

# Does Frequent Pornography use Adversely Affect Men Sexual Health? A Call for Clinical Investigation

Dear Editor,

The possible association between pornography use (PU) and adverse sexual health outcomes among men is an important issue that has been conceptualized, discussed, and substantiated with anecdotal “evidence” for decades. Only recently have researchers begun to conduct empirical studies aimed at assessing claims that frequent PU may result in sexual dysfunctions and other difficulties. Frequent PU may possibly affect men self-esteem, state of relationship, and sexual fulfillment with the opposite sex.<sup>[1]</sup> Men who constantly use pornographic materials reported lesser sexual satisfaction with their spouse, despite their partners’ fondness, bodily appearance, sexual curiosity, and performance.<sup>[2]</sup> Problematic PU is habitually comorbid with masturbation addiction, men who masturbates while watching pornography might have an increased risk of sexual dysfunction.<sup>[3]</sup>

Men who are interested in treating their pornography addiction were mainly single, watching a lot of pornography every week, involved in intense masturbation, and had previously tried to quit watching pornography.<sup>[4]</sup> Problematic PU has been associated with sexual dissatisfaction, maladaptive behavior and anxiety disorder among men.<sup>[5]</sup> Frequent PU was associated with desire for teenage sex, premarital sex, and adulterous lifestyle among American men.<sup>[6]</sup> Due to the increase in the access and use of the Internet, pornography has become highly accessible, economical, and disparate, online PU is increasing globally. Risen access to online pornography and viewing sexually explicit contents such as that showing violence against women, often leads to increased violence against women in real life, this indicates that PU could modify real-life sexual behaviour.<sup>[7]</sup> Most men diagnosed of penile dysmorphic disorder are addicted to pornography.<sup>[8]</sup>

Frequent PU might have adverse effects on men sexual health most especially on male sexual expression, performance, and behavior, but there is no established scientific evidence to validate this observation. Hence, a lot of experimental and clinical studies are required in this area to substantiate if there are negative effects of pornography addiction on male sexual functioning, and psychosocial wellbeing.

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## Conflicts of interest

There are no conflicts of interest.

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