PORN USE & COUPLES' SEXUAL WELL-BEING

Does pornography use help or harm couples' sexual well-being?



Pornography Use and Sexual Health among Same-Sex and Mixed-Sex Couples: An Event-Level Dyadic Analysis

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Scroll to see what we found!



Many people use porn, which may lead to unrealistic sex expectations that can affect sexual well-being (i.e., decreased sexual satisfaction, function, and health).

- How does porn use affect couples?
- How is partnered vs. solitary sex affected?



WE WANTED TO KNOW:



1

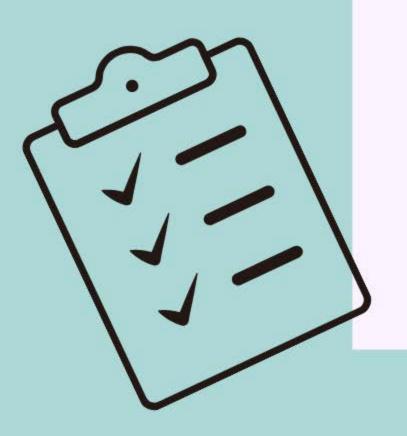
How porn use plays a role in couples' sexual well-being with their partner and alone.

2

Does porn use affect sexual satisfaction, distress, function, and masturbation?

We recruited 211 same and mixed-sex couples.





We asked them to fill out daily surveys for 35 days.

WE FOUND THAT...

Porn use was not linked to most **aspects of** sexual well-being (ex: sexual satisfaction, pleasure, ability to orgasm).



Individual porn use is linked to their partner's sexual distress and quality of lubrication (for women).

So, what does all of this mean?

Porn use generally does not harm couples' sexual well-being.

Open communication about sexual needs, desires, and expectations is encouraged for couples' sexual well-being.



This is a summary of our published article:

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