



FOR IMMEDIATE RELEASE

Date: December 6, 2016

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## Sex and Pornography Addiction Are Real

The Society for the Advancement of Sexual Health is clear that sexual addiction and pornography addiction are real. There is ample empirical scientific evidence to support the classification of sexual addiction and pornography addiction as mental health disorders.

Here are four sources of relevant research:

- The public policy statement on addiction by the clinical experts in the American Society for Addiction Medicine supports the SASH position by leaving no doubt that all addictions — whether to alcohol, heroin or sex, are fundamentally the same. <http://www.asam.org/advocacy/find-a-policy-statement/view-policy-statement/public-policy-statements/2011/12/15/the-definition-of-addiction>
- A recent chapter called *Sexual Addiction* written by SASH professionals in the book *The Neurobiology of Behavioral Addictions* published by Oxford University Press. <http://www.sash.net/wp-content/uploads/2016/10/Sexual-Addiction-Chapter-from-Neurobiology-of-Addiction.pdf>
- Multiple studies reveal a link between pornography use and sexual performance problems, relationship and sexual dissatisfaction, and reduced brain activation to sexual stimuli. <http://pornstudycritiques.com/studies-reporting-relationships-between-porn-use-in-young-men-and-ed-anorgamsia-low-sexual-desire-delayed-ejaculation-and-lower-brain-activation-to-sexual-images/>
- The “brain” studies on pornography users currently published (or in the press) are consistent with 180+ Internet addiction brain studies, some of which also include Internet pornography use. <http://pornstudycritiques.com/current-list-of-brain-studies-on-porn-users/>

The American Association of Sexuality Educators, Counsellors and Therapists, AASECT, has published a position paper fundamentally calling this knowledge into question. Its recent position paper failed to acknowledge the preponderance of scientific research that Internet pornography use can cause addiction-related brain changes.

Fortunately for suffering clients, most therapists who work in the field of problematic sexual behaviors appear to be familiar with the current research in the area. SASH makes the latest research available to our members, in order to provide the most beneficial treatment to those in need.

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The Society for the Advancement of Sexual Health (SASH) is a nonprofit multidisciplinary organization founded in 1987, dedicated to scholarship, clinical training, and resources for promoting sexual health and overcoming problematic sexual behaviors such as sex/porn addiction, hypersexual disorder, out of control sexual behavior, sexual impulsivity, and sexual abuse. Visit [www.sash.net](http://www.sash.net) for more information.