

# FACT SHEET REFERENCE LIST

	POINT	REFERENCE
1	Experts express concern about a potential increase in intimate partner violence during the pandemic.	Evans, M.L., Margo Lindauer, M. & Farrell, M.E. (2020). A pandemic within a pandemic – intimate partner violence during COVID-19. The New England Journal of Medicine, 383, 2302-2304. DOI: 10.1056/NEJMp2024046
2	COVID-19 seen worsening overall trend in human trafficking.	United Nations Office on Drugs and Crime. (2021, February 2). COVID-19 seen worsening overall trend in human trafficking [Press release]. <a href="https://www.unodc.org/unodc/frontpage/2021/February/share-of-children-among-trafficking-victims-increases--boys-five-times-covid-19-seen-worsening-overall-trend-in-human-trafficking--says-unodc-report.html">https://www.unodc.org/unodc/frontpage/2021/February/share-of-children-among-trafficking-victims-increases--boys-five-times-covid-19-seen-worsening-overall-trend-in-human-trafficking--says-unodc-report.html</a>
3	Suicide ideation and attempts may have increased during 2020 when compared to the same months in 2019.	Hill, R.M, Rufino, K., Kurian, S., Saxena, J., Saxena, K. & Williams, L.. (2021). Suicide ideation and attempts in a pediatric emergency department before and during COVID-19. Pediatrics, 147. DOI: <a href="https://doi.org/10.1542/peds.2020-029280">https://doi.org/10.1542/peds.2020-029280</a>
4	Pornography use increased by 11% during the COVID pandemic.	Mestre-Bach G, Blycker GR, Potenza MN. (2020) Pornography use in the setting of the COVID-19 pandemic. Journal of Behavioral Addictions.
5	Men’s consumption of pornography is associated with more aggressive behavior toward female partners.	Rodriguez, C.G. & Fernandez-Gonzalez, L (2019). Is pornography consumption associated with intimate partner violence? The moderating role of attitudes toward women and violence. Behavioral Psychology, 27 (3), 431-454.
6	Boys who have seen violent pornography are over twice as likely to report committing violence against a dating partner.	Rostad, W.L., Gittins-Stone, D., Huntington, C., Rizzo, C.J., Pearlman, D. & Orchowski, L. (2019). The association between exposure to violent pornography and teen dating violence in grade 10 high school students. Archives of Sexual Behavior 48:2137–2147. <a href="https://doi.org/10.1007/s10508-019-1435-4">https://doi.org/10.1007/s10508-019-1435-4</a>
7	Rigorous laboratory studies find significant associations between watching pornography and aggressive attitudes and behaviors.	Bridges, A.J. (2019). Pornography and sexual assault. In W.T. O’Donohue & P.A. Schewe (Eds.), Handbook of sexual assault and sexual assault prevention. Springer: Cham, Switzerland.
8	The more pornography men use, the more they see women as objects, not as people.	Seabrook, R. C., Ward, L. M., & Giaccardi, S. (2019). Less than human? Media use, objectification of women, and men’s acceptance of sexual aggression. Psychology of Violence, 9(5), 536-545. <a href="http://dx.doi.org/10.1037/vio0000198">http://dx.doi.org/10.1037/vio0000198</a>
9	Over 100 studies show that pornography use is correlated with and is the cause of violence.	Malamuth, N. M., Addison, T. & Koss, M. P. (2000). Pornography and sexual aggression: Are there reliable effects and can we understand them? Annual Review of Sex Research, 11, 26-91.

**MOST OF THE STUDIES CITED HERE WERE GATHERED BY DR. JOHN FOUBERT, PHD.**

We thank him for his contribution.

