

**ATTACHMENT STYLES, EXPERIENTIAL  
AVOIDANCE AND PROBLEMATIC  
PORNOGRAPHY VIEWING AMONG  
UNDERGRADUATE UNIVERSITY STUDENTS**



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PROBLEMATIC PORNOGRAPHY VIEWING AMONG  
UNDERGRADUATE UNIVERSITY STUDENTS**



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**BY**


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## RESEARCH COMPLETION CERTIFICATE

It is certified that Ms. Ayesha Noor of BSc (Hons) (session 2019 – 2023), Department of Applied Psychology has carried out research work entitled “**Attachment styles, Experiential Avoidance and Problematic Pornography Viewing among Undergraduate University Students**” under my supervision.

It is assured that research work is original and has not yet been published anywhere else.



Signature of Supervisor

Dated: 17-05-2023

Lecturer



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Name: Ayesha Noor

*Ayesha*

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## Abstract

Problematic pornography viewing (PPV) refers to the addictive nature of pornography, which include the consumption of porn in inappropriate settings (such as the workplace), the interpersonal problems associated with porn, and the dysfunctional use of porn to manage one's emotions (Grubbs et al., 2018). This study aims to find out correlates and predictors of PPV as well as gender differences in PPV among undergraduate university students. Correlational research design was used and by purposive sampling strategy data was collected from 160 undergraduate university students ( $M_{age} = 21.09$ ,  $SD = 1.48$ ) from different private universities of Lahore. The scales which were used in this study are Revised Adult Attachment scale-Close Relationship Version (Collins, 1996), Brief Experiential Avoidance Questionnaire (Gámez et al., 2014) and Problematic Pornography Consumption Scale (Bóthe et al., 2017). Results showed significant positive relationship of insecure attachment styles and experiential avoidance with PPV. Regression analysis found that attachment anxiety turned out to be a significant positive predictor of PPV. The independent t-test analysis found that males were more likely to experience experiential avoidance and engage in PPV behavior compared to females. The findings of the study would contribute to indigenous literature and be helpful for mental health practitioners treating individuals suffering from PPV behavior.

*Keywords:* Insecure attachment styles, Experiential Avoidance, Problematic Pornography Viewing, Undergraduate University Students

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**List of Abbreviations**

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<b>Abbreviations</b>	<b>Full Form</b>
PPV	Problematic Pornography Viewing
PPCS	Problematic Pornography Consumption Scale
EA	Experiential Avoidance
BEAQ	Brief Experiential Avoidance Questionnaire
ACT	Acceptance and Commitment Therapy
SPSS	Statistical Package for Social Sciences

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**List of Symbols**

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<b>Symbols</b>	<b>Definition</b>
<i>a</i>	Cronbach's index of internal consistency
<i>f</i>	Frequency
<i>k</i>	Total no of items
<i>N</i>	Total sample
<i>P</i>	Significant value
<i>M</i>	Mean
<i>SD</i>	Standard deviation
%	Percentage
$\beta$	Beta
$\Delta R^2$	R <sup>2</sup> Change
<i>CI</i>	Confidence Interval

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## **Chapter I**

### **Introduction**

Pornography is often defined as written or visual information that is sexually explicit and meant to arouse the viewer or reader's desire for sexual activity. According to survey findings, many males (between 30 and 70 percent) routinely watch porn; while, less than 10 percent women claim to do so (Morgan, 2011; Ross, et al., 2012; Wright, 2013). Despite the alleged advantages of pornographic entertainment such as it enhances sexual experiences (Kohut et al., 2017) and serve as type of sexual education (Bridges et al., 2010), some people struggle to control their usage of porn. For these people, compulsive use of pornography is sometimes characterized by yearning, weakened self-control, impairment in social, professional, and romantic relationships, and usage of sexually explicit material to deal with anxiety or dysphoric mood (Kor et al., 2014; Kraus et al., 2015; Kraus & Rosenberg, 2014; Nelson et al., 2010). By identifying the risk variables for Problematic Pornography Viewing (PPV) among Pakistani undergraduate university students, this study adds to the body of research on PPV as a global phenomenon. The following uses a culturally unique university sample of undergraduate from Pakistan, a country with a majority of Muslims that practices severe anti-pornographic legislation and is religiously and sexually conservative (Amir, 2019). Using this sample and relying on self-reports, we study how Attachment Styles and Experiential Avoidance (EA) predict PPV.

Consumption of online porn is a common occurrence. In addition to ranking among the top fifty most visited websites worldwide, more than 90% of people have seen pornography at some time in their life (Alexa.com, 2016; Similarweb.com, 2016). Pornhub.com, one of the most well-known pornographic websites, revealed that 4.599 billion hours of pornographic films were

seen globally in 2016. The website was evaluated over twenty-three billion times, or forty-four thousand times each minute, according to its statistics (Pornhub. com, 2017). Various studies have shown both positive and negative factors of watching porn. It has been discovered that pornography raises sexual arousal, desire, and satisfaction to enhance sexual experiences for individuals and couples (Kohut et al., 2017). Pornography may provide people a visual understanding of various sexual activities and practices, serving as a type of sexual education. This could result in better partner communication and understanding (Bridges et al., 2010). Meanwhile, like other media, pornography has the potential to become addictive and have negative effects like impaired social functioning and distorted perceptions of reality (Grubbs et al., 2015). The unrealistic body standards and sexual behaviors frequently shown in pornography encourage objectification and place more value on outward beauty than inside emotional connection (Szymanski et al., 2011). Pornography viewing is linked to riskier sexual behavior (Wright & Randall, 2012), worse relationships and marital quality (Perry, 2020), loneliness-related mental health difficulties (Butler et al., 2018), compulsive behaviors (Egan & Parmar, 2013), anxiety and depression (Whitfield et al., 2018) and substance abuse (Willoughby et al., 2014).

The researchers and research participants may define pornography differently. Therefore, before conducting any research a working definition of pornography is required (Ayres & Haddock, 2009). Hald (2006) used a definition of pornography which was refined in later researches (Hald & Malamuth, 2008; Reid, et al., 2011). According to this definition, pornography is defined in term of two components. First, it is a material that creates or evokes sexual feelings and thoughts. Second, it contains content that involves direct exposure or description of sexual activities (Reid et al., 2011, p. 364). Viewing is often not a problem and

doesn't seem to have much of a negative impact on a person's life. However, it may become problematic and have negative effects, such as problems in romantic relationships or losing a job, as has been highlighted in prior study (Bergner & Bridges, 2002; Bostwick & Bucci, 2008; Ford et al., 2012). To understand the difference between pornography and problematic pornography users, the term problematic pornography consumption is defined into six components. First is salience, the term used to describe how important pornography is to a person's life to the point that it controls all of their thoughts, emotions, and actions. The second element talks about the subjective experience of mood modification that users claim occurs as a result of viewing pornography. Depending on the intended emotional state, this experience might be either arousing or relaxing. Conflict is the third component, which includes intrapsychic conflicts, problems at work or in the classroom, and confrontations between problematic users and the people who matter to them most. Tolerance, the fourth element, is the process through which greater amount of the activity are needed to produce the same mood-altering effects. Relapse is the fifth element refers to tendency to repeatedly revert to prior patterns of pornographic use and to swiftly resume it after control. The sixth aspect is withdrawal, which describes the unpleasant emotions and emotional states that appear when a certain activity is stopped or drastically decreased. In the light of these findings, researchers develop multidimensional theoretically-driven instrument with strong psychometric properties that can evaluate individual differences in online pornography use in order to differentiate among problematic and non-problematic individuals as well as the potential negative effects of pornography consumption on various groups named as Problematic Pornography Consumption Scale (PPCS).

The likelihood of viewing pornography is more common in young adults. Young adults between the ages of 18 and 24 have the highest likelihood of regularly seeing pornographic

material out of all age groups. Young adults usually consider watching porn as a way to explore their sexuality and learn more about it (Hare et al., 2015). Adults use pornography for a variety of reasons, including social reasons, emotional avoidance, (e.g., soothes while in a poor mood), mood improvement (e.g., entertainment), and coping (Franc et al., 2018; Reid et al., 2011). Furthermore, men are more likely than women to utilize pornography, according to studies. Men were found to have seen pornography three times more frequently than women, according to an examination of numerous nationwide surveys (Twenge et al., 2017). Men are also more prone than women to seek out severe or violent pornography (Bridges et al., 2010).

There can be many possible factors that lead to PPV behavior. Studies suggest that problematic smartphone use is linked to an increased risk of pornography use. This may be due to the easy accessibility of pornographic material via smartphones, as well as the potential for smartphones to trigger the reward centers in the brain and reinforce addictive behaviors (Sánchez-Fernández & Borda-Mas, 2022). According to studies, youths who used smartphones as their main means of accessing the internet spent more time online and were more likely to get sexting invitations than those who used computers or other devices. Those who use the internet on computers are also more likely to see pornographic content on purpose (Atwood, 2017).

The sexual script theory, which outlines what should be sexually exciting, who people should engage in sexual activity with, and what the results of that engagement should be, is the first theory that attempts to explain the effects of pornography consumption (Simon & Gagnon, 1986). Pornography has a significant impact on sexual scripts, despite the fact that numerous other factors also play a role (Wright & Donnerstein, 2014). The mismatch between idealized pornographic scripts and how one's actual sexual interactions develop is typically predicted to lead to individuals reporting diminished pleasure when this theoretical framework for

pornography effects is used (Willoughby et al., 2016). The second theory, known as social comparison theory, focuses on how people assess their own satisfaction with themselves and their circumstances by comparing it to that of others (Festinger, 1954). Individuals are more prone to have lower levels of pleasure when they make upward comparisons or judge themselves against more accomplished peers. If people are comparing themselves to pornographic scenarios when viewing porn, they are extremely likely to feel less satisfied (Wright, 2017).

Pornography is created in a variety of mediums, including books, magazines, postcards, pictures, sculptures, drawings, and paintings as well as animations, sound recordings, movies, videos, and video games. There was a time when magazines frequently published offensive imagery. However, these printed materials have faded and have been replaced by DVDs and CDs, which are freely available in Pakistan's main cities like Karachi. Adults in Pakistan are becoming increasingly frustrated. Youth who don't have access to work or educational possibilities are more probably to feel frustrated and become caught up in this mess. Young individuals take refuge in these communication networks because they are unable to find a confidante and as a result, the issue of pornography continues to trouble everyone (Chohan, 2012). For the better understanding of this issue in Pakistani culture, the current study aims to know the relationship of attachment styles and experiential avoidance with PPV among undergraduate university students.

