

**CIBERSEXUALIDADE E PSICOPATOLOGIA: O PAPEL DA INTELIGÊNCIA
ARTIFICIAL NAS MANIFESTAÇÕES PARAFÍLICAS E COMPULSIVAS**

**CIBERSEXUALIDAD Y PSICOPATOLOGÍA: EL PAPEL DE LA INTELIGENCIA
ARTIFICIAL EN LAS MANIFESTACIONES PARAFÍLICAS Y COMPULSIVAS**

**CYBERSEXUALITY AND PSYCHOPATHOLOGY: THE ROLE OF ARTIFICIAL
INTELLIGENCE IN PARAPHILIC AND COMPULSIVE MANIFESTATIONS**

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RESUMO

Este artigo tem como objetivo investigar a interseção entre comportamento sexual compulsivo, parafilias e o uso de tecnologias emergentes, com foco no papel da inteligência artificial na criação e disseminação de conteúdo pornográfico *deepfake*. A pesquisa foi conduzida por meio de uma revisão exploratória da literatura em estudos nacionais e internacionais publicados entre 2018 e 2025, período escolhido por corresponder ao surgimento público do fenômeno dos *deepfakes*. Com base em um corpo multidisciplinar de trabalhos, o estudo analisa como ferramentas digitais, como IA generativa, plataformas de bate-papo interativas e algoritmos de manipulação audiovisual influenciam o comportamento sexual, especialmente em indivíduos com padrões compulsivos ou fantasias parafílicas. O artigo discute os critérios diagnósticos do Transtorno de Comportamento Sexual Compulsivo (TCSC),

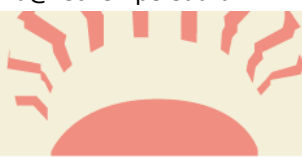
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classificado no CID-11 como um transtorno do controle do impulso, e as razões de sua exclusão do DSM-5. Também aborda as implicações clínicas, éticas e sociais do fácil acesso a conteúdos artificialmente gerados, destacando que o consumo compulsivo pode levar a problemas de saúde mental, como ansiedade e depressão. Os achados sugerem que o uso de *deepfakes* e outras ferramentas baseadas em IA pode reforçar a dessensibilização moral e normalizar comportamentos desviantes, tendência agravada em ambientes digitais marcados pelo anonimato, pelo reforço algorítmico e pela ausência de regulamentação legal específica. O estudo conclui que o avanço tecnológico exige um debate ético mais profundo sobre os limites da IA na sexualidade humana, além da formulação de novas políticas públicas para garantir o consentimento, proteger as vítimas e enfrentar uma crise urgente de confiança pública.

Palavras-Chave: comportamento sexual compulsivo; *deepfake*; inteligência artificial; parafilia; pornografia.

RESUMEN

Este artículo tiene como objetivo investigar la intersección entre el comportamiento sexual compulsivo, las parafilias y el uso de tecnologías emergentes, con énfasis en el papel de la inteligencia artificial en la creación y difusión de contenido pornográfico *deepfake*. La investigación se llevó a cabo mediante una revisión exploratoria de la literatura en estudios nacionales e internacionales publicados entre 2018 y 2025, período elegido por corresponder a la primera aparición pública del fenómeno *deepfake*. Basado en un cuerpo multidisciplinario de trabajos, el estudio analiza cómo herramientas digitales, como la IA generativa, las plataformas de chat interactivas y los algoritmos de manipulación audiovisual influyen en el comportamiento sexual, especialmente en individuos con patrones compulsivos o fantasías parafilicas. El artículo discute los criterios diagnósticos del Trastorno de Conducta Sexual Compulsiva (TCSC), clasificado en la CIE-11 como un trastorno del control de los impulsos, y las razones de su exclusión del DSM-5. También aborda las implicaciones clínicas, éticas y sociales del fácil acceso a contenidos generados artificialmente, señalando que el consumo compulsivo puede conducir a problemas de salud mental, como ansiedad y depresión. Los hallazgos sugieren que el uso de *deepfakes* y otras herramientas basadas en IA puede reforzar la desensibilización moral y normalizar conductas desviadas, tendencia que se agrava en entornos digitales caracterizados por el anonimato, el refuerzo algorítmico y la falta de regulación legal específica. El estudio concluye que el avance tecnológico exige un debate ético más profundo sobre los límites de la IA en la sexualidad humana, junto con la formulación de nuevas políticas públicas que garanticen el consentimiento, protejan a las víctimas y enfrenten una crisis urgente de confianza pública.