His complete list can be viewed at [www.johnfoubert.com/is-porn-bad](http://www.johnfoubert.com/is-porn-bad)

# FACT SHEET REFERENCE LIST

	POINT	REFERENCE
10	<p>Many performers in pornography are trafficked. They are being caused to perform in pornography through force or coercion.</p> <p>Pornographic recordings may be used as “advertising” for trafficking victims.</p> <p>Pornography is often used by traffickers as a tool to train their victims in the acts they are expected to perform.</p> <p>Pornography creates and drives the demand for trafficked women and children.</p>	<p>All points drawn from <a href="https://stoptraffickingdemand.com/">https://stoptraffickingdemand.com/</a></p>
11	<p>Depression increases suicide risk.</p>	<p>Isometsä E. (2014). Suicidal behaviour in mood disorders--who, when, and why?. <i>Canadian journal of psychiatry</i>, 59(3), 120-130. <a href="https://doi.org/10.1177/070674371405900303">https://doi.org/10.1177/070674371405900303</a></p>
12	<p>Among individuals reporting a lifetime history of suicide attempt, over 70% had an anxiety disorder.</p>	<p>Nepon, J., Belik, S. L., Bolton, J., &amp; Sareen, J. (2010). The relationship between anxiety disorders and suicide attempts: findings from the National Epidemiologic Survey on Alcohol and Related Conditions. <i>Depression and anxiety</i>, 27(9), 791-798. <a href="https://doi.org/10.1002/da.20674">https://doi.org/10.1002/da.20674</a></p>
13	<p>Loneliness is a significant predictor of both suicidal ideation and behavior.</p>	<p>McClelland, H., Evans, J.J., Nowland, R., Ferguson, E. &amp; O’Connor, R.C. (2020). Loneliness as a predictor of suicidal ideation and behaviour: a systematic review and meta-analysis of prospective studies. <i>Journal of Affective Disorders</i>, (274), 880-896. <a href="https://doi.org/10.1016/j.jad.2020.05.004">https://doi.org/10.1016/j.jad.2020.05.004</a></p>
14	<p>Relationship problems a major contributing factor to suicide.</p>	<p>Centers for Disease Control and Prevention. Suicide rising across the US: more than a mental health concern. Retrieved from <a href="https://www.cdc.gov/vitalsigns/suicide/infographic.html#graphic3">https://www.cdc.gov/vitalsigns/suicide/infographic.html#graphic3</a></p>
15	<p>Using pornography is associated with less satisfaction in relationships, less close relationships, more loneliness and more depression.</p>	<p>Hesse, C. &amp; Floyd, K. (2019). Affection substitution: The effect of pornography consumption on close relationships. <i>Journal of Social and Personal Relationships</i>. DOI: 10.1177/0265407519841719.</p>
16	<p>Adolescents using pornography report diminished life satisfaction.</p>	<p>Willoughby, B., Young-Petersen, B., &amp; Leonhardt, N. (2018). Exploring trajectories of pornography use through adolescence and emerging adulthood. <i>The Journal of Sex Research</i>, 55(3), 297-309.</p>
17	<p>Adolescents who view pornography frequently are also more likely to have relationship problems with their peers.</p>	<p>Alexandraki, K., Stavropoulos, V., Anderson, E., Latifi, M.Q., &amp; Gomez, R. (2018). Adolescent pornography use: A systematic literature review of research trends 2000-2017. <i>Current Psychiatry Reviews</i>, 14(47)</p>

