PARTNER PORNOGRAPHY USE AND EFFECTS ON FEMALE PARTNERS:

THE MODERATING EFFECTS OF RELIGIOUS COPING AND THE SBW STEREOTYPY

ON WOMEN'S MENTAL HEALTH AND RELATIONSHIP SATISFACTION

by

Aretha Raquel Guidry, LMSW

Liberty University

A Dissertation Proposal

Submitted to the Faculty of Liberty University

in partial fulfillment of the requirements for the degree of

Doctor of Education in Community Care and Counseling

School of Behavioral Sciences

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Dissertation Committee Approval:

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ABSTRACT

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Pornography use is wide-spread, and its detrimental effects are clearly outlined in the literature. In contrast to the abundance of literature related to male use and its influence on the user, female partners, and relationships, there is a dearth of empirical findings addressing racial differences and various coping mechanisms potentially moderating the link between pornography use, mental health outcomes, and relationship satisfaction. To this end, the present study examined the mental health outcomes of female partners, as moderated by religious coping and the strong Black woman (SBW) stereotypy, and the subsequent effect on relationship satisfaction. Participants in the study completed assessments to evaluate the degree to which they embody characteristics consistent with the SBW stereotypy, levels of religious coping, presence and level of depression and anxiety, and overall relationship satisfaction. Two-hundred and seventy-five female participants, obtained via Qualtrics, were all in committed relationships with partners

who use pornography, and did not use pornography with their partner. The results of this quantitative study indicated partner pornography use is predictive of less relationship satisfaction for European American women, depression is predictive of less relationship satisfaction for European and African American women, and neither SBW stereotypy nor religious coping are statistically significant moderators for mental health or relationship satisfaction for female partners of pornography users.

Keywords: pornography, religious coping, strong Black woman, relationship satisfaction

Dedication

I dedicate this accomplishment to Gabrielle Grace, my "I know that I know that God is real child", Alexandria Faith, my "but God 4ᵗʰ trimester child", and Caleb Richard Paul "my Spirit filled giant child". The three of you, unique and talented in your own ways, yet embodying the same gentle spirits that have made parenting so easy, motivate me to strive for excellence in all things. There has been no greater joy and no greater responsibility than being your mommy, and without you I would not be the woman that I am today. You enabled me to do what most single mothers cannot do . . . I appreciate your sacrifice, love, independence, and auto-pilot capabilities. I am blessed because of you, my quiver is full and together we will stand for Christ and see His glory manifested in the Earth! Love, Mommy

And to my parents, who once said, "If you're not able to provide all that she needs and most of what she wants, bring her back home." Unbeknownst to you, this statement shaped my life tremendously. It provided me with a solid foundation of unquestionable unconditional love, security, and confidence to conquer anything that was before me. I now see it as the privilege of a blessed childhood, void of major conflict, filled with all that I needed, and all that I wanted. As this dissertation process unfolded and my life experiences came full circle in my research, I realized just how much that statement has given me strength over the past 20 years. Thank you for your sacrifice, stern upbringing, and love. And thank you for spoiling me too!

Acknowledgments

To God, through whom all my blessings flow, You have never failed me, and it is only by Your grace and mercy that I am here today. I am blessed to call you Father and pray that you are pleased. "As long as I got King Jesus, I don't need nobody else!"

To my chair, Dr. Volk, it is my firm belief that it is by divine intervention, God's purpose and design, that I first learned of Liberty University (in marriage counseling), subsequently met you, and had the privilege of being mentored by such a gentle and nurturing soul. I verbalized this belief in the summer of 2016 and it has remained true. Your patience, constant encouragement, and commitment to the success of others is a testament of the Christ within you. I am eternally grateful for the time and energy that you have invested in me. Your wisdom, knowledge, and expertise in research and statistics are added bonuses that pale in comparison to your heart. One of my favorite scriptures is "He that has begun a great work in you, is faithful to complete it "(Philippians 1:6). When I was overwhelmed, tired, and wondering how I would make it through, it was your motivation and often stated belief in me that always brought this scripture to my mind. Thank you.

To my reader Dr. Bird, and other Liberty University faculty, I appreciate the Christian fellowship and every minute of your time, dedication, and outpouring of scholarly advice. It has taken a village to get here and my success is rooted in each of you.

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Jeremiah 17:7-8; 1 Thessalonians 5:16-18

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Brief Religious Coping Scale (RCOPE)

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CHAPTER ONE: INTRODUCTION

According to the National Center for Health Statistics Division of the Centers for Disease

Control (CDC), over 800,000 divorces occurred in the United States each year for the past ten

years (Centers for Disease Control, 2016). While there are numerous issues, which contribute to

dysfunctional relationships, maladaptive behavioral patterns between romantic partners, and the

subsequent demise of a marriage or romantic relationship, the use of pornography is identified as

one such factor (Doran & Price, 2014; Perry & Davis, 2017; Staley & Prause, 2013). The ease of

access to online pornographic materials resulted in an increase in the number of couples seeking

counseling related explicitly to pornography use (Ayres & Haddock, 2009; Willoughby, Carol,

Busby, & Brown, 2016). However, a causal relationship with divorce remains difficult to

ascertain, due to numerous factors when combined with the use of pornography, influence

romantic relationships.

