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ANNOTATED BIBLIOGRAPHY: PORNOGRAPHY

Student’s Name

Institutional Affiliation

This paper is an annotated bibliography that discusses pornography and its negative effects on sex intimacy.

**Topic of Focus for the Annotated Bibliography:** How does pornography negatively affect sex intimacy?

**Park, B. Y., Wilson, G., Berger, J., Christman, M., Reina, B., Bishop, F., & ... Doan, A. P. (2016). Is Internet Pornography Causing Sexual Dysfunctions? A Review with Clinical Reports. *Behavioral Sciences* (2076-328X), 6(3), bs6030017. doi:10.3390/bs6030017**

The paper considers data and presents clinical reports, all attempting to propose if pornography alters the brain’s motivational systems, leading to difficulties during sex. They include erectile dysfunction, decreased sexual satisfaction, delayed and premature ejaculation as well as diminished libido in men under the age of 40. In the extensive research and the clinical reports used, the paper finds out that indeed chronic Internet pornography results in erectile dysfunction and delayed ejaculation. Chronic pornography use affects the brain, just as much as drugs do. The paper also suggests that it is quite possible to reverse the negative effects caused by pornography, by terminating its use.

**Newstrom, N., & Harris, S. (2016). Pornography and Couples: What Does the Research Tell Us?. *Contemporary Family Therapy: An International Journal*, 38(4), 412-423. doi:10.1007/s10591-016-9396-4**

This paper is a presentation of 15 years worth of research, conducted between 2000 and 2016. It basically talks about the effects of pornography on couple relationships, as well as intimacy. The paper finds both positive and negative effects of pornography in committed relationships. The positive effects are as a result of communication between both partners. If a couple uses pornography, the paper advocates for honesty between the partners, as it will keep an honest communication channel open. The only areas that were identified to require further attention, are how pornography actually affects couples in relation to how frequently they use it, and what is ‘excessive' pornography use.

**Regnerus, M., Gordon, D., & Price, J. (2016). Documenting Pornography Use in America: A Comparative Analysis of Methodological Approaches. *Journal of Sex Research*, 53(7), 873-881. doi:10.1080/00224499.2015.1096886**

This is a research on pornography use in the US. It acknowledges the easy accessibility of pornographic material today, and some of the consequences mentioned are a heightened risk of sexually aggressive behavior, the increase of sexual partners and the subsequent rise in the number of sexually transmitted infections. Also noted is the elevated substance abuse, and the difficulty in getting and/or maintaining emotionally intimate relationships.

**Bloom, Z. D., Gutierrez, D., Lambie, G. W., & Ali, S. (2016). Counselors' Comfort with Sexuality, Attitudes towards Pornography, and Propensity to Assess and Treat Client Issues Related to Pornography Use. *Journal of Mental Health Counseling*, 38(4), 327-345. doi:10.17744/mehc.38.4.04**

The paper acknowledges that the use of pornography escalated with the advent of the Internet. Since then, pornography has affected its users in more negative ways. The paper, therefore, invites counselors to try and address their clients' problems, brought about by the use of pornography. It asks counselors who are uncomfortable talking about this topic, to address it nonetheless, in order to prevent harm, provide psychoeducation and to encourage human development and wellness. It identifies that consumers of pornography are more likely to objectify women, and see them as sex objects, and hold hostile sexist attitudes. They are also less likely to intervene in sexual assaults. They have lower levels of life satisfaction and greater chances of developing depressive symptoms. These issues affect children, adolescents, adults, couples. Although human sexuality is a sensitive issue, the paper asks counselors to discuss these issues with their clients, since a majority are experiencing problems.

**Goldsmith, K., Dunkley, C. R., Dang, S. S., & Gorzalka, B. (2017). Pornography consumption and its association with sexual concerns and expectations among young men and women. *Canadian Journal of Human Sexuality*, 26(2), 151-162. doi:10.3138/cjhs.262-a2**

This final paper was intended to investigate sexual insecurities, body performance, and partner expectations in relation to the exposure and consumption of pornography and other sexually explicit material (SEM). The paper records that men prefer visual pornography whereas the women go for literary erotica. After examining young adults, the paper concludes that indeed, pornography use and enjoyment was linked to lower genital self-image, frequent body- and performance-based cognitive distractions during sexual activity as well as unrealistic partner expectations. The paper also advocates for continued research into the effects of pornography and SEM.