

# Prospective associations between pornography use frequency, problematic pornography use, and sexual wellbeing in couples

**Beáta Bőthe, Ph.D.<sup>1</sup>**

Marie-Pier  
Vaillancourt-Morel, Ph.D.<sup>2</sup>

Alice Girouard, BA<sup>1</sup>

Maude Massé-Pfister, BA<sup>1</sup>

Sophie Bergeron, Ph.D.<sup>1</sup>

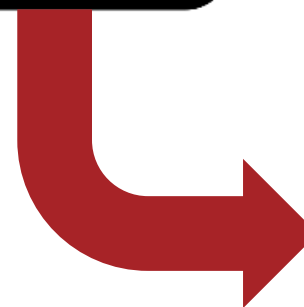
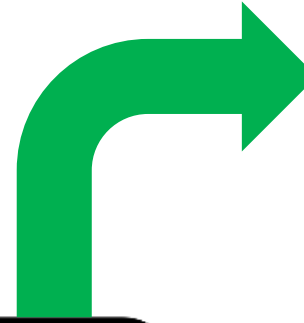
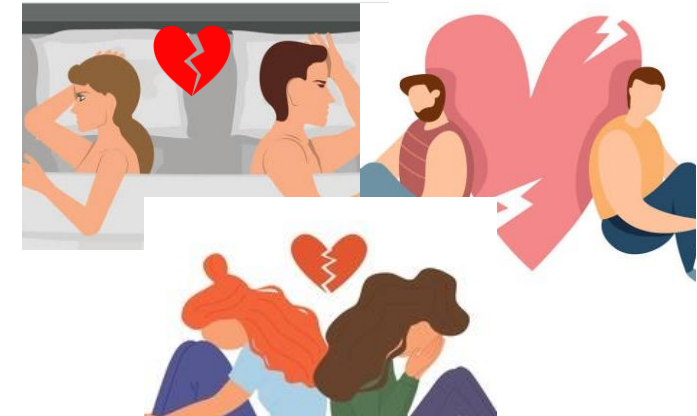
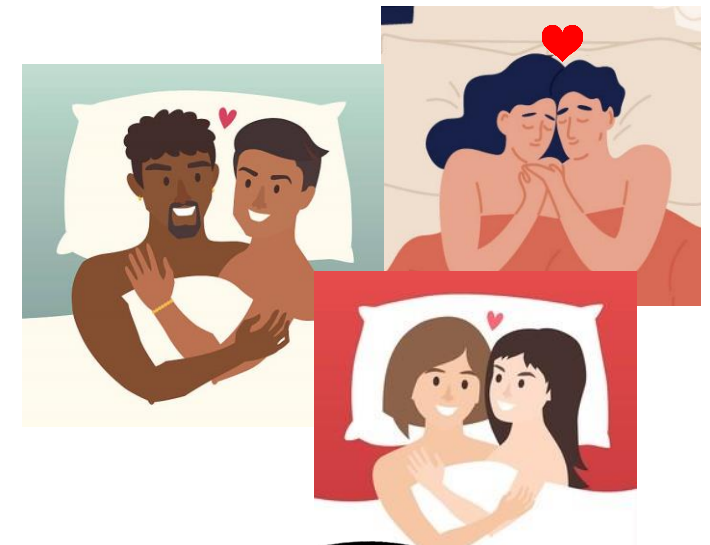
<sup>1</sup>Département de Psychologie,  
Université de Montréal, Montréal,  
Canada

<sup>2</sup>Département de Psychologie,  
Université du Québec à Trois-  
Rivières, Montréal, Canada

**71 to 92% of men** have reported viewing pornography in romantic relationships  
(Vaillancourt-Morel et al., 2020; Willoughby et al., 2016)



**34 to 83% of women** have reported viewing pornography in romantic relationships  
(Vaillancourt-Morel et al., 2020; Willoughby et al., 2016)



# LIMITATIONS OF PREVIOUS STUDIES AND AIMS

Individuals, mostly men



Mixed-sex/gender couples



Single indicator of sexual wellbeing



Only pornography use frequency



Examining the prospective associations between each partner's pornography use frequency, problematic pornography use, and sexual wellbeing, using dyadic data from mixed-gender and sexual and gender-diverse couples