The increasing availability and use of pornography can have a lasting negative effect on

the user, as well as their partners and families (Doran & Price, 2014; Manning, 2006; Newstrom

& Harris, 2016; Perry & Davis, 2017; Perry, 2018; Yucel & Gassanov, 2010). Pornography use

is both a catalyst and an indicator of relationship dysfunction, which includes lower levels of

relationship and sexual satisfaction, depression, and long-term relationship viability (Doran &

Price, 2014; Perry, 2018). Now considered normative in American culture, pornography

consumption increased exponentially in the last three decades (Lykke & Cohen, 2015; Maddox,

Rhoades, & Markman, 2011; Willoughby et al., 2016). A preponderance of research indicated

pornography consumption is negatively related with marital satisfaction, relationship stability,

and emotional well-being for spouses (Doran & Price, 2014; Manning, 2006; Newstrom &

Harris, 2016: Poulsen, Busby, & Galovan, 2013). Hence, a positive correlation with relationship

dysfunction, maladaptive interactions, and infidelity (Doran & Price, 2014; Gwinn, Lambert, Fincham, & Maner, 2013; Lambert et al., 2012; Newstrom & Harris, 2016), which are all identified contributing factors for separation and divorce.

Considered to have properties commensurate with other forms of addiction and frequently referred to in the literature as a form of sex addiction (Duffy, Dawson, & Nair, 2016; Ford, Durtschi, & Franklin, 2012; Tarver, 2010; Zitzman & Butler, 2005), pornography consumption is deleterious in nature. By example, it negatively effects both the individual and the couple in several areas to include spiritual, psychological, and emotional domains, subsequently undermining relationship, and marital satisfaction. Due to the aforementioned implications associated with pornography consumption and self-report of users, it is often operationalized as a form of addiction, although many theoretical perspectives exist and there is a lack of consensus regarding definitions, etiology, and treatment (Duffy et al., 2016).

Based upon current trends related to ease of access to pornographic material, increasing usage among both single and married individuals is noted as detrimental to romantic relationships (Doran & Price, 2014; Manning, 2006; Newstrom & Harris, 2016; Perry & Davis, 2017; Perry, 2018; Yucel & Gassanov, 2010). It may be useful to begin not only understanding those factors directly related to pornography use and marital discord, but to begin to look at how some of these factors interact with one another to either attenuate or strengthen the link between pornography use and divorce. Individuals use varying coping mechanisms based upon factors such as gender, race, cultural norms, interpersonal history, upbringing, and familial patterns. It appears reasonable to assert the outcomes associated with different coping styles will also vary. Further, as technology continues to advance, it is also likely pornography usage will continue to rise, consistent with trends over the past few decades (Lykke & Cohen, 2015; Maddox et al.,

2011; Price, Patterson, Regnerus, & Walley, 2016; Willoughby et al., 2016). Expounding upon technology's impact, specifically via the internet and accessible on various devices, pornography consumption is shrouded in a degree of anonymity, which may lead to secretive use. Often, the user's behavior is exposed, resulting in feelings of shock and betrayal for their partner (Bergner & Bridges, 2002; Schneider, 2000). Once pornography use is exposed and the initial trauma has occurred, the effects upon the woman and the relationship may be far-reaching, impacting mental health, self-esteem, levels of anxiety, trust, and overall relationship satisfaction (Bergner & Bridges, 2002; Bueskens, 2012; Stewart & Szymanski, 2012; Tylka & Kroon Van Diest, 2014; Tylka, 2015; Zitzman & Butler, 2009).Thereby, continued evaluation of moderating factors that play a role in relationship disruption may help explicate the dynamics of destructive pornography use, as it relates to romantic relationships.

As aforementioned, the manner in which an individual manages stressful situations, i.e. copes, varies widely in style (Gottman, 1994; Matud, 2004; Mintle, 2015), impacts mental health (Ben-Zur, 2009; LaVeist, Thorpe, Pierre, Mance, & Williams, 2014; Webb et al., 2010; Yung et al., 2013), and affects dyadic couple relationships (Chow, Buhrmester, & Tan, 2014; Gottman, 1994; Tuskeviciute, Snyder, Stadler, & Shrout, 2018). While there are numerous empirical articles and findings specific to pornography and coping styles, independent of one another, the literature is void of studies which look at the link between various types of coping and the effects of pornography, jointly. More specifically, pornography, religious coping, and the SBW stereotypy are independent constructs, which investigators studied in connection to how they intersect with mental health, emotional well-being, attachment dynamics, and relationship outcomes. However, they are not assessed as inter-related variables, which may moderate or attenuate relationship satisfaction. Subsequently, the SBW and religious coping, the forms of

coping to be addressed in this study, have yet to be thoroughly investigated in relation to pornography consumption and important questions remain for both review and potential application within the context of the present study. Based upon the gap in the literature, specific to the interrelatedness of pornography, female mental health, relationship satisfaction, and potential moderating factors of specific coping methods, it is essential to study this connection and evaluate their inter-relational influence on one another.

Background

Pornography

Recent statistics indicated pornographic materials are the most commonly searched online topics, approximately 40 million adults in the United States view pornography online regularly (Short, Kasper, & Wetterneck, 2015), and the pornography industry generates an estimated $13 billion dollars in U.S. revenue (Szymanski & Stewart-Richardson, 2014). Ease of access to online media, advances in cellular technology, leniency in television ratings, and more provocative advertisements, have all potentially contributed to the increased consumption of pornographic material in mainstream society (Doran & Price, 2014; Olmstead, Negash, Pasley, & Fincham, 2013). Images once considered inappropriate for television are now acceptable, and images, videos, and live chats are now easily accessible via cellular technology. Researchers suggested the internet is now the most common resource for pornography with 20% -33% of Americans accessing illicit material using online platforms (Ayres & Haddock, 2009; Beaver & Paul, 2011; Poulsen et al., 2013). In 1997 there were an estimated 900 pornographic websites, and by 2016 there were over 2.5 million pornographic websites for users to select from (Newstrom & Harris, 2016). These numbers highlight the ubiquitous presence of pornography in current US media landscapes.

