

# How Porn Can Impact Your Mental, Relational, & Sexual Health

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**We sometimes hear people claim that porn is a harmless personal habit, a great self-care technique, or even a way to strengthen relationships.**

**Research, however, tends to show the opposite.**

# *Mental Health*

Some people turn to porn to cope with negative emotions like loneliness or grief, but research actually shows that porn is associated with **more loneliness, lower self-esteem, and poorer mental health.**

Butler, Pereyra, Draper, Leonhardt, & Skinner, 2018

Noor, Rosser, & Erickson, 2014

Koletić, 2017

# *Mental Health*

Research indicates that those who consume porn to avoid uncomfortable emotions tend to have some of the lowest reports of emotional and mental wellbeing.

# *Relational Health*

Research suggests that porn plays a major role in fueling unhealthy relationship dynamics.

For example, porn consumption is associated with:

**Decreased relationship quality**

Brown, Durtschi, Carroll, & Willoughby, 2017

**Increased couple conflict**

Carroll, Busby, Willoughby, & Brown, 2017

**Poorer romantic attachment**

Wright, Tokunaga, Kraus, & Klann, 2017

**Increased acceptance of cheating**

Rasmussen, 2016

# *Relational Health*

Research consistently shows that porn consumers are **2X as likely** to later report experiencing a divorce or breakup—even after taking marital happiness, sexual satisfaction, and other relevant factors into account.

Perry, 2018

Perry & Davis, 2017

Perry & Schleifer, 2018

# *Sexual Health*

**While some people turn to porn to enhance their sexual experiences, research consistently indicates that frequent pornography consumption is associated with more sexual **dissatisfaction.****

Wright, Bridges, Sun, Ezzell, & Johnson, 2018

Brown, Carroll, Yorgason, Busby, Willoughby, & Larson, 2017

# *Sexual Health*

**Porn consumption is not only linked to decreased sexual satisfaction, but also sexual dysfunction for both men and women, difficulty reaching orgasm, and problems with arousal and sexual performance.**

Park, et al., 2016

Böthe, Tóth-Király, Griffiths, Potenza, Orosz, & Demetrovics, 2021



**Your mental, relational,  
and sexual health matter.**

Countless studies show that porn is not conducive to a healthy and fulfilling lifestyle. You deserve better. Invest in your health, and quit porn for good.

If you're looking for help to quit porn, check out our affiliates at Fortify, which is a free, science-based recovery tool.

**[ftnd.org/fortify](https://ftnd.org/fortify)**



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# Help support our efforts.



As a 501(c)(3) nonprofit organization, we rely on generous donations from our Fighters to help effectively educate people on the harms of pornography.

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