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Management of Androgen Deprivation Therapy in Sex Offenders

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Androgen Deprivation Therapy is an important therapeutic option in the treatment of sex offenders, particularly in cases of hypersexuality and/or paraphilia. ADT attenuates the responsiveness to sexual cues. Thus, the patient has the possibility of increased control over

his behaviour. This pharmaceutical treatment is favourably combined with cognitive-behavioural psychotherapy. The use of ADT can result in side effects such as osteoporosis, weight gain, muscle weakness, gynaecomastia, hot flashes, and depression. To ensure efficacy, the medication must be provided without interruption. In some cases it is possible to adjust the dosage of medication, thus relieving side effects.