

Table 3*Analysis of studies that researched both psychological factors and risky behaviors*

References	Sample	Methodology	Psychological factors	Behaviors approached through the risk dimension
1. Davis et al., (2012).	225 young men, 21-35 years old, single, volunteers,	Cross-sectional, quantitative study Eligibility conditions, laboratory, male operator, consent, computer application: drinking calendar and history questionnaire, Modified Sexual Experiences Survey (MSES),	aggressivity	alcohol consumption, sexual activity
<i>Findings (psychological factors)</i>	Very consistent association between alcohol consumption and lack of condoms in sexual assault. Men who have high expectations about the effect of alcohol on risky sex and aggressivity are most likely to commit sexual assault without a condom under the influence of alcohol.			
<i>Findings (behaviors)</i>	Alcohol consumption considerably reduces condom use. Incapacitated rapes are positively associated with alcohol consumption by the aggressor. 51.5% of penetrating sexual assaults involved alcohol consumption and lack of condoms. Very consistent association between alcohol consumption and lack of condoms in sexual assault.			
2. Garthe et al., (2018).	1087 young people (51% M), 7 th grade, ethnic and racial diversity, disadvantaged communities, USA	Secondary data analysis + cross-sectional study (computer-assisted interview + teachers' reports on anxiety and depression in adolescents. The Problem Behavior Frequency Scale, adapted Safe Dates aggression scale, Behavioral Assessment System for Children (BASC)	anxiety, depression, aggressivity	sexual activity
<i>Findings (psychological factors)</i>	Teenagers in the category violence against their peers and couples had higher levels of anxiety than those in the class minor violence. The coincidence of violent relationships (eg: colleagues aggressivity and victimization, violence against colleagues and peers), substantially increase the risk of depressive symptoms in young adolescents.			
<i>Findings (behaviors)</i>	Not relevant.			
3. McDougall, et al., (2019).	6939 female students under 30, Maritime Canada	Online cross-sectional study, 20-25 minutes, 44 multiple-choice items, + Center for Epidemiologic Studies Depression (CES-D12), reminders and incentives, informed consent	depression	alcohol consumption, sexual activity
<i>Findings (psychological factors)</i>	A percentage of 36.7% of the participating female students revealed a risk of depression.			

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<i>Findings (behaviors)</i>	Risk behaviors and substance abuse have been associated with an increased risk of depression. A percentage of 6.8% were victims of non-consensual sex during university courses. The risk of depression was found to be 2.1 times higher than in non-victims.			
4. Ngo et al., (2018).	735 young people (18-25 years, average 21.5) 270F and 465M	Cross-sectional, quantitative study Ahimsa Project, Revised Conflict Tactics Scales (CTS-2), Alcohol Use Disorders Identification Test – Consumption (AUDIT-C), Five Factor Mindfulness Questionnaire - Short Form, Brief Symptom Inventory	anxiety, aggressivity	alcohol consumption
<i>Findings (psychological factors)</i>	No gender differences in anxiety. 27.2% committed physical violence in a couple, 16.5% committed sexual violence in a couple.			
<i>Findings (behaviors)</i>	A percentage of 58.6% of the participants reported alcohol consumption. High alcohol consumption is associated with higher aggressivity of physical violence as of sexual violence in couple, also.			
5. Shwartz et al., (2020).	1055 women Arab (248) and Jewish (807) Israel, 18-48 years (6 weeks - 6 months from birth)	Cross-sectional study female interviewers, trained, Arabic / Hebrew, private rooms, Edinburgh Postnatal Depression Scale (EPDS), + specific questions	depression, stress	sexual activity
<i>Findings (psychological factors)</i>	A percentage of 10.3% of participants showed postpartum depression (20.7% Arabs, 7% Jews), 36% exercised violence against their intimate partner. Increased chronic stress produces an indirect effect on postpartum depression.			
<i>Findings (behaviors)</i>	Unplanned pregnancy increases the risk of intimate partner violence and postpartum depression.			
6. Tutino et al., (2018).	306 men, students Ottawa, Canada, 17-47 years old (average 19.97) who reported sexual activity alone or with a partner in the last 4 weeks	Cross-sectional online study, online, consent, questionnaire packet, ASI-3 Difficulties in Emotion Regulation Scale (DERS;) Depression Anxiety Stress Scales (DASS), Male Sexual Function Index (MSFI), Sexual Quality of Life Scale – Male Version (SQoL-M) and Sexual Experiences Questionnaire (SEQ),	anxiety, stress, emotionality	sexual activity
<i>Findings (psychological factors)</i>	Greater sensitivity to anxiety leads to more difficulties in emotional regulation). Emotional regulation moderates the relationship between sensitivity to anxiety and anxiety symptoms. High mental stress (suffering) leads to poor sexual results. Men with high sensitivity to anxiety and maladaptive emotional regulation skills: are more likely to develop symptoms of			

