

IS INTERNET PORNOGRAPHY ADDICTION ALWAYS SEX ADDICTION, OR CAN IT BE SOMETHING ELSE?

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Disclosures & Conflicts of Interest

- Paid Consulting, Honorariums, or Financial Compensation from:
 - Professional caseload includes clients struggling with Internet Pornography Addiction and Sex Addiction
- Specific Disclosure Statement of Financial Interest:
 - I, Todd Love, DO NOT have a financial interest/arrangement or affiliation with one or more organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of this presentation.



Videos – 18min

- Neuroscience – 4min
 - Two Min Neuro – 2min
 - Team of Rivals – 2min
- Internet Addiction – 1min
 - Crazy Ways SNS changing – 1 min
- Gaming – 4min
 - LoveChild -2min
 - WebJunkie – 2min
- Porn – 9 min
 - ReWired – 4 min
 - Science of Porn Addiction – 3min
 - Cooledge Effect – 2min

“Addiction”

- Historical Concept of Addiction
 - “A chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences” (NIDA, 2012)
- Disputed Term: Descriptive vs. Pejorative
 - Eliminated in DSM-III, Reproposed for DSM-5



Neurobiology of Addiction

- About reward, not pleasure
- Videos
 - Two Min Neuro – 2min
 - Team of Rivals – 2min



Neurobiology of Addiction

- **Withdrawal** – erroneously mistaken as requiring exogenous chemicals
 - Withdrawal is *negative affect* left behind when artificially elevated levels of DA are no longer being generated
- **Tolerance** is result of a homeostatic adaptation to whatever has been causing chronic levels of DA increase in the Reward Center (Drugs, Alcohol, Gambling, Sex/Porn, Games, etc.) - *Need more to maintain desired state*

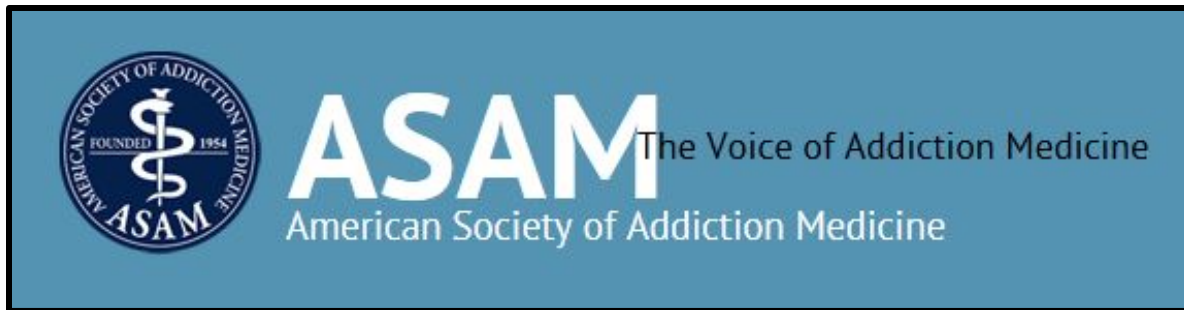


Behavioral Addiction

- Not a new concept:
 - Orford (1985) “Excessive Appetites” – gambling, eating, sex
 - Marlatt, Baer, Donovan, & Kivlahan (1988) “Addictive behaviors”
- Multiple overlaps b/t behavioral addictions and chemical addictions:
Comorbidity, course, genetic contribution, neurobiology, phenomenology (craving, intoxication, withdrawal), tolerance, and treatment response
(Grant, Potenza, Weinstein, & Gorelick, 2010; Leeman & Potenza, 2013) ([more...](#))



Addiction to <insert behavior or chemical here>



- A primary, chronic disease of brain reward, motivation, memory and related circuitry...This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.

(ASAM, 2011)



Modern Addictive Behaviors

- Exercise addiction, Workaholism
- Cell phone addiction
- Social Networking Addiction
- Facebook addiction
 - (Andreassen, Torsheim, Brunborg, & Pallesen, 2012; Griffiths, 2012; Kittinger, Correia, & Irons, 2012; Koc & Gulyagci, 2013; Rosen, Whaling, Rab, Carrier, & Cheever, 2013)
- **Binge eating and Obesity** currently under active research, including by the head of NIDA
 - (Ahmed, Guillem, & Vandaele, 2013; Balodis, Grilo, et al., 2013; Balodis, Kober, et al., 2013; Blum, Oscar-Berman, Barh, Giordano, & Gold, 2013; Clark & Saules, 2013; Gearhardt, Boswell, & Potenza, 2014; Rodgers, Melioli, Laconi, Bui, & Chabrol, 2013; Volkow, Wang, Tomasi, & Baler, 2013a, 2013b).



Internet Addiction

- First proposed as a satirical joke by Goldberg (1996)
 - Internet Addiction Disorder (IAD)
 - Joking announcement of Internet Addiction Support Group (IASG)
- Formally proposed as clinical issue by Dr. Kimberly Young (1996)
- Criteria based on combination of Pathological Gambling and Substance Abuse



Internet Addiction

- Other terms/concepts
 - Internet Use Disorder (IUD)
 - Internet Addiction Disorder (IAD)
 - Problematic Internet Use (PIU),
 - At-Risk Problematic Internet Use (ARPIU)
 - GPIU vs SPIU
 - General Problematic Internet Use (GPIU)
 - Specific Problematic Internet Use (SPIU)
 - Compulsive Internet Use (CIU)
 - Pathological Technology Use (PTU)
 - Includes computer, Internet, television, cellphone, video games, etc.



Internet Addiction

- Assessment Instruments
- Young Diagnostic Questionnaire (YDQ), M-YDQ,
- *Internet Addiction Test (IAT)*
- Internet-Related Addictive Behavior Inventory (IRABI)
- Generalized Problematic Internet Use Scale (GPIUS) (GPIUS-2)
- Pathological Internet Use Scale (PIUS)
- Compulsive Internet Use Scale (CIUS)
- Problematic and Risky Internet Use Screening Scale (PRIUSS)
- Online Cognition Scale (OCS),



Internet Addiction

- Internet Addiction
 - Proposed for DSM-5
 - Block (2008) 4 key components: *excessive use, withdrawal, tolerance, & adverse consequences*
 - Subtypes: excessive gaming, sexual preoccupations, email/txt msg
 - Added later: Social networking (Yau, Crowley, Mayes, & Potenza, 2012)
 - Tao et al. (2010)
 - Included symptom, exclusion, impairment, & course criterion
 - Subtypes not specified



