

# CAPTASA 2018: INTERNET PORNOGRAPHY ADDICTION EVALUATION & TREATMENT

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# Disclosures & Conflicts of Interest

- Paid Consulting, Honorariums, or Financial Compensation from:
  - Professional caseload includes clients struggling with Internet Pornography Addiction and Sex Addiction
  - Member of Board of Directors (ex-officio) for SASH
  - Paid provider for rTribe
- Specific Disclosure Statement of Financial Interest:
  - I, Todd Love, DO NOT have a financial interest/arrangement or affiliation with the hosting organization that could be perceived as a real or apparent conflict of interest in the context of the subject of this presentation.



## “Sex Neutral”

- Online sexual content inherently neither “good” nor “bad”
- Some people can engage in positive or healthy uses of online sexual content
  - Examples
    - Sexual Exploration
    - Sexual Satisfaction
    - Enhance Intimacy
- Adaptive vs. Problematic



## Problematic Sexual Behaviors (PSB's) and the internet

Sexual Behavior is Problematic if it...

1. Conflicts with a person's commitments, *and/or*
2. Conflicts with a person's values, *and/or*
3. Conflicts with a person's self-control, *and/or*
4. Results in negative consequences, *and/or*
5. Lacks sexual responsibility

- *Extracted from SASH's PSB framework*



## Internet Pornography Addiction (IPA)

- Second of three originally proposed DSM-5 subtypes of Internet Addiction
- Alternate terms for IPA
  - IPD - Internet Pornography-viewing Disorder
  - PPU – Problematic Pornography Use



# Internet Pornography Addiction

- Myriads of studies on psychological, sociological, clinical, treatment, etc.
- Rapidly growing area of neuroscience research
  - 2015 Neuroscience literature review showing 300+ references
    - Love, T., Laier, C., Brand, M., Hatch, L., & Hajela, R. (2015). Neuroscience of Internet Pornography Addiction: A Review and Update. *Behavioral Sciences*, 5(3), 388-433.
  - Many more published since then:
    - 35+ neuroscience-based studies on frequent porn users & sex addicts.
    - 24 studies linking porn use/sex addiction to sexual problems and lower arousal to sexual stimuli
    - 45+ studies link porn use to poorer mental-emotional health & poorer cognitive outcomes.
    - 55+ studies link porn use to less sexual and relationship satisfaction. Over 20 studies reporting findings consistent with escalation of porn use (tolerance), habituation to porn, and even withdrawal symptoms.



## Potential Etiologies for PPU

- Addiction Transfer
- Cooper's "Triple-A Engine" of Cybersex vulnerability
  - Accessibility, Affordability, Anonymity
  - *"Crack Cocaine of Sex Addiction"*
- Sex Addiction Subtype
- Internet Addiction Subtype



# Differential Diagnosis Tips

- Other PSB's manifesting offline
  - (affairs, anonymous sex, etc.)
  - Sex Addiction
- Other compulsive (non-sexual) behaviors online
  - (Gaming, Shopping, Social Networking, Gambling, etc.)
  - Generalized Internet Addiction
- Other MH concerns
  - (BP, ADHD, Depression, Anxiety, etc.)
- Other areas within PSB framework
  - Conflicts w/ Commitments or Values





# PPU as an Internet Use Disorder/Addiction subtype

- Internet Use Disorder (IUD) (*Internet Addiction Disorder (IAD)*)
  - Internet Gaming Disorder (IGD)
  - Internet Pornography Viewing/Use Disorder (IPD)
  - (*also Gambling, Shopping, Communication*)