Palabras Clave: comportamiento sexual compulsivo; *deepfake*; inteligencia artificial; parafilia; pornografía

ABSTRACT

This article goals investigate the intersection of compulsive sexual behavior, paraphilias, and the use of emerging technologies, with a focus on AI's role in creating and disseminating deepfake pornographic content. The research was conducted through an exploratory literature review of national and



international studies published between 2018 and 2025, a timeframe chosen to reflect the first public appearance of the deepfake phenomenon. Drawing on a multidisciplinary body of work, the study analyzes how digital tools, such as generative AI, interactive chat platforms, and audiovisual manipulation algorithms influence sexual behavior, particularly in individuals with compulsive patterns or paraphilic fantasies. The article discusses the diagnostic criteria of Compulsive Sexual Behavior Disorder (CSBD) classified in the ICD-11 as an impulse control disorder and the reasons for its exclusion from the DSM-5. It also addresses the clinical, ethical, and social implications of easy access to artificially generated content, noting that compulsive consumption can lead to mental health issues such as anxiety and depression. The findings suggest that the use of deepfakes and other AI-based tools can reinforce moral desensitization and normalize deviant behaviors, a trend exacerbated in digital environments characterized by anonymity, algorithmic reinforcement, and a lack of specific legal regulation. The study concludes that technological advancement demands a deeper ethical debate on the boundaries of AI in human sexuality, along with new public policies to ensure consent, protect victims, and address a pressing crisis of public trust.

Keywords: compulsive sexual behavior; deepfake; artificial intelligence; paraphilia; pornography.

INTRODUCTION

Human sexual behavior has always been crossed by social, cultural, biological and psychological factors. With the emergence of digital technologies and the spread of Artificial Intelligence (AI), there has been a significant transformation in the ways of experiencing and consuming sexuality. The production of erotic and pornographic content through deepfakes, hyper-realistic videos manipulated with AI, has become an increasingly common practice. The profound impact of deepfakes on society has created a crisis of trust in digital information, with severe societal implications (Karnouskos, 2020). This raises ethical, legal, and mental health issues, with physical impacts already verified by neuroimaging studies, such as the seminal work by Kühn and Gallinat (2014), which investigated the relationship between pornography consumption and brain alterations.

As described earlier, society has always had a direct say about what is considered right or wrong in social life. Morality in human sexuality separates desires into common and paraphilic. Paraphilias are characterized by desire in which the source of pleasure escapes moral standards, it is important to emphasize that although paraphilias are often a reason for prejudice and social judgment, the individual with paraphilic desire is not to blame for it.



In this context, Compulsive Sexual Behavior Disorder (CSBD) stands out, recently included in the International Classification of Diseases (ICD-11), which is characterized by repetitive and uncontrollable patterns of sexual behavior. Compulsion may be associated with the abusive consumption of pornography, masturbation, virtual interactions, and paraphilic content, which increases the interest in investigating the influence of digital technologies on these behaviors.

The theme of this article is relevant because it addresses an emerging problem, still little explored in the scientific literature. The growing production of pornographic deepfakes and the use of AI in sexual contexts pose challenges to mental health, digital law, and technological ethics. To this end, it is necessary to discuss the impact of this reality on individuals with compulsive sexual behaviors or paraphilic inclinations, aiming at the prevention of psychological and social damage. Furthermore, the use of AI for mental health diagnosis is also becoming a reality (Arif et al., 2023).

It is hypothesized that the use of technologies such as generative AI, artificial intelligence capable of generating information such as images and videos through a database, and deepfakes has the potential to intensify compulsive sexual behaviors, by facilitating access to paraphilic content in an anonymized, repetitive and desensitized way, contributing to the worsening of symptoms in vulnerable individuals.

The objective of this work is to investigate, through a literature review, how the use of emerging technologies can favor the access and naturalization of paraphilic practices and what are the impacts of this phenomenon on mental health, studied by brain alterations evidenced by neuroimaging studies, and on the construction of contemporary sexuality.