Internet Addiction

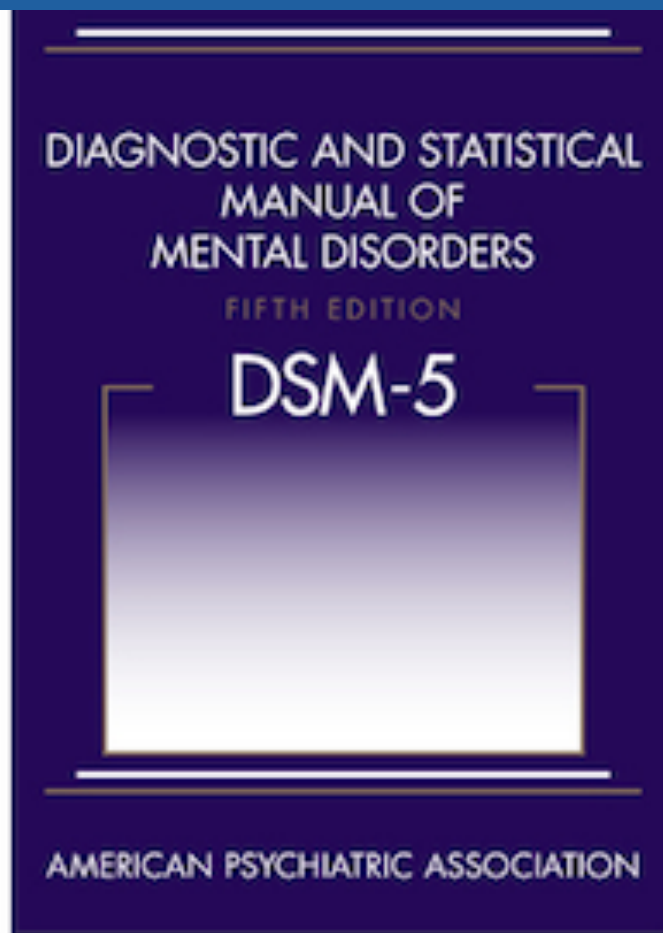
- Internet Addiction

- Controversy

- *Addictions TO vs ON the Internet* (Griffiths, King, & Demetrovics, 2014)
 - Alcoholics not addicted to bottles (Kim & Kim, 2010), gamblers not addicted to casinos (Starcevic, 2013b)
 - "The main limitation of the DSM-5 Internet use disorder is that it is an over inclusive concept that does not actually refer to any specific addictions to the Internet" (King & Delfabbro, 2013a, p.21)



DSM-5



DSM-5 proposed changes

- Proposed for DSM-5
 - *Addiction & Related Disorders* chapter
 - *Behavioral Addictions* sub-chapter
 - *Pathological Gambling* move to *Addiction & Related Disorders* chapter
 - *Internet Addiction/ Internet Use Disorder*
 - *Hypersexual Disorder*



DSM-5 Outcomes

- *Addiction* chapter title **not** created, use of term minimized
- *Substance-Related and Addictive Disorders* chapter **created** instead
 - *Pathological Gambling* renamed to *Gambling Disorder* **placed here**
- *Behavioral Addictions* subchapter **not** created
 - *Non-Substance-Related Disorders* subchapter **created** instead
- *Internet Addiction/ Internet Use Disorder* **not** included
- *Internet Gaming Disorder* diagnosis **created** in Section III (never proposed)
- *Hypersexual Disorder* **not** included



DSM-5 Inconsistencies and Controversies

- *Thus, groups of repetitive behaviors, which some term behavioral addictions, with such subcategories as “sex addiction,” “exercise addiction,” or “shopping addiction,” are not included because... there is insufficient peer-reviewed evidence... needed to identify these behaviors as mental disorders. (DSM-5, p. 481)*
- **VS.**
- *Although some behavioral conditions that do not involve ingestion of substances have similarities to substance-related disorders, only one disorder—gambling disorder—has sufficient data to be included in this section. (DSM-5, p.586)*



DSM-5 Inconsistencies and Controversies

- ...however, there are other behavioral disorders that show some similarities to substance use disorders and gambling disorder... and the one condition with a considerable literature is the compulsive playing of Internet games... The DSM-5 work group...found some behavioral similarities of Internet gaming to gambling disorder and to substance use disorders. (DSM-5, p. 586)



DSM-5 Inconsistencies and Controversies

- 14 references in DSM-5 to support the new IGD diagnosis:
 - 13 to peer-reviewed journals, 1 to a pop-culture magazine article
 - 3 specifically focused on Internet Gaming
 - 4 refer to gaming as one of three subtypes of Internet Addiction
 - 1 references gaming as one of ten subtypes of Internet Addiction
 - 3 intermix terms "gaming", "gambling" and "pornography"
 - 2 refer to "Internet use" generally with no subtypes



Speculative Conclusion #1

- “Delivery Mechanism Argument”
 - Internet is but a delivery mechanism, can't be addicted to a delivery mechanism
 - *“Alcoholics not addicted to bottles”*
- Easy solution: **Require Subtypes**



Speculative Conclusion #2

- Social/Politics
- Charles O'Brien, Chair of DSM-5 SUD Task Force:
 - *"When you have the president talking about addiction to oil, the word has lost its pejorative tone"* (O'Brien, as cited by Greenberg, 2010)
 - Regarding the omission of term Addiction from DSM-III-R a *"serious mistake"*
 - *"In the case of substance use disorders, the medical world drastically needs a change in labeling. Addiction is a perfectly acceptable word"* (O'Brien, Volkow, & Li, 2006a, p.764)



Speculative Conclusion #3

- Poor research, logic, & editing
 - *Research example:* IA doesn't exist but IGD does, 14 references included to support this conclusion, with a majority based on IA and a minority based on IGD.
 - $A \neq B$ but $B = A$.
 - *Logic example:* Addiction doesn't exist, nor do Behavioral Addictions. Followed by regular use of both terms.
 - *Editing example:* (see next slide)



DSM-5 IGD Risks & Prognostic Factors

- *Genetic and physiological*: “Adolescent males seem to be at greatest risk of developing Internet gaming disorder, and it has been speculated that Asian environmental and/or genetic background is another risk factor, but this remains unclear” (DSM-5, p. 797).
- *Environmental*: “Computer availability with Internet connection <sic> allows access to the types of games with which Internet gaming disorder is most often associated” (DSM-5, p.797).

= Asians are genetically predisposed to developing Internet Gaming Disorder. (according to DSM-5)



Internet Gaming Disorder

- #1 of 3 original subtypes of Internet Addiction
- Major problem in Asian countries
- 2 videos
 - Love Child – 2min
 - Web Junkie – 2min



Internet Gaming Disorder

- Multiple terms:
- Online Gaming Addiction (Charlton & Danforth, 2007)
- Problem Video Game Playing (PVGP) (King et al. 2009)
- Video Game Addiction (Skoric et al. 2009)
- Problematic Online Game Use (POGU) (Kim & Kim, 2010)
- Internet Gaming Addiction (Kuss & Griffiths, 2012a)



Internet Gaming Disorder

- Multiple Assessment instruments:
 - Problematic Video Game Playing (PVP) Scale
 - Assessment of Computer Game Addiction in Children – Revised
 - Online Game Addiction Scale (OGAS)
 - Game Addiction Scale
 - Pathological Video Game Use Scale (PVGUS)
 - Video Game Dependency Scale
 - Problem/Problematic Online Game Use Scale (POGUS)
 - Computer/Gaming-station Addiction Scale (CGAS)



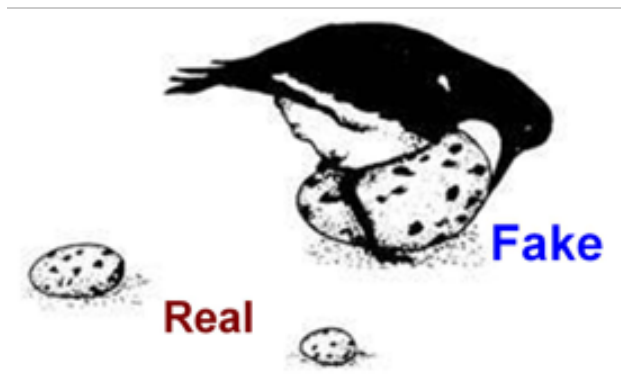
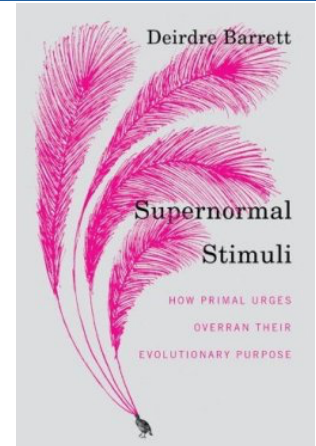
Internet Pornography Addiction

- 3 Videos
 - Science of Pornography Addiction – 3min
 - REWIRED documentary – 4min
 - Coolidge effect – 2min