Within a romantic relationship, pornography usage may initially present while dating, occurring alone or concordantly, and continuing into the marital relationship, as noted by Yucel and Gassanov (2010). They found both husbands and wives reported knowledge of their spouse using pornography, to include joint use, higher rates of male solo use, and meager rates of solo female use. Joint use, which will be an exclusionary factor for this study, must be differentiated from individual use, as the motivation and implications are different. More specifically, men typically watch pornography at a much higher rate than women (Peterson & Hyde, 2010; Willoughby et al., 2016), and alone to masturbate (Bridges & Morokoff, 2011; Staley & Prause, 2013). Women typically view pornography with partners, as part of the sexual experience, or to appease their partner's desire for them to do so (Bridges & Morokoff, 2011). Researchers indicated couples have reported both pros and cons to joint use, however the bulk of empirical findings indicate a negative correlation with pornography consumption and romantic relationships (Bridges et al., 2003; Doran & Price, 2014; Manning, 2006; Perry, 2017; Tarver, 2010; Yucel & Gassanov, 2010). Findings supporting joint use (Grov, Gillespie, Royce, & Lever, 2011; Lofrgen-Martensen & Mansson 2010; Weinberg, Williams, Kleiner, & Irizarry, 2010) indicated benefits such as diminished sexual boredom, increased sexual frequency, openness to explore new things within the sexual relationship, and increased sexual knowledge (Further, Staley and Prause (2013) documented higher levels of sexual knowledge, openness, and improved sexual communication as positive benefits. An additional, researchers documented how joint viewing   can be a form of sex therapy for couples, helping them resolve sexual difficulties in the relationship by encouraging openness and closeness, and serving as an educational tool for couples to grow together (Maddox et al. 2011; Manning, 2006; Poulsen et al., 2013; Staley & Prause, 2013).

Opposing the benefits of joint use, researchers noted a decrease in closeness between partners, along with other threats such as diminished appreciation and partner significance, decreased marital satisfaction, overall happiness, interest in sex, and sexual satisfaction (Kohut et al., 2018; Maddox et al. 2011; Lambert, Negash, Stillman, Olmstead, & Fincham, 2012; Olmstead et al., 2013; Patterson & Price, 2012; Yucel & Gassanov, 2010). Investigators present evidence of the significant negative effect of joint use on both the individual and the couple, highlighting the threat it imposes on the stability of the relationship. They discussed other implications, such as spiritual disconnection from one's partner and God, issues of internal shame, and moral incongruence (Perry, 2017), along with unrealistic expectations (Kohut et al., 2018) stemming from pornographic images pervading one's mind as significant factors to consider.

Marital and Relationship Satisfaction

Healthy and long-lasting relationships typically include characteristics such as trust, commitment, fidelity, attachment, good communication, and emotional investment, all of which are undermined when the use of pornography is introduced into the relationship. Culturally, faithfulness is an expectation in marriage (Wright, Tokunaga, & Bae, 2014), however researchers indicated many women view pornography use by their partners as a form of infidelity (Bergner & Bridges, 2002; Bridges, Bergner, & Hesson-McInnis, 2003; Cooper, Delmonico, & Burg, 2000; Doran & Price, 2014; Schneider, 2000; Whitty, 2003). Subsequently, from the perspective of many women, it becomes evident how pornography consumption is considered duplicitous in nature and contraindicated for relationship viability. Further, women reported feelings of abandonment, rejection, anger, and resentment, which affected their feelings regarding the relationship as a whole (Bergner & Bridges, 2002; Bueskens, 2012). These factors, coupled with

secrecy, decreased intimacy between partners, feelings of betrayal by spouses, and sexual pleasure in seclusion, void of both physical and emotional contact with one's partner, are not compatible with the aforementioned characteristics of stable relationships. In support of this assertion, researchers indicated pornography users have lower levels of happiness within their relationships (Manning, 2006; Patterson & Price, 2012), as well as lower sexual satisfaction (Bridges & Morokoff, 2011; Patterson & Price, 2012; Sun, Bridges, Johnason, & Ezzell, 2016; Yucel & Gassanov, 2010).

When viewing marriage within the context of relationship satisfaction, several factors must be taken into consideration. There is a need to evaluate both the possible benefits (trust, good communication, intimacy) and threats to the relationship. Obvious factors such as secrecy of use, feelings of betrayal once use is discovered (Stewart & Szymanski, 2012), attitudes and conceptualizations of infidelity (Tarver, 2010), and significance of decreased intimacy (Bridges et al., 2003; Olmstead et al., 2013) come to the forefront of discussion. However, less obvious, more internalized factors such as a woman's feelings of objectification in the relationship (Bergner & Bridges, 2002; Manning, 2006), appearance anxiety (Tylka & Kroon Van Diest, 2014), along with questions of self-worth and emotional detachment (Bridges et al., 2003; Bergner & Bridges, 2002) must also be considered. There are a plethora of apparent and not so obvious variables, which impact relationship satisfaction. To better understand the complexities of relationship dynamics and outcomes, the interrelatedness of all variables must be equally and sufficiently weighed.