Early concepts of attachment, which became popular in the middle of the 20th century, were primarily concerned with the mother-child bond and how it affected the child's emotional growth. The founder of attachment theory, John Bowlby, believed that attachment was an inbuilt biological mechanism that developed out of the infant's desire for survival and protection (Bowlby, 1969). However, as the field of study developed, the concept of attachment came to

encompass not only the mother-child bond but also the interactions between children and other primary caretakers, such as fathers or grandparents (Ainsworth et al., 1978). Additionally, researchers started to understand that attachment is not just limited to childhood but rather develops throughout life, with attachment patterns frequently continuing into adult relationships (Hazan & Shaver, 1994). The development of an infant's internal working model of self and social relationships is aided by early emotional connections between the infant and caregivers (Bretherton, 1987). Close and romantic relationships are based on this paradigm since this model is largely stable and persists throughout adulthood (Hazan & Shaver, 1987; Feeney & Noller, 1990; Bartholomew & Horowitz, 1991). An infant develops a secure attachment when he/she regard their caregiver as attentive, approachable, and trustworthy. However, insecure attachment can result from the primary caregiver being inconsistent, unreachable, or unresponsive (Bretherton, 1987). Currently, "Attachment Anxiety" and "Attachment Avoidance" are recognized as the two main aspects of adult insecure attachment (Brennan et al., 1998). Attachment anxiety is referred as the degree to which a person fears being abandoned or rejected by others (Collins, 1996). While attachment avoidance is described as financially secure people, emotionally independent of others and unconcerned with whether or not others would accept them (Collins & Feeney, 2004). Previous researches suggest that anxious and avoidant attachment have been linked to sexual addiction (Varfi et al., 2019; Gouvernet et al., 2017). It has been demonstrated that problematic pornography usage is more common in those who have insecurities like anxiety or avoidant attachment as well as traumatic past events (Efrati & Amichai-Hamburger, 2018). However, it has been discovered that gender variations in insecure attachment types vary between cultures. Men are more avoidant and prefer to emotionally remove themselves, according to a cross-cultural study on attachment patterns, whereas women

tend to be more concerned about their connections (Bartholomew et al., 2001). In addition, according to another study, men are more likely to exhibit avoidant attachment styles in collectivistic cultures than they are in individualistic ones. Women, on the other hand, are more likely to exhibit anxious attachment styles in these cultures (Dinkha et al., 2015).

Attachment theory better describes a relationship between insecure attachment styles (i.e. anxious and avoidant) and pornography addiction. According to attachment theory, sometimes individuals exhibit insecure attachment patterns, which include negative internal working models of oneself and others as well as negative expectations for close relationships. These people may seek brief relief from their emotional distress by engaging in addictive behaviors as coping techniques (Gewirtz-Meydan et al., 2021). In fact, a number of research have demonstrated a positive correlation between attachment anxiety and emotional dysregulation. These two factors also seem to be associated to maladaptive behavior and affective issues, such as problematic internet usage (Estevez et al., 2018). In the present study, emotional dysregulation is measured in term of experiential avoidance to know its relationship with PPV.

The refusal of a person to encounter upsetting memories, ideas, or feelings is known as experiential avoidance (EA) (Hayes et al., 2012). A variety of psychological problems such as depression, anxiety and externalizing disorder are associated with EA (Hayes et al., 1996). The alcohol use (Levin et al. 2012b), hair pulling (Begotka et al. 2004), skin picking (Twohig et al. 2006), self-harm (Chapman et al. 2006), and binge eating (Lillis et al. 2011) are just a few of the addictive/compulsive behaviors that are linked to EA, according to a large body of research (Hooper & Larsson 2015). EA is characterized by a variety of emotional disturbances. The first is distress aversion, which is defined as aversion to or unfavorable opinion of discomfort. The second is overt avoidance, which is done to lessen stress. The third is procrastination, which is

defined as deferring pending stress. The fourth is distraction/suppression, which is just an effort to ignore or stifle discomfort. The fifth is repression/denial, which can be manifested as a lack of awareness of or detachment from discomfort. The sixth and last is distress endurance, which is willingness to act in accordance with one's beliefs even under stressful circumstances (Gámez et al., 2011). EA is kept in check via demotivating reinforcement. Since relief is obtained by avoiding a certain experience, avoidant behavior is likely to rise. These avoidant activities frequently cause additional unpleasant feelings and thoughts, which raises EA and creates a vicious cycle (Chawla & Ostafin, 2007). In other words, it could be easier to give in to the desire to use pornography than to struggle with both the temptation to use pornography and the bad thoughts and emotions that come with it. An association between problematic pornographic watching and avoidance is suggested by prior studies. According to these researches, people whose use of pornography was problematic had higher levels of experiencing avoidance (Wetterneck et al. 2012) and those who frequently saw pornography had a worse quality of life (Levin et al. 2012a). These results imply that problematic seeing is connected to experiencing avoidance. Previous studies found that males reported significantly higher levels of experiential avoidance than females (Michael et al., 2022; Shorey et al., 2014). These findings are in line with previous research that has shown gender differences in emotion regulation strategies, with males being more likely to use avoidant coping strategies than females (Aldao et al., 2010). The fact that males are typically expected to be emotionless and stoic while women are allowed to express themselves can have an impact on this disparity. This can make women more at ease with feeling a variety of emotions and more eager to face them, whereas males could be more prone to avoiding them (Fischer, 2004).

The Acceptance and Commitment Therapy (ACT) theory is a psychological intervention, places emphasis on the significance of acceptance, mindfulness, and values in fostering psychological well-being and behavioral change. It proposes that experiential avoidance is the attempt to avoid or escape unwanted thoughts, feelings, or memories and plays a critical role in the development and maintenance of addictive behaviors (Hayes et al., 2006). According to ACT, individuals engage in addictive behaviors as a means to escape or avoid uncomfortable internal experiences. In other words, the compulsive/addictive behavior such problematic pornography use serves as a distraction from unwanted internal states such as anxiety, depression, or boredom (Twohig et al., 2014).

Given the empirical and theoretical evidence of the associations of insecure attachment styles and EA with problematic pornography viewing, it is reasonable to assume that insecure attachment styles and EA promotes problematic pornography viewing. The aim of present study was to determine (a) significant positive relationship of attachment styles and EA with PPV and (b) whether they predict PPV (c) gender differences in term of these variables.

## **Theoretical Framework**

According to Mikulincer et al. (2003) and Schore (2008), Attachment theory can be viewed as a theory of emotion regulation. When primary caregivers fail to provide consistent protection and support, infants develop a hyper-activation or deactivation model of the attachment system (Cassidy, 1994). These models of attachment system are achieved through the process of emotion regulation, which involves changing the frequency, intensity, or duration of emotional experiences (Kobak et al., 1993). Individuals who develop attachment anxiety tend to up-regulate their emotions and experience high levels of negative emotion (Mikulincer et al., 2003). In contrast, those who score high in attachment avoidance tend to use deactivating strategies, resulting in low intimacy, emotional involvement, and cognitive denial of negative feelings (Kobak et al., 1993). Some studies suggest that attachment anxiety and emotional dysregulation positively correlate with maladaptive behaviors, such as problematic internet use (Estevez et al., 2018). Correspondence with attachment theory, present study also posits that insecure attachment styles along with emotion dysregulation strategies, measured in the form of experiential avoidance in this study, may predispose young adults to problematic pornography viewing which is also considered as maladaptive behavior.

## **Literature Review**

The role of attachment styles, experiential avoidance and problematic pornography viewing among university students will be investigated through this study. This section involves the review of relevant literature to current study.

### **Attachment Style and Problematic Pornography Viewing**

In the previous literature, one of the study investigates the relationships between individual and romantic pornography usage and relationship satisfaction, as well as how gender, acceptance of pornography, and anxious attachment affect these relationships. The current study aimed to find moderators in the link between pornography usage and satisfaction with relationships using a large sample of heterosexual matched-paired partners (N = 6,626). One question was asked of each participant to gauge their usage of pornography. Six measures that assessed one's general approval of using pornography both individually and as a pair were averaged to measure pornography acceptance. Seven questions that asked participants how pleased they were with different elements of their relationships were used to gauge relationship satisfaction. To quantify attachment anxiety, items from the Adult Attachment Questionnaire (AAQ) were used. According to actor-partner-interdependence models, more pornography usage is linked to higher relationship satisfaction in males who are more anxiously attached, but less relationship happiness in females who feel particularly more anxiously attached. For males who are more accepting of pornography, pornography usage is connected with satisfaction with relationships, whereas it is inversely correlated with relationship pleasure for men who are less receptive of pornography. However, for women who have a low level of pornographic acceptability, pornography use is associated with worse relationship satisfaction. For women

who have a high level of pornographic acceptance, there was little change in relationship pleasure at varied levels of pornography consumption (Maas et al., 2018).

Researchers investigated the relationship between people's attachment styles and their tendency for pathological internet use in a study. An online survey that evaluated sociodemographic information, attachment style using the Bielefeld questionnaire for partnership expectations, symptoms of internet addiction using the Online Addiction Scale for Adults, web-based service use, and online relationship motives using the Cyber Relationship Motive Scale, CRMS-D, was conducted to achieve this. A research employing the Rorschach test was also carried out to confirm these results. According to the study, people with insecure attachment styles were more likely than those with secure attachment types to show signs of pathological internet use. Particularly, people with an anxious attachment style had a higher likelihood of using the internet pathologically, and people who were insecurely attached showed a strong role for escapist and social-compensatory motives. Additionally, when participating in social groups, people with pathological internet use frequently displayed indicators of immature relationship structures (Eichenberg et al., 2017).

In another study, researchers analyzed the psychological drivers of young people's online sexual behavior. 713 Israeli teenagers, ages 14 to 18, consisted of both males and females made up the participants. The reference point for Pornography Use (PU) frequency was the declared weekly average time spent at PU throughout the preceding month. Four dichotomous items to evaluate offline sexual activities (modified from Sevckova et al., 2013) were used. SROA was used to quantify online sexual activity (Sevckova et al., 2013). The Revised UCLA scale, version 3, was utilized to measure loneliness (Russell et al., 1996). The Experience in Close Relationships (ECR) scale was utilized to measure attachment orientations. The findings

suggested that participants' attachment preferences influenced how much and how often loneliness affected their online sexual behavior and pornographic usage. No matter how lonely they were, those who were anxiously attached used pornography and engaged in sexual activity online often. Only those who are secure and anxiously avoidant were found to utilize online sexual activities and pornography more frequently. Pornography and online sexual behavior have also been discovered to be connected (Efrati & Amichai-Hamburger, 2018).

Another study examined a large sample of female participants to determine if the association between attachment insecurities and body image self-consciousness had been modulated by pornographic use. Researchers hypothesized that pornographic use would act as a mediator between insecure attachment patterns and body image self-consciousness. 1001 Israeli women were conveniently sampled, and they answered questions on their body self-consciousness, attachment style, and frequency of pornographic use. Researchers employed structural equation modelling using the maximum likelihood estimation technique to look at the direct relationships between attachment and body image self-consciousness as well as the indirect, or mediational, routes through the usage of pornography. Women's body image self-consciousness was discovered to be directly influenced by anxious and avoidant attachment, regardless of their relationship status. It found a mediation role for pornography usage between anxious attachment and body-image self-consciousness among women who are currently dating. These results suggest that women who are emotionally attached to a romantic relationship may be more susceptible to the negative effects of pornographic use on their self-consciousness about their bodies (Gewirtz-Meydan et al., 2021).

Other aspects connected to adolescents' propensity to consume internet pornography were examined by researchers in other studies. This study aims to investigate if parental attachment,

past violent experiences, and the tendency of children to engage in online pornography are related. Males and female teenagers who were in their adolescence served as the study subjects, and the research methodology was quantitative. Parent-Child Conflict Tactics Scale (CTSPC), the Inventory of Parent and Peer Attachment (IPPA), and the Pornography Craving Questionnaire (PCQ)-Revised were used to assess variables of this study. The results showed two things: first, there was no relationship between prior violent events and the desire to engage in internet pornography, and second, parental connection had a negative relationship with that desire. This study's contribution is to emphasize the value of strong adolescent-parent attachment in building a healthy emotional feeling of security and the formation of a positive sexual identity (Timisela et al., 2021).