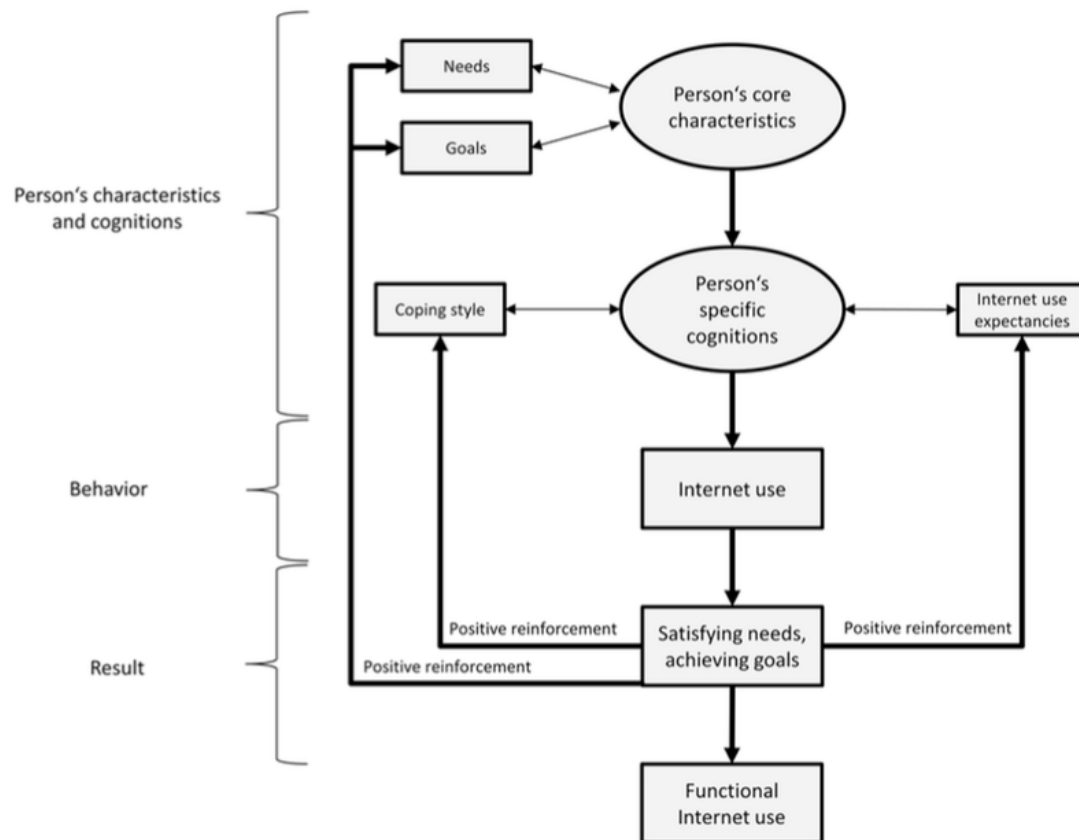
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- Functional Internet Use
- Problematic Internet Use (PIU) (*IAD*)
  - *Generalized* Problematic Internet Use (GPIU) (*GIA*)
  - *Specific* Problematic Internet Use (SPIU) (*SIA*)
- Brand, M., Young, K. S., & Laier, C. (2014). Prefrontal Control and Internet Addiction: A Theoretical Model and Review of Neuropsychological and Neuroimaging Findings. *Front Hum Neurosci*, 8, 375.