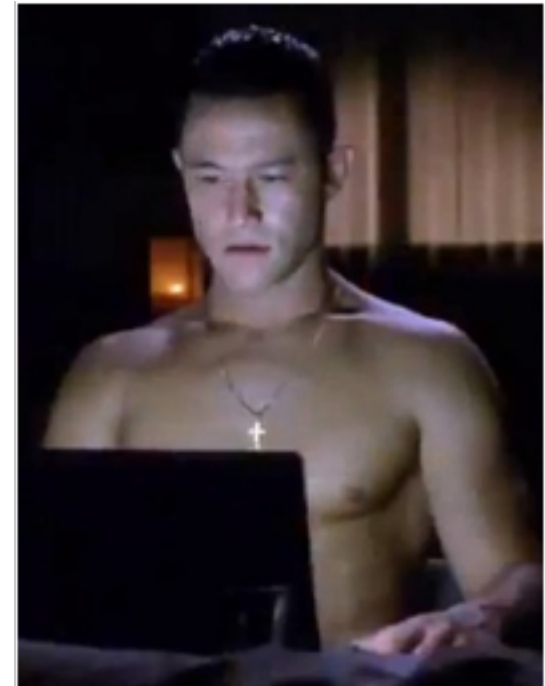
Supernormal Stimulus

- Tinbergen
 - Bird Eggs & Butterfly Wings
- Deirdre Barrett



Internet Porn = Supernormal Stimulus

- An exaggerated version of a normal stimulus that amplifies qualities we find especially compelling



Generational Difference/ Changing Times



Imagination

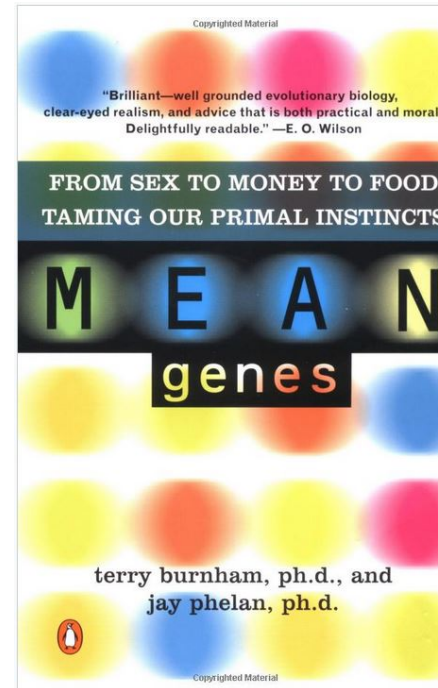
vs.

**Hard-core
streaming videos**



Evolutionary Mismatch

- “All excessive stimulations of the reward circuitry that are not the behaviors for which it originally evolved are problematic....Like crack and Krispy Kreme donuts, Internet porn is another manifestation of mismatch”
 - –Jay Phelan, PhD



Dopamine and the Internet

- Endless Novelty
- Searching & Seeking
- Anticipation
- Shock & Surprise



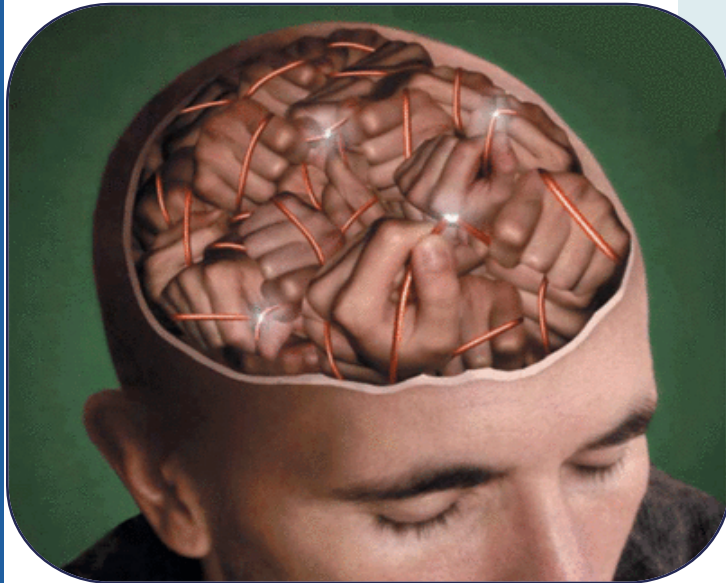
Internet Pornography Addiction

- Myriads of studies on psychological, sociological, clinical, treatment, etc.
- Rapidly growing area of neuroscience research
 - 2015 Neuroscience literature review showing 300+ references
 - Love, T., Laier, C., Brand, M., Hatch, L., & Hajela, R. (2015). Neuroscience of Internet Pornography Addiction: A Review and Update. *Behavioral Sciences*, 5(3), 388-433.
 - More published since then



Neuroplasticity

Neuroplasticity: the brain's ability to change and adapt as a result of experience

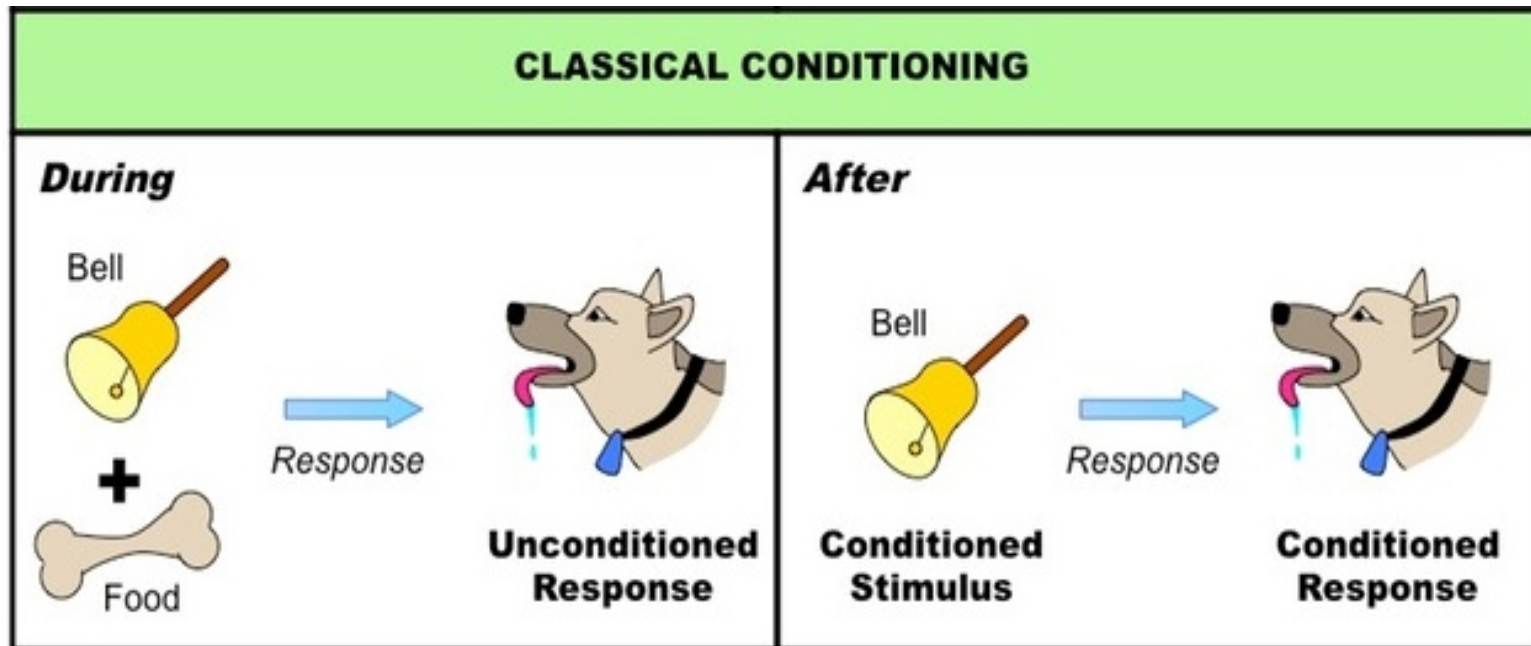


1 - Sensitization

- *"A super memory of pleasure"*
- Rewired nerve connections cause the reward circuitry to buzz in response to addiction-related cues or thoughts. This Pavlovian memory makes the addiction more compelling than other activities in the addict's life.



