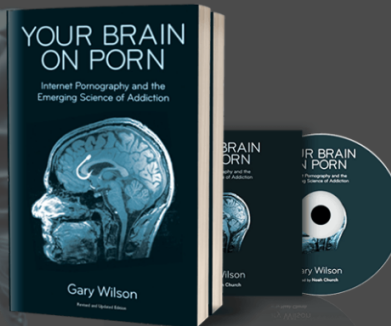


Amended Annex 3

Curious about the latest research on internet porn's effects?

Wondering about sexual dysfunction? Escalation to extreme material? Low desire for partnered sex? Social anxiety, cognitive problems, lack of motivation?

You're in the right place.



More Information

ESSENTIAL RESOURCES

Check out our helpful curated research lists and basic science explanations.

Relevant Research

Collections of studies supporting claims made on this website can be found here. Also, critiques of misleading studies and articles.

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Evolution has not prepared your brain for today's porn. Read a synopsis of key scientific concepts in an easy-to-understand narrative.

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A growing number of neuroscience researchers have looked at the brains of internet porn users and sex addicts. Findings support the "addiction model."


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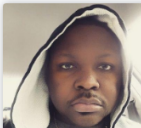
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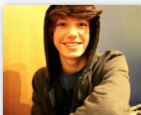
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Age 27 - PIED made me quit; 5 months changed my life for good
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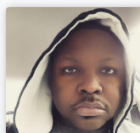
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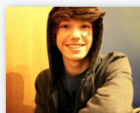
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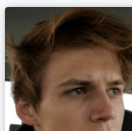
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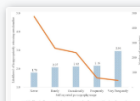
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"Find out if porn has taken over your life" t.co/eah847azA
- @YourBrainOnPorn 2 hours ago
New article (PIED) t.co/SO16gnYBO Jeff Foster, MD said: "We're left having to undo the damage caused by..." t.co/ygc2OLzB00

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Overview

Overview

For a summary of YBOP's key concepts visit Evolution has not prepared your brain for today's porn.

Check out YBOP on Twitter and Facebook.

Learn more about us at:

- About This Site
- About Us
- YBOP in the News
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- *Your Brain on Porn* (book)



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Quitting Porn

Quitting Porn

Visit Rebooting Basics to find out what you need to know about recovery. Questions about rebooting? Check out the long list of Rebooting & Porn Use FAQs.

More help is available on Tools for Change & Recovery (useful techniques). Support Options will give you an idea of the kinds of support available (recovery forums, support groups, apps, books, various organizations). Educating Your Therapist is useful if a caregiver isn't up to speed on today's porn problems.

Rebooting Advice & Observations and External Rebooting Forums, Blogs & Threads are collections of the best advice and threads by those who have been there.

Browse thousands of recovery self-reports to learn what those who've recovered have experienced: Rebooting Accounts Page 1, Rebooting Accounts Page 2 and Rebooting Accounts page 3.

The following eight pages contain shorter stories describing recovery from porn-induced sexual dysfunctions: 1, 2, 3, 4, 5, 6, 7, 8. Below this article – "The Other Porn Experiment" – read over 1,000 short recovery stories and "rebooting benefits."

Uncle Bob's Recovery Tips is a fun way to get random tips and inspiration. And, if you need a chuckle, visit Humor.

Join the Reboot Nation Forum for peer support.



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Research

YBOP contains extensive research archives. You can find these via **The Main Research Page**, which starts with an overview of current research. At the very bottom of that page you can find links to categories of studies, such as Pornography and Adolescents, Porn Use & Sex Addiction, and Internet Addiction.

Critiques of Questionable & Misleading Studies/Debunking Propaganda Pieces addresses some of the field's more dubious porn research and claims in lay articles.

Here you can learn about the proposed medical diagnosis suitable for porn and sex addicts in the upcoming edition of the World Health Organization's *International Classification of Diseases* (ICD-11), as well as the position of the American Society for Addiction Medicine (addiction healthcare professionals and researchers).

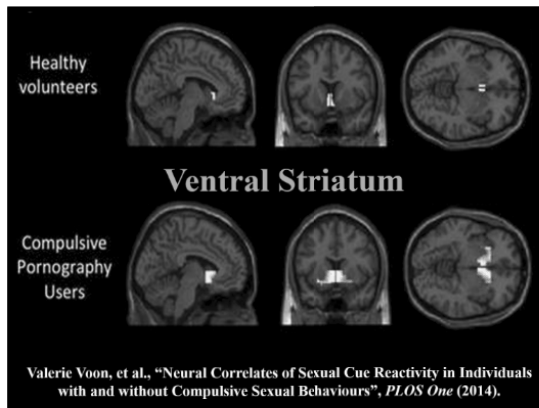
For convenience here are useful lists of studies on porn's effects.

