Problematic Pornography Use Scale

1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often				7 All the Time		
1. I felt that porn is an important part of my life					О	О	О	О	О	О	О
2. I used porn to restore the tranquility of my feelings						O	O	O	O	O	O
3. I felt porn caused problems in my sexual life					O	O	O	O	O	O	O
4. I felt that I had to watch more and more porn for satisfaction					O	O	O	O	O	O	O
5. I unsuccessfully tried to reduce the amount of porn I watch					O	O	O	O	O	O	O
6. I became stressed when something prevented me from watching porn					O	O	O	O	O	O	O
7. I thought about how good it would be to watch porn					O	O	O	O	O	O	O
8. Watching porn got rid of my negative feelings					O	O	O	O	O	O	O
9. Watching porn prevented me from bringing out the best in me					O	O	O	O	O	O	O
10. I felt that I needed more and more porn in order to satisfy my needs					O	O	O	O	O	O	O
11. When I vowed not to watch porn anymore, I could only do it for a short period of time					O	О	O	О	O	O	О
12. I became agitated when I was unable to watch porn					O	O	O	O	O	O	O
13. I continually planned when to watch porn					O	O	O	O	O	O	O
14. I released my tension by watching porn					O	O	O	O	O	O	O
15. I neglected other leisure activities as a result of watching porn					O	O	O	O	O	O	O
16. I gradually watched more "extreme" porn, because the porn I watched before was less satisfying					O	О	O	O	О	0	О
17. I resisted watching porn for only a little while before I relapsed					O	O	O	O	O	O	O
18. I missed porn greatly when I didn't watch it for a while					O	O	O	O	O	O	O

Scoring: Add the scores of the items of each factor. For the total score, add all the scores of the items. A score of 76 or higher indicates possible problematic pornography use. Factors: salience = 1, 7, 13; mood modification = 2, 8, 14; conflict = 3, 9, 15; tolerance = 4, 10, 16; relapse = 5, 11, 17; withdrawal = 6, 12, 18.

Handout 4 – Part 2 of 3

Factor Structure of the Problematic Pornography Use Scale (2017)

Bőthe, Toth-Kiraly, Griffiths, Demetrovics and Orosz

1. I felt that porn is an important part of my life Salience 7. I thought about how good it would be to watch porn 13. I continually planned when to watch porn 2. I used porn to restore the tranquility of my feelings Mood 8. Watching porn got rid of my negative feelings modification 14. I released my tension by watching porn 3. I felt porn caused problems in my sexual life 9. Watching porn prevented me from bringing out the best in me Conflict Problematic 15. I neglected other leisure activities as a result of watching porn Pornography Consumption Scale 4. I felt that I had to watch more and more porn for satisfaction 10. I felt that I needed more and more porn in order to satisfy my needs Tolerance 16. I gradually watched more "extreme" porn, because the porn I watched before was less satisfying 5. I unsuccessfully tried to reduce the amount of porn I watch 11. When I vowed not to watch porn anymore, I could only do it for a short period of time Relapse 17. I resisted watching porn for only a little while before I relapsed 6. I became stressed when something prevented me from watching porn Withdrawal 12. I became agitated when I was unable to watch porn 18. When I didn't watch porn for a while, I missed it a lot.

Problematic Pornography Use Scale -3 classes of users

