
SEDUCTION: PSYCHOLOGY AND PSYCHOPATHOLOGY

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Abstract

Background and objectives: Particularly explicit sexual seduction and the possible involvement of psychopathological conditioning factors is addressed. **Method:** Original contribution based on a synthetic narrative *ad-hoc* review. A synopsis of the relevant published scientific findings on that subject is presented. The number of selected references is $n = 64$. **Results:** In more sexualised seduction, behaviour is regulated by interlocking subcortical and cortical brain structures. Seduction is mobilised on the basis of desire, assuming that sexual attraction is physiological, while seduction is ritualistic. Endocrine factors and genetic physical

abnormalities exist that may undermine the uniquely sexualised seductive capacity. The possible influences of various mental disorders, certain conditions linked to sexual health and some problems associated with interpersonal relationships are indicated. Lastly, various biological and pharmacological intermediations in seduction with sexualised behaviours are discussed. **Conclusions:** Seduction, which most likely differs neurophysiologically according to its organic condition and gender, is not a uniquely cultural or social phenomenon. Psychopathology can have a powerful influence on all those involved.

Keywords: Feminity; Masculinity; Mental health; Personality; Seduction; Sexualisation

Resumen

Antecedentes y objetivos: Se aborda la seducción sexual particularmente explícita y la posible implicación de condicionantes psicopatológicos. **Método:** Aportación original basada en una revisión *ad hoc* narrativa sintética. Se presenta una sinopsis de los hallazgos científicos más relevantes publicados al respecto. El número de referencias seleccionadas es $n=64$. **Resultados:** En la seducción más sexualizada, la conducta está regulada por estructuras cerebrales subcorticales y corticales entrelazadas. La seducción se moviliza sobre la base del deseo, asumiendo que la atracción sexual es fisiológica, mientras que la seducción es ritualista. Existen factores endocrinos y anomalías físicas genéticas que pueden socavar la capacidad seductora singularmente sexualizada. Se señalan las posibles influencias de diversos trastornos mentales, ciertas afecciones vinculadas a la salud sexual y algunos problemas asociados a las relaciones interpersonales. Por último, se discuten diversas intermediaciones biológicas y farmacológicas en la seducción con conductas sexualizadas. **Conclusiones:** La seducción, que muy probablemente difiere neurofisiológicamente según su condición orgánica y el género, no es un fenómeno únicamente cultural o social. La psicopatología puede tener una poderosa influencia en todos los implicados.

Palabras clave: Feminidad; Masculinidad; Salud mental; Personalidad; Seducción; Sexualización

Highlights

- Seduction is not exclusively a cultural or social phenomenon.
- Gender identity, certain biophysiological brain structures and networks, as well as social and many other influences, are involved in seduction, including sexually explicit seduction.
- With regard to specifically sexual seduction, the popular concepts of stealth seduction, breadcrumbing and love bombing have been addressed, as well as so-called ghosting and others.
- Psychopathology can influence the seductive activity of the seducer and the seduced. In particular, histrionism has been discussed as a dominant personality trait, involving maladaptive cognitive, experiential, expressive, emotional and behavioural patterns.