Conditioning & Learning



2 - Desensitization

- *"A numbed pleasure response"*
- Among other changes, dopamine and opioids decline, as do certain dopamine receptors and opioid receptors.



3 - Hypofrontality

- *"Willpower erodes"*
- Alterations in frontal-lobe gray matter and white matter correlate with reduced impulse control and the weakened ability to foresee consequences.



4 - Dysfunctional Stress Circuits

- Can make even minor stress lead to cravings and relapse because they activate powerful sensitized pathways.
- “Anti-Reward”
- “Dark Side of Addiction”
 - *George Koob*
 - *Director, National Institute on Alcohol Abuse & Alcoholism*
 - *Scripps Research Institute*



Some Landmark Studies



UNIVERSITY OF
CAMBRIDGE

“Brain Structure and Functional Connectivity Associated With Pornography Consumption: The Brain on Porn” --- **May, 2014: *JAMA Psy.***

Lead author Simone Kühn said:

“That could mean that regular consumption of pornography more or less wears out your reward system.”



More Recent Studies


- Prefrontal control and internet addiction: a theoretical model and review of sdf



THE JOURNAL OF
SEXUAL MEDICINE
An Official Journal of The International Society for Sexual Medicine



YBOP — largest online resource




Your Brain On Porn

Evolution has not prepared your brain for today's Internet porn


[About](#)
[Rebooting Basics](#)
[Tools for Change](#)
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[Porn FAQs](#)
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Forum




Join the Reboot Nation!

Uncle Bob's Porn Recovery Tips




Click for advice

Public Speakers



Meet the team

Blogs





Read blogs

Navigation

Brain Studies on Porn Users

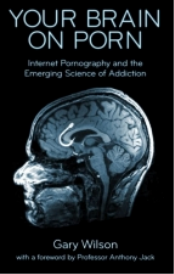
Submitted by admin on Thu, 07/31/2014 - 17:55

Recent studies assessing brain structure & functioning of porn users:

1. [Brain Structure and Functional Connectivity Associated With Pornography Consumption: The Brain on Porn \(2014\)](#) - A German study which found 3 significant addiction-related brain changes that correlated with the amount of porn consumed. It also found that the more porn consumed the less activity in the reward circuit, indicating desensitization, and increasing the need for greater stimulation (tolerance). 
2. [Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviours \(2014\)](#) - The first in a series of Cambridge University studies found the same brain activity as seen in drug addicts and alcoholics. It also found that porn addicts fit the accepted addiction model of wanting "it" more, but *not* liking "it" more. The researchers also reported that 60% of subjects (average age: 25) had difficulty achieving erections/arousal with real partners, yet could achieve erections with porn. 
3. [Enhanced Attentional Bias towards Sexually Explicit Cues in Individuals with and without Compulsive Sexual Behaviours \(2014\)](#) - "Our findings of enhanced attentional bias... suggest possible overlaps with enhanced attentional bias observed in studies of drug cues in disorders of addictions."


These study results are consistent with 100 [internet addiction brain studies](#), many of which also include internet porn use. In short, there's ample (and growing) peer-reviewed scientific support for the addiction

Only \$4.99 - Great synopsis of site




Now in paperback too!

Adolescent Brain Meets Highspeed Internet Porn (2013)



[Click here to watch](#)

Porn-Induced Erectile Dysfunction (2014)





Internet Pornography Addiction (IPA)

- #2 of 3 original subtypes of Internet Addiction
- Arguable spin-out from Sex Addiction / Hypersexual Disorder
 - Sex Addiction
 - Never formally proposed, no official subtypes
 - Hypersexual Disorder
 - *Specify if masturbation, pornography, sexual behavior with consenting adults, cybersex, telephone sex, and strip clubs*
- Alternate terms for “pornography”
 - SEM (Sexually Explicit Material)
 - VSS (Visually Sexual Stimuli)
- Alternate terms for IPA
 - PPU – Problematic Pornography Use
 - PHB – Problematic Hypersexual Behavior



IPA – Assessment Instruments

- **Internet Sex Screening Test (ISST)** (Delmonico & Carnes, 1999)
 - obsession, loss of control, and significant life consequences.
- **Cyber-Pornography Use Inventory (CPUI)** (Grubbs, Sessoms, Wheeler, & Volk, 2010).
 - "Addictive Patterns", "Guilt Regarding Online Pornography Use," and "Online Sexual Behavior-Social"
- **Pornography Consumption Effect Scale (PCES)** (Hald & Malamuth, 2008)
- **Pornography Consumption Inventory (PCI)** (Reid, Li, Gilliland, Stein, and Fong, 2011)
 - Measures the motivations for the use of Internet pornography by men with hypersexual disorder (can be applied to addiction model).
 - four subscales: emotional avoidance, excitement seeking, sexual curiosity, and sexual pleasure.
 - Use for treatment planning



IPA – Assessment Instruments (cont)

- **Pornography Craving Questionnaire (PCQ-12)** (Kraus & Rosenberg, 2014)
 - newly developed as a tool to measure levels of craving resulting from cue-induced stimuli.
- **Problematic Pornography Use Scale (PPUS)** (Kor et al., 2014).
 - Uses addiction paradigm not HD
- **IATsex** (Brand et al., 2011)
 - Modified Young's (1998) original Internet Addiction Test (IAT)
 - More directed towards sexual behavior; specifically replaced the terms "online" with "online sexual activity" and "Internet" with "Internet sex sites."
- **s-IAT** (Laier, Pawlikowski, Pekal, Schulte, & Brand, 2013)
 - modified short version of the Internet Addiction Test (s-IAT) (Pawlikowski, Altstötter-Gleich & Brand)



Potential etiologies for IPA

- “Crack Cocaine of Sex Addiction”
- Cooper’s *Triple-A Engine* of Cybersex vulnerability
 - Affordability
 - Accessibility
 - Anonymity
- Neurobiology
- Classical Conditioning, Anticipation and arousal
- Internet Addiction Subtype



Generalized/Specific Internet Addiction (GIA/SIA)