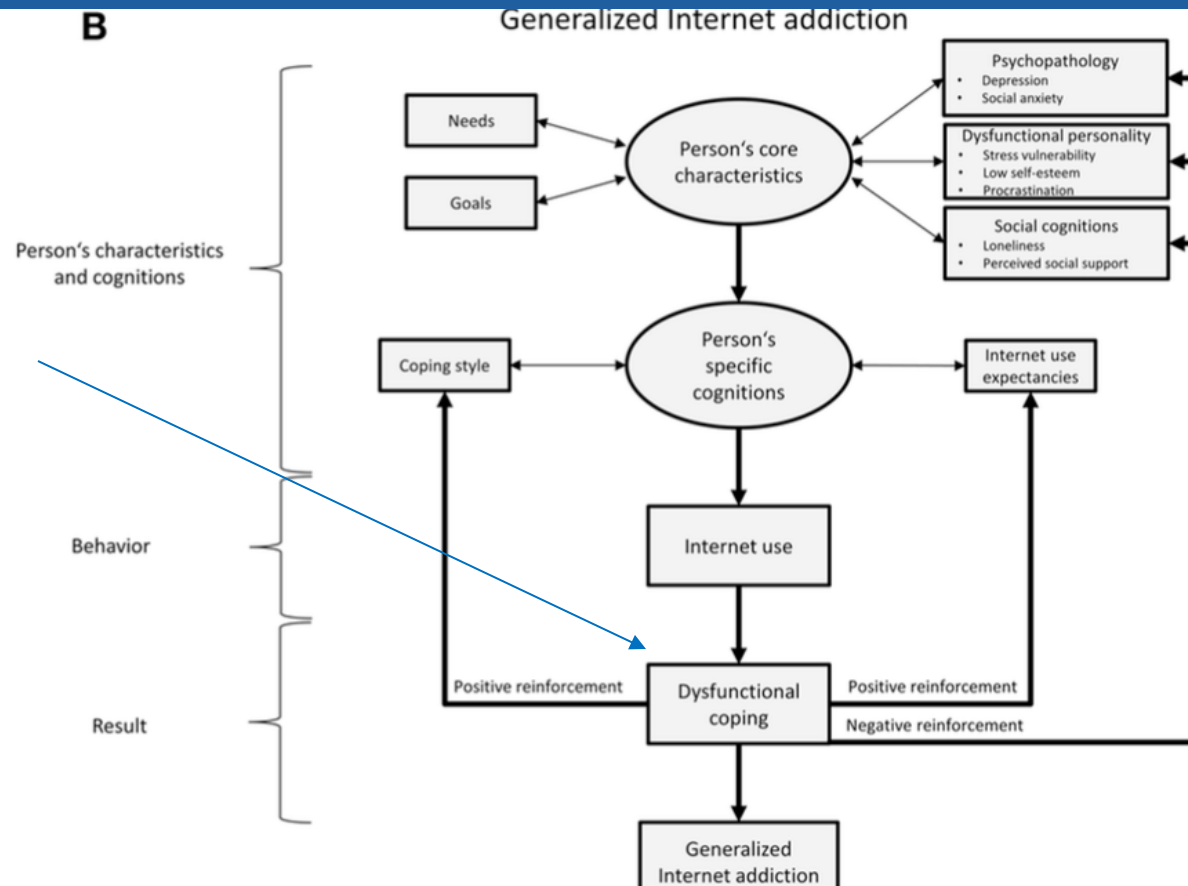
# Functional Internet Use

**A**

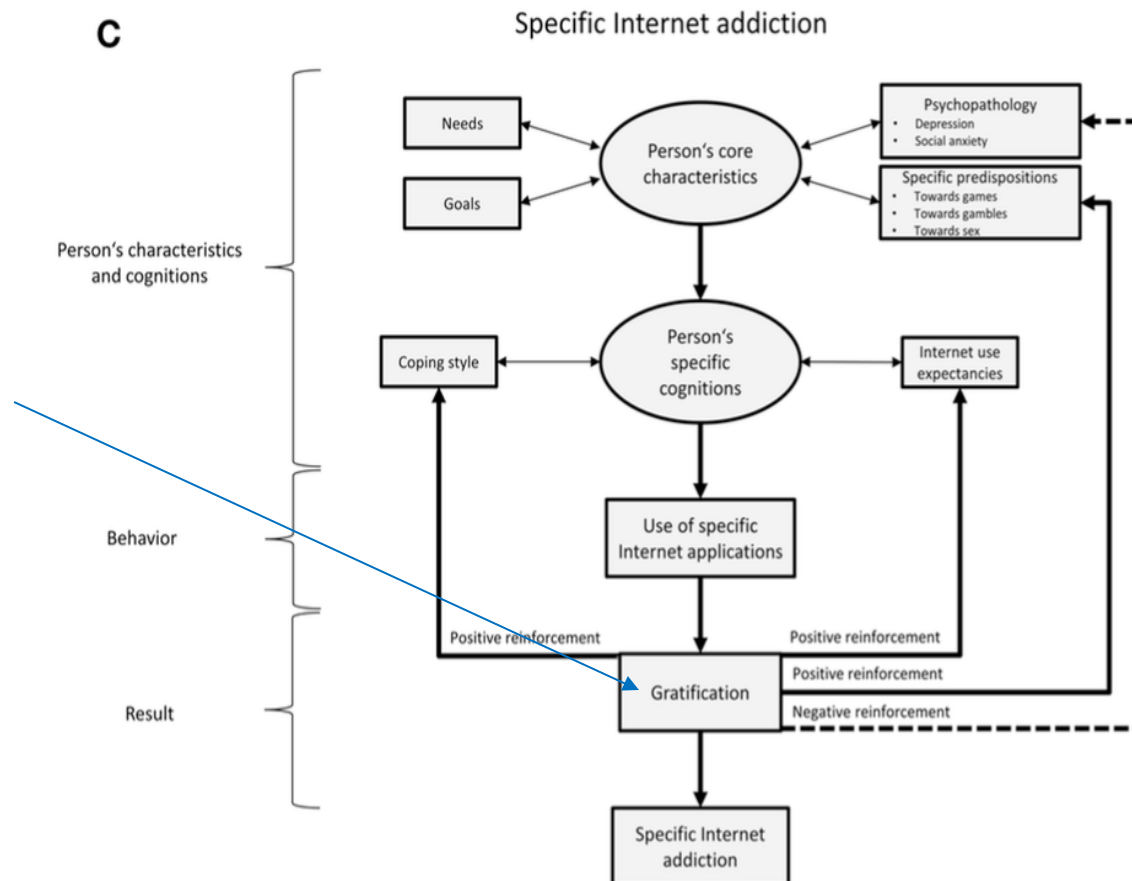
Functional Internet use



# Generalized Internet Addiction (GIA)



# Specific Internet Addiction (SIA)



## Porn as a “Specific Internet Addiction” (SIA)

- *In recent articles, [cybersex addiction is considered a specific type of Internet addiction](#). Some current studies investigated parallels between cybersex addiction and other behavioral addictions, such as Internet Gaming Disorder. Cue-reactivity and craving are considered to play a major role in cybersex addiction. Neuroimaging studies support the assumption of meaningful commonalities between cybersex addiction and other behavioral addictions as well as substance dependency.*