## PROCEDURE

### SURVEY

Self-report, online surveys at **baseline** and **6 months later**

## MEASURES

- Pornography use frequency
- Problematic Pornography Consumption Scale (Bóthe et al., 2018)
- Global Measure of Sexual Satisfaction (Lawrance & Byers, 1998)
- International Index of Erectile Function (Rosen et al., 1997) + Female Sexual Function Index (Rosen et al., 2000)
- Sexual Distress Scale (Derogatis et al., 2002)
- Control variables (depressive and anxiety symptoms, moral incongruence towards pornography use, masturbation frequency)

## PARTICIPANTS

- N** = 329 couples (46 sexual and gender diverse couples)
- Gender: 337 women (51.2%), 308 men (46.8%), 13 non-binary individuals (2.0%)
  - Age:  $M = 32.7$  years ( $SD = 9.6$ )
  - Length of relationship:  $M = 7.1$  years ( $SD = 6.6$ )

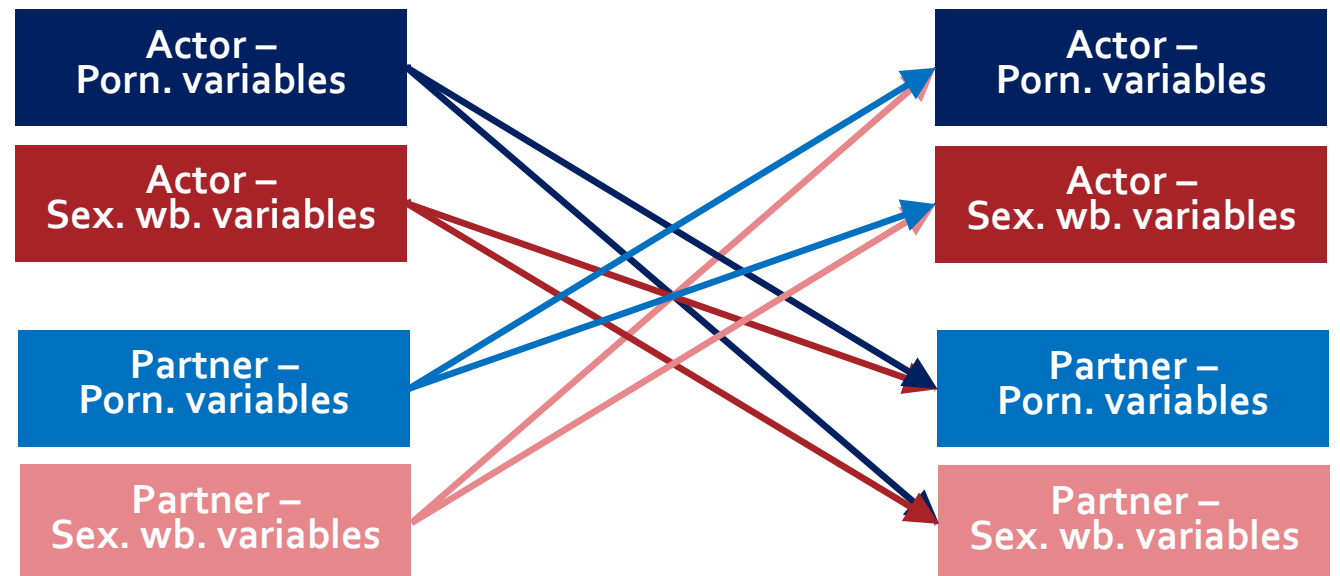


## STATISTICAL ANALYSIS

Autoregressive cross-lagged analysis within an actor-partner interdependence framework, using gender as a moderator