### **Experiential Avoidance and Problematic Pornography Viewing**

In a study that examined the impact of experiential avoidance on the negative effects of online pornography watching, 91 male college students who reported viewing were included in a small cross-sectional survey sample. The Pornography Consumption Inventory (PCI), the Acceptance and Action Questionnaire-II (AAQ-II), the Cyber Pornography Use Inventory (CPUI) are used to measure the research variables. The findings demonstrated that, over and above other reasons (such as sexual pleasure, curiosity, or thrill seeking), accessing pornographic material for experientially avoidant purposes was related with more frequent viewing and predicted self-reported unpleasant viewing effects. Even while increasing self-reported negative effects were associated with more frequent watching, viewing for experiential avoidance consistently moderated this association in groups. Results point to a possible target for further interventions aiming to lessen problematic pornography consumption: viewing to escape

unpleasant feelings, which may explain both frequent viewing and its detrimental effects (Levin et al., 2018).

Another study examined the links between the Dark Tetrad personality characteristics and adults' Problematic Pornography Use (PPU), scrupulosity, and experiencing avoidance (EA). 672 participants participated in an online survey that could be completed in either English or Spanish. Covariates were assessed using valid instruments such Problematic Pornography Use scale (PPUS), Multidimensional Experiential Avoidance Questionnaire (MEAQ), and the Penn Inventory of Scrupulosity - Revised (PIOS-R) and revealed that scrupulosity predicted both total and sub-dimensional PPU. Additionally, several EA sub-dimensions predicted PPU. Increases in the individuals' PPUS total scores were correlated with increases in the dimensions of Fear of Sin, Vicarious Sadism, and Distress Aversion, according to standardized coefficients. Participants who do not avoid problematic behaviors, thoughts, or feelings had lower behavioral avoidance scores, which corresponded to higher PPUS Total scores. (Perez Del Valle & Hand, 2022).

Another study used structural equation modelling to evaluate the effects of gender, experiential avoidance, and scrupulosity on problematic pornographic watching in a sample of pornographic watchers (n = 727). The Problematic Pornography Use Scale, the Acceptance and Action Questionnaire-II, and the Penn Inventory of Scrupulosity were used to assess the variables. It was discovered that scrupulosity and experiential avoidance were positive correlates with PPV. PPV and scrupulosity may have been positively mediated by experiential avoidance, according to indirect effects. Moderation analysis revealed that only males were affected by these associations. This research supported the use of acceptance-based therapies for PPV sufferers (Borgogna & McDermott, 2018).

In a study, impulsivity and experience avoidance were used as mediators to predict the possibility internet pornography viewing (IPV) among married men based on emotional regulation (ER) challenges. Advertising banners placed on several of Iran's most prominent social networking websites were used to enlist research participants. The study included 123 married males in Isfahan City, Iran as a whole sample. The short-form version of the Difficulties in Emotion Regulation Scale (DERS-SF), the Acceptance and Action Questionnaire-II (AAQ-II), and the Barratt Impulsiveness Scale (BIS-15) were all completed online by research participants. The current research's findings suggested that challenges in ER had a favorable direct impact on the propensity for IPV. The findings also showed that impulsivity and experience avoidance acted as mediators between ER difficulties and an IPV tendencies. Important risk factors for IPV include impulsivity, ER challenges, and experience avoidance. Therefore, they should be taken into account in this context. Impulsivity and experiential avoidance are two ER styles that can moderate the relationship between ER problems and a predisposition for IPV (Khaleghian et al., 2020).

The connection between problematic internet pornography (IP) usage, sexual compulsivity, impulsivity, and experience avoidance was subsequently investigated by other researchers. Participants (N = 94) responded to four questions on their use of IP and were then classified as having problematic or non-problematic IP use based on their answers. The Pornography Consumption Effects Scale, Sexual Compulsivity Scale, Impulsivity, Risk-Taking and Sensation Seeking Scale, Sexual Symptom Assessment Scale, and Acceptance and Action Questionnaire-II were used to measure the variables. The findings revealed significant differences between those with and without problematic IP use in terms of hours of IP use per

week, sexual compulsivity, the degree to which sexual impulses interfere with one's life, experiential avoidance, and the negative and positive effects of IP use (Wetterneck et al., 2012).

### **Indigenous Studies**

Researchers looked into how attachment styles and the Big Five Personality Traits related to how vulnerable people may be to internet addiction. Internet addiction can be further broken down into five subtypes; one of which is cyber sexual addiction (where addicts spend hours on adult websites engaging in cyber-sex, commonly known as pornography). 150 individuals in all were chosen from a Pakistani private university. The research design was correlational. The Relationship Scale Questionnaire, the Big Five Personality Inventory, and the Internet Addiction Test were used to measure the variables. The findings suggested a connection between personality factors and internet addiction, however substantial findings on attachment styles and internet addiction were not discovered. Even though Internet addiction has been the subject of much research worldwide, Pakistan has seen very little study activity. The researcher wants to contribute her work to identifying how much cultural variety is reflected in the study's findings because it is a worldwide issue and has a big influence on social behavior (Zafar & Suneel, 2018).

University students from Pakistan were asked to examine the mediating roles of alexithymia and dissociation in the link between attachment patterns and Facebook addiction in a different research. The study also sought to assess the relationship between Facebook addiction, alexithymia, dissociation, and attachment patterns. Based on the design of a cross-sectional study, the approach of purposive sampling was employed. A survey approach was utilized to apply the Toronto Alexithymia Scale-20, Facebook Addiction Scale, Dissociative Experience Scale, and The Revised Adult Attachment Scale to a sample of 300 university students from

Rawalpindi and Islamabad, Pakistan, who used Facebook and ranged in age from 18 to 25. According to the study's findings, secure attachment style was favorably correlated with dissociation in university students but negatively correlated with alexithymia and Facebook addiction. Additionally, alexithymia was negatively correlated with intimate attachment type, but Facebook addiction and dissociation were positively correlated with university students. However, it was shown that alexithymia was positively connected with dissociation in university students. The results also demonstrated that alexithymia and dissociation both had a role in the link between secure attachment and addiction to Facebook among students. Secure attachment style was linked to a greater level of Facebook addiction, according to mediation analysis, which also found that alexithymia and dissociation increased Facebook addiction in university students. According to the study's findings, the secure attachment type of the sample of university students is actually negatively associated to addiction of facebook and influences dissociation and alexithymia (Toqeer et al., 2021).

To determine the elements causing misbehavior in Pakistani culture, a different study examines how well-connected and interactive teenagers are with their parents, friends, and instructors. Data were gathered using a survey research approach and a scheduled interview schedule from 250 male teenagers enrolled in two government high schools in the tehsil Okara. Adolescent delinquent conduct was assessed using a self-reported delinquency scale. It was discovered that in Pakistan, out of 250 male adolescents, 82 are delinquents, or three of every eight adolescents. The majority of adolescents were discovered to engage in sexual activities including watching porn, use foul language with their parents, belong to a gang, have assaulted someone, boarded a bus without purchasing a ticket, and cheat on tests. Lower socioeconomic level, however, is not strongly linked to violent conduct. Adolescent's poor relationships with

their parents, instructors, classmates, and access to the internet and mobile phones are influencing their delinquent conduct (Ullah & Khan, 2020).

In another study, researchers looked at how aggressiveness and alexithymia in university students who were emerging adults were influenced by the parenting styles permissive, authoritative, and authoritarian. There were 200 volunteers in all, 100 males and 100 females between the ages of 18 and 26. The candidates' ages ranged from 18 years to 29 years old. The Toronto Alexithymia Scale (TAS-20), Buss-Perry Aggression Questionnaire, and Parental Authority Questionnaire (PAQ) were utilized for evaluation. The research design was correlational. Testing was done in groups. According to the findings, the sample's aggressiveness and alexithymia were positively connected with both permissive and authoritarian parenting approaches. Aggression and alexithymia, on the other hand, were negatively connected with an authoritarian parenting style. Alexithymia was considerably predicted by permissive mother and authoritative mother parenting styles, whereas aggressiveness was significantly predicted by authoritative mother and authoritative mother parenting styles. The relevance of parenting's influence on emotional and behavioral issues in adulthood is shown by these findings. These findings have strong ramifications for the development of cognitive therapy-based programs, notably for the psychoeducation of children, parents, and guardians, with an emphasis on positive parenting, lowering aggressiveness, and alexithymia (Khan & Shabbir, 2019).

Another study is examining how interpersonal issues mediate the link between parental warmth and rejection and internalizing-externalizing issues in 732 teenagers selected using a multistage sample technique. The Interpersonal Difficulties Scale, the Youth Version of the Child Behavior Checklist, and Egna Minnen Beträffande Uppfostran for Children (EMBU-C) were among the measures used. The significant correlation between parental warmth, parental

rejection, internalizing-externalizing issues, and interpersonal problems was validated by correlation analysis. The findings of the mediation research indicate that parental warmth and rejection have an impact on internalizing-externalizing issues through way of interpersonal issues (Zahra & Saleem, 2021).

### **Summary of Literature Review**

According to literature review, researches have shown a positive relationship between insecure attachment styles and pornography use. Although findings were inconsistent among various attachment styles (anxious, avoidant, disorganized, secure) and pornography viewing. Researches also have shown positive correlation between experiential avoidance and problematic pornography use. Cross-sectional research design was mostly used. Mediation analysis was used in most of the studies. Non-probability sampling were mostly seen among most researches.

## **Rationale**

After consuming pornographic content, young adults experience a variety of challenges that may have an impact on their mental health. Most of the time, viewing pornography is motivated by experiences like internet addiction, running away from unpleasant situations, emotional control, and parental rejection, which exposes them to additional dangerous scenarios such problematic pornographic viewing.

Prior research studies have demonstrated the value of examining the psychological, environmental, and social factors connected to the development and persistence of Problematic Pornographic Viewing (PPV). This is one of the best way to learn the possible reasons of PPV and to create treatment plans that are appropriate. There have been gaps in earlier studies discovered; contextually, studies on this particular variable combination are few, particularly in the east, as most of them are conducted in the west. The majority of studies have either been done on males or females. The current study intends to fill this gap by investigating gender differences while simultaneously targeting both genders equally. Finally, carrying out this investigation is likely to be advantageous from a clinical and sociological perspective, as it will help us understand the relationships between attachment styles, experiential avoidance, and PPV among university students. Counselors, educators, students, or young people, among others, can learn about this topic on a smaller scale; clinical psychologists, on the other hand, can learn about it on a larger scale and develop conceptual understanding that could be useful in a variety of clinical settings.

**Objectives**

- To investigate the relationship of attachment styles and experiential avoidance with problematic pornography viewing among undergraduate university students.
- To investigate attachment styles and experiential avoidance as predictors of problematic pornography viewing among undergraduate university students.
- To find out gender differences in attachment styles, experiential avoidance and problematic pornography viewing among undergraduate university students.

