

The Pornography Consumption Effect Scale (PCES)

Below is a series of questions. Please indicate your answer to each question using the following scale: 1 = not at all; 2 = to a very small extent; 3 = to a small extent; 4 = to a moderate extent; 5 = to a large extent; 6 = to a very large extent; 7 = to an extremely large extent. Please write your answer on the line ____ before each question. Please answer all questions.

[SL = Sex life; LG = Life in General; ATS = Attitudes toward sex; PATOG = Perception of and attitudes toward the opposite gender; SK = Sexual knowledge. (P) indicates that the item belongs to the positive effect dimension. (N) indicates that the item belongs to the negative effect dimension.]

To what extent do you believe that your consumption of pornography:

1. ____SK (P) Has taught you new sexual techniques?
2. ____ATS (N) Has made you less tolerant towards sex?
3. ____ATS (P) Has influenced positively your outlook on sex?
4. ____PATOG (N) Has adversely affected your views of the opposite gender?
5. ____LG (N) Overall, has had a harmful effect on your life?
6. ____SL (N) Overall, has been a negative supplement to your sex life?
7. ____PATOG (N) Has led you to view the opposite gender more stereotypically?
8. ____SK (P) Has added to your knowledge of vaginal sexual intercourse?
9. ____SK (P) Has taught you something new about your sexual desires?
10. ____LG (N) Has made you less satisfied with your life?
11. ____LG (P) Overall, has made a valuable contribution to your life?
12. ____SL (P) Overall, has improved your sex life?
13. ____SL (N) Has reduced your sexual activities?
14. ____SK (P) Has added to your knowledge of anal sex?
15. ____PATOG (P) Has positively affected your view of the opposite gender?
16. ____SK (P) Has added to your knowledge of sexual foreplay?
17. ____LG (N) Has made your life more problematic?
18. ____ATS (P) Has made you more tolerant in relation to sex?
19. ____ATS (N) Has made you less sexually liberal?
20. ____PATOG (P) Has made you more respectful towards the opposite gender?
21. ____SL (P) Has made you experiment more in your sex life?
21. ____SL (N) Overall, has made your sex life worse?
23. ____SK (P) Has added to your knowledge of masturbation?
24. ____LG (P) Has made you more content with your life?
25. ____LG (N) Has reduced your quality of life?

26. ___ATS (N) Has had a negative influence on your attitudes toward sex?
27. ___SL (P) Has increased your sexual activity?
28. ___SL (P) Overall, has been a positive supplement to your sex life?
29. ___SK (P) Has improved your knowledge of sex?
30. ___LG (P) Has improved your quality of life?
31. ___ATS (P) Has had a positive influence on your attitudes toward sex?
32. ___ATS (N) Has adversely affected your outlook on sex?
33. ___SL (P) Has added something positive to your sex life?
34. ___SL (N) Has made you experiment less in your sex life?
35. ___PATOG (N) Has made you less respectful towards the opposite gender?
36. ___PATOG (P) Has made you friendlier towards the opposite gender?
37. ___ATS (N) Has adversely influenced your opinions of sex?
38. ___PATOG (P) Has led you to view the opposite gender less stereotypically?
39. ___SK (P) Has improved your knowledge of oral sex?
40. ___SL (N) Has led to problems in your sex life?
41. ___SK (P) Has given you more insight into your sexual fantasies?
42. ___LG (P) Has made your life less problematic?
43. ___ATS (P) Has positively influenced your opinions of sex?
44. ___SL (N) Has added something negative to your sex life?
45. ___ATS (P) Has made you more sexually liberal?
46. ___SL (N) Generally, has given you performance anxiety when you are sexually active on your own (e.g., during masturbation)?
47. ___SL (N) Generally, has given you performance anxiety when you are sexually active with others (e.g., during intercourse, oral sex, etc.)?