  - Brand, M., & Laier, C. (2015). Cybersexsucht. *Suchttherapie*, 16(04), 173-178.

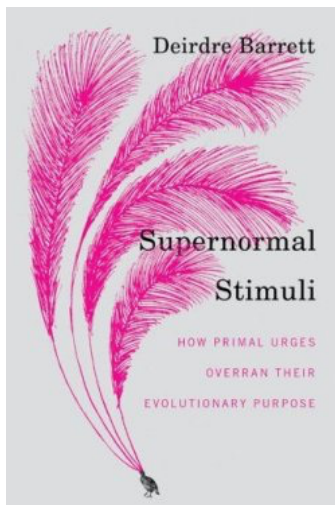


## Video: ASAP Science – Pornography Addiction



# Supernormal Stimulus

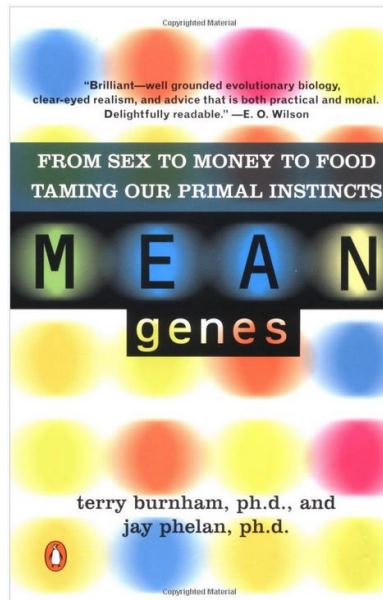
- Tinbergen
  - Bird Eggs & Butterfly Wings
- Deirdre Barrett



# Internet Porn as a Supernormal Stimulus

- *“All excessive stimulations of the reward circuitry that are not the behaviors for which it originally evolved are problematic....Like crack and Krispy Kreme donuts, Internet porn is another manifestation of mismatch ....”*

- *—Jay Phelan, PhD*





## Research Examples



MAX-PLANCK-GESELLSCHAFT



UNIVERSITY OF  
CAMBRIDGE

“Brain Structure and Functional Connectivity  
Associated With Pornography Consumption: The Brain  
on Porn” --- **May, 2014: JAMA Psy.**

