

Teenage sex 'leads to bad moods' in later life

By [Ted Thomas](#)

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Having sex during teenage years could lead to bad moods, changes in brain development and smaller reproductive tissues, according to scientists.

Researchers from Ohio State University College of Medicine found that these changes can occur because the sexual experience is taking place while the brain is still developing.

Study co-author John Morris said: 'Having a sexual experience during this time point, early in life, is not without consequence.'



'Consequences': Ohio State University scientists say that teenage sex could lead to altered moods and behaviour (file picture)

The researchers based their conclusions after studying the behaviour of hamsters after they engaged in sexual activity.

Three groups were used altogether – 40-day-old hamsters, equivalent to 16 to 20-year-old humans, which mated, adult 80-day-old animals that also had sex and a control group that didn't.

Various tests were conducted four months later to measure the animals' moods and the results indicate that teenage sex can affect them.



Mood swings: Researchers found that teenage hamsters that had sex were more anxious and depressed later on in life

The 40-day-old hamsters, for instance, didn't put much energy into swimming when they were placed in water, which can be a sign of depression, and frantically explored a maze – a sign of anxiety.

What's more, researchers found that sexual activity had also affected the brain and diminished reproductive parts.

The hamsters who had teenage sex had less complex dendrite neurons – these conduct electrochemical stimulation in the brain – and smaller seminal vesicles, which secrete semen, and vas deferens, which transport it.

However, co-author Zachary Weil emphasised that the team's findings do not necessarily apply directly to humans, as hamsters are much less complex animals.

He told LiveScience: 'Much more research needs to be done in both human and animal models to understand how these types of experiences translate into changes in mood and physiology.'

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© - Vladipes, West country, > And NO sex in later life leading to bad moods!..... No, no sex in later life means you are a trained man.

- A male, Australia, 04/12/2011 01:03

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Well of course it does i need a teenager to lift me on and off now!!!

- andy c. york yorkshire, 03/12/2011 20:33

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Oh yes? And which group of evangelical Christians put the money up for this crass 'research'?

- Chris, Thomas, 02/12/2011 21:24

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Rubbish, I'm in my thirties and find having teenage sex puts me in a great mood.

- Circus Horse, Dudley Province, 02/12/2011 21:22

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This is the funniest thing I've read all day. Loving the comments on here!

- emily, uk, 02/12/2011 20:58

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I feel sorry for the youth of today with their small reproductive parts. All of us older generation are hung 1/2 the size of the youth. - Old Vietnam vet, USA And you know this how?

- Jen, USA, 02/12/2011 20:50

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I suspect that not having sex as a teenager puts you in an even worse mood.

- Craig, Kent, 02/12/2011 20:45

Click to rate: Rating: 69

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USA still question?

- Karsten, Taucha-Saxony Ger., 02/12/2011 20:35

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If this is true why does nature force us into puberty at about 12-13? The body and brain aren't fully developed until about 27-30, so does this mean we have to wait until then before having sex? RolloRulerOfEurope, EU, 02/12/2011 17:12

No, it means that nature made us to reproduce before we had the good sense not to.

Or if you would like a more serious answer: it's because just a few hundred years ago the average life expectancy was less than 40. As a species, we had to reproduce while young.

Completely Average. Somewhere. 02/12/2011 20:29

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Enjoying an ice cream during summer is better than having it on heavy winter. Its more enjoyable when partners are committed and looking forward. And the people lived before us called it marriage.

Mathew, London, 02/12/2011 19:24

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