

PORN: GOOD OR BAD?

How does an individual's known and unknown pornography use affect their own and their partner's sexual satisfaction and intimacy?
How does it contribute to relationship quality?

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Partner Knowledge of Solitary Pornography Use: Daily and Longitudinal Associations with Relationship Quality

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*Scroll to see
what we found!*



Watching pornography is a common solo activity that partnered individuals engage in regularly.

There is mixed evidence about the costs and benefits of pornography use in relationships.

... **BUT**, little research has examined how the knowledge of a partner's solo pornography use can affect their own and their partner's relationship satisfaction and intimacy.



WE WANTED TO KNOW:

1

How is using porn along linked to one's own and their partner's relationship satisfaction and intimacy on the daily level and over time

2

Specifically, when examining porn use, what are the effects of *known* and *unknown* porn use on relationship satisfaction and intimacy



n= 217

We recruited 217 mixed-sex and same-sex couples



Participants completed **daily surveys** for 35 days reporting their pornography use and whether their partner knew about it. As well as 3 surveys **over the course of a year** (at the beginning of the study and then 6 and 12 months later).



WE FOUND THAT...

On days when individuals engaged in solitary pornography use that was **unknown** to their partner, they reported **lower levels of intimacy** and relationship satisfaction on **that day**.



Known solitary use of pornography was linked to an **increase** in individual's **own intimacy** and a decrease in their partner's intimacy over the year

So, what does all of this mean?

Concealing information from a partner can be **emotionally taxing**, which could explain the **low level of relationship satisfaction** that resulted in concealing personal pornography usage.



When someone share their solitary pornography use with their partner, it can **eliminate the taboo** associated with pornography. It may encourage more **sex-related discussions** and create an environment where partners feel closer to each other, **increasing intimacy and emotional connection.**



This is a summary of our published article:

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