Mental Health Outcomes

Researchers provided evidence of how viewing pornography affects the mental health of both the male viewer and the female partner, albeit differently. While more than one-third of young adult women consume pornography, males consume pornography at a much higher rate (Doran & Price, 2014; Morgan, 2011; Peterson & Hyde, 2010; Willoughby et al., 2016) and it is well established that males' use of pornography, within a relationship, affects women's self-esteem, along with their sexual and relationship satisfaction (Bergner & Bridges, 2002; Bueskens, 2012; Stewart & Szymanski, 2012; Tylka, 2015). Controversy exists regarding the different reasons men and women view pornography (Bridges & Morokoff, 2011; Staley & Prause, 2013), which ultimately affects feelings and attitudes toward pornography consumption. Women prefer to view pornography as a prelude to sexual intimacy with their partner, whereas men tend to view pornography alone, for the purpose of masturbation (Bridges & Morokoff, 2011). Additionally, many women view pornography consumption as a form of infidelity, both emotionally and physically (Tarver, 2010). Twenty years of data consistently documented how women view pornography consumption as a form of infidelity (Bergner & Bridges, 2002; Bridges et al., 2003; Cooper et al., 2000; Doran & Price, 2014; Schneider, 2000; Whitty, 2003), and it is feasible to surmise this perspective among women will continue.

Thoughts of infidelity yield psychological distress, including anger, hurt, anxiety, an erosion of trust, loss of respect for partners, reduced relationship commitment, and feelings of personal inadequacy. More specifically, Schneider (2000) and Bergner and Bridges (2002) both found many women find it traumatic to learn their spouse is viewing pornography, and subsequently reported feeling inadequate, undesirable, and like a warm body being utilized to satisfy sexual fantasies stemming from their partner's pornography consumption. Questions of

self-worth and emotional detachment (Bridges et al., 2003; Bergner & Bridges, 2002), lowered

self- esteem and sexual desire (Shaw, 1999). (Tylka and Kroon Van Diest (2014) reported

diminished body appreciation, coupled with appearance anxiety. Further detailed, Bridges et al.

(2003) found 34% of women studied questioned their self-worth and reported feeling less

attractive, while others report heightened sensitivity to flaws and diminished pride in positive

appearance qualities (Bergner & Bridges, 2002). Tylka and Kroon Van Diest (2014) supported

early findings whose sample of 171 women assessed relationship anxiety, self-esteem, body

appreciation, negative affect, body surveillance, and shame, as well as other factors related to

male partner's use of pornography. Hierarchical regressions supported the hypotheses that

partner's pornography consumption contributed to increased anxiety, negative affect, decreased

self-esteem, and decreased body appreciation (Tylka & Kroon Van Deist, 2014). Psychological

distress for women, as a consequence of the male partner's pornography consumption is

supported by researchers who specifically found negative correlations with emotional health

(Bridges et al., 2003; Szymanski, Feltman, & Dunn, 2015; Tylka & Kroon Van Diest, 2014) and

self-esteem (Stewart & Szymanski, 2012). Based upon these findings and to address the negative

impact of male pornography consumption upon female partners, how women cope, and possible

methodologies to decrease the detrimental impact must be fully assessed, noting implications and

potential effectiveness of various coping styles.

Potential Moderators

The pervasive use of pornography in romantic relationships, its ensuing impact upon

relationship satisfaction and overall viability, along with the notable repercussions for partner's

mental health are fundamental constructs within this study. Other variables, which may weaken

or strengthen the association between pornography use, mental health, and relationship

outcomes, require exploration to further understand both direct and indirect implications. As such and stemming from a dearth of findings explicitly assessing coping dynamics and pornography use within romantic relationships, investigators highlighted religious coping and the SBW as potential moderators. Prior researchers evaluated both constructs in relation to various other paradigms, however, interrelatedness with pornography remains unstudied.

Religious Coping

Religious coping is the way an individual utilizes their beliefs, faith, and/or the scripture to manage during stressful life events. Pargament et al. (1988), Pargament, Smith, Koenig, and Perez, (1998) identified both positive and negative forms of religious coping, as well as approaches identified as collaborative and deferring (Fabricatore, Handal, Rubio, & Gilner, 2004). Further defined, collaborative religious coping refers to a mindset of sharing responsibility for life's difficulties with God, while deferring religious coping is described as a passive attitude in which responsibility for a problem is given to God (Fabricatore et al., 2004). Further explicated, positive religious coping is characterized by a secure relationship with God, a sense of spiritual connectedness, and a benevolent belief in the meaning of life; whereas negative religious coping is characterized by feelings of conflict between oneself and God, spiritual tension, and negative evaluations and sentiments regarding God's power (Pargament, Feuille, & Burdzy, 2011; Pargament et al., 1998; Pargament, 1988).

Notably, the concept of religious coping functioning as both a mediator and a moderator between mental health and stress was initially identified by Pargament (1997), developer of the RCOPE scale. Historical findings suggested collaborative religious coping is a mediator for mental health in the presence of stressors (Fabricatore et al., 2004). Fabricatore et al. (2004) queried students regarding general student stressors, mood, satisfaction with life, and general

health issues. In acknowledging the known stressor of pornography consumption, specifically, on individuals and couples, I intend to assess whether or not religious coping has the same mediating/moderating effect, in regard to something as specific as the use of pornography in the context of romantic relationships.