THEORETICAL FOUNDATION

To understand how two apparently distinct themes, AI and paraphilias, end up being integrated into contemporary society, it is necessary to address two central axes that reveal their subtle but impactful connections: Behavioral disorders and the use of technology in the current context. With that in mind we will expand these topics into 6 subtopics for a better understanding of.

1. Compulsive Sexual Behavior Disorder (CSBD)

CSBD, as defined in the International Classification of Diseases (ICD-11), is classified as an impulse control disorder. This condition is characterized by a persistent



pattern of failure to control intense sexual impulses, which manifest recurrently and cause significant impairment in the individual's life. The diagnosis requires these symptoms to persist for at least six months (Barbieri Filho, et al., 2024). The scientific literature points to neurobiological changes in brain areas responsible for impulse regulation and reward-motivated behavior—such as the frontal lobe, the limbic system, and the nucleus accumbens—as key associated factors (Kühn and Gallinat, 2014; Golder et al., 2023).

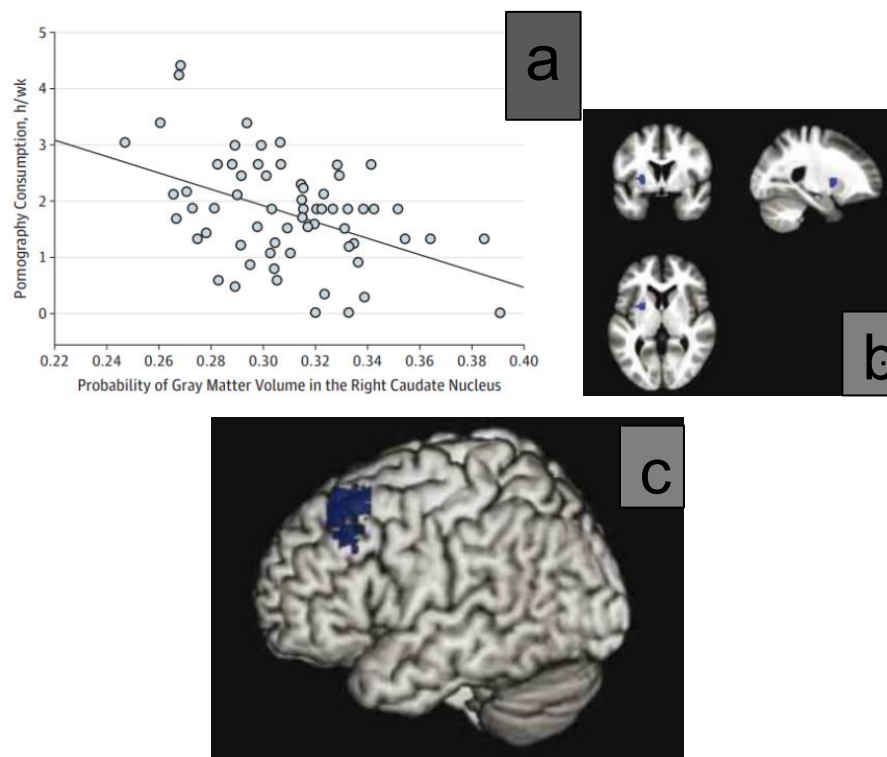
This cerebral alteration stems from the intense and repeated stimulation of the reward pathway, leading to a significant physical and functional reorganization. Continuous exposure results in a conditioning of the neurological system, demanding greater stimuli to achieve the same effect. This process, which also generates a disproportionate response to behavioral cues, gradually reshapes neural circuits into habits that bypass conscious cognitive control. This neurological shift is a key factor in the development of compulsive behaviors and thoughts (Kühn and Gallinat, 2014; Golder et al., 2023).

Figure 1 shows the dysfunctional relationship between hours of weekly sexual content and gray matter volume in the striatum region, especially in the caudate nucleus (Figure 1A). This region controls desire, impulse, reward-based learning, and automation of behaviors (habits), that is, it is the central region focused on the search for pleasure experiences and the understanding of the behavior generated by these experiences. (Kühn and Gallinat, 2014)

According to the study by Kühn and Gallinat (2014), in figure 1, a reduction in this area is observed and, consequently, a change in neural plasticity. Figure 1B shows a negative link between pornographic media consumption and blood oxygenation level-dependent (BOLD) signal during viewing sexual images. The active area resulting from this experience was larger in sexual visualization compared to non-sexual visualization. In sum, in Figure 1C, communication between the control area (prefrontal cortex) and the habit area (caudate) gradually weakened as pornography consumption increased.