- 1) Porn/sex addiction? This page list every neuroscience-based study (MRI, fMRI, EEG, neuropsychological, hormonal) published of porn users & sex addicts. All 42 studies provide strong support for the addiction model as their findings mirror the neurological findings reported in substance addiction studies.
- 2) The real experts' opinions on porn/sex addiction? This list contains 21 recent literature reviews & commentaries by some of the top neuroscientists in the world. All support the addiction model.
- 3) Signs of addiction and escalation to more extreme material? Over 35 studies reporting findings consistent with escalation of porn use (tolerance), habituation to porn, and even withdrawal symptoms (all signs and symptoms associated with addiction).
- 4) Debunking the unsupported talking point that "high sexual desire" explains away porn or sex addiction: At least 25 studies falsify the claim that sex & porn addicts "just have high sexual desire".
- 5) Porn and sexual problems? This list contains 30 studies linking porn use/porn addiction to sexual problems and lower arousal to sexual stimuli. The first 6 studies in the list demonstrate causation, as participants eliminated porn use and healed chronic sexual dysfunctions.
- 6) Over 60 studies link porn use to less sexual and relationship satisfaction. As far as we know all studies involving males have reported more porn use linked to poorer sexual or relationship satisfaction.
- 7) Porn use affecting emotional and mental health? Over 65 studies link porn use to poorer mental-emotional health & poorer cognitive outcomes.
- 8) Porn use affecting beliefs, attitudes and behaviors? Check out individual studies: over 25 studies link porn use to "un-egalitarian attitudes" toward women and sexist views – or the summary from this 2016 meta-analysis – *Media and Sexualization: State of Empirical Research, 1995–2015*. Excerpt:

The goal of this review was to synthesize empirical investigations testing effects of media sexualization. The focus was on research published in peer-reviewed, English-language journals between 1995 and 2015. A total of 109 publications that contained 135 studies were reviewed. The findings provided consistent evidence that both laboratory exposure and regular, everyday exposure to this content are directly associated with a range of consequences, including higher levels of body dissatisfaction, greater self-objectification, greater support of sexist beliefs and of adversarial sexual beliefs, and greater tolerance of sexual violence toward women. Moreover, experimental exposure to this content leads both women and men to have a diminished view of women's competence, morality, and humanity.
- 9) What about sexual aggression and porn use? Another meta-analysis: *A Meta-Analysis of Pornography Consumption and Actual Acts of Sexual Aggression in General Population Studies* (2015). Excerpt:

22 studies from 7 different countries were analyzed. Consumption was associated with sexual aggression in the United States and internationally, among males and females, and in cross-sectional and longitudinal studies. Associations were stronger for verbal than physical sexual aggression, although both were significant. The general pattern of results suggested that violent content may be an exacerbating factor.
- 10) What about the porn use and adolescents? Check out this list of over 200 adolescent studies, or this 2012 review of the research – *The Impact of Internet Pornography on Adolescents: A Review of the Research* (2012). From the conclusion:

Increased access to the Internet by adolescents has created unprecedented opportunities for sexual education, learning, and growth. Conversely, the risk of harm that is evident in the literature has led researchers to investigate adolescent exposure to online pornography in an effort to elucidate these relationships. Collectively, these studies suggest that youth who consume pornography may develop unrealistic sexual values and beliefs. Among the findings, higher levels of permissive sexual attitudes, sexual preoccupation, and earlier sexual experimentation have been correlated with more frequent consumption of pornography.... Nevertheless, consistent findings have emerged linking adolescent use of pornography that depicts violence with increased degrees of sexually aggressive behavior. The literature does indicate some correlation between adolescents' use of pornography and self-concept. Girls report feeling physically inferior to the women they view in pornographic material, while boys fear they may not be as virile or able to perform as the men in these media. Adolescents also report that their use of pornography decreased as their self-confidence and social development increase. Additionally, research suggests that adolescents who use pornography, especially that found on the Internet, have lower degrees of social integration, increases in conduct problems, higher levels of delinquent behavior, higher incidence of depressive symptoms, and decreased emotional bonding with caregivers.
- 11) Aren't all studies correlative? Nope: Over 70 studies demonstrating internet use & porn use causing negative outcomes & symptoms, and brain c



