

# Teen Addiction to Cybersex Called Pervasive

BY BRUCE JANCIN  
Denver Bureau

COLORADO SPRINGS — Children—and middle school-aged boys in particular—are becoming addicted to sex on the Internet in numbers that would startle most clinicians and parents, Ann Freeman said at a symposium on addictive disorders sponsored by Psychotherapy Associates.

She said that she commonly encounters inadequate-feeling, socially isolated young-

sters going through the tumult of puberty whose first sexual experience of arousal and orgasm occurred on the Internet and who are addicted to masturbating in the family computer room to sexually explicit Internet sites three or four times daily.

“This issue of young middle school-aged kids being aroused to the Internet is something that I think people are really not very aware of. It’s a major problem that I see. Almost every kid I see in my private practice, including those who are supposedly

not seeing me for any kind of sexual issue, has some issues around arousal to the Internet,” said Ms. Freeman, a program director for the Colorado Division of Youth Corrections who also maintains a private psychotherapy practice in Colorado Springs.

“We have kids that you don’t want in the same room with a computer because it’s so arousing. A lot of people who work with kids really don’t understand the level of arousal and addiction and habitua-

tion. Some of these kids, unfortunately, while still feeling inadequate, will transfer that and will molest or sexually touch a younger child. This is not an unusual progression,” she said.

Ms. Freeman encouraged every practitioner who works with children or practices family therapy—and certainly everyone who does formal evaluation and assessment of juvenile sex offenders—to ask the youths a series of open-ended questions about their computer “face time” and their Internet use, eventually zeroing in on how often they frequent sexually explicit Web sites and chat rooms.

“You’ll be amazed at where this takes you,” she promised.

She has found cognitive-behavioral therapy to be effective in redirecting youths addicted to cybersex, although often she first has to treat an accompanying depression.

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“Those are the kinds of kids who’ll go to the Internet and get power from that, because they are so powerless in their family systems,” Ms. Freeman observed.

Her warning about the increasing emotional havoc among youths who are becoming addicted to pornographic Internet sites was supported by another speaker, Paul M. Isenstadt, a social worker who is director of program and residential services at ComCor Inc., a Colorado Springs-based nonprofit community corrections program.

“Access to the Internet is probably the greatest disinhibitor for adolescents. We used to think the use of drugs and alcohol was what broke down defenses. We still see that. But I believe based on my experience that the greatest disinhibitor now is the Internet. The Internet provides the three As of affordability, accessibility, and anonymity. There’s an immediate response,” he said.

## CDC Targets Social, Emotional Growth

The Centers for Disease Control and Prevention has launched a public awareness campaign to educate parents about the importance of measuring a child’s social and emotional progress in early life. “Learn the Signs. Act Early” provides free resources in English and Spanish for parents and physicians. For more information, contact the CDC by calling 800-232-4656 or by visiting [www.cdc.gov/actearly](http://www.cdc.gov/actearly).

### BRIEF SUMMARY of Prescribing Information—Before prescribing, please consult complete Prescribing Information.

**INDICATIONS AND USAGE: Bipolar Mania:** SEROQUEL is indicated for the treatment of acute manic episodes associated with bipolar I disorder, as either monotherapy or adjunct therapy to lithium or divalproex. The efficacy of SEROQUEL in acute bipolar mania was established in two 12-week monotherapy trials and one 3-week adjunct therapy trial of bipolar I patients initially hospitalized for up to 7 days for acute mania. Effectiveness has not been systematically evaluated in clinical trials for more than 12 weeks in monotherapy or adjunct therapy. Therefore, the physician who elects to use SEROQUEL for extended periods should periodically re-evaluate the long-term risks and benefits of the drug for the individual patient. **Schizophrenia:** SEROQUEL is indicated for the treatment of schizophrenia. The efficacy of SEROQUEL in schizophrenia was established in short-term (6-week) controlled trials of schizophrenic inpatients. The effectiveness of SEROQUEL, in long-term use, that is, for more than 6 weeks, has not been systematically evaluated in controlled trials. Therefore, the physician who elects to use SEROQUEL for extended periods should periodically re-evaluate the long-term usefulness of the drug for the individual patient.

**CONTRAINDICATIONS:** SEROQUEL is contraindicated in individuals with a known hypersensitivity to this medication or any of its ingredients.