Researchers conducted studies demonstrating correlations between religious coping, attachment, marital adjustment, mental health outcomes, and divorce (Olson, Trevino, Geske, & Vanderpool, 2012; Pollard, Riggs, & Hook, 2014; Simonic & Klobucar, 2017; Webb et al., 2010). The intention is to use similar variables for the present study. Additionally, Bhui, King, Dein, and O'Connor (2008), and Cater, May, and Byrd (2012) discussed how coping styles are in fact different between men and women and vary among ethnicities. More specifically, Christians of African Caribbean descent and African Americans utilize religious coping at higher rates than European Americans and other ethnicities (Bhui et al., 2008; Cater et al., 2012). The significance here lies within possibly identifying the degree to which race moderates religious coping, as well as the duality of race-based religious coping and foundational characteristics of the SBW in attenuating adverse outcomes in relationships which include the use of pornographic material.

Strong Black Woman Stereotypy

As aforementioned, the Strong Black Woman (SBW) stereotypy is a construct lacking sufficient investigation explicitly related to pornography consumption within romantic relationships. The paradigm is often attributed to women of African American descent and refers to the way they think about and conduct themselves. In many instances, the conceptualization shapes personality, both personal and professional interactions, as well as mental and physical health. The critical characteristics outlined in the SBW stereotypy include strength, self-reliance, competence, dependability, stoicism, resilience, religiousness, femininity, beauty, and racial

pride (Abrams, Maxwell, Pope, & Belgrave, 2014; Donovan & West, 2014; West, Donovan, & Daniel, 2016). Phenomenological and thematic reviews of the SBW label highlights the sense of self-sacrifice, stoicism, and emotional constriction (Nelson, Cardemil, & Adeoye, 2016; Watson & Hunter, 2015) portrayed by African American women, almost to the extent of neglecting their own needs. This self-sacrifice, in the name of strength, often leads to adverse mental health (Beauboeuf-Lafontant, 2007; Donovan & West, 2014) and physical health symptoms associated with anxiety (Donovan & West, 2014), such as elevated blood pressure.

Positing while many African American women likely identify with the SBW stereotypy, unanswered questions exist concerning the relationship between this conceptualization of self, in relationship to the mental health outcomes associated with partners of men who consume pornography. If used as a source of strength, there is a need to identify whether it moderates feelings of insecurity and abandonment. Contrarily, SBW might add a layer of stress, compounding the detrimental effect on women. As noted, there are recognized differences in religious coping among and between ethnicities (Bhui et al., 2008; Cater et al., 2012), as well as variability in coping styles and stress management based upon various other factors (Gottman, 1994; Mintle, 2015). The SBW construct is two-fold in the present study. First, as a coping strategy, I evaluated it as a moderator for mental health outcomes, using pornography consumption as a variable in a romantic relationship. Secondly, I assessed racial differences and how the Black woman's conceptualization of herself moderated the female mental health response, in comparison to White women. Researchers have not sufficiently investigated this paradigm, as a coping mechanism. I was unable to find extant literature on the SBW, which included findings specific to pornography use and other correlations.

Purpose Statement

The purpose of this study was to (a) examine the effect of male pornography use on relationship satisfaction; (b) explore the effect male pornography use has on the mental health of female partners; and (c) to contribute to filling the gap in the literature related to female coping styles in relationships where male pornography use was present. More specifically, I evaluated religious coping and the SBW stereotypy as moderators in the relationship between female mental health and relationship satisfaction, when male pornography use was a factor. Lastly, I assessed racial differences, in relation to how both African American and European American women conceptualize themselves, based on the SBW scale.

Significance of the Study

To date, the bulk of research on pornography use was conducted on young, college-age populations and focused upon factors such as its influence on sexual relationships (Doran & Price, 2014; Maddox et al., 2011; Stewart & Szymanski, 2012; Szymanski & Stewart-Richardson, 2014), rates of infidelity and levels of commitment (Lambert et al., 2012; Newstrom & Harris, 2016), emotional and relational effect on spouses (Bergner & Bridges, 2002; Bueskens, 2012; Tylka, 2015; Stewart & Szymanski, 2012), moral disapproval (Grubbs, Exline, Pargament, Hook, & Carlisle, 2015), and marital relationships, separation, and divorce (Manning, 2006; Perry, 2017; Perry, 2018; Perry & Davis, 2017). I was unable to locate literature specifically evaluating coping styles as moderators, comparative analyses of populations older than college age participants, and racial differences across subjects. While supplementing current empirical studies related to relationship satisfaction and the mental health of partners, I also addressed gaps in empirical data on topics specific to coping strategies, which

play a moderating role in both mental health and relationship satisfaction, while also related to a partner's use of pornography.

The extensive consumption of pornography by males evidenced by Nelson, Padilla-Walker, and Carroll (2010), reported an estimated 85% of men viewed sexually explicit material within the past year and the internet, specifically, was implicated as a major contributing factor in increased pornography usage (D'Orlando, 2011; Manning, 2006). The daily insurgence of new technological advances increased accessibility, availability, and anonymity (Manning, 2006), which contributed to higher rates of usage in recent decades. Therefore, it was plausible to assert usage will remain constant, at a minimum, and/or continue to increase slowly (Price et al., 2016). Noting historical and current trends in pornography usage and availability Newstrom and Harris (2016), and Short et al. (2015), advanced how continued advances in technology will have an effect on romantic and marital relationships (Cooper, Griffin-Shelley, Delmonico, & Mathy, 2001; Doran & Price, 2014; Ledermann, Bodenmann, Rudaz, & Bradbury, 2010; Poulsen et al., 2013), including potentially detrimental outcomes on the mental and emotional health of female partners. Bergner and Bridges (2002), Bueskens (2012), Tylka (2015), and Stewart and Szymanski (2012), suggested conducting an empirical study addressing current gaps in the literature, and thereby offered insights into other domains of pornography usage. From a theoretical, assessment, and treatment perspective, identifying variables, which may function as moderators for both mental health and relationship satisfaction, in relationship to pornography usage, can be beneficial to individuals, couples, and clinicians. Further, implications that replicate, extend, and support extant literature could provide insights into the complex dynamics surrounding pornography consumption.

