Associations between pornography use frequency, pornography use motivations, and sexual wellbeing in couples

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70 to 94% of people have viewed pornography in their lifetime (Herbenick et al., 2020; Lewczuk et al., 2020; Risel et al, 2017)
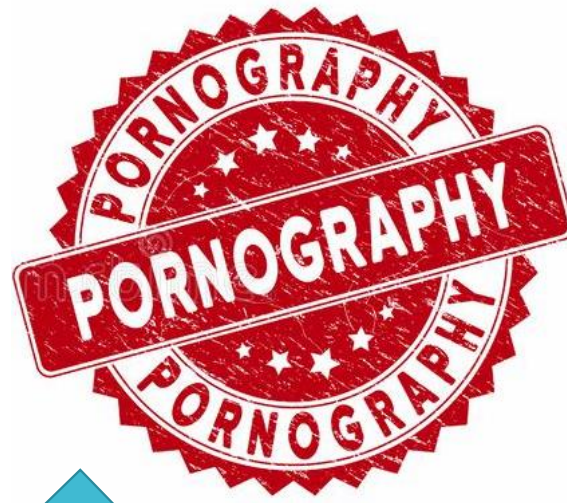
71 to 92% of men have reported viewing pornography in mixed-sex relationships (Vaillancourt-Morel et al., 2020; Willoughby et al., 2016)
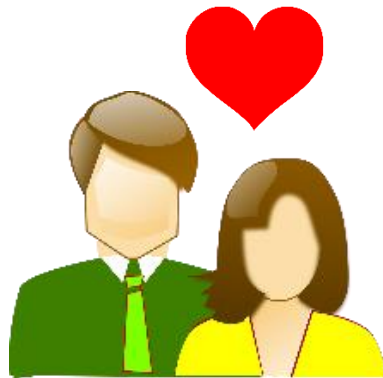
34 to 83% of women have reported viewing pornography in mixed-sex relationships (Vaillancourt-Morel et al., 2020; Willoughby et al., 2016)
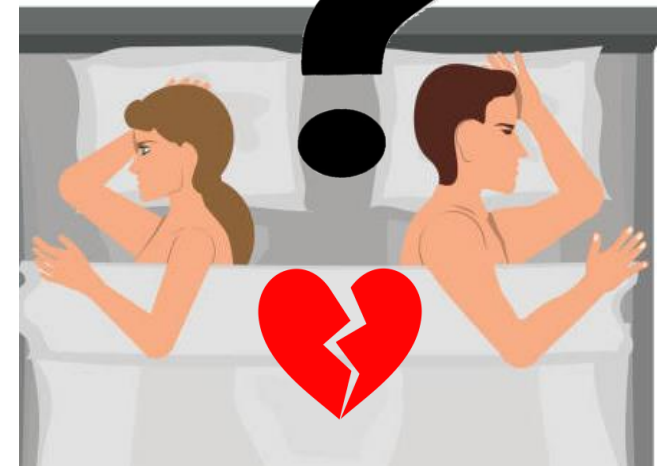
Examination of the cross-sectional associations between each partner's individual and partnered pornography use frequency, pornography use motivations, and multiple indicators of sexual wellbeing, using dyadic data.

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METHOD

Participants

N = 259 mixed-sex couples, 6 same-sex couples

- M = **31.5 years** (*SD* = 8.3; range: 19 to 74 years)

- M = **29.4 years** (*SD* = 6.7; range: 20 to 59 years)

- couples were **together** for an average of **6.4 years** (SD = 4.7; ranged between 1.4 to 28.5 years)

Procedure

SURVEY

- Self-report **questionnaires** (anonymous, online)

