needed to avoid sexual violence in children.

**Keywords:** *Therapy, Child Sexual Abuse, Recidivism.*



## A. INTRODUCTION

Pedophilia (pedophilia) is derived from the Greek that is paedo, which means "son." and Philia (Love). Pedophilia is defined as a group of adults who have a strong sexual attraction and desire for children (Jeffrey, 2005). Pedophilia is a psychiatric diagnosis that is defined as a persistent sexual attraction in Prepuberty (generally less than 13 years of age) with urgent sexual fantasies, thoughts, arousal patterns, or behaviors. Pedophilia is diagnosed as a mental disorder (American Psychiatric Association, 2013).

The cause of pedophilia to be sexually violent in children is behind by psychological factors, medical conditions (genetic) and psychiatry, personal relationships, and the history of torture in childhood (Cornelius, 2012). Some studies have explained the exact causes of these factors, including the research conducted by (Wiberg, 2017), in the results explaining that genetic and childhood history significantly affects someone in committing a violent act. And some of the cases have been examined by the fact that most of the pedophilia showed a history of sexual torture by adults in his childhood. Pedophilia is also anti-social and has a less good

relationship, limited and lack of intimate relationship with adult partners while behaviors and associations tend to children. Pedophilia I have harmful intellectual or cognitive disorders (Jill & Judith, 2016)

The Stigma that is in the community for pedophilic actors is terrible and the anger of the population is shown away from the perpetrator's pedophilia. People consider them criminals who are very dangerous and immoral, and they argue that people with such behavior better die. Stigma above the form of discrimination that can lead to people with pedophilia arousing negative attitudes, fear of rejection, social isolation, and rejection to seek treatment (Jahnke, 2014)

The case of pedophilia has been a matter of urgent, which should be immediately thought out considering its victims are children with considerable impact and harm. Pedophilia, as a person with mental disorders, is considered damaging the legitimacy of the law that occurs because the treatment of diagnosing and treating pedophilia is one of the public health mission significantly. However, mild punishment for pedophilia crimes may lead to an increase in the potential of recidivism that endangers the public.

In Indonesia, the implementation of the rulings of pedophilic perpetrators invites controversy, many considerations in implementing the punishment. Association of Indonesian Doctors (IDI) expressed an unwillingness to participate in the legal process of pedophilia perpetrators because it considers the action to violate the medical code because it is detrimental to pedophilia.

Recidivism is a condition in which a desire arises or recurrence to re-want to conduct criminal sexual behavior in the presence of previous beliefs. (Hanson & Bourgon, 2005). To prevent the onset of repetitive action is necessary to take a policy related to the rehabilitation program for pedophilia.

Pedophilia perpetrators are health problems in the world. The Mental Nursing Service is an integral part of all comprehensive services. Psychiatric nursing practices include good nursing care, people with psychiatric issues, or psychosocial problems or groups of mental health problems. A mental nurse is instrumental in serving the prevention of sexual violence by mengidentifikasi people with high-risk behavior in the history of sexual irregularities, or pedophilia disorders.

Cognitive-behavioral therapy (CBT) is a type of psychotherapy combined between behavioral therapy and cognitive therapy. CBT aims to change the mindset and response of actors from negatives to positive because a mindset or positive thinking will produce positive emotions and behaviors.

The success of therapy is strongly influenced by a multidisciplinary joint, including the action of a specialist therapist who has the skills and knowledge in the lead therapist process and the seriousness of the patient/perpetrator of pedophilia to follow the therapeutic process until complete to produce a change of behavior and cognitive.

## **B. METHOD**

### **1. Research Questions**

The question in this review is, "how can cognitive-behavioral therapy prevent the recidivism of pedophile perpetrators?"

### **2. Identifying relevant articles of title/abstract**

The article's identification is made by searching for articles published in the last five years (2014-2019) In some international databases: PubMed, ProQuest and Science Direct. The article search is done using the keyword "Therapy, child sexual abuse, recidivism".