Research Questions

As previously noted, evaluating religious coping and the SBW stereotypy as moderators in the links between pornography use, female mental health, and relationship satisfaction was the principal focus and purpose of this study. Noting the longstanding and wealth of empirical data identifying the negative relationship between male pornography use and relationship satisfaction (Manning, 2006; Muusses, Kerkhof, & Finkenauer, 2015; Perry, 2017; Perry, 2018; Perry & Davis, 2017; Zillman & Bryant, 1988), the goal of this study was to determine what effect religious coping and the SBW stereotypy may have on female mental health, and subsequently relationship satisfaction. A secondary objective of this study was to evaluate racial differences between African and European American women and how their conceptualization of self may influence mental health and partner satisfaction, in relationships affected by male pornography use. Within this study, the independent and dependent variables include: partners' pornography use (IV), as per self-report; religious coping (IV), measured by the Brief RCOPE (Pargament et al., 2011); strong Black woman stereotypy (IV), measured by a newly developed scale (Volk & Eubanks, 2018); mental health outcomes (IV), to include depression and anxiety, as measured by the Depression and Anxiety Scale, DASSDEP and DASSANX (Lovibond & Lovibond, 1995); mental health outcomes (DV), to include depression and anxiety, as measured by the DASSDEP and DASSANX (Lovibond & Lovibond, 1995); and relationship satisfaction (DV), as measured by the Couple Satisfaction Index (Funk & Rogge, 2007). The research questions are as follows:

RQ1: Are there racial differences in how women experience their partner's pornography use" 1a- Is it viewed as a form of infidelity? 1b- Are the mental health effects different (i.e. levels of anxiety and depression)?

RQ2: How does the strong Black woman stereotypy moderate female mental health outcomes and relationship satisfaction for women whose partners use pornography?

RQ3: Does the strong Black woman conceptualization of self positively or negatively impact female relationship satisfaction?

RQ4: Does the strong Black woman conceptualization of self positively or negatively impact the woman's mental health?

RQ5: How does religious coping moderate female mental health outcomes and relationship satisfaction for women whose partners use pornography?

<div align="center">**Definitions**</div>

Pornography use: The utilization of printed, visual, digital, or internet material which depicts sexual organs and/or activity in an explicit manner, for the purpose sexual stimulation and/or gratification, with or without a partner (Szymanski & Stewart-Richardson, 2014)

Mental Health Outcomes: Identified levels of anxiety or depression, as related to partner's pornography use and relationship dynamics, as assessed by the Depression and Anxiety Stress Scales (DASSDEP, depression subscale and DASSANX, anxiety subscale) (Lovibond & Lovibond, 1995).

Strong Black Woman Stereotypy: A woman's identification with the core SBW attributes to include strength, self-reliance, competence, dependability, stoicism/mental toughness, resilience, religiosity, femininity, beauty, and racial pride (Abrams et al., 2014; Donovan & West, 2014; West et al., 2016), as assessed by a newly developed, contemporary scale (Volk & Eubanks, 2018).

Relationship Satisfaction: An individual's degree of pleasure or displeasure, fulfillment, and gratification in their romantic relationship, as assessed by the Couple Satisfaction Index (CSI) (Funk & Rogge, 2007).

Religious Coping: The manner in which an individual utilizes their beliefs, faith, and/or the Scripture to manage during stressful life events, as assessed by the Brief RCOPE (Pargament et al., 2011). Religious coping may be identified as either positive (PRC) or negative (NRC) (Pargament et al., 2011).

CHAPTER TWO: LITERATURE REVIEW

The literature is clear in evidencing how rates of pornography use continue to rise (Price et al., 2016), with the internet being the primary vehicle of acceleration (Ayres & Haddock, 2009; Beaver & Paul, 2011; D'Orlando, 2011; Poulsen et al., 2013). The effects on romantic relationships are primarily detrimental (Bridges et al., 2003; Doran & Price, 2014; Lambert et al., 2012; Maddox et al., 2011; Manning, 2006; Olmstead et al., 2013; Patterson & Price, 2012; Szymanski et al, 2015; Tarver, 2012; Tylka & Kroon Van Diest, 2014). Researchers documented positive aspects of joint pornography use between couples based on outcomes of various studies (Kohut et al., 2018; Kohut et al., 2017; Maddox et al., 2011; Olmstead et al., 2013). Potential benefits are not the focus of this study, however, joint pornography use is an identified exclusionary factor. Throughout this chapter, I will review the literature and expounding on variables, including pornography use and associated factors, relationship and marital satisfaction, the mental health of female partners of male users, religious coping, and the SBW conceptualization of self, thereby highlighting the significance of assessing the relationships between variables and potential moderating effects.