# FACT SHEET REFERENCE LIST

	POINT	REFERENCE
18	Studies of the brain show that if someone is addicted to pornography they tend to have problems at work and with carrying out matters of daily living.	DeSousa, A. & Lodha, P. (2017). Neurobiology of pornography addiction -- A clinical review. Telegana Journal of Psychiatry, 3(2), 66-70. DOI: 10.18231/2455-8559.2017.0016.
19	Married people who use pornography more frequently are less satisfied with their marriage.	Perry, S.L. (2020). Pornography and relationship quality: Establishing the dominant pattern by examining pornography use and 31 measures of relationship quality in 30 national surveys. Archives of Sexual Behavior, 49, 1199-1213 <a href="https://doi.org/10.1007/s10508-019-01616-7">https://doi.org/10.1007/s10508-019-01616-7</a>
20	Married people who view pornography are more likely to believe that their marriage is in trouble.	
21	Married people who view pornography are more likely to discuss ending the marriage.	
22	Married people who view pornography are less likely to think their relationship makes them happy.	
23	Adolescents who use pornography are more likely to have disturbed family relationships.	Peter, J., & Valkenburg, P. (2016). Adolescents and pornography: A review of 20 years of research. The Journal of Sex Research, 53(4-5), 509-531.
24	Adolescents who use pornography frequently have lower commitment to their family.	Alexandraki, K., Stavropoulos, V., Anderson, E., Latifi, M.Q., & Gomez, R. (2018). Adolescent pornography use: A systematic literature review of research trends 2000-2017. Current Psychiatry Reviews, 14(47) doi.org/10.2174/2211556007666180606073617.
25	Adolescents who use pornography frequently communicate less with their parents.	

# DEALING WITH PORNOGRAPHY DURING A PANDEMIC

This is a time of unprecedented challenges.

COVID-19 is impacting nearly every aspect of our lives in Utah. The loss of life and long-term health challenges are devastating. The economic impact on businesses and families is overwhelming. The pandemic has also raised concerns about increased risk of domestic violence<sup>1</sup>, sex trafficking<sup>2</sup>, and suicide<sup>3</sup>. The growing use of pornography during the pandemic may be exacerbating these other concerns.

## PORNOGRAPHY'S DANGEROUS LINKS

### PORNOGRAPHY'S LINK TO DOMESTIC VIOLENCE

Pornography fuels aggression.<sup>5,6,7,8</sup> Over 100 studies show that pornography use is correlated with and is the cause of violence.<sup>9</sup>

### PORNOGRAPHY'S LINK TO SEX TRAFFICKING

Pornography and sex trafficking are intertwined.<sup>10</sup> They fuel each other. Consumers of pornography often seek to act out what they have seen, driving demand for trafficked people. And sex trafficking victims are frequently forced to record pornography, either for distribution, or to be used as "advertising" for their services.

### PORNOGRAPHY'S LINK TO SUICIDE

Risk of suicide is associated with mental health issues such as depression<sup>11</sup> and anxiety<sup>12</sup>, and with loneliness<sup>13</sup> and relationship problems<sup>14</sup>, all of which increase with the use of pornography.<sup>15,16,17,18</sup>

**Pornography use has increased by 11% during the COVID-19 pandemic<sup>4</sup>**

## A THERAPIST'S TAKE ON THE EFFECTS OF THE PANDEMIC

**Jeff Ford, LMFT, is a marriage and family therapist and a UCAP board member. He describes changes he is seeing in his clients during the pandemic:**

- Increased anxiety due to current events is making it harder for couples to find the calm and stability that will allow them to build trust that has been disturbed by pornography use.
- Worry and concern about COVID-19, politics, mask wearing, race relations, etc. is so great there is little room for energy for couples to devote to their relationships.
- Increased time at home together can lead to growing tension, sometimes resulting in arguments or other problems.
- Most people are spending much more time in front of screens, both increasing availability to pornography, and causing triggers in both those who are trying to stay away from it, and in their loved ones who have felt betrayed.

## PORNOGRAPHY STRAINS FAMILIES

### Did you know that married people who use pornography are:

- Less satisfied with their marriage?<sup>19</sup>
- More likely to believe that their marriage is in trouble?<sup>20</sup>
- More likely to discuss ending the marriage?<sup>21</sup>
- Less likely to think their relationship makes them happy?<sup>22</sup>

### Did you know that adolescents who use pornography are:

- More likely to have disturbed family relationships?<sup>23</sup>
- More likely to have lower commitment to their family?<sup>24</sup>
- Less frequently communicating with their parents?<sup>25</sup>

**JOIN US IN THE FIGHT!**  
**Get educated. Get involved.**

References cited available at:  
[utahcoalition.org/fact-sheet-works-cited/](http://utahcoalition.org/fact-sheet-works-cited/)