Figure 1 – Pornography consumption and brain regions. A) Relationship between the hours of pornography consumption and the volume of gray matter in the right caudate nucleus. B) Relationship between pornography consumption and brain activation (BOLD sign) during reactivity to sexual cues. C) Relationship between pornography consumption and the functional connectivity of the right striatum with the left dorsolateral prefrontal cortex.





Source: Adapted from Kühn and Gallinat (2014).

Evidence indicates that the increase in dopaminergic activity in reinforcement regions is associated with the repetitive search for sexual gratification, even in the face of personal and social losses. In addition, the use of dopaminergic or stimulant substances such as cocaine has been related to the triggering or intensification of hypersexual behaviors, as discussed by Barbieri Filho et al. (2024).

Another recurrent hypothesis refers to brain lesions or dysfunctions, especially in the prefrontal cortex (Kühn and Gallinat, 2014), which can compromise the individual's ability to inhibit impulses. Clinical studies point out, for example, that patients with neurological diseases such as Parkinson's disease, or undergoing treatments with dopamine agonists, may present manifestations of hypersexuality as a secondary symptom. Although these conditions are not, in themselves, diagnoses of CSBD, their symptomatic proximity highlights the importance of a careful neurological and psychiatric evaluation (Barbieri Filho et al., 2024).

Although the ICD-11 recognizes CSBD as a clinical condition, the DSM-5 did not include it as a formal diagnosis due to several concerns. These included the risk of pathologizing normative sexual behaviors, the potential for overlapping criteria with other psychiatric conditions such as mood disorders and Obsessive Compulsive Disorder (OCD), and the risk of false positives, particularly in male adolescents (Barbieri Filho et al., 2024).



Even so, there is a growing consensus on the need to develop clear diagnostic protocols, capable of differentiating the healthy expression of sexuality from conditions that configure real psychic suffering. CSBD often presents with failed attempts to stop compulsive sexual behavior, loss of control, feelings of shame and isolation, and a recurrent pattern of using sexuality as an emotion regulation mechanism.

The difficulty in establishing stable affective bonds, impairment in social or professional activities, and the constant search for increasingly intense stimuli are also important markers in the clinical identification of this disorder. The potential of AI to assist in this diagnostic process, especially by analyzing textual data from social media to identify patterns of mental distress, is a promising new avenue of research (Arif et al., 2024) and through the use of neuroimaging and genetic data to identify biomarkers (Andrew, 2023), is a promising new avenue of research.

2. Problematic Use of Pornography (PPU)

Problematic Pornography Use (PPU) has been widely discussed in the contemporary literature as a possible manifestation of behavioral dysregulation within the spectrum of human sexuality. This clinical picture is close to the criteria for CSBD, especially when the individual has loss of control, failed attempts to stop consumption, and negative impacts on their personal, affective, and professional life (Barbieri Filho et al., 2024). Although there is still no official diagnostic category for PPU in classification systems such as the DSM-5 or ICD-11, several authors recognize that excessive consumption of pornographic content can be associated with patterns of compulsivity, functional impairment, and significant psychological distress. (Jović et al., 2024)

The ease of access to pornography through the internet contributed decisively to the growth of the PPU. Free platforms, suggestion algorithms, and anonymity mechanisms allow unlimited consumption of varied content, including increasingly extreme themes. This logic of continuous hyperstimulation compromises the functioning of the brain's reward circuit, reinforcing patterns of immediate search for pleasure and hindering emotional self-regulation. Gomes and Magalhães (2024) point out that this compulsive cycle can lead to changes in dopamine levels, similar to those observed in disorders related to the use of psychoactive substances.

Another relevant aspect concerns the impact of the PPU on the affective and sexual life of users. The constant and uncontrolled consumption of pornography can generate a



detachment between fantasy and reality, impairing the capacity for emotional involvement and satisfaction in interpersonal relationships. Many individuals report difficulties in maintaining desire for their real partners, in addition to symptoms of situational erectile dysfunction, performance anxiety, and body dissatisfaction. This distancing tends to aggravate social isolation and feelings of guilt, shame, or hopelessness, which contributes to the maintenance of the compulsive cycle (Gomes and Magalhães, 2024).