### **3. Eligibility**

At this stage, outlines the terms of the article to be reviewed, namely the suitability of the article title with abstract and relevance on the criteria of inclusion and exclusion that the author has determined. The criteria for inclusion are articles in the year 2014-2019, using adult population English and adolescents as pedophilic perpetrators, while the exclusivity criterion is an article with bystander intervention but in the form of a systematic review, textbook.

### **4. Screening**

At the screening process obtained the relevant articles with the specified keywords every 199 articles on PubMed, 488 items in Proquest, 135 pieces in Science Direct. Of the number of articles specified, there are 30 similar articles. Further screening is conducted through abstracts and obtained 122 articles relevant to cognitive-behavioral therapy at the end of screening only obtained 25 sections that correspond to the criteria set. For the selection stage and the selection of items conducted using PRISMA, that can be seen in Figure 1.

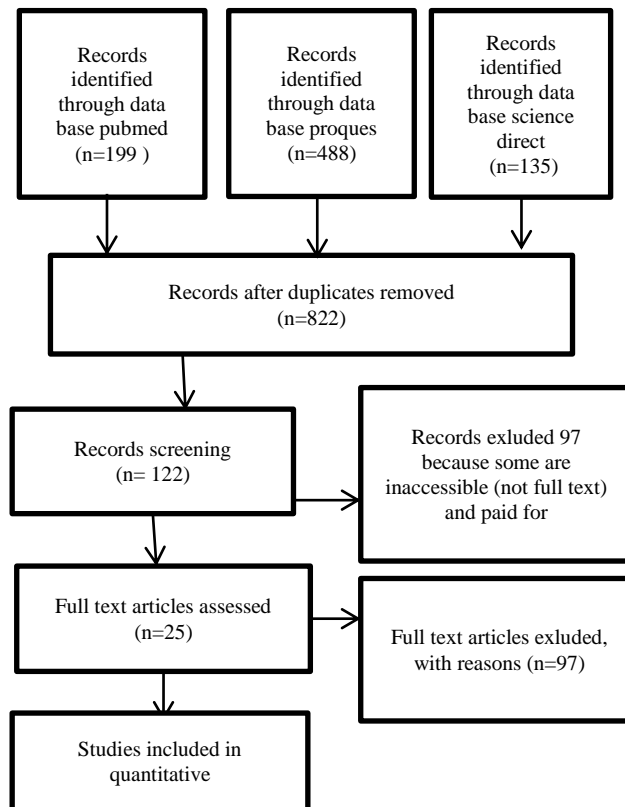


Figure 1. PRISMA Flowchart

## 5. Appraisal

Once defined 25 articles, then the next step is to analyze each of the items using journal critique instruments (Joanna Brigg Institution/JBI) checklist. The summary of appraisal results that have been done from each of these articles can be seen in Table 1 below:

**Table 1. Table Summary of Research Results on Cognitive-Behavioral Therapy**

Author & Year	Title	Level JBI	Purpose	Method (design)	Sample	Intervention	Data analysis	Mayor findings
Jones Hallberg et al. (2017)	<i>A cognitive - behavior therapy group intervention for hypersexual disorder; A feasibility study</i>	2.d	To investigate the feasibility of a CBT manual developed for HD excavated through symptom reduction, the presence of treatment, and clients' treatment satisfaction	Retrospect ivalational Research using experimen tal Design group treatment and control group	10 people	- Cognitive therapy- behavior (CBT)	Anova	Cognitive-behavioral therapy (CBT) for HD treatment has been performed, CBT is effective for the countries of States mood and impulsivity.