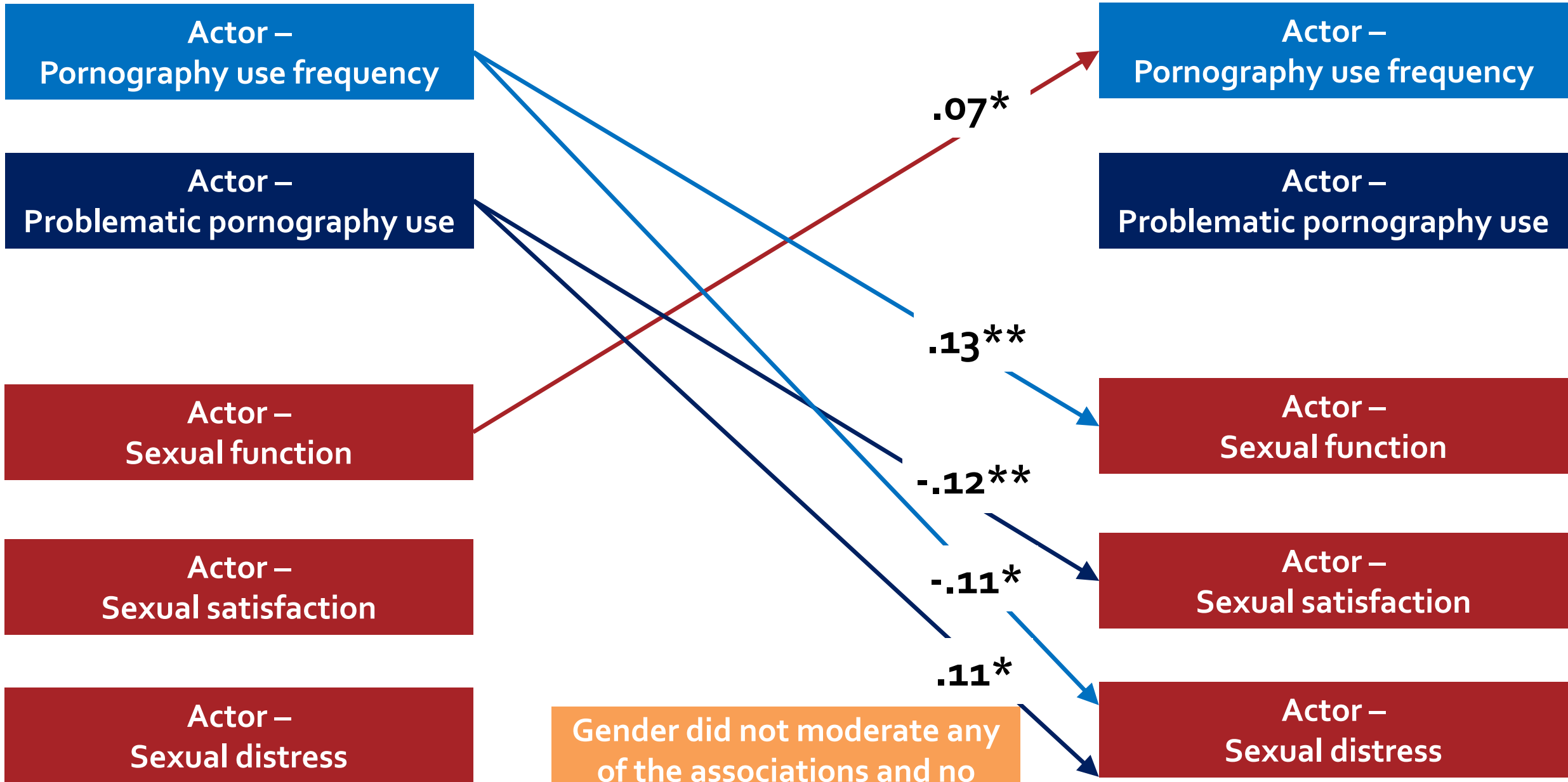
BASELINE (TIME 1)

6 MONTHS LATER (TIME 2)



**BASELINE (TIME 1)**

**6 MONTHS LATER (TIME 2)**



Gender did not moderate any of the associations and no partner effects were observed

Note. \* $p < .05$ ; \*\* $p < .01$



# IMPLICATIONS AND CONCLUSIONS



**Acknowledgments:** The authors would like to thank Mylène Desrosiers, Julianne Béliveau, Anastasia Lucic, Marie-Michèle Paquette, and Émilie Savard for their assistance with data collection. **Funding:** This work was supported by a postdoctoral fellowship from the SCoup Team – Sexuality and Couples – Fonds de recherche du Québec, Société et Culture awarded to BB and by the Merit Scholarship Program for Foreign Students (PBEEE) awarded by the Ministère de l'Éducation et de l'Enseignement Supérieur (MEES) to BB.

**Beáta Bóthe, Ph.D.**  
beata.bothe@umontreal.ca