The PPU can also have a direct relationship with the consumption of paraphilic content. Recent studies suggest that, over time, the user starts to look for videos with more intense or transgressive themes, such as simulations of rape, forced domination, humiliation, among others. This may be related to progressive desensitization caused by continuous exposure to similar stimuli. Although not all users develop paraphilic interests, repeated exposure to these categories of material can reduce critical judgment and normalize practices that involve lack of consent or symbolic violence (Faria et al., 2024; Kühn and Gallinat, 2014; Lima et al., 2023).

3. Deepfakes and Artificial Intelligence

The emergence of deepfakes represents one of the most striking transformations in the field of digital technologies in recent years. According to Godulla et al. (2021), deepfakes are a product of artificial intelligence that creates highly realistic, but fake, video content through image synthesis techniques. It's a technique that allows the generation of hyper-realistic videos from the overlay of faces or voices of real people on simulated bodies or scenes. Initially popularized in internet forums as a tool for entertainment or satire, deepfakes quickly began to be used to create manipulated pornographic content, often without the consent of the people involved (Barcelos et al., 2024; Karnouskos, 2020.).

The literature shows that deepfake pornography first targeted female celebrities, but its use has since expanded to include ordinary victims of varying ages, intensifying the severity of the breach. This material is a form of digital violence (Barcelos et al., 2024). While some European countries have adopted specific rules, Brazilian legislation still lacks adequate mechanisms to combat this issue (Mania, 2024), and this absence of a clear legal and ethical framework allows these harmful practices to proliferate with impunity (Duque-Pereira, 2024).

Victims of this type of violation report intense symptoms of anxiety, shame, depressive disorders, and compromised self-esteem (Lippi et al., 2025). Even when content is



removed, the psychological harm is often long-lasting due to its persistent circulation on clandestine websites and forums. This phenomenon is predominantly a form of gender violence, with statistics revealing that 99% of victims are women, highlighting the need to combat this underlying inequality (Mania, 2024). Moreover, the realistic nature of these videos manipulates the perception of truth, making it difficult for many users to distinguish real from fake, which contributes to the trivialization of this digital violence (Barcelos et al., 2024; Ripoll and Mattos, 2020)

From a consumption standpoint, deepfakes fuel a perverse logic of objectification and appropriation of others' bodies. Users who consume this content often do so through specific platforms, closed forums, or apps that facilitate the on-demand creation of videos. This ease of access and anonymity encourages the continuous consumption and production of new materials, including those with paraphilic characteristics. This can lead to a progressive desensitization, compromising ethical judgment and normalizing practices involving a lack of consent or symbolic violence (Duque-Pereira, 2024; Lee, 2021; Lima, 2023; Nas, 2024).

The role of artificial intelligence in this dynamic is not restricted to image generation. Virtual chats and AI-based conversational platforms, for instance, are being adapted to simulate hyper-personalized interactions, often with a penchant for fetishes and domination practices. This convergence between AI and sexual fantasy can reinforce dissociative patterns and foster a sexuality centered on solitary gratification, to the detriment of relationships based on reciprocity (Pham et al., 2022). The production and consumption of artificially generated content, therefore, are not neutral phenomena; they reflect and enhance cultural, economic, and clinical trends that deserve urgent attention from academia and civil society (Silva et al., 2024).

While technologies like AI raise ethical concerns, such as the creation of deepfakes, they also offer innovative solutions. In medicine, for example, AI is an important tool for analyzing neuroimaging data, such as functional Magnetic Resonance Imaging (fMRI) and Electroencephalogram (EEG), as well as genetic data, helping to diagnose mental disorders more accurately (Andrew, 2023).

4. Paraphilias and their Digital Normalization

According to the DSM-5, for a sexual behavior to be considered paraphilic, it must involve fantasies, desires, or practices that cause significant clinical distress to the individual, functional impairment, or risk to others. Among the most recognized paraphilias are



pedophilia, necrophilia, zoophilia, sadism and frotteurism (sexual arousal by touching or rubbing against a person without their consent). (Dias, 2022; APA, 2014).