José L. Grana Gómez, Natalia Redondo Rodríguez (2017)	Short-term treatment of response, friction, and recidivism in a partner of violence.	2.c	Analyzing the effectiveness of short-term cognitive care programs-the behavior of male perpetrators of sexual violence, compared with the waiting list control group.	Experiment	347 Men	- Cognitive-Behavioral treatment programs	Using square test then ANOVA test	Results showed a more significant decline in the self-reported hardness of all three subtypes compared to the control group.
Jan Looman, Jeffrey Abrace, Roberto Di Fazio (2014)	Efficacy group Versus individual Sex offenders Treatment	2.c	Want to know the benefits of Regional Care Center (Ontario) Sex Program Offender (RTCSOP), consisting of group therapy plus individual s versus individual therapy	Experiment	N = 152 People	Regional (Ontario) Sex Program Offender (RTCSOP), individual therapy and group therapy	Chi-squared analysis	The results showed that the results of treatment, which was measured by the level of sexual recidivism, violence, and general, did not differ between the two treatment groups. Both programs of full care, as well as individual treatment programs used in this study, seem to be equally valid methods of treatment based on follow-up.
Renee Sorrentino, MD; Adam Brown, Ph.D.; Brooke Berard, PsyD; dan Kaitlyn Peretti, PsyD (2017)	Sex offender s: General information and medicine	4.b	The purpose of the study is to investigate the relationship between early maladaptive schemes and various types of sexual behavior deviations	Cross-sectional	N = 160 Respondents		Data in analysis with SPSS test logistic regression	The results showed that pedophilia perpetrators were more likely to withstand defects and withstand symptoms compared to three other groups. Likewise, the persecution of no pedophile children is more likely to experience social isolation,

								solitude and more protracted symptoms
Elizabeth A. Phillips, MD, * Archana Rajender, MD, * Thomas Douglas, Ph.D., † Ashley F. Brandon, MD, ‡ dan Ricardo Munarri, MD, (2015)	Sex offenders seeking abuse of sexual treatment – ethics, medicine, and urological law from Virginia	2.d	The purpose of the study is to determine the incidence and characteristics of sex crimes perpetrators seeking treatment in the clinic and to review data regarding sex offender recidivism	Retrospective research. f. Sex offenders identified through three methods: Screening, review of charts	N = 18	Pedophiles in injectable intracavernosal (ICI) therapy for erectile dysfunction (ED), and review the placement of post-patient status of a penile prosthesis.		Eighteen male sex offenders identified: 13 through new patient screening; 3 by review patients ICI; 1 by review data of penile prosthesis; and one before the placement of the penile prosthesis
Alessandra Gallo, Jeffrey Abrace, Jan Looman, Elizabeth Jeglic, dan Robert Dickey, (2018)	Use of Leuproli de acetate in the management of Sex offenders – high Risk	2.c	To find out if treatment with Lupron adds to the efficacy of programming, the treatment of traditional sex offenders (i.e., CBT-based individual s and treatment groups).	Design research using quasi-experimentation	N = 128 People	Three groups of actors compared: (a) sexual offenders received both Lupron and CBT, (b) Sexual actors receiving only CBT, and (c) untreated groups, perpetrators of non-sexual violence.	Univariate ANOVA Static-99R	Research suggests that subjects receiving Lupron received significantly higher risk of recidivism and were substantially more likely to be diagnosed with paraphilia of items that received only CBT, priori. The two groups treated sexual offenders are recidivated at a much lower level than
Ashley CT Jones 1 dan Tess MS Neal (2018)	Calls to research Sex Offender treatment Program	1.c	Identifying the Stops-based therapy which is a therapeutic program designed for sex crimes that are in prison for reducing the risk of recidivism	Qualitative	Prisoner group with sexual actors	The Program utilizes conductive elements such as risk to assess the perpetrator before entering the prison system to determine the service and treatment of the perpetrator's needs by focusing on	Evaluate and inform the success of therapy	This RNR Model to evaluate the perpetrator, as it has been shown to reduce the recidivism between various prison populations effectively.