**WARNINGS: Neuroleptic Malignant Syndrome (NMS):** A potentially fatal symptom complex sometimes referred to as NMS has been reported in association with administration of antipsychotic drugs, including SEROQUEL. Rare cases of NMS have been reported with SEROQUEL. Clinical manifestations of NMS are hyperreflexia, muscle rigidity, altered mental status, and evidence of autonomic instability. See full Prescribing Information for the manifestations, diagnosis and management of NMS. If a patient requires antipsychotic drug treatment after recovery from NMS, the potential reintroduction of drug therapy should be carefully considered. The patient should be carefully monitored since recurrences of NMS have been reported. **Tardive Dyskinesia:** A syndrome of potentially irreversible, involuntary, dyskinetic movements may develop in patients treated with antipsychotic drugs. Although the presence of this syndrome appears to be highest among the elderly, especially elderly women, it is impossible to rely upon prevalence estimates to predict, at the inception of antipsychotic treatment, which patients are likely to develop the syndrome. Whether antipsychotic drug products differ in their potential to cause tardive dyskinesia is unknown. The risk of developing tardive dyskinesia and the likelihood that it will become irreversible are believed to increase as the duration of treatment and the total cumulative dose of antipsychotic drugs administered to the patient increase. However, the syndrome can develop, although much less commonly, after relatively brief treatment periods at low doses. There is no known treatment for established cases of tardive dyskinesia, although the syndrome may remit, partially or completely, if antipsychotic treatment is withdrawn. Antipsychotic treatment, itself, however, may suppress (or partially suppress) the signs and symptoms of the syndrome and thereby may possibly mask the underlying process. The effect that symptomatic suppression has upon the long-term course of the syndrome is unknown. Given these considerations, SEROQUEL should be prescribed in a manner that is most likely to minimize the occurrence of tardive dyskinesia. Chronic antipsychotic treatment should generally be reserved for patients who appear to suffer from a chronic illness that (1) is known to respond to antipsychotic drugs, and (2) for whom alternative, equally effective, but potentially less harmful treatments are not available or appropriate. In patients who do require chronic treatment, the smallest dose and the shortest duration of treatment producing a satisfactory clinical response should be sought. The need for continued treatment should be reassessed periodically. If signs and symptoms of tardive dyskinesia appear in a patient on SEROQUEL, drug discontinuation should be considered. However, some patients may require treatment with SEROQUEL despite the presence of the syndrome. **Hyperglycemia and Diabetes Mellitus:** Hyperglycemia, in some cases extreme and associated with ketoacidosis or hyperosmolar coma or death, has been reported in patients treated with atypical antipsychotics, including SEROQUEL. Assessment of the relationship between atypical antipsychotic use and glucose abnormalities is complicated by the possibility of an increased background risk of diabetes mellitus in patients with schizophrenia and the increasing incidence of diabetes mellitus in the general population. Given these confounders, the relationship between atypical antipsychotic use and hyperglycemia-related events is not clearly understood. However, given these confounders, these studies suggest an increased risk of treatment-emergent hyperglycemia-related adverse events in patients treated with the atypical antipsychotics. Precise risk estimates for hyperglycemia-related adverse events in patients treated with atypical antipsychotics are not available. Patients with an established diagnosis of diabetes mellitus who are started on atypical antipsychotics should be monitored regularly for worsening of glucose control. Patients with risk factors for diabetes mellitus (e.g., obesity, family history of diabetes) who are starting treatment with atypical antipsychotics should undergo fasting blood glucose testing at the beginning of treatment and periodically during treatment. Any patient treated with atypical antipsychotics should be monitored for symptoms of hyperglycemia including polydipsia, polyuria, polyphagia, and weakness. Patients who develop symptoms of hyperglycemia during treatment with atypical antipsychotics should undergo fasting blood glucose testing. In some cases, hyperglycemia has resolved when the atypical antipsychotic was discontinued; however, some patients required continuation of anti-diabetic treatment despite discontinuation of the suspect drug.