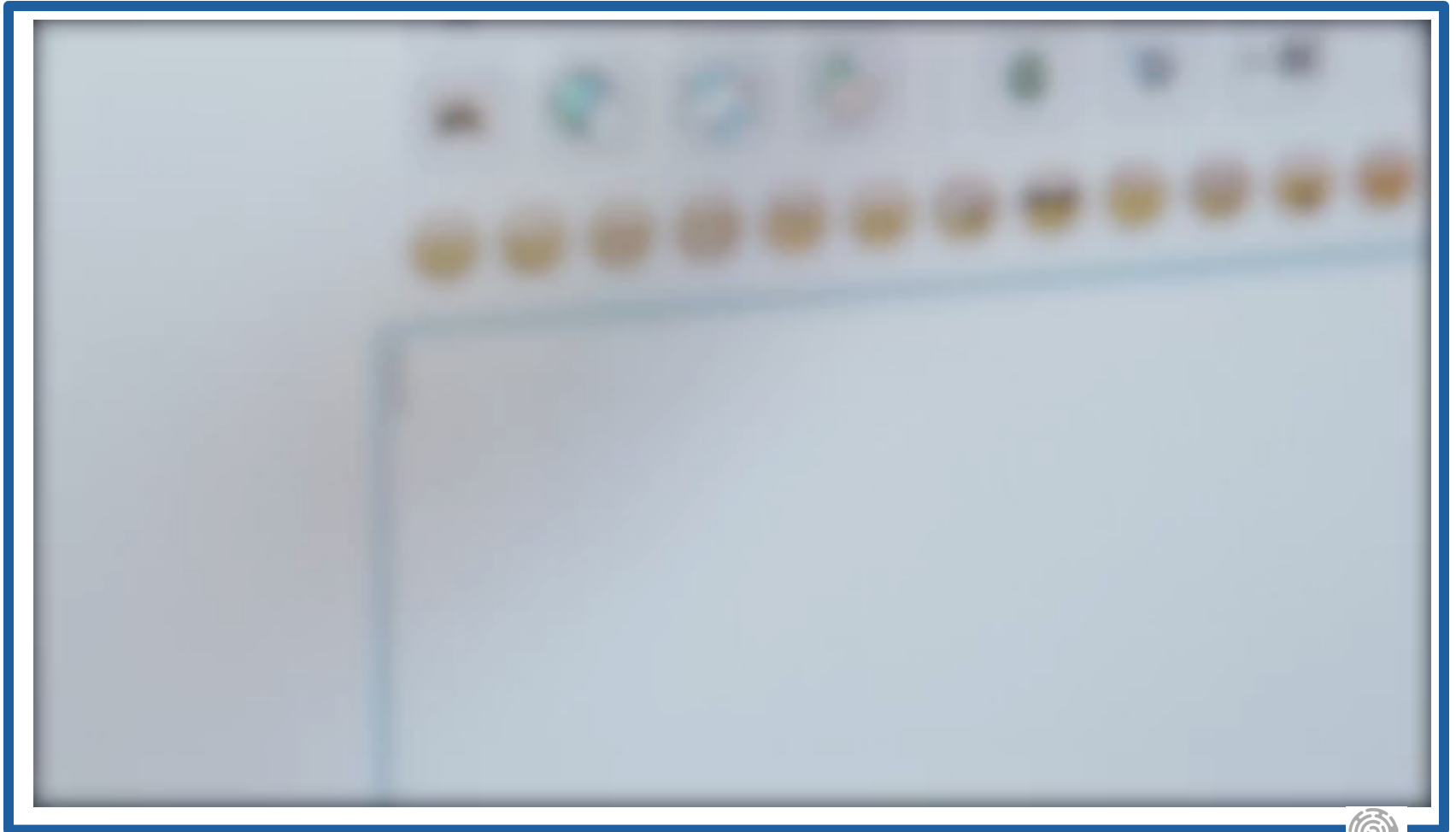
**Lead author Simone Kühn said:**

“That could mean that regular consumption of pornography  
more or less wears out your reward system.”