Historically, the categorization of sexual practices as paraphilic has always been linked to the moral, religious, and social norms of each era (Lima, 2023). Practices that are widely accepted today, such as oral sex, the use of fantasies or the fetishism of objects, were already considered pathologies in the past. An emblematic example is the case of homosexuality, which remained classified as a sexual disorder until 1973 in the United States and until 1990 by the World Health Organization (WHO).

With the rise of digital technologies and easy access to online content, discussions on paraphilias have expanded. Platforms, anonymous forums, and social networks connect people with sexual practices or fantasies considered deviant (Lima et al., 2023). While this may reduce stigma, it also risks normalizing behaviors involving violence, exploitation, or lack of consent. Public opinion remains divided on platform responsibility, with humor perception and belief in individual responsibility reducing support for intervention (Cochran and Napshin, 2021). Lima et al. (2023) note that communities around extreme fetishes, like forced domination or rape roleplay, often reaffirm these desires without addressing legal or ethical boundaries.

Another sensitive point refers to progressive desensitization. When the user is frequently exposed to paraphilic content, especially in environments where there is no censorship, contradictory, or informative context, they may develop tolerance or even a dependency on these stimuli. Constant repetition leads to a reduction in the critical emotional response, causing practices previously considered repulsive and reprehensible to be interpreted as exciting or normal. This not only impacts the individual's moral judgment but can also lead them to search for increasingly intense content, in a cycle of reinforcement that approaches compulsiveness (Gomes and Magalhães, 2024; Duque-Pereira et al., 2024).

In addition, the popularization of platforms such as Reddit, X (formerly Twitter), Telegram, and Discord forums has increased the visibility of discourses that relativize or even defend illegal practices under the justification of sexual freedom or expression of identity. Although it is necessary to preserve the rights to privacy and free expression, this cannot be used as a justification for the circulation of content that involves sexual violence, simulated rape, pedophilia, or other forms of abuse. The line between fantasy and crime becomes blurred when one considers the power of hyper-realistic images, such as deepfakes, and the psychological impact these simulations can have on real victims or potential offenders.



5. Virtual Platforms and Stimulation of Paraphilic Content

The advancement of interactive technologies, combined with the expansion of social networks and the emergence of AI-based platforms, has provided a new scenario for the development and maintenance of atypical sexual behaviors, including paraphilias. AI-powered conversational applications, such as eroticized chatbots, relationship simulators, and sensual avatars programmed to respond according to the user's desire, have come to occupy a significant space in the digital sex lives of many individuals. This technological mediation, by eliminating barriers such as moral judgment, social embarrassment, and the need for reciprocity, can reinforce paraphilic fantasies and favor compulsive behavior (Lippi, 2025; Pham et al., 2022).

A central aspect of encouraging paraphilias in these virtual environments is anonymity. The fact that the user does not need to expose himself physically or emotionally allows him to explore content and interactions that, in real life, could be unacceptable under the law and social ethics. This may include practices such as age play, forced domination, simulated incest, or simulations with AI-generated characters that get close to vulnerable human figures. As noted by Barcelos et al. (2024), when these interactions occur without moderation or with algorithms programmed to please at any cost, space is opened for the naturalization of conducts that, outside the digital environment, would be considered abusive or criminal.

In addition to anonymity, the hyper-personalization of these platforms stands out. Tools such as Character.AI, for example, allow the user to create and configure characters with specific physical, behavioral, and even psychological characteristics, shaping the virtual experience according to their preferences. When this experience is directed towards paraphilic fantasies, AI acts as a desire reinforcer, confirming and mirroring the user's choices, without providing ethical brakes or moral questions. Over time, this type of interaction can replace real human contact, especially in individuals with socialization difficulties, previous traumas, or emotional isolation. (Lippi et al, 2025; Pham et al, 2022).

The consumption of paraphilic content in digital environments is associated with reinforcement mechanisms similar to those in games and social networks, fostering the repetition and intensification of behavior (Golder et al., 2023). Users who initially sought only light or alternative fantasies may, over time, develop tolerance and migrate to more extreme content, such as simulations of necrophilia, zoophilia or rape. The fact that many of these materials do not involve real people (because they are AI-generated) creates the false sense that there are no victims involved, which can reduce moral inhibition (Lima et al, 2023; Barcelos et



al., 2024).