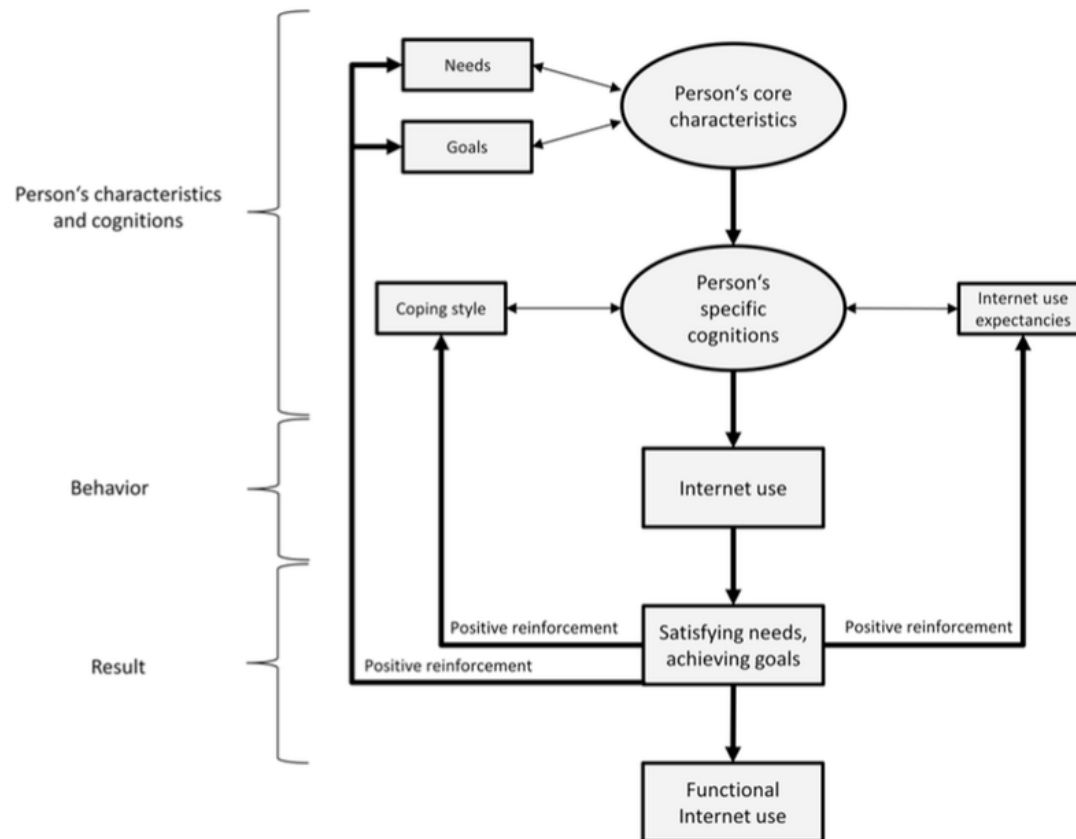
- “We believe that if an individual with GIA faces the situation that he/she is confronted with the possibility to go online (or to use a certain Internet application in an individual with SIA), these cues are so strong that the individual reacts relatively automatically with a wanting reaction. Cognitive control over this reaction is difficult if the expectancies that using the Internet would reduce craving and result in positive and/or negative reinforcement.”
 - Brand, M., Young, K. S., & Laier, C. (2014). Prefrontal Control and Internet Addiction: A Theoretical Model and Review of Neuropsychological and Neuroimaging Findings. *Front Hum Neurosci*, 8, 375.



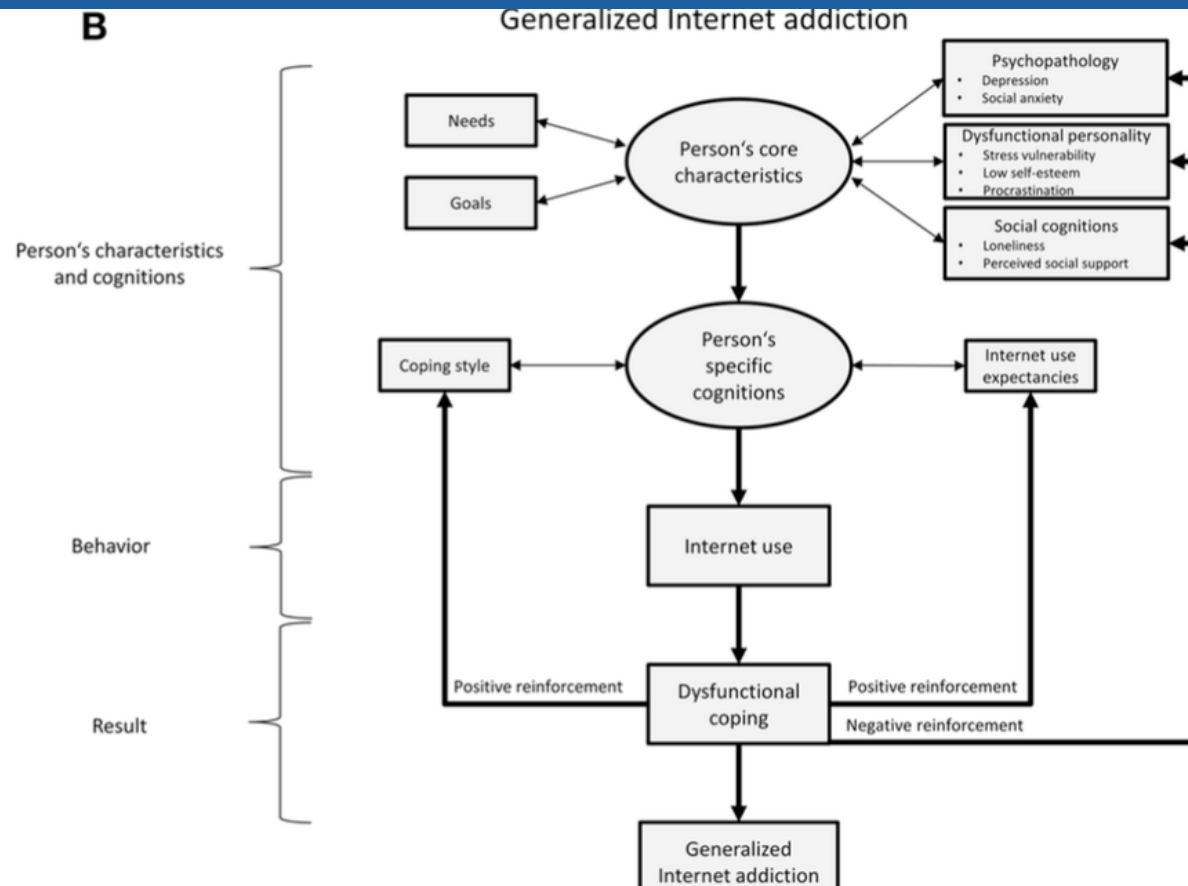
Functional Internet Use

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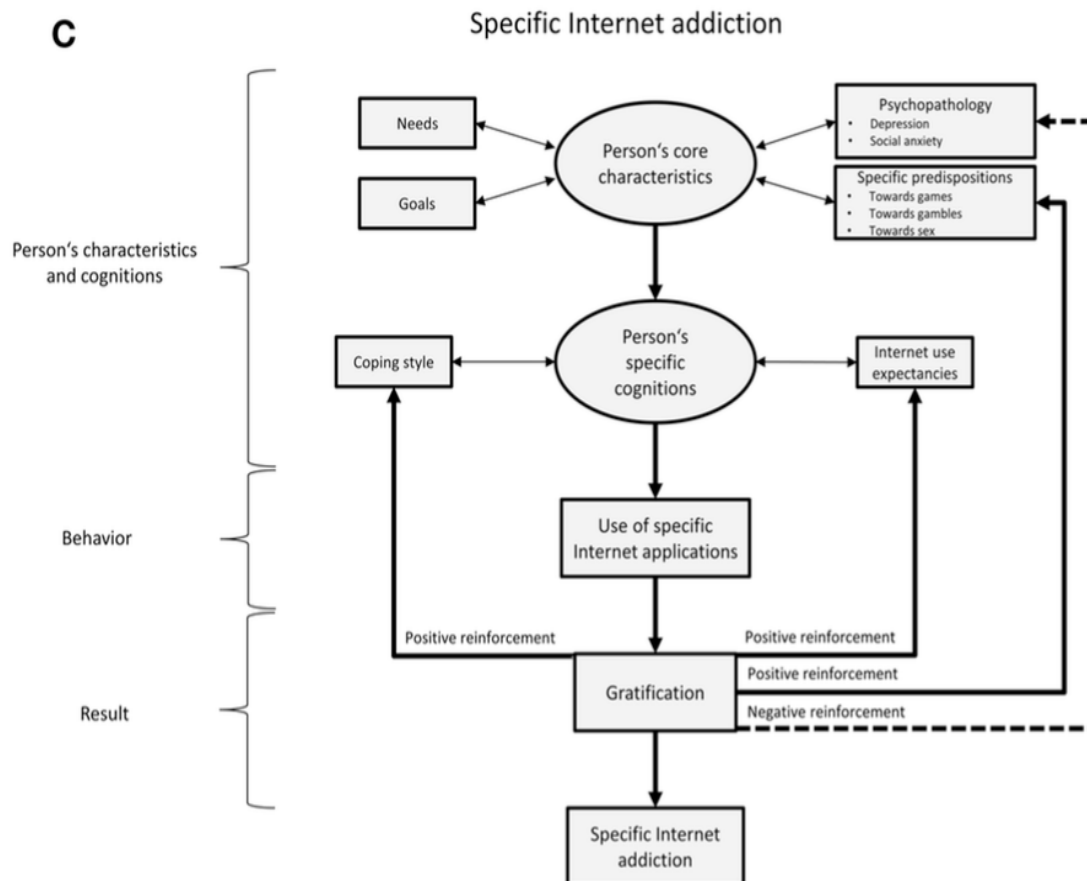
Functional Internet use