# JAMA Psychiatry



## Video: REWIRED documentary trailer



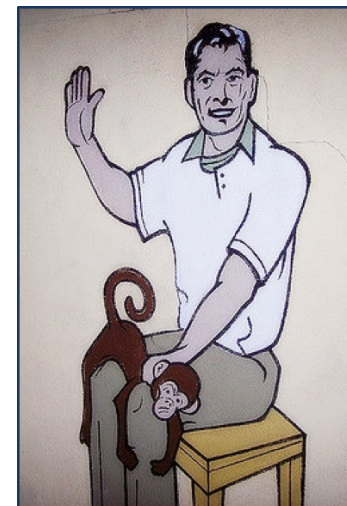
# Porn Induced Erectile Dysfunction (PIED)

- Another Problem w/ Repeated Porn Use

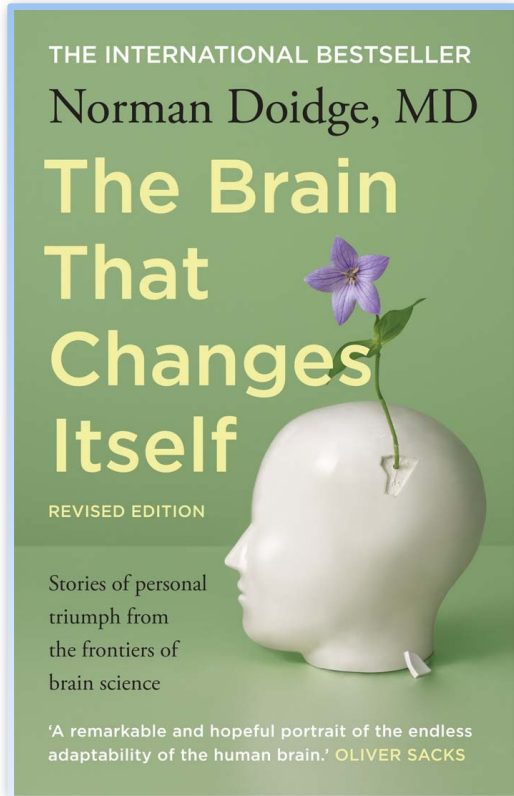


## Basic Self-Test for PIED

- Step 1: Masturbate to hardcore porn as usual
- Step 2: Attempt to masturbate WITHOUT porn



## Potential Consequence: Confused Sexuality



Adolescent and young adult males report progressing to increasingly extreme or ego-dystonic forms of pornography in order to maintain sexual arousal and achieve orgasm.

1. Sexual orientation incongruent pornography
  2. Values incongruent pornography (fetishes)
  3. Underage or other illegal pornography
- Important clinical considerations:
    1. Sexual tastes NOT necessarily permanent
    2. Porn tastes NOT necessarily reflect sexual orientation



# Internet Pornography Addiction assessment tools

- *Internet Sex Screening Test (ISST)*
  - *Obsession, loss of control, and significant life consequences.*
- *Cyber-Pornography Use Inventory (CPUI-9)*
  - *"Addictive Patterns", "Guilt Regarding Online Pornography Use," and "Online Sexual Behavior-Social"*
- *Pornography Consumption Inventory (PCI)*
  - *Measures the motivations for the use of Internet pornography, use for treatment planning*
  - *Four subscales: emotional avoidance, excitement seeking, sexual curiosity, and sexual pleasure.*
- *IATsex*
  - *Modified Young's (1998) original Internet Addiction Test (IAT)*
  - *More directed towards sexual behavior; specifically replaced the terms "online" with "online sexual activity" and "Internet" with "Internet sex sites."*
- *s-IAT*
  - *Modified short version of the Internet Addiction Test*



# Special considerations when screening

- Presenting problems may not seem sexual at all.
  - Depression, anxiety, anger, other MH symptoms
  - Failure to Launch
    - Gary Wilson Tedx: *"The Great Porn Experiment"*
  - Relationship problems
- Client may not even be aware that porn use is causing them problems
- Shame can prevent disclosing, or even seeking help



## Treatment implications of an incorrect differential diagnosis

- Potential for “**Iatrogenic Harm**” if misdiagnose and apply incorrect treatment model
- 12-step programs not always appropriate
  - Lack of Universality
    - Drastically different behavior patterns:
    - “Spiritual Disorder” or “Intimacy Disorder” vs “Screen Disorder”
  - Strict Abstinence vs Harm Reduction