Finally, it is important to highlight that the growth of these platforms occurs in a regulatory vacuum. Legislation is incipient regarding the responsibility of AI developers, lacking filters that prevent the creation of infantilized characters, simulating children or adolescents, which could easily encourage pedophilia, even if in a simulated way (Araújo, 2023). The psychological effect of this type of exposure is not neutral: it can reinforce dysfunctional cognitions in individuals with vulnerabilities, increasing the risk that fantasy will migrate to real behaviors (Barcelos et al., 2024).

METHODOLOGY

This study has an exploratory character, with the objective of investigating, through a literature review, the consumption of paraphilic content mediated by new technologies such as virtual chat applications (e.g., Character.AI) and pornographic deepfake videos. The choice for an exploratory approach is justified by the fact that this is an emerging theme that brings together different areas of knowledge, such as mental health, legal themes, sexuality, and technology, and is still in the initial phase of articulation. Thus, the study seeks to investigate possibilities, identify patterns, and understand the relationships between artificial intelligence, sexual behavior, and paraphilias, as advised by Creswell (2007), who considers this type of research ideal for contexts with a scarcity of consolidated data and many unanswered questions.

The theoretical sources were selected from national and international publications available on the SciELO, PubMed, Google Scholar, APA PsycNet, and SpringerLink platforms. The keywords used were "compulsive sexual behavior disorder," "deepfake," "artificial intelligence," "mental health," "paraphilia," and "artificial intelligence pornography." The selection criteria prioritized complete and non-duplicate materials, published in Portuguese or English, and directly related to the topics addressed. The search results from these platforms formed the initial corpus of analysis.

The time frame adopted was from 2018 to 2025, considering the year of the first public appearance of the deepfake phenomenon as the starting point. A total of 22 complete articles were used for the in-depth analysis, selected based on their relevance and full access to their content. The abstracts of three additional articles (The Real Threat of Deepfake Pornography...; To Believe or Not to Believe...; Deepfakes: Awareness...) were also consulted to provide a broader international context and contribute to the thematic delimitation of the



research.

Table 1 – approximate quantitative of scientific productions on new technologies in pornography

Keywords used	No. of scientific productions
artificial Intelligence Mental Health	~15.000
deepfake	~1.100
compulsive sexual behavior disorder	~4,500
paraphilia	~3,800
artificial intelligence porn	~2,300

Source: Own (2025)

While the relationship between artificial intelligence and mental health is already a well-established and widely discussed topic in academic literature, a significant challenge was the absence of studies on the intersection between artificial intelligence and pornography. As illustrated in Table 1, even with varied keyword combinations, no papers were found that specifically addressed this relationship. For this reason, it was necessary to broaden the thematic scope of the research, approaching the concepts in an integrated and interpretive way, based on sources that analyze the phenomena separately but complementarily.

In addition, the diagnostic classifications of the ICD-11 and DSM-5 were used as a theoretical reference, which provided the clinical parameters to discuss Compulsive Sexual Behavior Disorder (CBD), Paraphilic Disorders, and behaviors related to problematic pornography use (PPU). From the cross-reading between empirical articles and official documents, we sought to understand how technological advances can influence deviant sexual practices and how these changes impact mental health, public policies, and legal frameworks.

RESULTS AND DISCUSSION

The objectives of this study were to investigate how the use of emerging technologies can favor the access and naturalization of paraphilic practices and what are the impacts of this phenomenon on mental health and the construction of contemporary sexuality. This literature review highlighted a scarcity of studies that directly articulate the use of technologies such as deepfakes and artificial intelligence with the dissemination or consumption of paraphilic content. Despite this, the publications analyzed point to clear signs



that the digital environment has favored the normalization of deviant sexual behaviors, especially when mediated by algorithms, anonymity, and artificially generated content.

In the study by Lima et al. (2023), it was observed that social networks can promote the naturalization of illegal practices, such as pedophilia and rape, through the unrestricted circulation of sexualized content and the absence of critical mediation, creating an environment of continuous encouragement for the repetition of these behaviors. This virtual space not only expands access to these materials but also contributes to the ethical and affective desensitization of users, as proposed by Gomes and Magalhães (2024).