**Hypotheses**

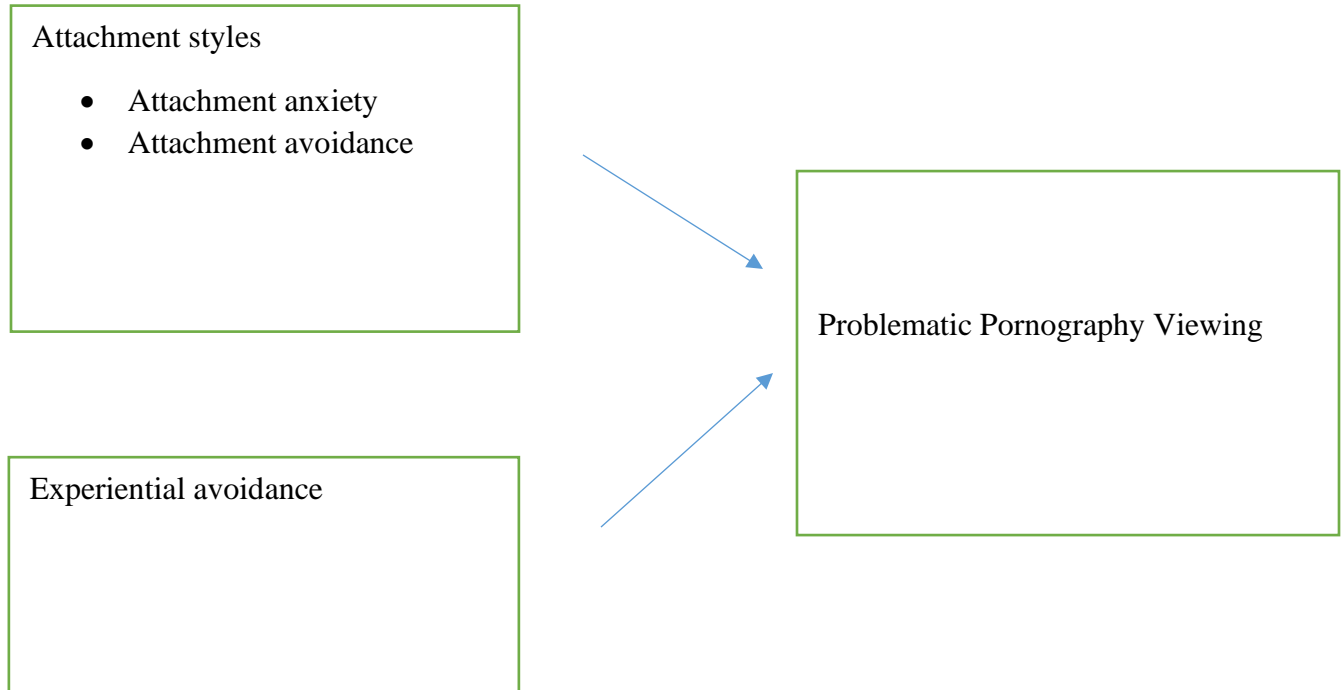
- There will be a significant positive relationship of insecure attachment styles and experiential avoidance with problematic pornography viewing among undergraduate university students.
- Attachment styles and experiential avoidance are likely to predict problematic pornography viewing among undergraduate university students.
- There will be significant gender differences in term of attachment styles, experiential avoidance and problematic pornography viewing among undergraduate university students.

## Proposed Model

The above mentioned introduction and literature review propose the following model for the relationship between the variables i.e. of attachment styles, experiential avoidance and problematic pornography viewing (PPV).

### Figure 1.1

*Proposed model of attachment styles, experiential avoidance and PPV among undergraduate university students.*



## Chapter II

### Method

#### Research Design

In this study, correlational research design was followed.

#### Participants (Sampling and Sampling Strategy)

The participants for this research were selected from private university students. Using G\*Power3 (Faul et al., 2007), an a priori power analysis was performed to determine the sample size needed to identify the predictors of problematic pornography viewing using a two-tailed test, a medium effect size  $d=.50$ , and  $\alpha =.05$ . The findings showed that a population size of 160 individuals was required to get a power of .95. This study consisted of 80 males and 80 females. The sample was selected using a purposive sampling strategy.

#### Inclusion Criteria

- The selection process involved undergraduate students enrolled in Lahore, Pakistan that have earned HEC recognition.
- The age range for undergraduate university candidates was considered 18 to 24 years old.
- Those undergraduate students were addressed who could read and understand English.
- The participants who reported to have viewed pornographic content at least once in a previous 6 months were approached.

#### Exclusion Criteria

- The participants who were not of Pakistani descent, spent the majority of their lives outside of Pakistan, or did not identify with its culture were not accepted.
- Participants with chronic physical illness or physical disability were excluded.

**Table 2.1***Sociodemographic Characteristics of Participants*

Variable	<i>M</i>	<i>SD</i>	<i>n</i>	%
Age	21.09	1.48		
Gender				
Male			80	50.0
Female			80	50.0
Religion				
Islam			158	98.8
Christianity			1	.6
Atheist			1	.6
Birth order				
First born			49	30.6
Middle born			66	41.3
Last born			44	27.5
Only child			1	.6
Sexual orientation				
Heterosexual			147	91.9
Homosexual			8	5.0
Bisexual			5	3.1
Relationship status				
Single			145	90.6
Engaged			14	8.8

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Married	1	.6
Nationality		
Pakistan	160	100
University type		
Private	160	100
Belonging to institute		
All males/females institute	48	30.0
Co-education	112	70.0
Student type		
Day scholar	111	69.4
Hostelite	49	30.6
Major		
Zoology	19	11.9
Psychology	50	31.3
Business	20	12.5
Education	8	5.0
Media studies	4	2.5
English literature	4	2.5
Physio therapy	4	2.5
Nutrition	8	5.0
Software engineering	23	14.4
Agronomy	8	5.0
Environmental engineering	1	.6

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Economics		11	6.9
Semester	5.30	2.38	
CGPA	3.25	0.35	
Family system			
Joint		70	43.8
Nuclear		90	56.3
Family income			
50, 000 or below		31	19.4
50,001-100,000		34	21.3
100,001-200,000		46	28.8
200,001 or above		49	30.6
Part time job			
No		158	98.8
Yes		2	1.3
Physical illness			
No		160	100
Diagnosed Psychological illness			
No		160	100
Physical disability			
No		160	100
History of reading explicit novel			
Yes		71	44.4

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No	89	55.6
Frequency of reading sexually explicit content in past 6 months		
Less than 5	49	30.6
6-10	9	5.6
11-15	4	2.5
16-20	3	1.9
21-25	1	.6
More than 25	6	3.8
Not applicable	89	55.6
Frequency of watching sexually provocative movies/videos in past 6 months		
Less than 5	66	41.3
6-10	50	31.3
11-15	9	5.6
16-20	10	6.3
21-25	3	1.9
More than 25	22	13.8
Age onset of reading/watching	15.56	2.47

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*Note.* Men=80; Women=80

## **Conceptual and Operational Definition of Variables**

The variables used for this research are attachment styles, experiential avoidance and problematic pornography viewing.

The attachment model is a cognitive representation of how people engage with others throughout the course of their lifetimes, as well as how other people have reacted to their intimate connections and social interactions with them (working models of the self and others) (Collins & Read, 1990). According to Collins (1996), attachment anxiety and avoidance are two main dimensions of insecure attachments. Anxious attachment is defined as the degree to which a person fears being abandoned or rejected by others. While attachment avoidance is described as financially secure people, emotionally independent of others, and unconcerned with whether or not others would accept them. It is operationally defined as participants scores obtained on two subscales of revised adult attachment scale-close relationship version (Collins, 1996).

Experiential avoidance is the inability to tolerate unpleasant feelings, memories, ideas, or bodily sensations, even when doing so will result in long-term harm (Hayes et al., 2012). Because it stops someone from processing emotional events in a healthy way and supports unhealthy emotion management practices, experiential avoidance is regarded to be maladaptive. It is operationally defined as participants scores obtained on BEAQ (Gámez et al., 2014).

Problematic pornography viewing refers to the addictive nature of pornography, which include the consumption of porn in inappropriate settings (such the workplace), the interpersonal problems associated with porn, and the dysfunctional use of porn to manage one's emotions (Grubbs et al., 2018). It is operationally defined as participants scores obtained on PPCS (Böthe et al., 2017).

## Measures

The measures used are as follows:

### Demographic form

Basic information about the participants, such as gender, age, education level and religion was collected using a demographics form.

### Adult Attachment Styles

Revised Adult Attachment scale-Close Relationship Version was used to measure participants' adult attachment styles. This scale is developed by Collins (1996), and it consists of a total of 18 items. It is to be scored on five point Likert scale ranging from 1 (not at all characteristic of me) to 5 (very characteristic of me). It has two subscales that are Avoid and Anxiety. Avoid subscale consists of 12 items while Anxiety subscale consists of 6 items. It computes two attachment dimensions: Anxious and avoidant with Cronbach's alpha values of  $\alpha=.85$ ,  $.82$  respectively.

### Experiential Avoidance

The scale developed by Gámez et al. (2014), called "**Brief Experiential Avoidance Questionnaire**" was used for this variable. It contains 15 items, measured on six points Likert-type scale ranging from 1 (strongly disagree) to 6 (strongly agree). The test has a Cronbach's alpha value  $\alpha = .80-.89$ . Higher scores on this scale indicates greater experiential avoidance.

### Problematic Pornography Viewing

The scale developed by Bóthe et al. (2017) called "**Problematic Pornography Consumption Scale (PPCS)**" was used for this variable. It consists of 18 items, measured on

seven point Likert scale ranging from 1 (never) to 7 (all the time). It assesses core components of addiction such as salience, mood modification, conflict, tolerance, relapse and withdrawal. A score of 76 or higher indicates problematic pornography use. The Cronbach alpha value of total PPCS is  $\alpha = .95$ .

### **Procedure**

In order to conduct this study, institutional approval and approvals from the authors of the scales were taken. Afterwards, more than half of the data was collected manually from students of University of Lahore, University of Management and Technology and Kinnaird College for Women University Lahore. The response rate of participants were 86%. Due to a lack of time resources, the remaining data were obtained online from various private universities of Lahore. Participants who met inclusion criteria were included in the study. They got information about the study and their withdrawal right within study at any time. Participants were also briefed about the potential of personal or sensitive questions being asked, and then were assured of their anonymity. Consenting participants were required to sign an informed consent form. Questionnaires assessing independent variables were administered first, as to avoid the issue of priming the participants with questions addressing PPV and, should they experience any initial distress from these questions.

They were then completed the demographics form to collect some basic data. The demographics form was then be followed by the three scales that are to be administered, namely, Revised Adult Attachment scale-Close Relationship Version, Brief Experiential Avoidance Questionnaire and Problematic Pornography Consumption Scale.

To examine the relationship between the independent and dependent variables, data analysis, including statistical analysis, was performed after the data collection had been completed.

The results were then presented after being collated, their limits examined. Accordingly, the participants got a debriefing.

### **Ethical Considerations**

The following ethical considerations were acknowledged:

- The study was conducted after approval from the concerned authorities and boards.
- Participants were sign the inform consent form in the beginning.
- It was made sure that none of the participants would be harmed.
- The information gathered was protected and secured so that no participant personal information would revealed.
- The participants had the option to withdraw at any point if they wanted.

### **Statistical Analyses**

SPSS-22 was used as statistical software to analyze the data. The relationship between the suggested variables was discovered using the Pearson product moment correlation. To find predictors of problematic pornography viewing among the sample, multiple hierarchical regression analysis was used. To find gender differences among the research variables, an independent sample t-test was used.

## Chapter III

### Results

The present study aimed to investigate if insecure attachment styles and experiential avoidance have a significant positive relationship with problematic pornography viewing among undergraduate university students. This study also aimed to investigate if attachment styles and experiential avoidance predict problematic pornography viewing among undergraduate university students. Moreover, it intended to investigate gender differences in term of attachment styles, experiential avoidance and problematic pornography viewing in the sample. The findings of the study are described in this chapter; table 3.1 presents the psychometric properties of variables used, table 3.2 indicates the Pearson correlation coefficients between study variables, table 3.3 depicts the predictors of dependent variable (problematic pornography viewing) and table 3.4 depicts the gender differences in term of attachment styles, experiential avoidance and problematic pornography viewing among undergraduate university students.