Pornography Use

Statistics On Prevalence and Use

Noted as the most commonly searched online topic (Short et al., 2015), the prevalence of pornography use is quite astounding and unfortunate for those whose relationships are negatively affected. Unfortunately, precise data regarding the prevalence of pornography use is difficult to ascertain due to inconsistent methodology in capturing topic-specific data (Regnerus, Gordon, & Price, 2016). Differing definitions of what constitutes pornography, variations in self-report measures, and associated shame, cause under-reporting resulting in difficulties in extrapolating

accurate data. Consistent throughout the literature is the finding that males utilize pornography more frequently than females (Doran & Price, 2014; Morgan, 2011; Peterson & Hyde, 2010; Willoughby et al., 2016). Historically, beginning with the advent of the internet, a significant surge was noted in pornography consumption (Doran & Price, 2014; Olmstead et al., 2013), however, recent reports indicate usage may have leveled off, specifically for women (Wright, Bae, & Funk, 2013), while smaller increases among younger populations are still noted (Price et al., 2016).

Doran and Price's (2014) study of 20,000 currently or once married individuals found men who watched pornography within the prior year were, "60% more likely to be divorced, 80% more likely to have an affair, and 15% less likely to describe their marriage as happy" (p.494). Women who watched pornography were noted to have a, "10% higher rate of being divorced and 8% lower odds of reporting they were happily married" (Doran & Price, 2014, p.494). Researchers also noted how the typical relationship between the frequency of sex and marital happiness diminished based on the frequency of pornography consumption and "normal gains of happiness stemming from the increased sexual frequency for men are completely eliminated if the individual is using pornography" (Doran & Price, 2014, p.495). Statistically speaking, prevalence and use remain high, although patterns fluctuate across age cohorts and gender (Price et al., 2016; Wright et al., 2013).

While statistics evidence the ubiquitous nature of pornography consumption, it is impossible to pinpoint any one reason people consume pornography. There are many variables including interpersonal factors, inter-relational issues, and maladaptive coping strategies. However, researchers identified self-reporting factors, which include distraction and avoidance of intimacy (Short, Black, Smith, Wetterneck, & Wells, 2012), low self-esteem, anxiety,

loneliness, and cognitive behavioral attempts to manage unpleasant emotions and/or thoughts (Brown, Durtschi, Carroll, & Willoughby, 2017; Wetterneck et al., 2012) as constructs associated with reasons for use. Noting both prevalence and posited explanations for consumption, it appears logical to surmise how users find a degree of benefit, either individually or jointly, from pornography use within a romantic relationship.

Potential Benefits of Joint Use

Researchers discussed how joint use can be beneficial (Grov et al., 2011; Kohut et al., 2017; Kohut et al., 2018; Lofgren-Martensen & Mansson, 2010; Weinberg et al., 2010) when both partners are aware of the other's use. Maddox et al. (2011) found although men did view pornography alone at a rate higher than women, almost half of both men and women reported viewing pornography with their romantic partner. In these instances, researchers indicated marital intimacy may be increased, as couples feel closer in the joint experience, and report increased sexual satisfaction with their partner, when compared to individuals who view pornography alone (Brown, Carroll, Yorgason, Busby, Willoughby, & Larson, 2016; Maddox et al., 2011). Reporters discussed how discrepancies between partners regarding the use of pornographic material resulted in diminished positive communication between both partners and decreased female partner's sexual desire (Willoughby et al., 2016).

Further, benefits to joint use include incorporating it as part of sex therapy, as couples can utilize pornography as a tool to increase sexual knowledge, address sexual difficulties in the relationship, and embark upon more open dialogue regarding their sexual relationship (Kohut et al., 2018; Maddox et al., 2011; Poulsen et al., 2013; Staley & Prause, 2013). Grov, Gillespie, Royce, and Lever (2011), Kohut et al. (2017), Lofrgen-Martensen and Mansson (2010), and Weinberg, Williams, Kleiner, and Irizarry (2010) identified other positive aspects of joint use.

Results of the study conducted by Grov et al. (2011) highlighted how both men and women may experience positive outcomes from viewing pornography within the context of their relationships. Their results revealed increased communication between partners about sexual desires, increased willingness to experiment and try new things, along with increased frequency, quality, and intimacy with partners (Grov et al., 2011). Also supporting joint use, utilizing a thematic analysis, Lofgren-Martensen and Mansson (2010) found young adults who utilize pornography as a source of information, report feeling better able to articulate their likes, dislikes, and sexual preferences. Additional findings by Weinberg et al. (2010), couched within the context of empowerment, noted increased sexual confidence for men and empowerment to try new things for women, resulting from viewing pornography. Taken together, benefits of couples using pornography jointly, as well as increased personal benefits for male and female views on sexuality, desires, and competence, translates into how they interact with their partners, and how variables affect the sexual dynamic within the relationship (Bridges & Morokoff, 2011; Maddox et al., 2011, Poulsen et al., 2013; Weinberg et al. 2010).

While noting benefits, consequences included unrealistic sexual expectations, decreased interest in sex with one's partner, increased personal insecurity (Kohut et al, 2018), adverse effects on the romantic relationship (Kohut et al., 2018; Manning, 2006; Patterson & Price, 2012), and the adverse mental health impact on female partners (Bergner & Bridges, 2002; Bueskens, 2012; Schneider, 2000; Stewart & Szymanski, 2012; Tylka, 2015; Tylka & Kroon Van Diest, 2014) cannot be ignored. For the purpose of this study, acknowledging the adverse mental health and relationship outcomes later discussed, joint use was viewed as incompatible with healthy romantic relationships. As the focus of the study was to assess how variables may attenuate the link between pornography consumption and relationship outcomes, the primary

adverse effect of joint use was deemed contrary to the goals of the study, therefore couples who participate in concordant use were excluded.