**PRECAUTIONS: General: Orthostatic Hypotension:** SEROQUEL may induce orthostatic hypotension associated with dizziness, tachycardia and, in some patients, syncope, especially during the initial dose-escalation period, probably reflecting its  $\alpha_1$ -adrenergic antagonist properties. Syncope was reported in 1% (23/2567) of the patients treated with SEROQUEL compared with 0% (0/1907) on placebo and about 0.4% (2/527) on active control drugs. SEROQUEL should be used with particular caution in patients with known cardiovascular disease (history of myocardial infarction or ischemic heart disease, heart failure or conduction abnormalities), cerebrovascular disease or conditions which would predispose patients to hypotension (dehydration, hypovolemia and treatment with antihypertensive medications). The risk of orthostatic hypotension and syncope may be minimized by limiting the initial dose to 25 mg bid. If hypotension occurs during titration or after a return to the previous dose in the titration schedule it is appropriate. **Cataracts:** The development of cataracts was observed in association with quetiapine treatment in chronic dog studies. Lens changes have also been observed in patients during long-term SEROQUEL treatment, but a causal relationship to SEROQUEL use has not been established. Nevertheless, the possibility of lenticular changes should not be excluded at this time. Therefore, examination of the lens by methods adequate to detect cataract formation, such as slit lamp exam or other appropriately sensitive methods, is recommended at initiation of treatment or shortly thereafter, and at 6 month intervals during chronic treatment. **Seizures:** During clinical trials, seizures occurred in 0.6% (18/2792) of patients treated with SEROQUEL compared to 0.2% (1/607) on placebo and 0.7% (4/527) on active control drugs. As with other antipsychotics, SEROQUEL should be used cautiously in patients with a history of seizures or with conditions that potentially lower the seizure threshold, e.g., Alzheimer’s dementia. Conditions that lower the seizure threshold may be more prevalent in a population of 65 years or older. **Hypothyroidism:** Clinical trials with SEROQUEL demonstrated a dose-related decrease in total and free thyroxine (T4) of approximately 20% at the higher end of the therapeutic dose range and was maximal in the first two to four weeks of treatment and maintained without adaptation or progression during chronic therapy. In nearly all cases, cessation of SEROQUEL treatment was associated with a reversal of the effects on total and free T4, irrespective of the duration of treatment. About 0.4% (12/2791) of SEROQUEL patients did experience TSH increases in monotherapy studies. Six of the patients with TSH increases needed replacement thyroid treatment. In the mania adjunct studies, where SEROQUEL was added to lithium or divalproex, 1.2% (24/1907) of SEROQUEL-treated patients compared to 7% (15/203) of placebo-treated patients had elevated TSH levels. Of the SEROQUEL-treated patients with elevated TSH levels, 3 had simultaneous low free T4 levels. **Cholesterol and Triglyceride Elevations:** In schizophrenia trials, SEROQUEL treated patients had increases from baseline in cholesterol and triglyceride of 11% and 17%, respectively, compared to slight decreases for placebo patients. These changes were only weakly related to the increases in weight observed in SEROQUEL-treated patients. **Hyperproliferation:** Although an elevation of prolactin levels was not demonstrated in clinical trials with SEROQUEL, increased prolactin levels were observed in rat studies with this compound, and were associated with an increase in mammary gland neoplasia in rats (see Carcinogenesis). Tissue culture experiments indicate that approximately one-third of human breast cancers are prolactin dependent in vitro, a factor of potential importance if the prescription of these drugs is contemplated in a patient with previously detected breast cancer. Although disturbances such as galactorrhea, amenorrhea, gynecosmia, and impotence have been reported with prolactin-elevating compounds, the clinical significance of elevated serum prolactin levels is unknown for most patients. Neither clinical nor epidemiologic studies conducted to date have shown an association between chronic administration of this class of drugs and tumorigenesis in humans; the available evidence is considered too limited to be conclusive at this time. **Transaminase Elevations:** Asymptomatic, transient and reversible elevations in serum transaminases (primarily ALT) have been reported. In schizophrenia trials, the proportions of patients with transaminase elevations of > 3 times the upper limits of the normal reference range in a pool of 3- to 6-week placebo-controlled trials were approximately 6% for SEROQUEL compared to 1% for placebo. In acute bipolar mania trials, the proportions of patients with transaminase elevations of > 3 times the upper limits of the normal reference range in a pool of 3- to 12-week placebo-controlled trials were approximately 1% for SEROQUEL and placebo. These hepatic enzyme elevations usually occurred within the first 3 weeks of drug treatment and promptly returned to pre-study levels with ongoing treatment with SEROQUEL. **Potential for Cognitive and Motor Impairment:** Somnolence was a commonly reported adverse event reported in patients treated with SEROQUEL especially during the 3-5 day period of initial dose-escalation. In schizophrenia trials, SEROQUEL was associated with a 19% increase in falls compared to 11% of placebo patients. In acute bipolar mania trials using SEROQUEL as monotherapy, somnolence was reported in 16% of patients on SEROQUEL compared to 4% of placebo patients. In acute bipolar mania trials using SEROQUEL as adjunct therapy, somnolence was reported in 34% of patients on SEROQUEL compared to 9% of placebo patients. Since SEROQUEL has the potential to impair judgment, thinking, or motor skills, patients should be cautioned about performing activities requiring mental alertness, such as operating a motor vehicle (including automobiles) or operating hazardous machinery until they are reasonably certain that SEROQUEL therapy does not affect them adversely. **Priapism:** One case of priapism in a patient receiving SEROQUEL has been reported prior to market introduction. While a causal relationship to use of SEROQUEL has not been established, other drugs with alpha-adrenergic blocking effects have been reported to induce priapism, and it is possible that SEROQUEL may share this capacity. Severe priapism may require surgical intervention. **Body Temperature Regulation:** Although not reported with SEROQUEL, disruption of the body’s ability to reduce core body temperature has been attributed to antipsychotic agents. Appropriate care is advised when prescribing SEROQUEL for patients who will be experiencing conditions which may contribute to an elevation in core body temperature, e.g., exercising strenuously, exposure to extreme heat, wearing concomitant medication with anticholinergic activity, or being subject to dehydration. **Dysphagia:** Esophageal dysmotility and aspiration have been associated with antipsychotic drug use.