**Table 3.1**

*Psychometric Properties of Study Variables in the Sample (N=160)*

Variables	<i>k</i>	<i>M</i>	<i>SD</i>	<i>Range</i>	<i>a</i>
<b>Attachment</b>	18				
Attachment anxiety	6	19.08	5.87	6-30	.78
Attachment Avoidance	12	37.92	6.64	12-60	.53
<b>BEAQ</b>	15	57.63	10.79	15-90	.71
<b>PPCS</b>	18	49.31	22.45	18-126	.93

*Note.* BEAQ = Brief Experiential Avoidance Questionnaire; PPCS = Problematic Pornography Consumption Scale;

k= Total no. of items, *M*= Mean, *SD*= Standard Deviation, *a*= Cronbach's alpha

Central limit theorem states that the distribution of sample means approximates a normal distribution as a sample size gets larger than 30, regardless of the shape of the population's original distribution (Gravetter & Wallnau, 2017). By assuming central limit theorem, we consider that the data was normally distributed for the current study because the sample size was 160. The Cronbach alpha values for all scales can also be seen in table and all values provide evidence of poor to excellent reliability of questionnaires used in this study. The Cronbach alpha values of one subscale of adult attachment scale (attachment anxiety) is fair while for other subscale the Cronbach alpha value is poor (attachment avoidance). The Cronbach alpha value for BEAQ shows fair reliability. The Cronbach alpha value for PPCS shows excellent reliability.

**Hypothesis 1:** There is likely to be a significant positive relationship of insecure attachment styles and experiential avoidance with problematic pornography viewing among undergraduate university students.

**Table 3.2**

*Descriptive Statistics and Pearson Product Moment Correlation Coefficient among Attachment Styles, Experiential Avoidance and Problematic Pornography Viewing among Undergraduate University students.*

Variable	<i>n</i>	<i>M</i>	<i>SD</i>	1	2	3	4
1.Attachment anxiety	160	3.18	.98	-----			
2.Attachment avoidance	160	3.16	.55	.38***	-----		
3.Experiential avoidance	160	3.84	.72	.31***	.14*	-----	
4.PPCS	160	2.74	1.25	.33***	.16*	.24**	-----

*Note.* PPCS = Problematic Pornography Consumption Scale; *n*= Number, *M*= Mean, *SD*= Standard Deviation

\* $p < .05$ . \*\* $p < .01$ . \*\*\* $p < .001$

Pearson product moment correlation analysis was used to investigate the relationship between attachment styles, experiential avoidance and problematic pornography viewing among undergraduate university students. There is significant, positive and moderate relationship between attachment anxiety and problematic pornography viewing. This suggests that undergraduate university students who have anxious attachment styles are more likely to engage in problematic pornography viewing behavior. There is a significant, positive and weak relationship between attachment avoidance and problematic pornography viewing. This suggests that undergraduate university students who have avoidant attachment styles are more likely to engage in problematic pornography viewing behavior. There is a significant, positive and weak relationship between experiential avoidance and problematic pornography viewing. This suggests that undergraduate university students who experiences experiential avoidance are more likely to engage in problematic pornography viewing behavior.

**Hypothesis 2:** Attachment styles and experiential avoidance are likely to predict problematic pornography viewing among undergraduate university students.

**Table 3.3**

*Multiple Hierarchical Linear Regression showing Demographic Characteristics, Attachment Styles and Experiential Avoidance as Predictors of Problematic Pornography Viewing among Undergraduate University Students.*

Predictors	B	95% of CI for B		SE B	$\beta$	$R^2$	$\Delta R^2$
		<i>LL</i>	<i>UL</i>				
<b>Model I</b>						.40***	.40***
Constant	7.00	4.40	9.60	1.32			
Age	-.09	-.19	.02	.05	-.10		
Gender <sup>a</sup>	-1.29	-1.61	-.98	.16	-.53***		
CGPA	-.29	-.73	.16	.22	-.08		
Reading explicit romantic novels <sup>b</sup>	-.47	-.78	-.16	.15	-.19**		
Onset of watching/reading	-.04	-.10	.02	.03	-.08		
<b>Model II</b>						.47***	.07***
Constant	4.48	1.74	7.23	1.39			
Age	-.08	-.18	.02	.05	-.09		
Gender <sup>a</sup>	-1.33	-1.63	-1.03	.15	-.55***		
CGPA	-.23	-.65	.20	.21	-.07		

Reading explicit romantic novels <sup>b</sup>	-.40	-.70	-.10	.15	-.16**		
Onset of watching/reading	-.01	-.07	.05	.03	-.02		
Attachment anxiety	.25	.09	.42	.08	.20**		
Attachment avoidance	.26	-.03	.55	.15	.12		
<b>Model III</b>						.48***	.01
Constant	3.96	1.15	6.76	1.42			
Age	-.08	-.18	.02	.05	-.09		
Gender <sup>a</sup>	-1.30	-1.61	-.99	.16	-.53***		
CGPA	-.22	-.64	.20	.21	-.06		
Reading explicit romantic novels <sup>b</sup>	-.42	-.71	-.12	.15	-.17**		
Onset of watching/reading	-.01	-.07	.05	.03	-.02		
Attachment anxiety	.22	.04	.39	.09	.17*		
Attachment avoidance	.25	-.04	.54	.15	.11		
Experiential avoidance	.18	-.04	.39	.11	.10		

Note: CI = Confidence interval; LL = lower limit; UL= upper limit; a = coding for gender (0=

Male, Female); b = coding for reading sexually explicit novels (0=Yes, 1= No)

\*p<.05. \*\*p<.01. \*\*\*p<.001

Multiple Hierarchical Linear regression was run to identify the predictors of problematic pornography viewing among undergraduate university students. Two dimensions of attachment styles and experiential avoidance were entered as predictor variables in the regression model. Problematic pornography viewing was entered as an outcome variable.

No influential cases were observed in the data except one case i.e., case 112 has standard residual value greater than 3 due to which this case was deleted from the data and regression analysis was rerun. In the second run, all regression assumptions were fulfilled. The assumption of independent errors was met as the value of Durbin Watson was between the acceptable range of 1 and 3. The assumption of no perfect multicollinearity was tested by checking the tolerance values, and the assumption was met because all the values were greater than 2. The assumptions of homoscedasticity, linearity and normally distributed errors were also met.

In model 1, predictor variables from demographic characteristics (age, gender, CGPA, reading/ watching provocative content and onset of reading/watching) were entered and the regression model was significant,  $R^2 = .40$ ,  $F(5, 153) = 20.17$ ,  $p < .001$ . In model II, two dimensions of attachment styles were entered as predictor variables along with demographic variables and the regression model turned out to be significant,  $R^2 = .47$ ,  $F(7, 151) = 18.78$ ,  $p < .001$ . In model III, experiential avoidance were entered as predictor variables along with two dimensions of attachment styles and demographic variables and the regression model turned out to be significant,  $R^2 = .48$ ,  $F(8, 150) = 16.95$ ,  $p < .001$ . When the effect of model I was excluded from model II, model II still remained significant,  $\Delta R^2 = .07$ ,  $F(2, 151) = 9.61$ ,  $p < .001$ . When effect of model I and model II was excluded from model III, model III was not remained significant,  $\Delta R^2 = .01$ ,  $F(1, 150) = 2.66$ ,  $p = .105$ . Among all predictors entered, attachment anxiety emerged as significant positive predictor of problematic pornography viewing among

undergraduate university students. This suggests that undergraduate university students who experience anxious attachment styles are more likely to show problematic pornography viewing behavior.

**Figure 3.1**

*Emerg ed model of the Predictors of Problematic Pornography Viewing among Undergraduate University.*

**Covariates**

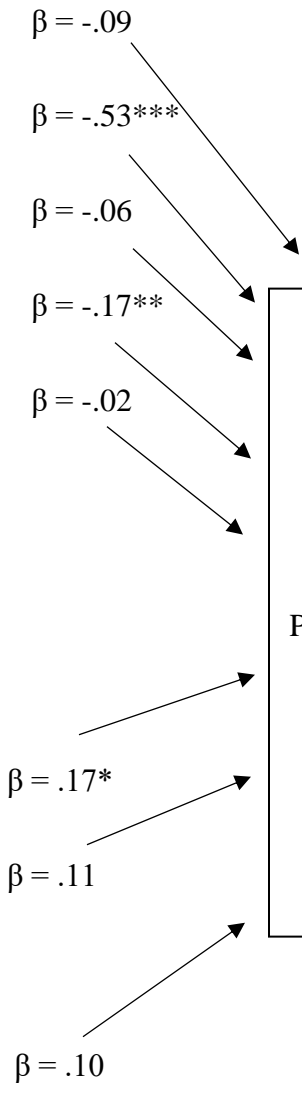
- Age
- Gender
- CGPA
- Reading sexually explicit novels
- Onset of watching/reading

**Outcome**

Problematic Pornography Viewing

**Predictors**

- Attachment Styles
  - Attachment anxiety
  - Attachment avoidance
- Experiential Avoidance



**Hypothesis 3:** There will be significant gender differences in term of attachment Styles, experiential avoidance and problematic pornography viewing among undergraduate university Students.

**Table 3.4**

*Independent sample t-test shows Gender Differences in term of Attachment Styles, Experiential Avoidance and Problematic Pornography Viewing among Undergraduate University.*

Variable	Males		Females		<i>t(df)</i>	<i>p</i>	95% CI		<i>Cohen's d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
1. Anxiety	3.24	.96	3.13	1.00	.71(158)	.477	-.20	.42	.10
2. Avoid	3.09	.51	3.23	.58	-1.62(158)	.108	-.31	.03	-0.26
3. BEAQ	3.96	.71	3.73	.72	2.03(158)	.044*	.01	.45	.34
4. PPCS	3.41	1.12	2.07	.99	7.97(158)	.000***	1.00	1.66	1.26

*Note.* Anxiety= Attachment anxiety; Avoid = Attachment avoidance; BEAQ = Brief Experiential Avoidance Questionnaire; PPCS = Problematic Pornography Consumption Scale; *M*= Mean, *SD*= Standard Deviation *CI* = confidence interval; *LL* = lower limit; *UL* = upper limit

\**p*<.05. \*\**p*<.01. \*\*\**p*<.001

Results indicate that gender differences in term of attachment styles (attachment anxiety and attachment avoidance) are not significant. The gender differences in term of experiential avoidance are significant. This suggests that males experience significantly more experiential avoidance than females. The gender differences in term of problematic pornography viewing are significant. This suggests that males engage significantly more in problematic pornography viewing behavior than females.

## **Chapter IV**

### **Discussion**

The purpose of this study was to examine the significant positive relationship of insecure attachment styles and experiential avoidance with problematic pornography viewing (PPV) among undergraduate university students. It also examined attachment styles and experiential avoidance as predictors of PPV among undergraduate university students. Moreover, it intended to investigate gender differences in term of attachment styles, experiential avoidance and PPV.

#### **Correlates of Problematic Pornography Viewing among Undergraduate University Students**

Consistent with hypothesis, the present study found that insecure attachment styles and experiential avoidance had a significant positive relationship with PPV among undergraduate university students. This suggested that undergraduate university students are likely to engage in PPV behaviors when they experience insecure attachment styles and experiential avoidance.