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9. Agardh et al., (2012b).	1220 students, University of Mbarara, Uganda (under 23 years and over), average 23 years, 64.6% M, 35.4% F	Cross-sectional, quantitative study self-administered questionnaire (132 items), English language + Hopkins Symptom Checklist (HSCL-25) and Symptom Checklist-90 (SCL-90)	anxiety, depression, aggression	sexual activity
<i>Findings (psychological factors)</i>	Poor mental health (anxiety and depression) has been associated with women with threats, and in men with actual physical violence. Women have higher scores in depression, but the relationship between depression and violence is similar (F, M). Sexual coercion was significantly associated with poor mental health (F, M).			
<i>Findings (behaviors)</i>	A percentage of 31.1% of respondents experienced sexual coercion (regardless of gender), a significant association between experiencing sexual coercion and exposure to violence.			
10. Breet et al., (2019).	210, South Africa, peri-urban, HIV/AIDS survivors	Cross-sectional, quantitative study self-report questionnaire, Conflict Tactics Scale – Revised (CTS2), Beck Depression Inventory – Second Edition (BDI-II), PTSD Symptom Scale – Self-Report (PSS-SR), English / Afrikaans / isiX-hosa language, rewarded with voucher to the supermarket,	depression, stress, aggression	sexual activity
<i>Findings (psychological factors)</i>	A percentage of 48% manifested moderate-severe depression (M, F). Women who reported symptoms of moderate-severe depression tended to report 4 times more physical aggressivity (committed). Men who reported more severe symptoms of post-traumatic stress reported 3 times more sexual coercion (committed). Women who reported more severe PTSD symptoms were more than 3 times more likely to commit psychological aggressivity. 44.4% M and 39.3% F committed physical aggressivity, 52.4% M and 46.4% F committed psychological aggressivity			
<i>Findings (behaviors)</i>	A percentage of 42.9% male and 23.8% female committed sexual coercion.			
11. Carney et al., (2019).	662 active soldiers (over 18 years old) infected with HIV, USA	Longitudinal study informed consent, self-reported multiple measurements Center for Epidemiological Studies Depression (CES-D 2006-2010) + Sexual risk behavior surveys (RBS 2015)	depression	alcohol consumption, sexual activity
<i>Findings (psychological factors)</i>	A percentage of 57% of the participants reported mild symptoms of depression, 26% recent onset, 17% severe depression (90% undiagnosed). Participants with clinically diagnosed depression (10%) reported fewer condom use with new sexual partners than undiagnosed ones. Those with newly onset depression and severe depression use fewer condoms with new sexual partners (and more than 2 in the last 3 months) than those with reduced depressive tendencies.			

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<i>Findings (behaviors)</i>	A linear relationship was found between daily alcohol consumption and increased risk of engaging in harmful sexual behaviors. Respondents with severe depression and those with recent onset were more likely to engage in risky sexual behaviors than those with mild depression.			
12. Choudhary et al., (2012).	61187 adults USA, (over 18 years old), 48.75% M, 51.25% F,	Cross-sectional, quantitative study Behavioral Risk Factor Surveillance System (BRFSS) questionnaire	anxiety, depression	sexual activity
<i>Findings (psychological factors)</i>	A percentage of 5% were victims of sexual assault, of which: 8.37% manifested anxiety disorder, 18.82% diagnosed depression, 28.28% diagnosed depression and anxiety.			
<i>Findings (behaviors)</i>	A percentage of 5.3% stated that they were victims of sexual abuse (88.84% F). Anxiety and depression had significantly higher values in victims of sexual assault.			
13. Kalina et al., (2011).	3725 (limited to 2318) students, 13-16 years (51% F), schools – towns in Slovakia	Cross-sectional, quantitative study, questionnaires addressed in 2 consecutive hours (90 minutes). Self-esteem (Rosenberg); Psychological well-being (GHQ-12)	anxiety, depression	alcohol consumption, sexual activity
<i>Findings (psychological factors)</i>	Older boys who reported having more frequent sex had higher levels of positive self-esteem, higher levels of psychological well-being (for those who reported low numbers: higher scores were reported in depression/anxiety, social functioning problems)			
<i>Findings (behaviors)</i>	A percentage of 48.2% (108) reported sexual activity after drinking alcohol, 37.5% without a condom at the last report, sometimes followed by unwanted pregnancy. Of total respondents, 33.9% (224) had first sexual intercourse, after at least one month of relationship, 19.6% had > 4 partners; Reported effects: sexually transmitted diseases, unwanted pregnancy.			
14. Maina et al., (2020).	606 girls, 10-14 years old, Nairobi, Kenya	Longitudinal study (secondary stage) face-to-face interview with trained operators, women, parental consent	depression	sexual activity
<i>Findings (psychological factors)</i>	A percentage of 60% of girls have reported at least one symptom of depression in the last 12 months. Girls with depressive symptoms were more likely to have sexuality in the pattern “experienced”.			
<i>Findings (behaviors)</i>	A percentage of 13% out of the participants reported naive or experienced sexual experience.			
15. Rada, (2020).	601 geriatric patients in a institute, 55-93 years old (average 67.32)	Cross-sectional study informed consent, The Geriatric Depression Scale long form (GDS), ++	depression	sexual activity
<i>Findings (psychological factors)</i>	Association between those who report sedentary lifestyle and depression were found.			

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<i>Findings (behaviors)</i>	Not relevant.			