### SEROQUEL® (quetiapine fumarate) Tablets

Aspiration pneumonia is a common cause of morbidity and mortality in elderly patients, in particular those with advanced Alzheimer’s dementia. SEROQUEL and other antipsychotic drugs should be used with caution in patients at risk for aspiration pneumonia. **Caution:** The possibility of a suicidal ideation inherent in bipolar disorder and schizophrenia; close supervision of high risk patients should accompany drug therapy. Prescriptions for SEROQUEL should be written for the smallest quantity of tablets consistent with good patient management in order to reduce the risk of overdose. **Use in Patients with Concomitant Illness:** Clinical experience with SEROQUEL in patients with certain concomitant systemic illnesses is limited. Caution should be exercised in prescribing SEROQUEL to patients with a recent history of myocardial infarction or unstable heart disease. Patients with these diagnoses were excluded from premarketing clinical studies. Because of the risk of orthostatic hypotension with SEROQUEL, caution should be observed in cardiac patients (see Orthostatic Hypotension). **Information for Patients:** Physicians are advised to consult the full Prescribing Information for details of the following issues to discuss with patients for whom they prescribe SEROQUEL: Orthostatic Hypotension, Interference with Cognitive and Motor Performance, Pregnancy, Nursing, Concomitant Medication, Alcohol, and Heat Exposure and Dehydration. **Laboratory Tests:** No specific laboratory tests are recommended. **Drug Interactions:** The risks of using SEROQUEL in combination with other drugs have not been extensively evaluated in systematic studies. Given the primary CNS effects of SEROQUEL, caution should be used when it is taken in combination with other centrally acting drugs. SEROQUEL potentiated the cognitive and motor effects of alcohol in a clinical trial in subjects with selected psychotic disorders, and alcoholic beverages should be avoided while taking SEROQUEL. Because of its potential for inducing hypotension, SEROQUEL may enhance the effects of certain antihypertensive agents. SEROQUEL may antagonize the effects of levodopa and dopamine agonists. **Effect of Other Drugs on Quetiapine:** Phenylethanolamine: Coadministration of quetiapine (250 mg bid) and phenylethanol (100 mg bid) increased the mean oral clearance of quetiapine by 5-fold. Increased doses of SEROQUEL may be required to maintain control of symptoms of schizophrenia in patients receiving quetiapine and phenylethanol, or other hepatic enzyme inducers (e.g., carbamazepine, barbiturates, rifampin, glucocorticoids). Caution should be taken if phenylethanol is withdrawn and replaced with a non-inducer (e.g., valproate). **Divalproex:** Coadministration of quetiapine (150 mg bid) and divalproex (500 mg bid) increased the mean maximum plasma concentration of quetiapine at steady state by 17% without affecting the extent of absorption or mean oral clearance. **Thioridazine:** Thioridazine (200 mg bid) increased the oral clearance of quetiapine (300 mg bid) by 65%. **Cimetidine:** Administration of multiple daily doses of cimetidine (400 mg bid for 4 days) resulted in a 20% decrease in the mean oral clearance of quetiapine (150 mg bid). Dosage adjustment for quetiapine is not required when administered with cimetidine. **Fluoxetine:** Coadministration of quetiapine (150 mg bid) and fluoxetine (50 mg bid) increased the mean oral clearance of quetiapine by 5-fold. Increased doses of SEROQUEL may be required to maintain control of symptoms of schizophrenia in patients receiving quetiapine and fluoxetine. **Imipramine, Haloperidol, and Risperidone:** Coadministration of fluoxetine (50 mg once daily), imipramine (75 mg bid), haloperidol (7.5 mg bid), or risperidone (3 mg bid) with quetiapine (300 mg bid) did not alter the steady-state pharmacokinetics of quetiapine. **Effect of Quetiapine on Other Drugs: Lorazepam:** The mean oral clearance of lorazepam (2 mg, single dose) was reduced by 20% in the presence of quetiapine administered as 250 mg bid dosing. **Divalproex:** The mean maximum concentration and extent of absorption of lithium and free valproate at steady state were similar to 750 mg/day (in a bid schedule) of quetiapine in subjects with selected psychotic disorders but did not differ from the steady-state pharmacokinetics of quetiapine. **Effect of Quetiapine on Other Drugs: Lorazepam:** The mean oral clearance of lorazepam (2 mg, single 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