Previous studies indicate that anxious and avoidant attachment have been linked to sexual addiction (Varfi et al., 2019; Gouvernet et al., 2017). It has also been demonstrated that problematic pornography usage is more common in those who have insecurities like anxiety or avoidant attachment as well as traumatic past events (Efrati & Amichai-Hamburger, 2018). According to attachment theory, our early interactions with caregivers establish our attachment styles, which in turn influence how we behave in subsequent relationships. People who have an insecure attachment style, whether it is anxious or avoidant, may find it difficult to control their emotions and build healthy relationships. These people may seek brief relief from their emotional turmoil by engaging in addictive behaviors as coping techniques (Mikulincer &

Shaver, 2018). In Pakistani culture, loneliness has a significant association with problematic pornography use. It indicates a relationship between insecure attachment styles and PPV. These individuals tend to turn to pornography to satisfy their emotional and sexual needs, which can lead to problematic viewing and sexual dysfunction (Bibi et al., 2022).

Previous studies indicate that experiential avoidance was a positive correlate of PPV. PPV may have been positively mediated by experiential avoidance (Borgogna & McDermott, 2018; Levin et al., 2012; Wetterneck et al., 2012). Acceptance and Commitment Therapy (ACT) theory better explains the relation between experiential avoidance and the variable PPV. The ACT theory, a psychological intervention, places emphasis on the significance of acceptance, mindfulness, and values in fostering psychological well-being and behavioral change. According to this theory, experiential avoidance, or attempts to avoid or escape aversive thoughts, emotions, or sensations, can lead to psychological distress and limit individuals' willingness to engage in valued activities (Hayes et al., 2006). In order to escape their inner experiences, people may turn to adopt behaviors like watching pornographic media. In the light of this theory, people who use problematic amounts of pornography may benefit from developing acceptance skills, such as learning to acknowledge and embrace their inner sensations rather than ignoring or repressing them. Individuals can learn to examine these internal sensations without judgement and adopt activities that are consistent with their beliefs. This will prevent them from using addictive behaviors like pornography viewing as a diversion from unpleasant thoughts or feelings (Twohig & Crosby, 2010). This can lead to an increase in psychological flexibility and a decrease in problematic pornography consumption. In Pakistan, it is found that emotional avoidance is associated with exposure to sexually explicit material (Razzaq et al., 2018). Additionally, people frequently consume adult content in Pakistan out of boredom and emotional distress. Consuming

adult content could be a coping strategy among people for avoiding these negative emotions (Mubeen & Ashraf, 2022).

## **Predictors of Problematic Pornography Viewing among Undergraduate University**

### **Students**

The aim of this study was to examine attachment styles and experiential avoidance as predictors of PPV among undergraduate university students. After controlling the effect of demographic characteristics, the study found that attachment anxiety emerged as significant positive predictor of PPV among undergraduate university students. This suggests that undergraduate university students who experience anxious attachment styles are more likely to show PPV behavior.

Previous studies indicate those who were anxiously attached used pornography and engaged in sexual activity online often (Efrati & Amichai-Hamburger, 2018; Maas et al., 2018). According to attachment theory, sometimes individuals exhibit insecure attachment patterns, which include negative internal working models of oneself and others as well as negative expectations for close relationships. As insecurity rises, people will have a harder time controlling their emotions and managing stress. The addictive behaviors may then start to seem appealing as a method to "self-medicate" attachment requirements, control emotions, manage stress, and take the place of relationships (Gewirtz-Meydan et al., 2021). The relationship between PPV and anxious attachment styles can be explained by the possibility that pornography acts as a substitution for the unmet emotional demands that people with anxious attachment styles suffer in their relationships. Pornography provides a temporary sense of connection, validation, and arousal that mimics the feelings of intimacy and security that anxious individuals crave but cannot sustain in real life. The study was done on university students in the cultural

setting of Pakistan, and the findings showed that people with secure attachment had stronger interpersonal bonds and less likely to show social media addiction (Bashir et al., 2017). This indicates that people with insecure attachment style such as anxious people are likely to spend more time on social websites which can further lead to internet addiction. In the Pakistani context, societal norms and cultural expectations create anxiety among individuals. Prolonged engagement with adult content consumption is one of the maladaptive coping mechanisms used to escape these distressing emotions. Despite being a conservative society, explicit content is frequently consumed in Pakistan, and those who have insecurities like anxious attachment styles may be especially vulnerable to it. These people admitted to using pornography as a diversion from their feelings of fear, anxiety, and rejection (Ullah & Khan, 2020).

Results of the study have shown 8% variance of predictor variable. It means that there are 92% other reasons that are unexplored for PPV as well.

### **Gender Differences in Study Variables**

The study intended to investigate gender differences in term of attachment styles, experiential avoidance and PPV in the sample. The study found that there are significant gender differences in term of experiential avoidance and PPV, and that males experience significantly more experiential avoidance and engage more in PPV behavior than females.

Previous studies found that males reported significantly higher levels of experiential avoidance than females (Michael et al., 2022; Shorey et al., 2014). These findings are in line with previous research that has shown gender differences in emotion regulation strategies, with males being more likely to use avoidant coping strategies than females (Aldao et al., 2010). Experiential avoidance is a complex construct that can have various causes and consequences among males in Pakistan. Particularly in public settings, Pakistani men are frequently socialized

to repress their emotions and adopt a stoic demeanor. This cultural norm may put pressure on people to hide or repress their emotions, which over time may result in feelings of emotional instability. Many men in Pakistan could experience pressure to uphold traditional masculine roles and identities, which might entail avoiding emotions or limiting emotional expression to specific types, like anger or aggressiveness. This can create a tension between the expectations of society and one's internal emotional experiences, leading to emotional avoidance (Mirza & Jenkins, 2014). Males may experience a variety of traumatic situations in Pakistan, such as political violence and interpersonal violence, which can cause emotional avoidance (Naeem et al., 2015).

Previous researches has consistently shown that men are more likely to report problematic pornography consumption than women (Kumar et al., 202; Stefanska et al., 2022). Furthermore, research has also suggested that men tend to consume more extreme forms of pornography than women, which may increase their likelihood of experiencing negative consequences (Kuhn & Gallinat, 2016). However, in Pakistan, adult content consumption among males may be influenced by cultural and societal norms, as well as technological factors. For example, the stereotypes about sexism, gender and sexual objectification play an important role to influence pornography consumption (Daily Parliament Times, 2023). In addition, the greater accessibility of technology and the anonymity offered by the internet may possibly be factors in Pakistani men's significant consumption of sexual content. For instance, it has been shown that access to sexual content via mobile devices is common in Pakistan, with young males being more prone than young women to do so (Shahabuddin, 2022). In Pakistani society, male sexual power and virility are highly valued, which can increase feelings of shame and inadequacy in men who feel they are lacking in this area. These men can temporarily escape these emotions and

reaffirm their masculinity through pornography (Khan, 2022). It is important to note that the reasons behind male engagement in adult content consumption in Pakistan may be multifaceted and complex, and may be influenced by a variety of social, cultural, and individual factors. Further research is needed to better understand the underlying factors that contribute to this behavior.

### **Strengths**

According to the best of my knowledge, the current study is the first ever research, to observe the combination of these three variables. In East, the majority of studies on PPV have either been done on males or females. The current study intended to fill this gap by investigated the gender differences while simultaneously targeting both genders equally.

### **Limitations**

The study use correlational research design and did not focus on causation between the variables. The reliability of subscale of attachment styles (attachment avoidance) was 0.53, which is in poor range. It suggests that future researchers should use some other scale with better reliability to measure attachment styles. To investigate the role of experiential avoidance, the current study used Brief Experiential Avoidance Questionnaire (BEAQ) consists of 15-items scale that is short version of Multidimensional Experiential Avoidance Questionnaire (MEAQ) which consists of 62-items. Although BEAQ covers much of the same content of MEAQ but because of reduction in its items, it is not suitable for measuring the sub-dimensions of Experiential Avoidance (Gamez et al., 2013).

### **Conclusion**

Results of study revealed there is significant, positive and moderate relationship between attachment anxiety and PPV. There is a significant, positive and weak relationship between

attachment avoidance and PPV. There is a significant, positive and weak relationship between experiential avoidance and PPV. Among all predictors entered, attachment anxiety emerged as significant positive predictor of PPV among undergraduate university students. The gender differences in term of experiential avoidance are significant. Males experience significantly more experiential avoidance than females.

### **Future directions**

Future researchers should conduct a qualitative research on this same study variables to provide more comprehensive understanding of these variables combination. The same study could also be administered in population with different occupations. Clinicians/campus counselors should introduce interventions to improve insecure attachment styles i.e. interventions should be made to improve anxious attachment style which is predictor of problematic pornography viewing. Such as parental warmth can be helpful in establishing strong attachment styles.

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## **APPENDIX A**

## Questionnaire Permission

### Revised Adult Attachment Scale- Close relationship Version Permission

Department of Psychology

University of California Santa Barbara

August, 2008

Dear Colleagues:

Thank you for your interest in the Adult Attachment Scale. In this document you will find a copy of the original and revised Adult Attachment Scales, along with information on scoring. You'll also find some general information about self-report measures of adult attachment style, and a list of references from our lab.

Please feel free to use the Adult Attachment Scale in your research and, if needed, to translate the scale into a different language. If you do translate the scale, I would greatly appreciate it if you could send me a copy of your translation so that I can (with your permission) make the translation available to future researchers.

Before choosing the Adult Attachment Scale for your research, please be sure to investigate other self-report measures of adult attachment. There have been many developments in the field since my original scale was published, and you may find that newer scales – such as Brennan, Clark, & Shaver's (1988) Experiences in Close Relationships scale (ECR) – are better suited to your needs. I have included some references that will help you locate information on these newer measures.

Thank you for your interest in our work, and good luck with your research.

Sincerely,

*Nancy Collins*

Professor, UCSB

*ncollins@psych.ucsb.edu*

## BEAQ Permission

REQUESTING FOR PERMISSION TO USE THE BRIEF EXPERIENTIAL AVOIDANCE QUESTIONNAIRE External Inbox x

A

**Ayesha Noor**

Wed, Aug 24, 2022, 4:12 PM ☆

Respected Wakiza Gámez, I hope this email finds you in good health. My name is Ayesha, and I am a bachelor's student at the Department of Applied ...



**Wakiza Gámez** <wakizagamez@gmail.com>

Wed, Aug 24, 2022, 10:35 PM ☆ ↶ ⋮

to me ▼

Ayesha,

You may use the BEAQ for the purposes of your study. Good luck!

Waki

\*\*\*

One attachment • Scanned by Gmail ⓘ



## PPCS Permission

REQUESTING FOR PERMISSION TO USE PROBLEMATIC PORNOGRAPHY CONSUMPTION SCALE External Inbox x

A

**Ayesha Noor**

Jan 13, 2023, 11:13 PM ☆

Respected Beata Bothe, I hope this email finds you in good health. My name is Ayesha, and I am a bachelor's student at the Department of Applied Ps...

B

**Böthe Beáta** <bothe.beata@ppk.elte.hu>

Jan 15, 2023, 7:02 PM ☆ ↶ ⋮

to me, Sara ▼

Hello Ayesha,

You have my permission to use the PPCS in your research. The scale, instructions, and scoring can be found at the end (Appendix) of the attached paper.

Good luck with your research,

Bea

\*\*\*

One attachment • Scanned by Gmail ⓘ



## **APPENDIX B**

## Institutional Approval for Data Collection

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### KINNAIRD COLLEGE FOR WOMEN

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Date: 02.02.2023

#### PERMISSION LETTER

To, University of Lahore

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Our student, Ayesha Noor of B.Sc. (Hons) Applied Psychology Program, Kinnaird College for Women, Lahore, is conducting her research on:  
Attachment Styles, Experiential Avoidance and Problematic Pornography Viewing (PPV) among Undergraduate University students.

