

Psychosexual and psychological aspects of male contraception

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Male involvement in prevention of unwanted pregnancy and transmission of STD as well as male responsibilities in preserving sexual health of their female sexual partners gradually is identified as a key issue in sex education. The number of male contraceptive methods however is limited. Only the condom and vasectomy are widely available. The efficacy of condom use is negatively influenced many user dependent variables such as motivation, comfort with sexuality and cross-gender communication. Vasectomy in some countries is seldomly used, only in four countries in the world the numbers of vasectomies outreach those of female sterilisation. Progress in the development of male hormonal methods (pills and injectables) is slow, possibly not only because of technical difficulties but also because there are still doubts about the acceptability of these methods for men themselves as well as for women who might not be willing to rely on methods they can't control and need optimal male compliance. Moreover negative beliefs about the effects of male contraceptives on health and sexuality seem to play an important role in the male reluctance to take responsibility for preventive behaviour.