Measures

- **Individual and Partnered Pornography Use Frequency**
- **Pornography Consumption Inventory** (Reid et al., 2011)
- **Global Measure of Sexual Satisfaction** (Lawrance & Byers, 1998)
- **International Index of Erectile Function** (Rosen et al., 1997) + **Female Sexual Function Index** (Rosen et al., 2000)
- **Sexual Distress Scale** (Derogatis et al., 2002)
- **Partnered sexual frequency**
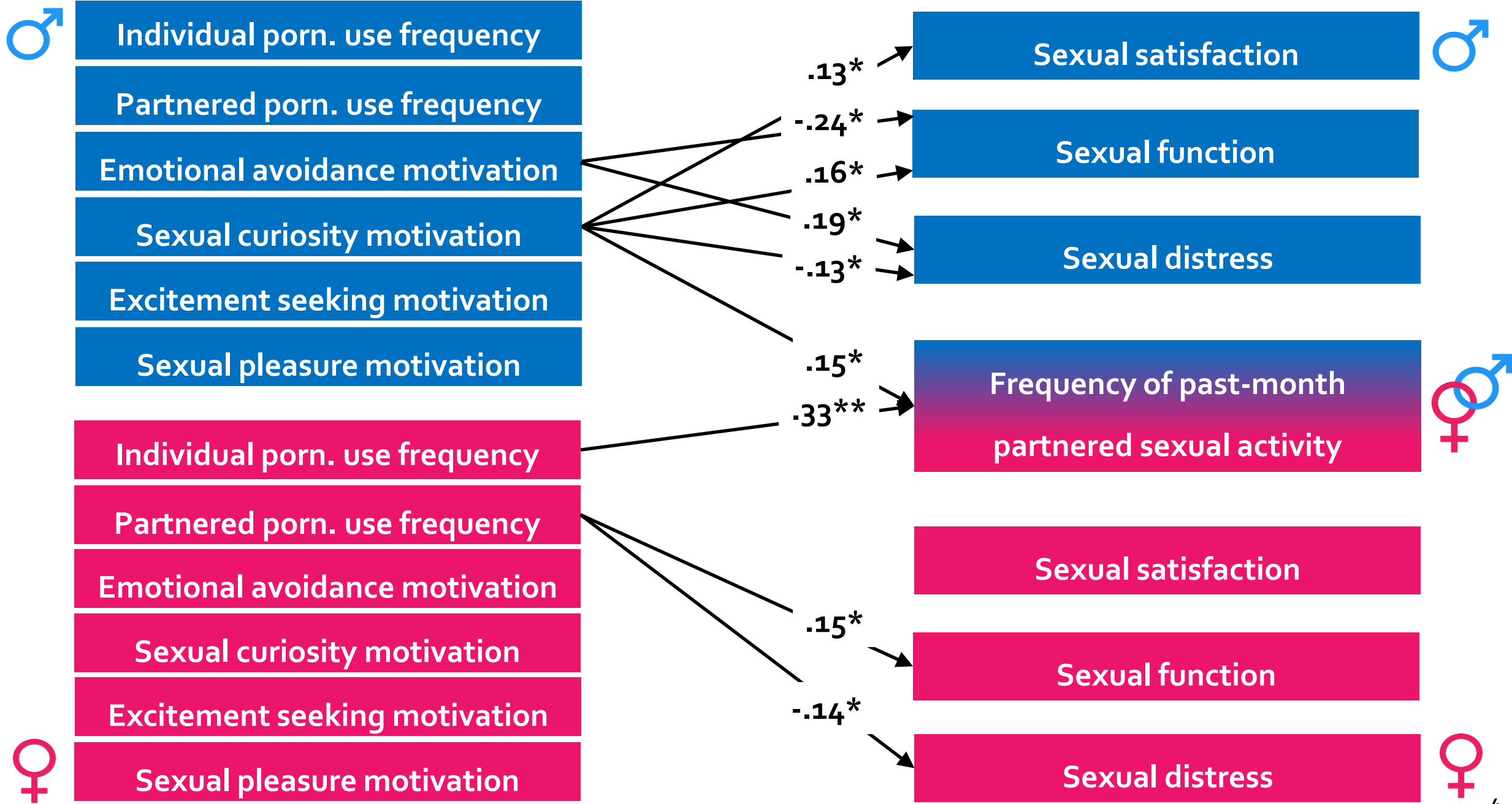- **Control variables** (depressive and anxiety symptoms, sexual approach and avoidance goals)
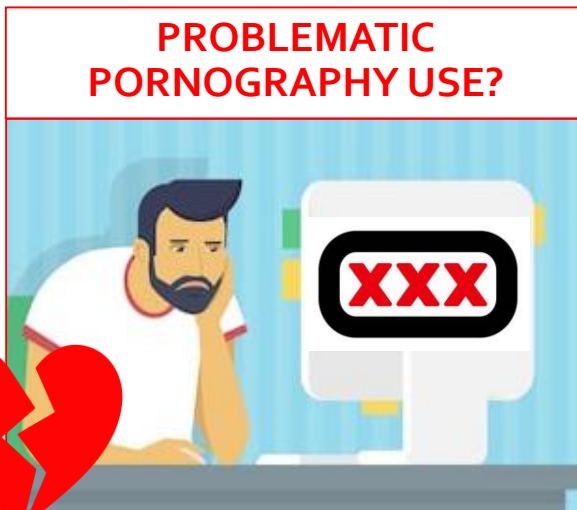
Statistical Analysis

Actor-partner interdependence model

| Actor - Predictors | → | Actor - Outcomes |
| Partner Predictors | → | Partner - Outcomes |

3
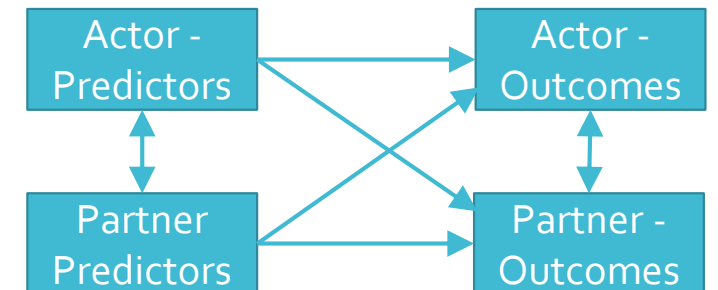
Note. Depressive and anxiety symptoms, and sexual approach and avoidance goals were included in the model as control variables. *p* < .05; **p* < .01

LEARNING

CONTEXT MATTERS!
(Campbell & Kohut, 2017)

PORNOGRAPHY

PSST...

Let's talk about SEX baby!

PROBLEMATIC PORNOGRAPHY USE?

Thank you for your attention!

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