She is interested to carry out the study in your institution/organization/hospital with undergraduate students. She will be administering her research questionnaire to identify the insecure attachment styles, Experiential avoidance & PPV. I request you to grant her permission to conduct research work at your prestigious institute. Your cooperation/help in providing the necessary facilities for collecting data will be highly appreciated. Your support in this respect will also promote research work in Pakistan.

Thanking in anticipation

**Dr. Afsheen Gul**  
 Head of Applied Psychology Department  
 Kinnaird College for Women, Lahore



## KINNAIRD COLLEGE FOR WOMEN



Date 06-02-2023

### PERMISSION LETTER

To Kinnaird college Lahore

Our student, Ayesha Noor of B.Sc. (Hons) Applied Psychology Program, Kinnaird College for Women, Lahore, is conducting her research on:

Attachment styles, Experiential Avoidance and Problematic Pornography Viewing (PPV) among Undergraduate University students.

She is interested to carry out the study in your institution/organization/hospital with Undergraduate students. She will be administering her research questionnaire to identify the insecure attachment styles, Experiential avoidance & PPV. I request you to grant her permission to conduct research work at your prestigious institute. Your cooperation/help in providing the necessary facilities for collecting data will be highly appreciated. Your support in this respect will also promote research work in Pakistan.

Thanking in anticipation

**Dr. Afsheen Gul**  
Head of Applied Psychology Department  
Kinnaird College for Women, Lahore

## **APPENDIX C**

## **Informed Consent Form**

This study aims to examine the relationship between attachment styles, experiential avoidance and problematic pornography viewing among undergraduate university students.

**NAME OF RESEARCHER:** Ayesha Noor

**RESEARCH TOPIC:** Attachment styles, experiential avoidance and problematic pornography viewing among undergraduate university students.

**DEGREE PROGRAM:** BSc. Honors Applied Psychology

**UNIVERSITY:** Kinnaird College for Women University, Lahore

**SUPERVISOR'S NAME:** Miss Sara Asad, Lecturer at Department of Applied Psychology, Kinnaird College for Women University, Lahore

### **Selection basis:**

The selection process involves undergraduate students enrolled in universities of Lahore, Pakistan that have earned HEC recognition. The age range for undergraduate university candidates is between 18 to 24 years old. Those undergraduate students must be of Pakistani descent and able to read and understand English. The participants are those who viewed pornographic content at least once in a previous 6 months. Those participants are not included who currently have a medical condition associated with chronic physical illness or physical disability.

### **Time duration:**

Approximately 15-20 minutes are required.

### **Confidentiality:**

Your identity will be kept private and all acquired information will only be used for research purposes.

**Voluntariness:**

Participation in this study is completely voluntary, there is no compulsion and you are free to deny participation.

**Withdrawal:**

You are free to withdraw from the research at any point, without the fear of being penalized.

**Whom to contact:**

If you have any queries regarding the research they will be addressed by the researcher or you may email me at [F19BPSY053@Kinnaird.edu.pk](mailto:F19BPSY053@Kinnaird.edu.pk)

1.	I have clearly understood all terms and conditions of the research.	
2.	I have been given the right to satisfy all my queries with respect to the research.	
3.	I voluntarily agree to participate in this study.	
4.	I have been assured that my confidentiality shall not be breached.	
5.	I am aware of my right to withdraw at any point without any consequences.	
6.	The use of the data in research, publications, sharing and archiving has been explained to me.	
7.	I, along with the researcher, agree to sign and date this inform consent form.	

**Signature of the participant** \_\_\_\_\_

**Date** \_\_\_\_\_

## **APPENDIX D**

## Sample Copy of Questionnaire

### Demographic sheet

1. What is your age (years)?  
\_\_\_\_\_
2. What gender do you identify with?
  - a. Male
  - b. Female
3. What religion do you identify with?
  - a. Islam
  - b. Christianity
  - c. Hindu
  - d. Atheist
  - e. Other, please specify \_\_\_\_\_
4. What is your birth order?
  - a. First born
  - b. Middle born
  - c. Last born
  - d. Only child
5. Which sexual orientation do you most identify with?
  - a. Heterosexual
  - b. Homosexual
  - c. Bisexual
6. What is your relationship status?
  - a. Single
  - b. Engaged
  - c. Married
  - d. Separated/Divorced
  - e. Widowed
7. What is your nationality?
  - a. Pakistan
  - b. Other \_\_\_\_\_
8. In which type of university do you study?
  - a. Private
  - b. Government
9. You belong to:
  - a. An all-males institute
  - b. An all-females institute
  - c. Co-education
10. You are a:

- a. Day-scholar
- b. Hostelite

11. Major discipline (e.g., Zoology, Psychology etc.) \_\_\_\_\_

12. In which semester you are currently enrolled in? \_\_\_\_\_

13. Current CGPA or Marks percentage: \_\_\_\_\_

14. Which family system do you identify with?

- a. Joint
- b. Nuclear

15. What is your estimated monthly family income?

- a. Rs. 50,000 or below
- b. Rs. 50,001-100,000
- c. Rs. 100,001-200,000
- d. Rs. 200,001 or above

16. Are you doing part time job?

- a. No
- b. Yes

17. Do you have any psychological illness diagnosed by mental health professional?

- a. No
- b. Yes

(Optional) if yes, then are you currently seeking treatment from any mental health professional?

- a. Not applicable
- b. No
- c. Yes

18. Do you have any physical illness?

- a. No
- b. Yes

(Optional) if yes then specify \_\_\_\_\_

19. Do you have any physical disability?

- a. No
- b. Yes

(Optional) if yes then specify \_\_\_\_\_

**Pornography is defined as any written or visual content that promotes sexual arousal and contains an explicit description or demonstration of sexual organs or action. The following questions belong to this area:**

20. Do you like to read explicit romantic novels?

- a. Yes
- b. No

(Optional) if yes, then how many novels with explicit romantic content have you read in previous 6 months?

- a. Less than 5
- b. 6-10
- c. 11-15
- d. 16-20
- e. 21-25
- f. More than 25
- g. Not applicable

21. Frequency of watching sexually provocative movies or videos on social media websites in previous 6 months?

- a. Less than 5
- b. 6-10
- c. 11-15
- d. 16-20
- e. 21-25
- f. More than 25
- g. Not applicable

22. How old were you when you first time read or watched any sexually provocative content?

\_\_\_\_\_

### Revised Adult Attachment Scale- Close Relationship version

Please use the scale below by placing a number between 1 and 5 in the space provided to the right of each statement.

		1-----2-----3-----4-----5	
		Not at all	Very
		characteristic	characteristic
		of me	of me
1)	I find it relatively easy to get close to people.		_____
2)	I find it difficult to allow myself to depend on others.		_____
3)	I often worry that other people don't really love me.		_____
4)	I find that others are reluctant to get as close as I would like.		_____
5)	I am comfortable depending on others.		_____
6)	I <u>don't</u> worry about people getting too close to me.		_____
7)	I find that people are never there when you need them.		_____
8)	I am somewhat <u>un</u> comfortable being close to others.		_____
9)	I often worry that other people won't want to stay with me.		_____
10)	When I show my feelings for others, I'm afraid they will not feel the Same about me.		_____
11)	I often wonder whether other people really care about me.		_____
12)	I am comfortable developing close relationships with others.		_____
13)	I am <u>un</u> comfortable when anyone gets too emotionally close to me.		_____
14)	I know that people will be there when I need them.		_____
15)	I want to get close to people, but I worry about being hurt.		_____
16)	I find it difficult to trust others completely.		_____
17)	People often want me to be emotionally closer than I feel comfortable being.		_____
18)	I am not sure that I can always depend on people to be there when I need them.		_____

### Brief Experiential Avoidance Questionnaire

*Please indicate the extent to which you agree or disagree with each of the following statements:*

1. The key to a good life is never feeling any pain.
  1. Strongly disagree
  2. Moderately disagree
  3. Slightly disagree
  4. Slightly agree
  5. Moderately agree
  6. Strongly agree
  
2. I'm quick to leave any situation that makes me feel uneasy
  1. Strongly disagree
  2. Moderately disagree
  3. Slightly disagree
  4. Slightly agree
  5. Moderately agree
  6. Strongly agree
  
3. When unpleasant memories come to me, I try to put them out of my mind
  1. Strongly disagree
  2. Moderately disagree
  3. Slightly disagree
  4. Slightly agree
  5. Moderately agree
  6. Strongly agree
  
4. I feel disconnected from my emotions
  1. Strongly disagree
  2. Moderately disagree
  3. Slightly disagree
  4. Slightly agree
  5. Moderately agree
  6. Strongly agree
  
5. I won't do something until I absolutely have to
  1. Strongly disagree
  2. Moderately disagree
  3. Slightly disagree
  4. Slightly agree
  5. Moderately agree
  6. Strongly agree
  
6. Fear or anxiety won't stop me from doing something important
  1. Strongly disagree

2. Moderately disagree
3. Slightly disagree
4. Slightly agree
5. Moderately agree
6. Strongly agree

7. I would give up a lot not to feel bad

1. Strongly disagree
2. Moderately disagree
3. Slightly disagree
4. Slightly agree
5. Moderately agree
6. Strongly agree

8. I rarely do something if there is a chance that it will upset me

1. Strongly disagree
2. Moderately disagree
3. Slightly disagree
4. Slightly agree
5. Moderately agree
6. Strongly agree

9. It's hard for me to know what I'm feeling

1. Strongly disagree
2. Moderately disagree
3. Slightly disagree
4. Slightly agree
5. Moderately agree
6. Strongly agree

10. I try to put off unpleasant tasks for as long as possible

1. Strongly disagree
2. Moderately disagree
3. Slightly disagree
4. Slightly agree
5. Moderately agree
6. Strongly agree

11. I go out of my way to avoid uncomfortable situations

1. Strongly disagree
2. Moderately disagree
3. Slightly disagree
4. Slightly agree
5. Moderately agree
6. Strongly agree

12. One of my big goals is to be free from painful emotions

1. Strongly disagree
2. Moderately disagree
3. Slightly disagree
4. Slightly agree
5. Moderately agree
6. Strongly agree

13. I work hard to keep out upsetting feelings

1. Strongly disagree
2. Moderately disagree
3. Slightly disagree
4. Slightly agree
5. Moderately agree
6. Strongly agree

14. If I have any doubts about doing something, I just won't do it

1. Strongly disagree
2. Moderately disagree
3. Slightly disagree
4. Slightly agree
5. Moderately agree
6. Strongly agree

15. Pain always leads to suffering

1. Strongly disagree
2. Moderately disagree
3. Slightly disagree
4. Slightly agree
5. Moderately agree
6. Strongly agree

### **Problematic Pornography Consumption Scale**

*Please think back to the past six months and indicate on the following 7-point scale how often or to what extent the statements apply to you. There is no right or wrong answer. Please indicate the answer that most applies to you.*

1. I felt that porn is an important part of my life
  1. Never
  2. Rarely
  3. Occasionally
  4. Sometimes
  5. often
  6. very often
  7. all the time
  
2. I used porn to restore the tranquility of my feelings
  1. Never
  2. Rarely
  3. Occasionally
  4. Sometimes
  5. often
  6. very often
  7. all the time
  
3. I felt porn caused problems in my sexual life
  1. Never
  2. Rarely
  3. Occasionally
  4. Sometimes
  5. often
  6. very often
  7. all the time
  
4. I felt that I had to watch more and more porn for satisfaction
  1. Never
  2. Rarely
  3. Occasionally
  4. Sometimes
  5. often
  6. very often
  7. all the time
  
