


Torn about porn?

How Daily Pornography Use Is Linked with Sexual Dynamics in Couples

New publication:

Pornography use and romantic relationships: A dyadic daily diary study

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<https://doi.org/10.1177/0265407520940048>

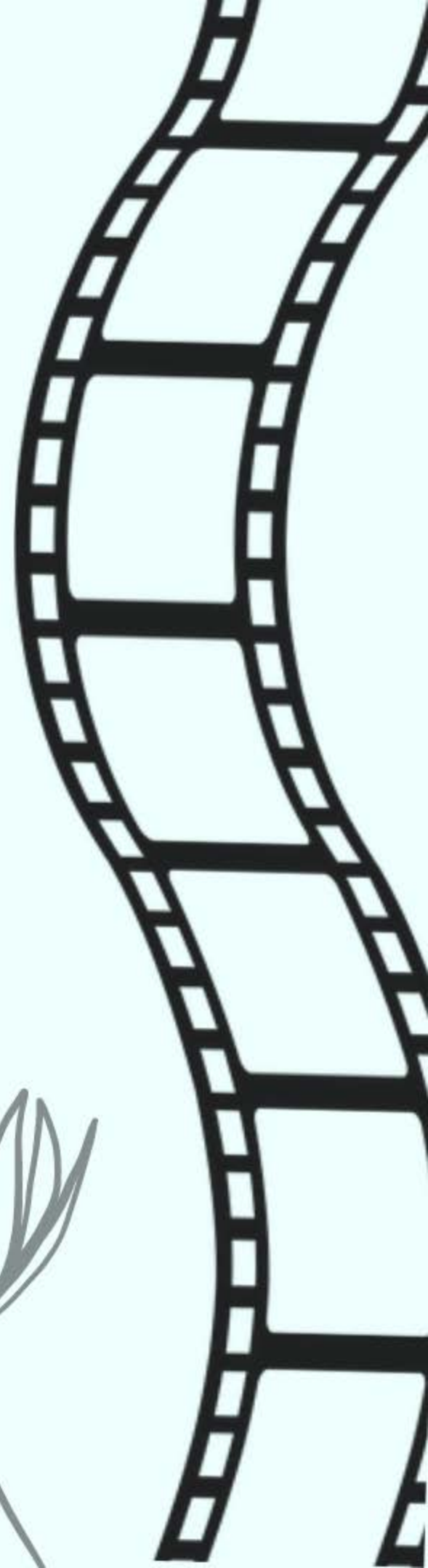


*Scroll to the next slide
to see what we found!*

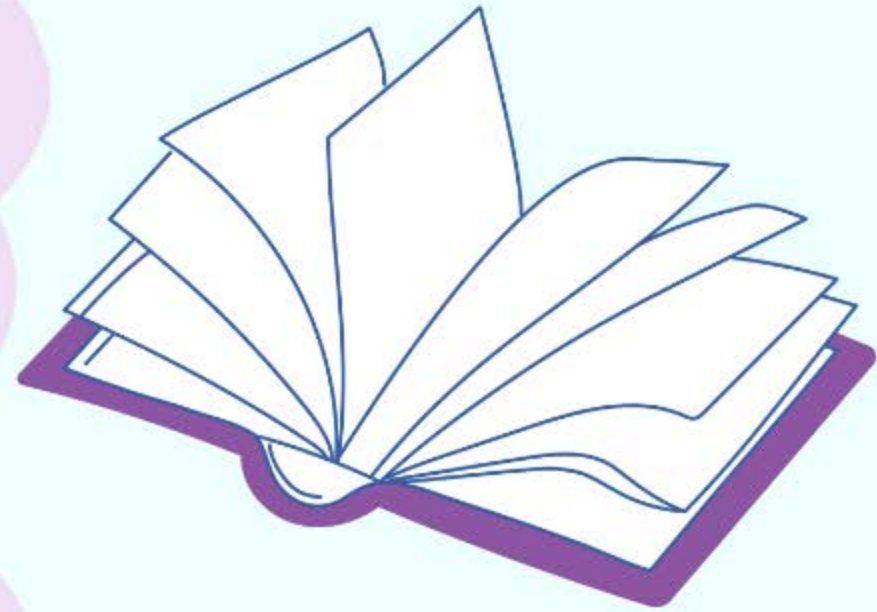


What did we want to know?

