

# Porn's Impact on Mental Health

**A Global Movement of Fighters**

**©Fight the New Drug**

**[ftnd.org](http://ftnd.org)**

**Many porn consumers use porn as a coping mechanism for when they're feeling lonely, stressed, sad, bored, or upset.**

**But instead of providing a healthy outlet for negative emotions, research shows that porn can actually be detrimental to mental health in the long-run.**

**Let's discuss.**

**Research has shown that the more porn someone consumes, the more likely they are to experience mental health issues such as depression, anxiety, stress, and social problems.**

---

Levin, Lillis, & Hayes, 2012

Camilleri, Perry, & Sammut, 2021

**Research has shown that those who use porn as a self-soothing technique to avoid uncomfortable emotions end up having some of the lowest reports of emotional and mental well-being.**

**Research also shows that porn consumption is linked to lower self-esteem—for both consumers and their partners.**

---

**Koletić, 2017**

**Stewart & Szymanski, 2012**

**Similarly, research suggests that both porn consumers and their partners tend to have poorer body image, as many seem to internalize the unrealistic body ideals displayed in porn.**

---

Tylka, 2015

Tylka & Kroon Van Diest, 2015

**An important part of mental and emotional well-being is having healthy connections with others, yet studies routinely indicate that porn is actually associated with:**

**Less fulfilling relationships**

**Increased relationship conflict**

**Poorer romantic attachment**

**2x the likelihood of later experiencing a breakup or divorce**

---

Wright, Tokunaga, Kraus, & Klann, 2017

Carroll, Busby, Willoughby, & Brown, 2017

Szymanski, & Stewart-Richardson, 2014

Tylka, 2015

Kor, Zilcha-Mano, Fogel, Mikulincer, Reid, & Potenza, 2014

Perry, 2018

Perry & Davis, 2017

**While many porn consumers turn to porn when they're feeling lonely, research shows that porn can ultimately fuel feelings of loneliness, feeding an unhealthy coping cycle.**



**When people turn to porn to make themselves feel better, it might actually be doing the opposite for their mental health. You deserve to be happy and healthy.**

**You deserve better than porn. Invest in your mental health—  
quit porn for good.**

**Check out our affiliates at Fortify to access their free, science-based recovery platform. Learn more at [ftnd.org/fortify](https://ftnd.org/fortify)**

---

**Fight the New Drug is an affiliate of Fortify. Fight the New Drug may receive financial support from purchases made with this link.**