When investigating the role of deepfake in the propagation of sexualized content, the use of artificial intelligence to digitally insert the faces of real people, often public figures, in pornographic videos stands out. As Barcelos et al. (2024) and Karasavva and Noorbhai (2021) point out, this manipulation violates the privacy of victims and highlights the lack of clear legal frameworks, contributing to the trivialization of practices that involve a lack of consent or simulated violence. Although there is no direct evidence that the consumption of deepfake pornography leads to the manifestation of paraphilic disorders, authors such as Araújo (2023) argue that continuous and unpunished access to this type of content can favor individuals with predispositions by reinforcing illegal fantasies and enabling the consumption of material that would not be obtained otherwise.

Regarding Compulsive Sexual Behavior Disorder (CSBD), several studies point to a symptomatic overlap between problematic pornography use (PPU) and manifestations of sexual compulsivity (Barbieri Filho et al., 2024). The data indicate that individuals consume deepfake pornography as a way to alleviate negative affective states such as loneliness, anxiety, or frustration – a recurrent behavior among patients with CSBD (Canto, 2024).

The Canto (2024) study also highlights a higher prevalence of CSBD among cis men, gender-diverse, and sexually diverse individuals. However, the author stresses that diagnosing CSBD in sexually and gender-diverse populations requires careful consideration, as higher scores on diagnostic scales may stem from internalized moral judgment, stigma, or the non-acceptance of their identity, rather than an authentic compulsive pattern.

In addition, it is important to consider the reports of obsessive sexual thoughts, often associated with paraphilic content, in patients diagnosed with obsessive-compulsive disorder (OCD), as pointed out by Bonato et al. (2024). Although not all paraphilia



constitutes a mental disorder, repeated exposure to virtual content with these themes can reinforce obsessive mechanisms, directly affecting the individual's well-being and behavior. (Kühn and Gallinat, 2014).

The integration between AI, mental health, and sexual behavior has also been addressed in several studies. Farias and Oliveira (2024) highlight the urgency of reflecting on ethical risks, especially with regard to inequality in access to safe and reliable services. In addition, the authors warn of the potential of artificial intelligence to transform the field of mental health, both in diagnoses and in the mediation of interactions.

Thus, this study reaffirms the need to broaden the debate on the regulation of the use of deepfakes in pornographic contexts, as well as the application of educational and preventive measures regarding the use of technology as a paraphilic mediation tool. The absence of specific regulation for AI-generated content, even those that do not involve real victims, can set dangerous precedents, as Araújo (2023) warns. Barcelos et al. (2024) and Karnouskos (2020) also emphasize that a multidisciplinary approach, combining legislation, public awareness, and technological solutions, is essential for addressing these complex challenges.

CONCLUSIONS

The present study sought to understand how the advancement of digital technologies, especially artificial intelligence tools and deepfakes, can influence the consumption and normalization of paraphilic content, often associated with problematic pornography use and CSBD. From the literature review, it was observed that although the scientific literature has not yet consolidated studies that directly link these technologies to the development of paraphilias, there are clear indications that the digital environment acts as a catalyst for compulsive and impulsive behaviors that are disconnected from ethical references.

It was found that CSBD manifests itself not only in interpersonal sexual interactions but also in solitary behaviors mediated by digital devices, such as the excessive consumption of pornography and frequent involvement with artificial intelligence for sexual purposes. At the same time, paraphilic content, previously considered marginalized or restricted, has become easily accessible through tools such as deepfakes, which can favor desensitization processes, loss of critical judgment, and the reinforcement of illegal fantasies. In the context of PPU, the absence of a formal diagnostic classification in the DSM-5 does not prevent its effects from being clinically noticeable, especially in vulnerable populations. The



compulsive consumption of artificially generated pornographic material, with violent or non-consensual content, can negatively affect mental health, interpersonal relationships, and the social perception of sex and consent.

Another relevant aspect concerns the presence of obsessive thoughts of a sexual nature in individuals with OCD, which, when ignored or not treated properly, can be associated with the development of compulsive symptoms and risk behaviors. Although not all paraphilia is a disorder, the repeated consumption of digital paraphilic content, especially when mediated by easily accessible and anonymous technologies, should be considered a factor of clinical and social attention.

Thus, it is concluded that while the advancement of technology offers innovative tools for the field of mental health, it also demands deep reflections on its impacts on human sexual behavior. It is essential that future research broadens the interdisciplinary debate on the ethical and clinical limits of the use of artificial intelligence in sexuality, considering both the risks to mental health and the emerging legal and moral challenges.

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