Generalized Internet Addiction (GIA)



Specific Internet Addiction (SIA)



Porn as a “Specific Internet Addiction” (SIA)

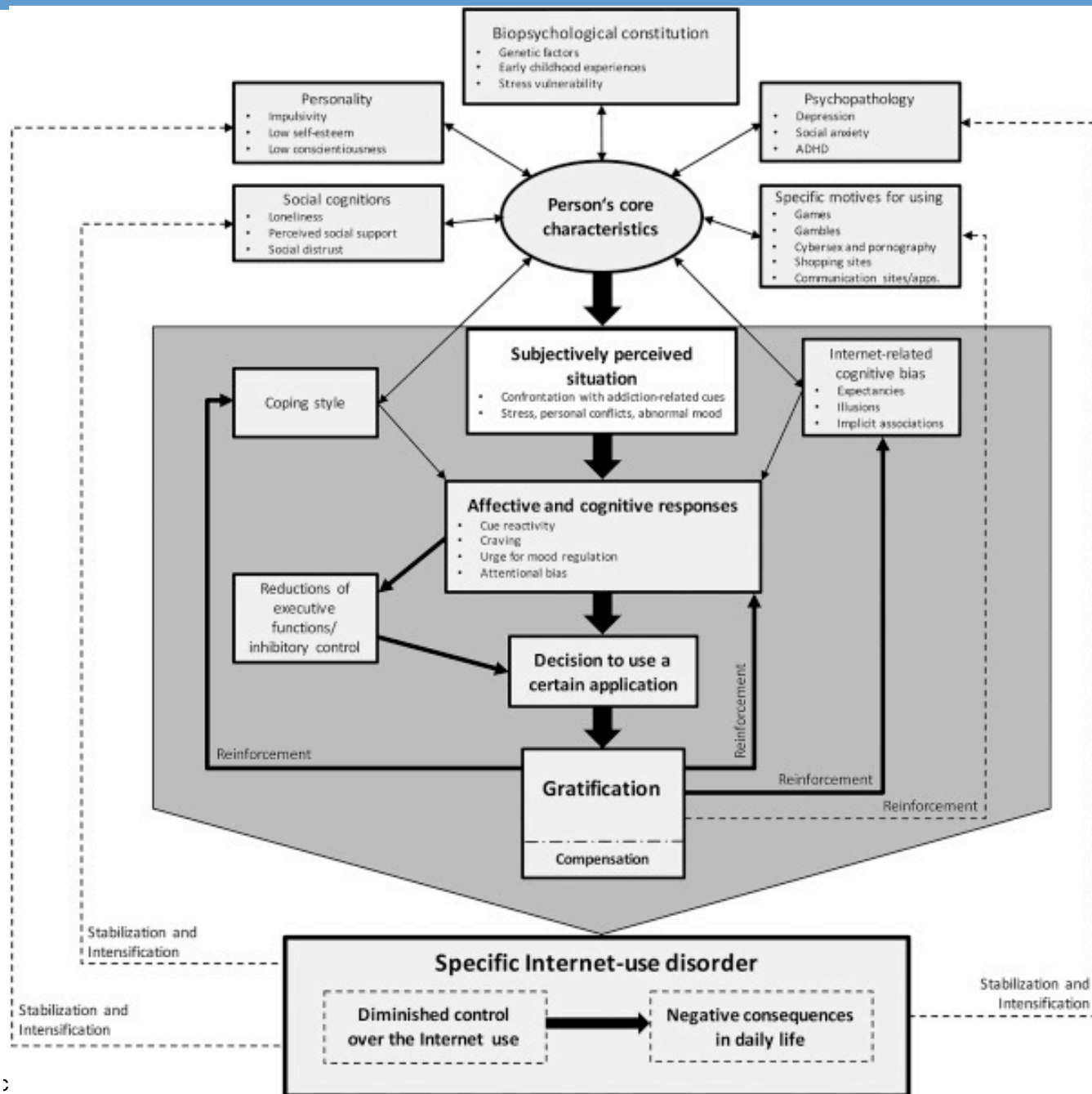
- *In recent articles, [cybersex addiction](#) is considered a specific type of [Internet addiction](#). Some current studies investigated parallels between cybersex addiction and other behavioral addictions, such as Internet Gaming Disorder. Cue-reactivity and craving are considered to play a major role in cybersex addiction. Neuroimaging studies support the assumption of meaningful commonalities between cybersex addiction and other behavioral addictions as well as substance dependency.*
 - Brand, M., & Laier, C. (2015). Cybersexsucht. *Suchttherapie*, 16(04), 173-178.



I-PACE model

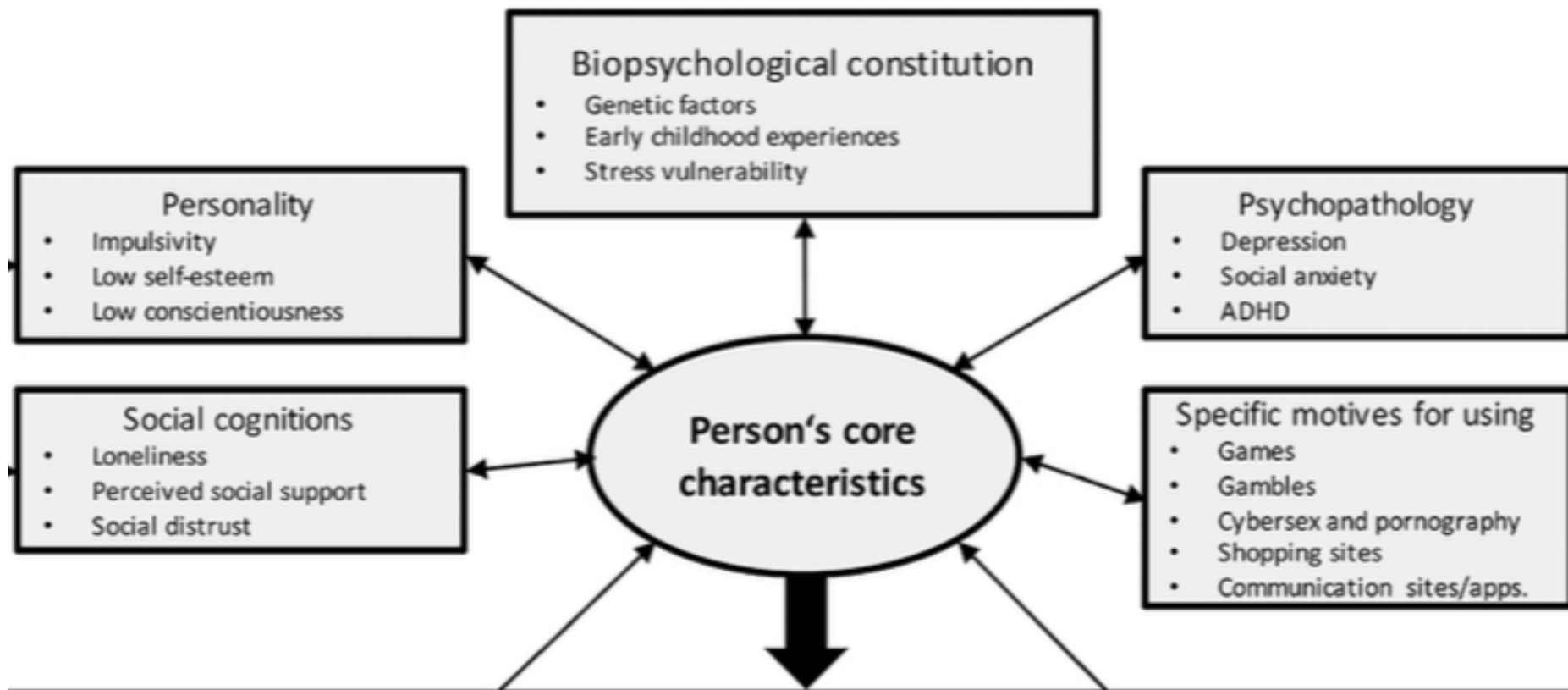
- Integrating psychological and neurobiological considerations regarding the development and maintenance of specific Internet-use disorders: An Interaction of Person-Affect-Cognition-Execution (I-PACE) model
 - Brand, M., Young, K., Laier, C., Wölfling, K., & Potenza, M. N. (2016).





