

# **Implications of Narcissism in Pornography and Masturbation Behaviors Among Depressed**

## **Individuals**

Andreea Nazare

Department of Psychology, Liberty University

Dr. Fred Volk

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## **Abstract**

The current advancements in technology and widespread accessibility to free electronic content allowed pornography to become a widespread form of entertainment in modern society. Former studies showed concern that negative consequences could result from pornography use.

Nonetheless, a less popular impression holds that pornography is a maladaptive coping approach to other concerns like depression or anxiety. Along the same line, previous research supported a predictive relationship between pornography use and masturbation. The current study evaluated the predictive relationship between depression and masturbation as mediated by pornography usage. Narcissism was introduced as a moderator in this model, provided that levels of self-appraisal and extreme levels of narcissism, either grandiose or vulnerable, could facilitate the maladaptive coping of depressed patients resorting to pornography usage. The results displayed a significant relationship through the mediated pathway, and low levels of narcissism exacerbated masturbation significantly in depressed participants who used pornography. High levels of narcissism predicted decreased levels of masturbation in participants who were depressed and used pornography. The implication of this study is future awareness for depressed individuals who might resort to maladaptive coping instead of actual diagnosis and treatment. Though pornography is more accepted in contemporary society, it should be taken into consideration by healthcare providers as a potential signal for depressed patients who also might experience pathological narcissism and would benefit from therapy for depression and self-appraisal.