Justina N et al. 2017	<i>Sexual offender treatment Readiness, Responsivity, and change: Linkages to treatment Completion and Recidivism</i>	2.c	This research aims to test the linkage of treatment, variable responsiveness	Experiment	185 Sexual actors		Statistics-99R and VRS-SO scores	The results stated that SV has a significant relationship with the completion of treatment
Elli Ter Bee. et al. 2017	<i>Treatment Effect on Recidivism for Juveniles Who Have Sexually Offended: a Multilevel Meta-Analysis</i>	1.c	Assess the influence of moderating potential types of recidivism, and some treatments, participants, and study characteristics. In total	Quantitative Studies	1726 participants	Interventions are cognitive behavior, systemic, or other forms of treatment as usual with the average duration of therapy given the 1-month code	Statistics with multilevel meta-analysis	The results showed that the treatment group achieved a relatively estimated reduction in the 20.5% recidivism compared to the comparison group. However, after controlling the publication bias, a significant treatment effect is no longer found.
Nicholas P. Newstrom. Et al. (2018)	<i>Sex Offender Supervision: Communication, Training, and Mutual Respect Are Necessary for Effective Collaboration Between Probation Officers and Therapists</i>	1.c	Test the working relationship between the test officers and therapists of two major U.S. urban probationary departments	Interview	N = 80 Officers	Implementing Model Containment by conducting interviews with a protocol guide a therapist interviewed a test officer	Qualitative analysis of the focus group is done by coding the theme transcript at NVivo10.	Our findings demonstrate how to structure a sexual offender that integrates different orientations from test officers and therapists into a collaboration that promotes public safety and works well for all.
KellyM. Babchisin, Susan D. Curry, J. Paul Fedoroff, dan John	<i>Inhibiting sexual arousal to children: correlation and Its influence</i>	2.d	To test men's ability increases their sexual arousal in phallometric	Review study Retrospective	Participants from 1612 men aged 18years or older who underwent	Using techniques Phallometryison e of sexual Visual Analog Scale, by involving cognitive function in	The SSPI is a four-item scale	- Table 1 shows the ability of pedophilia index to distinguish the gender of children table 2 shows the change index

Bradford (2017)	on the validity of Plethysmograph penis		conversation when instructed to dose.		ent phallometric testing	determining the choice of		on pedophilia between two environmental conditions
Elias Mpofu, James A. Athanassou, Christine Rafe, and Scott H. Belshaw (2016)	<i>Cognitive - Behavioral Therapy Efficacy for Reducing Recidivism Rates of Moderate - and High-Risk Sexual Offenders : A Scoping Systematic Literature Review</i>	3.b	To compare the level of recidivism of moderate and high-risk sex offenders who receive cognitive-behavioral therapy (CBT) treatment-oriented	Comparative study	Samples = 3073 People	Cognitive Behaviour Therapy	CBT Administration	Results are demonstrated that CBT creates the symptoms of recidivism on the perpetrators of sexual violence
Lesley (2014)	Laing Recidivism Following Community Based Treatment for Non-Adjudicated Young People with Sexually Abusive Behaviors	2.d	Define the diagnostic criteria for approximately six months,	Retrospectivational Research using experimental Design group treatment and control group	100 people	Community-based programs by looking at the cognitive assessment of actors from the results of information obtained	Using descriptive statistics with measurements, Chi-square test	Young people who completed the New Street program showed statistically significant changes in several variables of important results when compared to their matched controls. The group that withdrew from the treatment did not show the change.
Mellisa D, Grady, Daniel Edward Jr, Pettus Dvis (2015)	<i>A longitudinal Outcome Evaluation of A Prison Based Sex Offender Treatment Program</i>	2.d	To improve the quality and trustworthiness of sexual violence in preventing recidivism	Experimental	N = 512 People	The intervention given is CBT, a custody based skill	Anova	Results show that lower levels of recidivism for a crime without sexual violence