Interaction of Person-Affect-Cognition-Execution (I-PACE) model

Brand, Young, Laier, Wölfling, & Potenza (2016)



Sex Addiction

- “Sex Addiction is an Attachment Disorder”
- “Sex Addiction is an Intimacy Disorder”
- Childhood trauma
 - Emotional 97%
 - Sexual 81%
- Family Systems
 - Rigid 77%
 - Disengaged 87%



“A New Generation of Sexual Addiction”

- “Classic” vs. “Contemporary” Sex Addiction
- **Classic**
 - Hx of
 - Sexual, Physical, and Emotional Abuse
 - Impaired Attachment and Shame
 - Impulse Control Disorders
 - Cross addictions and comorbid mood disorders.
- Riemersma, J., & Sytsma, M. (2013). A New Generation of Sexual Addiction. *Sex Addict Compulsivity*, 20(4), 306-322.



“A New Generation of Sexual Addiction”

- **Contemporary**

- Rapid-onset - emerged with explosive growth of Internet porn
- Distinguished by “3Cs”:
 - **Chronicity**
 - Repeat exposure, neuroplasticity model (more or less)
 - **Content**
 - Behaviors previously isolated or uncommon now easily accessible [via porn]...The power of suggestion & exposure is tremendous... creates addictive patterns where there was not awareness of, or interest in, those behaviors prior to exposure.
 - **Culture**
 - Highly sexualized images & themes are commonly used in advertising, tv, movies, & music; impossible to avoid repeated exposure on a daily basis.

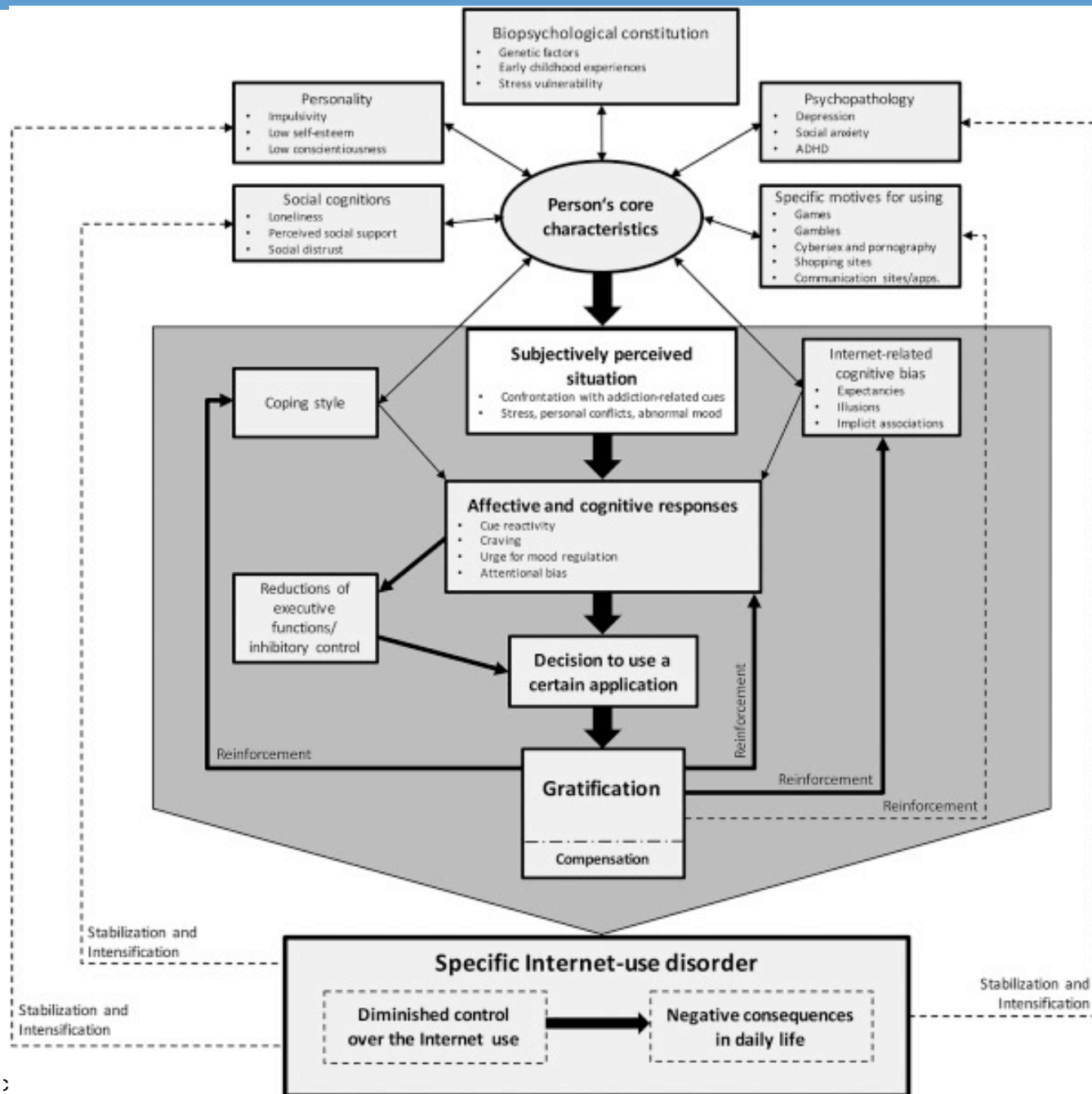
- Riemersma, J., & Sytsma, M. (2013). A New Generation of Sexual Addiction. *Sex Addict Compulsivity*, 20(4), 30



“Multiple Versions of Porn Addiction? More Discourse Needed!”

- Rob Weiss post on PT re expanding this model to porn addicts -
 - Porn Addicted – (trauma based)
 - Porn Dependent/Conditioned – (no trauma, can walk away)
 - Classic porn addicts will display both developmental trauma and delayed development
 - Contemporary porn addicts might only have the latter issue, delayed development.
 - Terminology - “Sex/Porn Addicts”





OAT model

- O - Opportunity Induced
- A - Attachment Induced
- T - Trauma Induced
- **Opportunity Addiction**
 - People with or without trauma or attachment issues
- Hall, P. (2013). A New Classification Model for Sex Addiction. *Sex Addict Compulsivity*, 20(4), 279-291.