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11) Aren't all studies correlative? Nope: Over 70 studies demonstrating internet use & porn use causing negative outcomes & symptoms, and brain changes

For a debunking of nearly every naysayer talking point and cherry-picked study see this extensive critique: Debunking "Why Are We Still So Worried About Watching Porn?", by Marty Klein, Taylor Kohut, and Nicole Prause (2018). How to recognize biased articles: They cite Prause et al., 2015 (falsely claiming it debunks porn addiction), while omitting over 3 dozen neurological studies supporting porn addiction.



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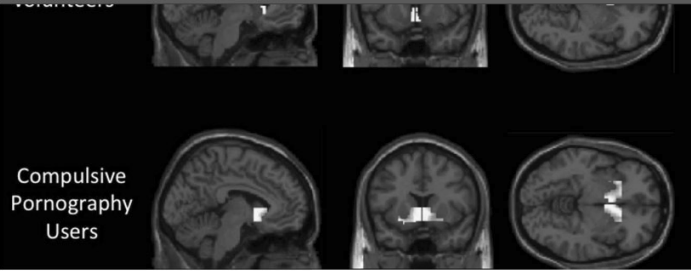
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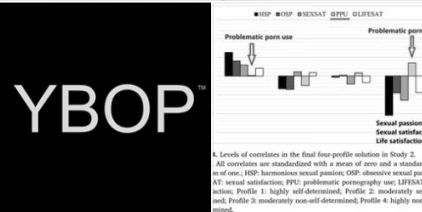
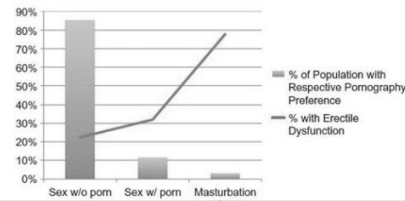
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Your Brain on Porn
July 10 at 2:24 PM

REVIEW: "While addiction has been the primary theoretical model by which problematic pornography use has been conceptualized in the literature, the lack of consensus among researchers about how to operationalize the condition poses a significant problem for the field. The newly included diagnostic criteria for CSBD in the ICD-11 seem to be a promising resource in guiding future research endeavors in providing a unified framework for standardizing the conceptualization and assessment of problematic pornography use."
<https://journals.sagepub.com/.../abs/10.1177/0163278719861688...>



Psychometric Instruments for Problematic Pornography Use: A Systematic Review ...

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July 9 at 4:17 PM

Help fund a New Zealand documentary about the risks of kids viewing online porn: <https://igg.me/at/ourkidsonline>



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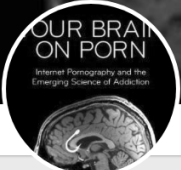
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Tweets Tweets & replies Media

Gary Wilson @YourBrainOnPorn · Jun 25

1/ A group of pro-porn "experts" are trying to silence YBOP. They call themselves "RealYourBrainOnPorn". The "RealYBOP" website & social media accounts are engaging in illegal trademark infringement & trademark squatting. All the details here:



Aggressive Trademark Infringement Waged by Porn Addiction Denier...
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Gary Wilson @YourBrainOnPorn · 1h

Presentation by Stefanie Carnes: "Compulsive and Addictive Sexual Behavior". Gonzaga University, from earlier this year:



2 replies 2 retweets 2 likes

Gary Wilson Retweeted

Gabe Deem @gabedeem · 2h

This dude had ED for 12 years. 4 months of rebooting and he had successful sex... and he "I had consecutive sex 4 days in a row without the slightest problem. I get hard by just snuggling"

It sure is nice to be able to get snuggle boners.. facts.
rebootnation.org/forum/index.php...

2 replies 2 retweets 6 likes

Gary Wilson @YourBrainOnPorn · 2h

"I regularly encounter what I call "sexual-tone deafness," through client reports. The hallmarks are stagey, two-dimensional sexual advances and behaviors learned from pornography consumption that are replicated in real-life."



"You're Killing Me, Smalls:" The Missed Opportunity of Aziz Ansari (...)
The Sandlot generation is acutely aware of the emotional cadence behind the phrase, "You're killing me, Smalls." By the 5:28 mark of Aziz...
medium.com

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Gary Wilson @YourBrainOnPorn · Jul 11

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