Vera single-Leiros, 2014	Cognitive Schemas and sexual offending; Differences between Rapists, Pedophilic and Nonpedophilic child molesters, and non-sexual offenders	2.d	To investigate the relationship between early maladaptive schemes and offensive sexual behaviors	Experimental	Sample n= 110 n=59 (19 pedophilia and 40 on pedofil) And non-sexual actors n = 51	Cognitive schemes	Logistics Rection (Anova)	Results showed that pedophilia groups were better able to withstand defectiveness and conquest of schemes versus rapists
Simone Leavell Bruce, (2017)	<i>Pedophilia-Themed Obsessive-Compulsive Disorder: Assessment, Differential Diagnosis, and Treatment with Exposure and Response Prevention</i>	2.d	The purpose of this study is to assess, diagnose, develop interventions and treatment against negative responses with obsessive compulsive disorders of the pedophilia	Interview Tersruktur	Sample not Specified	Cognitive behavior therapy	In Vivo Exposure	The results of this study explained that the treatment of pedophilia in administering therapy cognitive behavior therapy is also beneficial to overcome relapse
Klaus M. Beier 2014	The German Dunkelfeld Project: A Pilot Study to Prevent Child Sexual Abuse and the Use of Child Abusive Images	2.d	The study wanted to assess the treatment program to improve behavioral control and reduce the associated dynamic risk factor (DRF) self-motivation perpetrators of pedophilia/hebephile	Experimental	N= 53 treatment group and n = 22 untreated control group	1-year treatment intervention on Pedopili with cognitive behaviors	There is a thorough change of practice in the perpetrators of pedophilia through treatment and cognitive therapy	Cognitive therapy + therapy shows good results.

			s in Dunkelfel d					
Wineke J. Smid, (2014)	A Quasi- Experim ental Evaluati on of High- Intensity Inpatien t Sex Offende r Treatme nt in the Netherla nds	2.d	Assess the outcome of sexual abuse treatment in the Netherlan ds.	Retrospect ive curves	266 Sexual actors	RNR, assessing sexual actors' response	SSPS Static 99 R risk Levels	Risk principle of RNR model: treatment is more effective when the dose is adjusted to the level of risk

### C. RESULTS AND DISCUSSION

Pedophilia is a group of people who have a sexual attraction disorder aimed at children, and they belong to a personality disorder with a preferential sexual perceived to be very dangerous among the public. The underlying cause of pedophilia perpetrators sexually violent in children, including 1) emotional instability owned by pedophilia and very excessive and low confidence, 2) the presence of sexual stimuli caused by hormonal abnormalities and childhood experience history, 3) difficulties in interacting with adult women, anxiety in intimate relationships, and repressive norms of sexual behavior, 4) of the same meaning that pedophilia perpetrators have an impulse disorder can be influenced by the use of alcohol and drugs and the conditions of stress on Culture, poor parenting patterns.

The background of the cause of pedophilia perpetrators has a considerable impact on social life, including the enormous concern and fear of society in the safety and safety of children. At the same time, outside the home, see the impact inflicted on the child as a victim with the risk of physical, psychic, and mental health problems of children, and not only that trauma will lead a child to become the perpetrator of pedophilia potentially.

Recidivism is a condition where perpetrators of sexual violence arise the desire to repeat the same crimes (sexual abuse) commonly referred to as a relapse. The advanced rehabilitation program has been available to pedophilia groups to prevent the risk of being recidivism to pedophilia. The recommended nursing therapy for the perpetrators of pedophilia (Cornelius, 2012). One of which is

cognitive-behavioral therapy (CBT). This therapy aims to improve the sensitivity of perpetrators to children's victims and facilitate communication, reduce anxiety about obstacles in dealing with groups of adults even in intimate relationships, as well as identify and explore problems of developmental and personality in the background of sexual behavior deviations, by changing the process of thinking the positive direction and followed by better behavior, So that in the future it is hoped that they come out of prisoners back to the community with the thoughts and actions that reflect the universal values and moral (Cornelius, 2012).