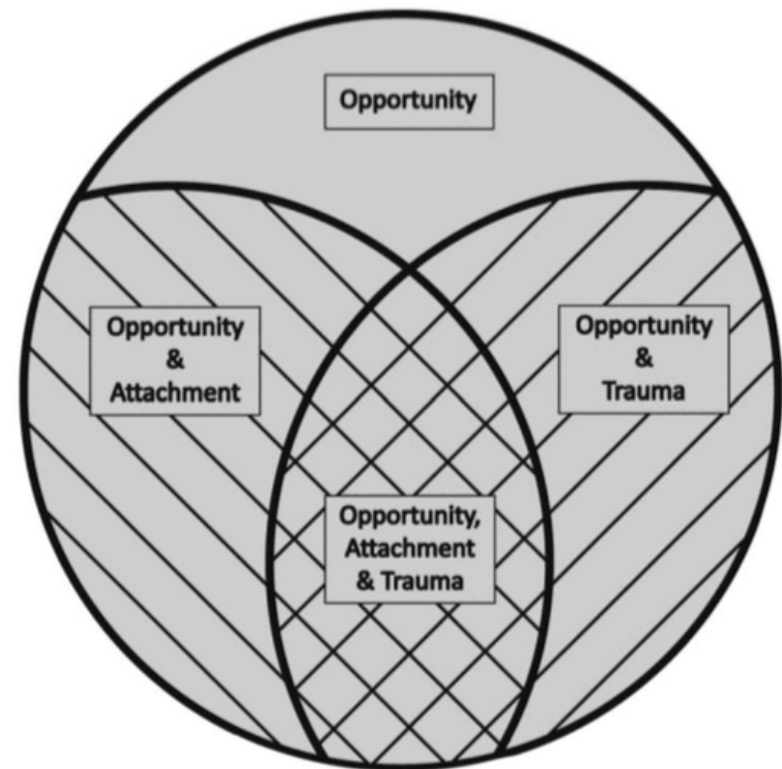


FIGURE 2 The OAT Model (Hall, 2012).



Differential Diagnosis

- Offline sex behaviors?
- Other online compulsive behaviors?
- Self-identification



Treatment Implications

- Potential for “**Iatrogenic Harm**” if misdiagnose and apply incorrect treatment model
- 12-step programs not always appropriate
 - Lack of Universality
 - Drastically different behavior patterns:
 - Is “Sex w/ prostitutes” comparable to “looking at pornography”?
 - Strict Abstinence vs Harm Reduction
 - “Spiritual Disorder”



Treatment - ACT

- **Acceptance and Commitment Therapy (ACT)** (Twohig and Crosby, 2010)
 - Used w/ small group of clients (n=6), found an 85% reduction in compulsive viewing of Internet pornography.
- **Crosby (2011)**
 - Followed the above study with a randomized clinical trial of 28 clients
 - Found a 93% decrease in compulsive pornography viewing after completion of a 12-week program.



Treatment - Naltrexone

- Bostwick & Bucci (2008) Mayo Clinic Case Study on the efficacy of Naltrexone in treating pornography addiction,
 - Decreased sensitization to porn use via loss of salience, essentially dismantling the impact of previous reward related learning.
- Raymond, Grant, and Coleman (2010) have confirmed similar results using Naltrexone to treat a range of compulsive sexual behaviors, including the compulsive use of pornography.



Treatment – CBT-IA

- Young (2007) successfully utilized a cognitive behavioral model with a population of 114 subjects in her Internet recovery clinic.
 - 70% of the subject's problematic behaviors were sexually based (40% sex chat, 30% pornography viewing).
- Cognitive Behavioral Therapy for Internet Addiction (CBT-IA) (Young, 2011).
 1. Behavior modification
 2. Cognitive restructuring
 3. Harm reduction



Inpatient/Residential Options

- reSTART
- Bradford Regional Hospital



Porn Induced Erectile Dysfunction (PIED)

- Another Problem w/ Repeated Porn Use



Sexual Conditioning

“This is what turns me on”

Being alone

Fetishes

Voyeurism

Novelty

Shock &
surprise



Multiple
tabs

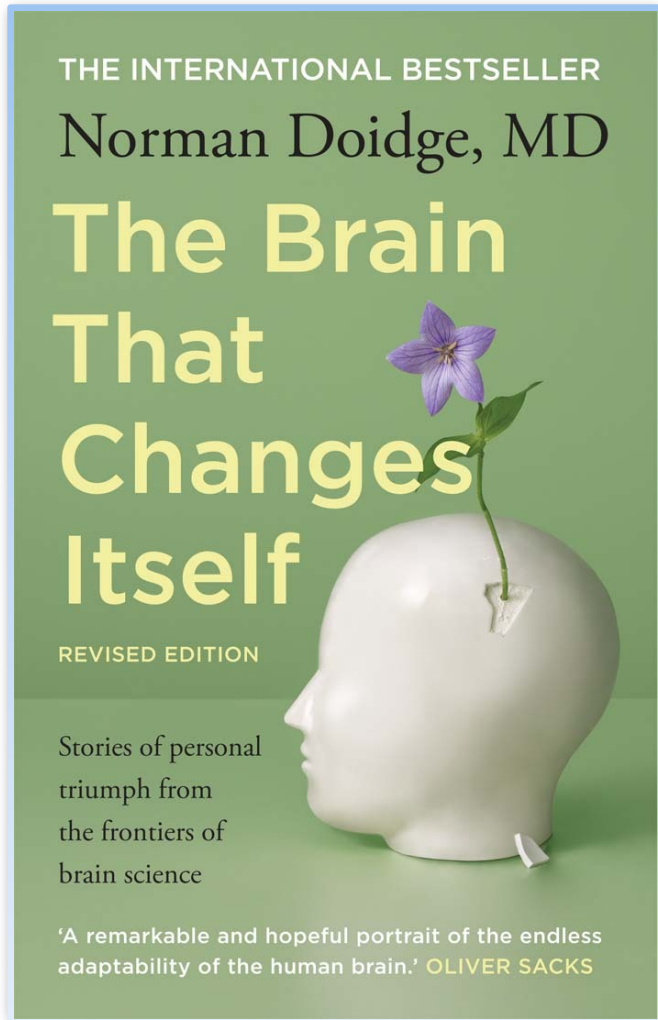
Genres

Multiple porn stars per session

Continuously searching & seeking



Confused Sexuality



Adolescent/young adult males report progressing (“graduating”) to more and more extreme or ego-dystonic forms of pornography in order to respond sexually.

- Gay porn by non gay males
- Transsexual pornography
- Underage pornography
- Important clinical consideration:
 - Sexual tastes NOT permanent
 - Porn tastes NOT sexual orientation

Navy Study

- **Is Internet Pornography Causing Sexual Dysfunctions? A Review with Clinical Reports**
- Park, B. Y., Wilson, G., Berger, J., Christman, M., Reina, B., Bishop, F., ... & Doan, A. P. (2016). Is Internet Pornography Causing Sexual Dysfunctions? A Review with Clinical Reports. *Behavioral Sciences*, 6(3), 17.



Recent International Studies

- French study:
 - Porto, R. (2016). Habitudes masturbatoires et dysfonctions sexuelles masculines. *Sexologies*.
- Belgian study:
 - Wéry, A., & Billieux, J. (2016). Online sexual activities: An exploratory study of problematic and non-problematic usage patterns in a sample of men. *Computers in Human Behavior*, 56, 257-266.



Internet Support & Recovery Communities

Reboot Nation

NoFap



subscribe

117,847
Fapstronauts



MY SUBREDDITS FRONT - ALL - RANDOM | PICS - FUNNY - GAMING - ASKREDDIT - WORLD

 **reddit** **PORNFREE** **hot** **new** **rising** **controversial**

1  7   **Wet dream about porn** (self.pornfree)
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Overcoming Pornography Addiction and Porn Induced Erectile Dysfunction

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Case Report – Gabe Deem

Reboot  Nation



Q&A

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