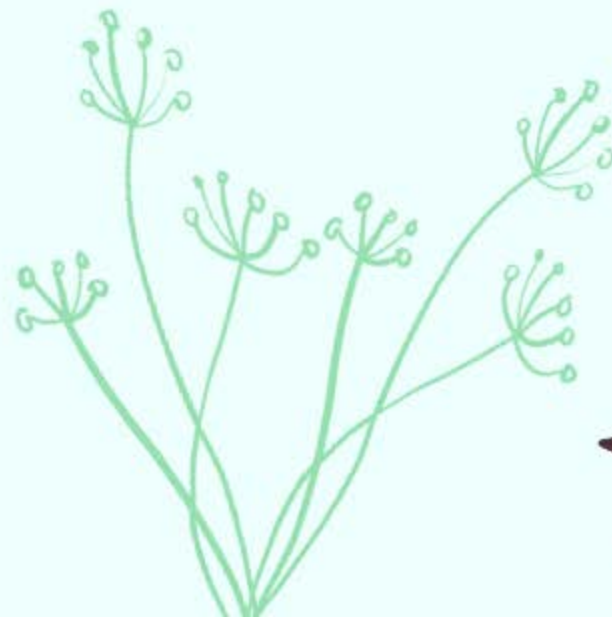
We wanted to learn more about the role of pornography use in romantic relationships



How might my or my partners' porn use today affect our relationship and sex-lives later today or tomorrow?



Is it possible that the sex/gender of me or my partner may influence the results?



What did we do?

We recruited:

140 mix sex couples & 77 same sex couples

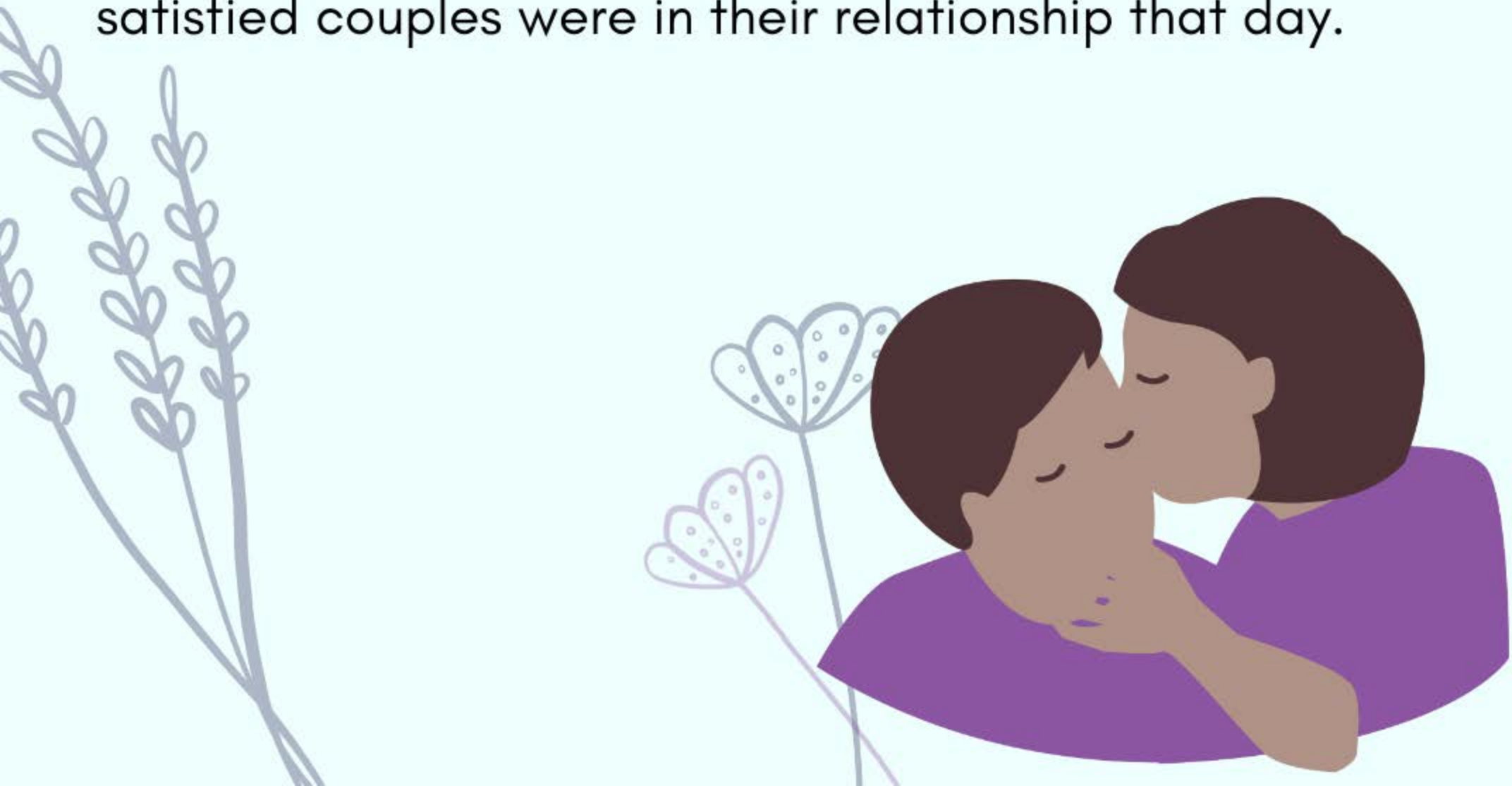
We asked them to

fill out a short survey online every day for 35 days



What did we find?

- For both women and men – regardless of their partner's gender/sex – using **more pornography** than usual was associated with **more sexual desire** that day.
- Daily pornography use was **not associated** with how satisfied couples were in their relationship that day.



Associations between pornography use and a partner's sexual desire, or the couple's engagement in sexual activity, *varied* based on sex/gender:

On days where **women** used more porn than usual:

- Their partners reported *more* sexual desire
- The couple was *more* likely to engage in partnered sexual activity

On days where **men** used more porn than usual:

- Their partners reported *less* sexual desire
- Those partnered with women were *less* likely to engage in partnered sexual activity, and those partnered with men were *more* likely to engage in partnered sexual activity

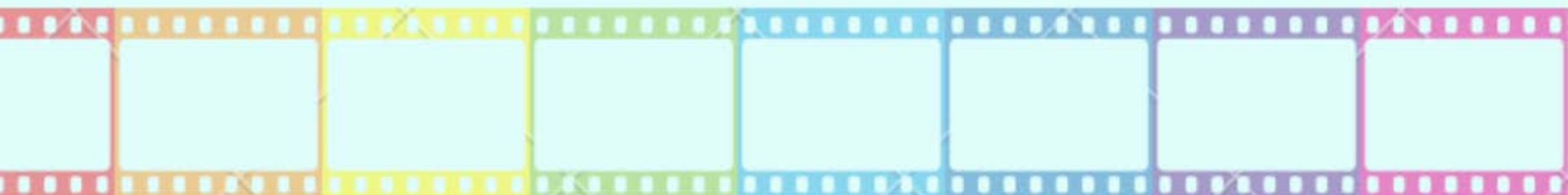
Why it matters



There is still ***a lot*** to learn about couple dynamics & pornography use.



These findings, however, are a **step in a positive direction** towards understanding how coupled women's and men's daily pornography use relates to their sexual and relationship wellbeing



This blog is a summary of our published article:



Vaillancourt-Morel, M.-P., Rosen, N. O., Willoughby, B. J., Leonhardt, N. D., & Bergeron, S. (2020). Pornography use and romantic relationships: A Dyadic daily diary study. *Journal of Social and Personal Relationships*, 37(10-11), 2802-2821. <https://doi.org/10.1177/0265407520940048>