Based on the analysis of the above Artikel is found that the harvesting of CBT therapy effectively reduces the resistance as in the results of the research Jose et al. (2017), which states that the administration of CBT therapy in pedophilia effectively lowers the risk of recurrence (recidivism) sexual behavior. One of the ways that can be done to reduce the rate of recurrence or recidivism in the perpetration of pedophilia is rehabilitation through a cognitive-behavioral group therapy approach (CBT).

The above statement is also in line with the research results (Beier et al., 2017), which explains that in the project Dunkelfeld (PPD) in 2005, PPD was launched to prevent sexual violations of children through therapy. According to the theory of sexual violence, a group-based treatment program through a practical cognitive-behavioral therapy approach is administered to pedophilic actors to prevent the risk of relapse, self-regulatory, and enjoyable lifestyle through treatment targets motivate changes, abilities, sexual tendencies and self-esteem strategies to emotional conditions and the ability to control sexually, as well as support self-ability against social violations such as developing a sense of empathy for children involved in sexual violence.

CBT Therapy test has also been examined by (Hornor, 2018) to want to see the effectiveness of the intervention through the therapeutic approach of pedophilia in the target of the rehabilitation of the drug, belief, and behavior that can increase the sexual deviations of the perpetrators of the child by using therapeutic techniques to teach the perpetrator how to recognize and respond Gail also explained the results of her research on sex-care actors designed to reduce recidivism. Research focuses on sex actors by using some therapeutic testing of CBT, MTS as well as medical care. All meta-analysis results were reviewed and found significant reductions in recidivism. Importantly, the latest meta-analyses concluded that the treatment of an active sex offender and significantly reduced recidivism by 22%is on an offender with a surgical act of the dismissiveness and hormonal drugs but some ethical considerations so that this treatment is not allowed as a technique of sexual offender, therefore CBT designed with a focus to reduce sexual recidivism.

Then the same research is also done by (Simon et al., 2017), with the aim of the study is to assess, diagnose, compile intervention and treatment of negative response with obsessive compulsive disorder in pedophilia and explain that the handling of pedophilia can not only be done through medical treatment, but cognitive therapy behavior therapy is also beneficial to overcome the number of relapses.

While the research conducted by (Sigre et al. 2014), explained that to investigate the relationship between the initial melodic scheme and various types of sexual behavior deviations shows that the perpetrators of pedophilia through the rehabilitation of the CBT approach are more likely to prevent recurrence and withstand symptoms compared to the three groups.

Furthermore, (Mpofu, 2016), has also conducted research related to administering CBT therapy and showed the results that CBT can effectively reduce the symptoms of recidivism on the perpetrators of sexual violence.

The research has also been conducted by (Melissa, 2015), researchers would like to see an increase in the quality and trustworthiness of sexual violence in preventing recidivism through cognitive-behavioral therapy behaviors with research results indicating that levels of recidivism are lower for the crime without sexual abuse.

Hallberg (2017), has also researched to want to investigate the feasibility of manual CBT developed for HD excavated through decreased symptoms, presence of treatment, and clients' satisfaction treatment with the results that cognitive-behavioral therapy Therapy (CBT) for the treatment of HD has been conducted, CBT is useful for the countries of States mood and impulsive so that the CBT Program is very well used to improve the symptoms of HD and therefore may be a viable treatment option.

Based on the explanation of some articles above, it can be concluded that cognitive therapy-effective behavior is used in pedophilia to reduce recidivism.

#### D. CONCLUSION

Pedophilia is a group of people with mental disorders of sexual behavior deviations, and they require rehabilitation therapy to be able to change the mindset as well as maladaptive behavior into the adaptive mindset and behaviors. Therapy Behaviors-cognitive solutions can effectively prevent recidivism. Still, CBT therapy is more effective when done individually to maintain the privacy of the actors one to the other, and need to add treatment Sperti assertive therapy to ask for the commitment of the inside of the patient not to repeat the action.

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