



LONG PROBLEMATIC
PORNOGRAPHY CONSUMPTION
SCALE - 18Q

Read This First

The Problematic Pornography Consumption Scale offers a guide, not a strict rule, for measuring whether your porn use is a problem. Like any test of this sort, it's a little arbitrary in setting a score for what qualifies as a "problem." **In other words, whether or not you score 76 below, if your porn use is interfering with your life, and you've tried to stop and can't, there is help for you**

Problematic Pornography Consumption Scale

Based on Bothe, et al., *The Development of the Problematic Pornography Consumption Scale (PPCS)*, The Journal of Sex Research, published online 06 Mar 2017 (available [here](#)).

Answer the following questions, rating them by how much you feel they apply to you from 1 to 7, where:

1 = never, 2 = rarely, 3 = occasionally, 4 = sometimes, 5 = often, 6 = very often, 7 = all the time

1. I felt that porn is an important part of my life
2. I used porn to restore the tranquillity of my feelings
3. I felt porn caused problems in my sexual life
4. I felt that I had to watch more and more porn for satisfaction
5. I unsuccessfully tried to reduce the amount of porn I watch
6. I became stressed when something prevented me from watching porn
7. I thought about how good it would be to watch porn
8. Watching porn got rid of my negative feelings
9. Watching porn prevented me from bringing out the best in me
10. I felt that I needed more and more porn in order to satisfy my needs
11. When I vowed not to watch porn any more, I could only do it for a short period of time
12. I became agitated when I was unable to watch porn
13. I continually planned when to watch porn
14. I released my tension by watching porn
15. I neglected other leisure activities as a result of watching porn
16. I gradually watched more 'extreme' porn, because the porn I watched before was less satisfying
17. I resisted watching porn for only a little while before I relapsed
18. I missed porn greatly when I didn't watch it for a while
19. Add the scores for all the questions together. A score of 76 or higher suggests problematic levels of pornography use.