Pornography Consumption Inventory (PCI)

Below are a number of statements that explain various reasons why people use pornography. Please respond to each statement and indicate the degree to which it describes you. For this questionnaire, pornography should be defined as material that (1) creates or elicits sexual feelings or thoughts and (2) contains explicit exposure or descriptions of sexual acts involving the genitals, such as vaginal or anal intercourse, oral sex, or masturbation. **Only circle one number per statement and please be sure to answer every question**.

		Never Like Me	Rarely Like Me	Somewhat Like Me	Often Like Me	Very Often Like Me
1.	I use it to learn more about a sexual activity or practice	1	2	3	4	5
2.	It provides an opportunity to be distracted from life's challenges	1	2	3	4	5
3.	I turn to it when I'm feeling down, sad, or lonely	1	2	3	4	5
4.	I'm curious about what types of sex other people have	1	2	3	4	5
5.	I use it to escape into a fantasy world	1	2	3	4	5
6.	I use it to provide some novelty or variety in my life	1	2	3	4	5
7.	I use it to sexually arouse myself	1	2	3	4	5
8.	I use it to expand my knowledge about sexual possibilities	1	2	3	4	5
9.	I use it to feel physical pleasure	1	2	3	4	5
10.	I use it to change my mood when I am anxious, stressed, or angry	1	2	3	4	5
11.	It gives me a sense of excitement	1	2	3	4	5
12.	I use it to avoid feeling uncomfortable or unpleasant emotions	1	2	3	4	5
13.	It fuels an interest I have to understand more about sex	1	2	3	4	5
14.	I use it to help me masturbate, for a physical release	1	2	3	4	5
15.	I use it to disconnect from unpleasant circumstances or situations I experience	1	2	3	4	5

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Sexual Curiosity: 1.4.8.13 Emotional Avoidance: 2.3.10.12.15 Excitement Seeking: 5.6.11 Sexual Pleasure: 7.9.14