

PORN USE & COUPLES' SEXUAL WELL-BEING

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

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

[Marie-Pier Vaillancourt-Morel](#) , [Natalie O. Rosen](#), [Aleksandar Štulhofer](#), [Myriam Bosisio](#) & [Sophie Bergeron](#)

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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:

Vaillancourt- Morel, M. P., Rosen, N. O., Stulhofer, A., Bosisio, M. & Bergeron, S. (2021). Pornography use and sexual health among same-sex and mixed-sex couples: An event-level dyadic analysis. *Archives of Sexual Behavior*, 50, 667-681.

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