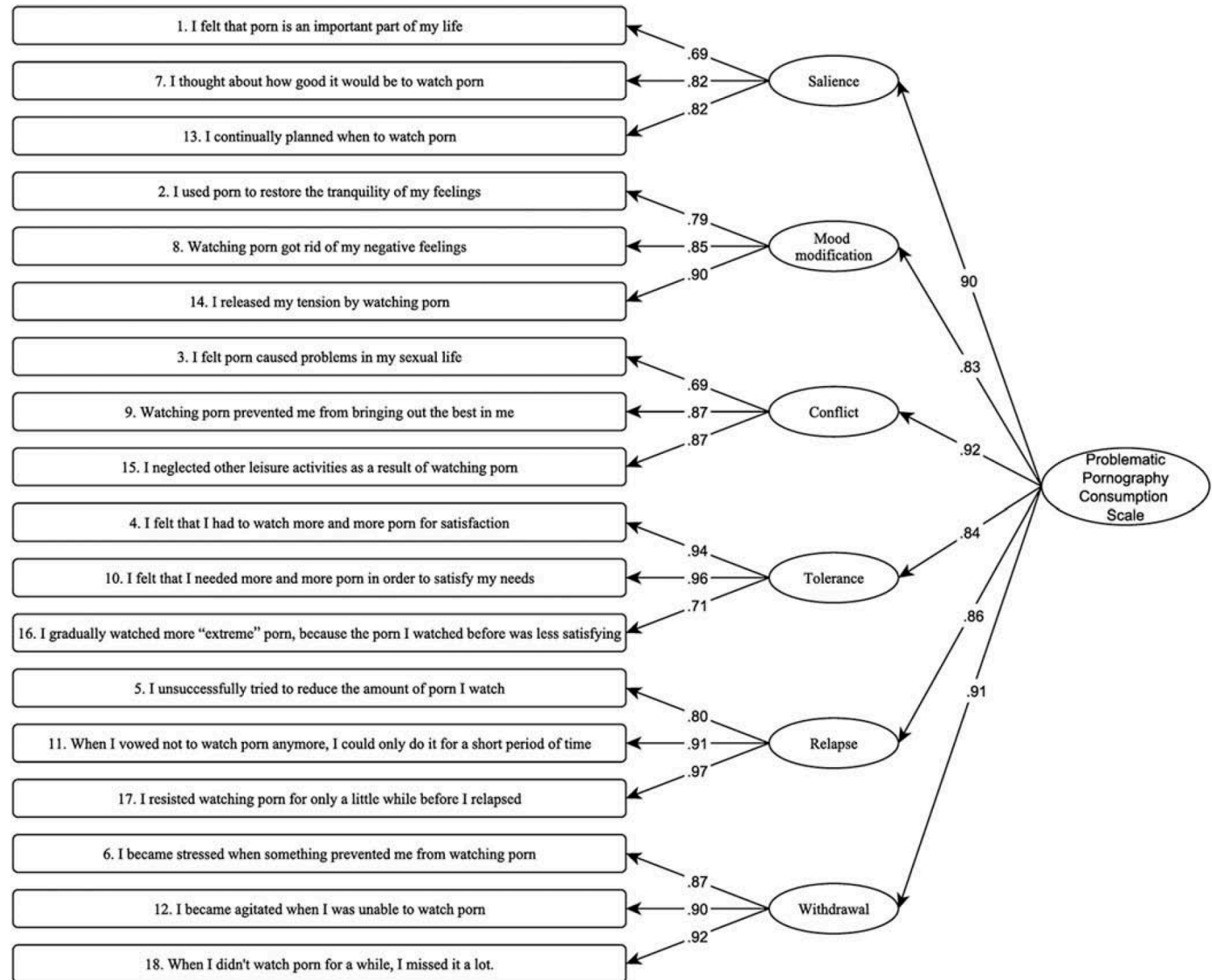


Problematic Pornography Use Scale

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

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.

Factor Structure of the Problematic Pornography Use Scale (2017)



Bóthe, Toth-Kiraly,
Griffiths,
Demetrovics and
Orosz

Problematic Pornography Use Scale -3 classes of users