## Resolution, Recovery, and Treatment

- Not all PPU's need to be “treated” (don't pathologize)
  - Resolve conflicts as needed (values, commitments, etc.)
  - Healing/Recovery for PIED
  - Addiction recovery treatments for IPA/IPD



# Internet Porn Addiction Treatment

- Inpatient
- Clinical Work
- Recovery Coaching
- Peer Based
  - 12-Step
  - Recovery Forums
  - Recovery Apps



# Inpatient/Residential Treatment

- Bradford Regional Hospital (?)
  - “Digital Detox”
- reSTART
  - 45-day residential program outside Seattle for Internet Addiction
- Traditional inpatient/residential addiction treatment programs may or may not be the right fit



# Clinical Treatment for IPA

- Non-specific Addiction Treatment Modalities
  - Motivational Interviewing
  - Mindfulness
- Acceptance and Commitment Therapy (ACT)
  - Studies found an 85% - 93% reduction in compulsive viewing of Internet pornography after completion of a 12-week program
- Cognitive Behavioral Therapy for Internet Addiction (CBT-IA)  
(Young, 2011).
  1. Behavior modification
  2. Cognitive restructuring
  3. Harm reduction



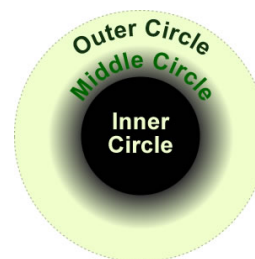
# Pharmacological Treatment

- Naltrexone:
  - Mayo Clinic Case Study on the efficacy of Naltrexone in treating pornography addiction (Bostwick & Bucci, 2008)
    - Decreased sensitization to porn use via loss of salience, essentially dismantling the impact of previous reward related learning.
- NOTE: Viagra NOT a useful option for PIED.



# Peer-based Recovery Options

- Recovery Coaching
- Recovery forums
- Recovery apps
- 12-Steps
  - Some meetings porn-focused
  - 3-circles
  - [www.slaaonline.com](http://www.slaaonline.com)



# Recovery Apps

- Examples:

- Brainbuddy
- Fortify
- rTribe



# Recovery Forums

## Reboot Nation

### NoFap

subscribe

**117,847**  
Fapstronauts



MY SUBREDDITS ▼ FRONT - ALL - RANDOM | PICS - FUNNY - GAMING - ASKREDDIT - WORLD

 **reddit** **PORNFREE** **hot** **new** **rising** **controversial**

1  **Wet dream about porn** (self.pornfree)

submitted 6 hours ago by [I\\_swear\\_sometimes](#)  11 days

4 comments share save hide report

### Your Brain Rebalanced

Overcoming Pornography Addiction and Porn Induced Erectile Dysfunction

Welcome, **Guest**. Please login or register.




# Technology-based solutions

- Porn filters & Accountability tools, examples:

- Accountable2You
- Covenant eyes
- Disney Circle
- K9
- OpenDNS



Accountable2You



**OpenDNS**

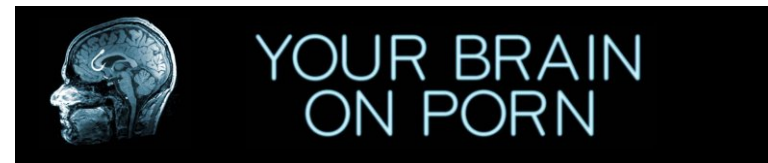
Configuration details at [www.doctoddllove.com](http://www.doctoddllove.com)



## Other online resources

- Informational Sites/Resource Lists, examples:

- PornHelp.org
- SASH.net
- YourBrainOnPorn.com



- Online Recovery and Reboot Coaching, examples:

- NoFapAcademy.com
- MindfulHabitOnline.com
- Coachchurch.org



# Talk, Talk, Talk, and Talk Some More

- Especially to adolescents - educate & normalize
  - Don't let hardcore internet pornography become a sex-ed source
- Also among adults - come out of shame



# FIN

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