5. I unsuccessfully tried to reduce the amount of porn I watch
  1. Never
  2. Rarely
  3. Occasionally

4. Sometimes
5. often
6. very often
7. all the time

6. I became stressed when something prevented me from watching porn

1. Never
2. Rarely
3. Occasionally
4. Sometimes
5. often
6. very often
7. all the time

7. I thought about how good it would be to watch porn

1. Never
2. Rarely
3. Occasionally
4. Sometimes
5. often
6. very often
7. all the time

8. Watching porn got rid of my negative feelings

1. Never
2. Rarely
3. Occasionally
4. Sometimes
5. often
6. very often
7. all the time

9. Watching porn prevented me from bringing out the best in me

1. Never
2. Rarely
3. Occasionally
4. Sometimes
5. often
6. very often
7. all the time

10. I felt that I needed more and more porn in order to satisfy my needs

1. Never
2. Rarely
3. Occasionally
4. Sometimes

5. often
6. very often
7. all the time

11. When I vowed not to watch porn anymore, I could only do it for a short period of time

1. Never
2. Rarely
3. Occasionally
4. Sometimes
5. often
6. very often
7. all the time

12. I became agitated when I was unable to watch porn

1. Never
2. Rarely
3. Occasionally
4. Sometimes
5. often
6. very often
7. all the time

13. I continually planned when to watch porn

1. Never
2. Rarely
3. Occasionally
4. Sometimes
5. often
6. very often
7. all the time

14. I released my tension by watching porn

1. Never
2. Rarely
3. Occasionally
4. Sometimes
5. often
6. very often
7. all the time

15. I neglected other leisure activities as a result of watching porn

1. Never
2. Rarely
3. Occasionally
4. Sometimes
5. often

6. very often
7. all the time

16. I gradually watched more “extreme” porn, because the porn I watched before was less satisfying

1. Never
2. Rarely
3. Occasionally
4. Sometimes
5. often
6. very often
7. all the time

17. I resisted watching porn for only a little while before I relapsed

1. Never
2. Rarely
3. Occasionally
4. Sometimes
5. often
6. very often
7. all the time

18. I missed porn greatly when I didn’t watch it for a while

1. Never
2. Rarely
3. Occasionally
4. Sometimes
5. often
6. very often
7. all the time

## **APPENDIX E**

## SPSS Outputs

### Scale: Attachment Anxiety

#### Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.783	.782	6

### Scale: Attachment avoidance

#### Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.532	.532	12

### Scale: Brief experiential avoidance questionnaire

#### Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.708	.714	15

### Scale: PPCS

#### Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.923	.926	18

## Correlations

### Descriptive Statistics

	Mean	Std. Deviation	N
mean of attachment anxiety	3.1802	.97898	160
mean of attachment avoidance	3.1599	.55332	160
mean of brief experiential avoidance questionnaire	3.8417	.71937	160
meanPPCS	2.7396	1.24736	160

### Correlations

		mean of attachment anxiety	mean of attachment avoidance	mean of brief experiential avoidance questionnaire	meanPPCS
mean of attachment anxiety	Pearson Correlation	1	.381**	.309**	.333**
	Sig. (1-tailed)		.000	.000	.000
	N	160	160	160	160
mean of attachment avoidance	Pearson Correlation	.381**	1	.144*	.158*
	Sig. (1-tailed)	.000		.034	.023
	N	160	160	160	160
mean of brief experiential avoidance questionnaire	Pearson Correlation	.309**	.144*	1	.241**
	Sig. (1-tailed)	.000	.034		.001
	N	160	160	160	160
meanPPCS	Pearson Correlation	.333**	.158*	.241**	1
	Sig. (1-tailed)	.000	.023	.001	
	N	160	160	160	160

\*\* . Correlation is significant at the 0.01 level (1-tailed).

\* . Correlation is significant at the 0.05 level (1-tailed).

## Regression

**Residuals Statistics<sup>a</sup>**

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	.9956	4.7210	2.7187	.84265	159
Std. Predicted Value	-2.045	2.376	.000	1.000	159
Standard Error of Predicted Value	.135	.311	.213	.039	159
Adjusted Predicted Value	.9637	4.9046	2.7220	.84589	159
Residual	-1.76420	2.70999	.00000	.88638	159
Std. Residual	-1.939	2.979	.000	.974	159
Stud. Residual	-1.989	3.017	-.002	1.002	159
Deleted Residual	-1.85570	2.77950	-.00329	.93686	159
Stud. Deleted Residual	-2.009	3.102	.000	1.009	159
Mahal. Distance	2.500	17.466	7.950	3.234	159
Cook's Distance	.000	.039	.006	.008	159
Centered Leverage Value	.016	.111	.050	.020	159

a. Dependent Variable: meanPPCS

**Model Summary<sup>d</sup>**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics					Durbin-Watson
					R Square Change	F Change	df1	df2	Sig. F Change	
1	.630 <sup>a</sup>	.397	.378	.96483	.397	20.174	5	153	.000	1.646
2	.682 <sup>b</sup>	.465	.441	.91471	.068	9.613	2	151	.000	
3	.689 <sup>c</sup>	.475	.447	.90971	.009	2.664	1	150	.105	

a. Predictors: (Constant), Onset of reading/watching sexually provocative content, CGPA, Reading explicit romantic novels, Age of participant, Gender of participant

b. Predictors: (Constant), Onset of reading/watching sexually provocative content, CGPA, Reading explicit romantic novels, Age of participant, Gender of participant, mean of attachment avoidance, mean of attachment anxiety

c. Predictors: (Constant), Onset of reading/watching sexually provocative content, CGPA, Reading explicit romantic novels, Age of participant, Gender of participant, mean of attachment avoidance, mean of attachment anxiety, mean of brief experiential avoidance questionnaire

d. Dependent Variable: meanPPCS

ANOVA<sup>a</sup>

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	93.898	5	18.780	20.174	.000 <sup>b</sup>
	Residual	142.427	153	.931		
	Total	236.325	158			
2	Regression	109.984	7	15.712	18.779	.000 <sup>c</sup>
	Residual	126.341	151	.837		
	Total	236.325	158			
3	Regression	112.189	8	14.024	16.946	.000 <sup>d</sup>
	Residual	124.136	150	.828		
	Total	236.325	158			

a. Dependent Variable: meanPPCS

b. Predictors: (Constant), Onset of reading/watching sexually provocative content, CGPA, Reading explicit romantic novels, Age of participant, Gender of participant

c. Predictors: (Constant), Onset of reading/watching sexually provocative content, CGPA, Reading explicit romantic novels, Age of participant, Gender of participant, mean of attachment avoidance, mean of attachment anxiety

d. Predictors: (Constant), Onset of reading/watching sexually provocative content, CGPA, Reading explicit romantic novels, Age of participant, Gender of participant, mean of attachment avoidance, mean of attachment anxiety, mean of brief experiential avoidance questionnaire

Coefficients<sup>a</sup>

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B		Correlations			Collinearity Statistics		
		B	Std. Error	Beta			Lower Bound	Upper Bound	Zero-order	Partial	Part	Tolerance	VIF	
1	(Constant)	7.000	1.316		5.321	.000	4.401	9.599						
	Age of participant	-.087	.054	-.105	-1.600	.112	-.194	.020	-.250	-.128	-.100	.918	1.089	
	Gender of participant	-1.293	.161	-.530	-8.051	.000	-1.610	-.976	-.567	-.546	-.505	.908	1.102	
	CGPA	-.288	.224	-.083	-1.285	.201	-.731	.155	-.207	-.103	-.081	.941	1.063	
	Reading explicit romantic novels	-.473	.157	-.193	-3.008	.003	-.784	-.162	-.192	-.236	-.189	.959	1.043	
	Onset of reading/watching sexually provocative content	-.039	.032	-.079	-1.228	.221	-.102	.024	-.206	-.099	-.077	.955	1.048	
	2	(Constant)	4.484	1.390		3.224	.002	1.736	7.231					
Age of participant	-.076	.052	-.091	-1.462	.146	-.178	.027	-.250	-.118	-.087	.911	1.098		
Gender of participant	-1.333	.154	-.547	-8.631	.000	-1.638	-1.028	-.567	-.575	-.514	.883	1.133		
CGPA	-.226	.213	-.065	-1.060	.291	-.647	.195	-.207	-.086	-.063	.936	1.068		
Reading explicit romantic novels	-.400	.151	-.163	-2.657	.009	-.698	-.103	-.192	-.211	-.158	.942	1.062		
Onset of reading/watching sexually provocative content	-.012	.031	-.023	-.374	.709	-.073	.050	-.206	-.030	-.022	.900	1.111		
mean of attachment anxiety	.252	.084	.201	3.000	.003	.086	.418	.316	.237	.179	.788	1.269		
mean of attachment avoidance	.262	.146	.119	1.797	.074	-.026	.551	.164	.145	.107	.807	1.238		
3	(Constant)	3.959	1.420		2.788	.006	1.154	6.764						
	Age of participant	-.078	.051	-.094	-1.518	.131	-.180	.024	-.250	-.123	-.090	.910	1.099	
	Gender of participant	-1.299	.155	-.533	-8.377	.000	-1.605	-.992	-.567	-.565	-.496	.867	1.154	
	CGPA	-.216	.212	-.062	-1.019	.310	-.635	.203	-.207	-.083	-.060	.935	1.069	
	Reading explicit romantic novels	-.417	.150	-.170	-2.779	.006	-.714	-.121	-.192	-.221	-.164	.937	1.067	
	Onset of reading/watching sexually provocative content	-.010	.031	-.020	-.325	.745	-.071	.051	-.206	-.027	-.019	.899	1.112	
	mean of attachment anxiety	.216	.087	.172	2.489	.014	.044	.387	.316	.199	.147	.735	1.361	
	mean of attachment avoidance	.248	.145	.112	1.705	.090	-.039	.535	.164	.138	.101	.805	1.243	
mean of brief experiential avoidance questionnaire	.176	.108	.103	1.632	.105	-.037	.388	.259	.132	.097	.872	1.147		

a. Dependent Variable: meanPPCS

## T-Test

### Group Statistics

	Gender of participant	N	Mean	Std. Deviation	Std. Error Mean
mean of attachment anxiety	Male	80	3.2354	.95640	.10693
	Female	80	3.1250	1.00404	.11225
mean of attachment avoidance	Male	80	3.0896	.51383	.05745
	Female	80	3.2302	.58495	.06540
mean of brief experiential avoidance questionnaire	Male	80	3.9558	.70625	.07896
	Female	80	3.7275	.71859	.08034
meanPPCS	Male	80	3.4056	1.11761	.12495
	Female	80	2.0736	.99207	.11092

### Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
mean of attachment anxiety	Equal variances assumed	.102	.750	.712	158	.477	.11042	.15503	-.19578	.41662
	Equal variances not assumed			.712	157.628	.477	.11042	.15503	-.19579	.41662
mean of attachment avoidance	Equal variances assumed	.962	.328	-1.615	158	.108	-.14063	.08705	-.31255	.03130
	Equal variances not assumed			-1.615	155.417	.108	-.14063	.08705	-.31258	.03133
mean of brief experiential avoidance questionnaire	Equal variances assumed	.001	.976	2.027	158	.044	.22833	.11265	.00584	.45082
	Equal variances not assumed			2.027	157.953	.044	.22833	.11265	.00584	.45082
meanPPCS	Equal variances assumed	3.473	.064	7.972	158	.000	1.33194	.16708	1.00195	1.66194
	Equal variances not assumed			7.972	155.809	.000	1.33194	.16708	1.00191	1.66198

## **APPENDIX F**

## Plagiarism Report

### Second Chance June Defense 2023

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