Marital and Relationship Satisfaction

The increase in couples seeking counseling for problems associated with pornography consumption (Ayres & Haddock, 2009; Willoughby et al., 2016) in their relationship highlighted how research must extend beyond issues only related to the user and the sexual relationship (Stewart & Szymanski, 2012), and encompass relationship effects, psychological implications, and emotional health within the relationships. As researchers assessed these dynamics (D'Orlando, 2011; Manning 2006; Stewart & Szymanski, 2012; Wright, Bae, & Funk, 2013), they further defined deleterious effects of pornography use on interpersonal relationships and overall functioning. Of note, exposure to pornography was a factor known to have an influence on an individual's attitudes toward commitment and fidelity, views regarding sexual expectations, and actions within a romantic relationship (Sun et al., 2016; Weinberg et al., 2010; Wright et al., 2014; Zillman & Bryant, 1988). Hence, it is plausible to postulate the extent to which an individual or couple views pornography will subsequently affect how both partners conduct themselves within the relationship. While exposure and extent of use may affect some couples positively and others negatively, most findings indicated an adverse effect.

Adverse Effects of Pornography Use

Dating back 20 years, Zillman and Bryant (1988) documented the negative outcomes of viewing pornography, finding that subjects were more accepting of sexual promiscuity, did not view the institution of marriage very highly and were more tolerant of extramarital affairs. More recently, Manning's (2006) findings indicated diminished relationship quality and decreased sexual satisfaction. Further, Doran and Price (2014) noted how subjects who viewed

pornography were more likely to indicate having an extramarital affair, while Patterson &and Price (2012) found the use of pornography in romantic relationships resulted in lower levels of overall happiness. With regard to sexual satisfaction within relationships, researchers suggested sexual satisfaction was decreased and negatively influenced (Doran & Price, 2014; Maddox et al., 2011). Furthermore, investigators documented a negative correlation between sexual satisfaction for men, over time, and overall relationship satisfaction (Muusses et al., 2015; Perry 2016). Expounding upon and supporting extant literature, Willoughby et al. (2016) also discovered discrepancies based on the amount of pornography use between couples yielded adverse relationship outcomes, included diminished relationship stability, relationship satisfaction, and positive communication between couples. While a decreased sexual desire for one's partner is one of many negative outcomes associated with pornography use (Kohut et al., 2018; Willoughby et al. 2016), the sexual relationship was noted as a process, which strengthens the marital relationship (Hernandez, Mahoney, and Pargament, 2011). This being the case, it was demonstrated how pornography use undermined the strength and stability of the marital relationship, through its negative interaction with the sexual relationship.

Predictive Effects of Pornography Use

The adverse effects of pornography use on romantic relationships had long-term consequences as well. Perry and Davis (2017) discussed how viewing pornography was predictive of romantic breakups in later years. Although their study could not determine a linear relationship between pornography viewing and romantic breakups, as the absence of a causal relationship was a noted limitation, their findings did indicate a positive and robust relationship between early viewing of pornography and romantic breakup within the latter 6-year period, and more specifically for men (Perry & Davis, 2017). This also inherently affects overall relationship

viability. Consistent with this finding, earlier reports by Bridges et al. (2003) indicated consumption of pornography as a threat to marital relationships and identified the behavior as a predictor of divorce It is often noted as a source of conflict between husbands and wives (Bridges & Morokoff, 2011; Willoughby et al., 2016), with far-reaching implications, specifically for female partners.

As women view pornography as a form of infidelity, its use becomes a catalyst for negative emotions (Bergner & Bridges, 2002; Bridges et al., 2003; D'Orlando, 2011; Olmsetad et al., 2013; Poulsen eta l., 2013; Stewart & Szyanski, 2012; Tarver, 2010; Yucel & Gassanov, 2013), including feelings of betrayal, mistrust, shame, rejection, self-doubt, and diminished self-esteem. Perry (2016) asserted pornography consumption is frequently a precursor to marital problems and numerous researchers support this contention. Further elucidated, other investigators found pornography consumption was associated with higher rates of infidelity and lower levels of commitment (Lambert et al., 2012; Newstrom & Harris, 2016), yields emotional detachment (Cooper et al., 2001), curtails closeness between couples (Maddox et al., 2011) and generates a loss of trust and relationship security (Zitzman & Butler, 2009). Lambert et al. (2012) evaluated the influence of pornography on views of relationship commitment and documented how it was diminished by continued viewing of pornography. Further, Olmstead et al. (2013) reported findings indicating how participants who viewed pornography were more likely to have lax views regarding infidelity and devalued their romantic relationships. The researchers provided evidence of how these views are not contiguous with healthy relationship functioning and stability.

Contrarily, researchers also revealed how a person use of pornography does not specifically indicate dissatisfaction with the current relationship. Gwinn et al. (2013) highlighted

a positive association between pornography consumption and extradyadic sexual relations. The outcomes of their study encourage attributing positive views, attractiveness, and availability, regarding *relationship alternatives*, as opposed to negative views regarding the current relationship. However, Poulsen et al. (2013) suggested couples who identify as "happily married" are more than 60% less likely to utilize internet pornography, in contrast to those who identify as "unhappily married." The researchers discussed the need to question the validity of utilizing pornography if a couple is genuinely satisfied with their current relationship.

Pornography Use and Divorce

Understanding the implications of pornography use must include immediate and long-term consequences, as well as the effect upon both the present quality and lasting stability of romantic relationships. When couples marry, divorce is not the desired result however, factors such as pornography use within the relationship may be a catalyst for such an outcome, as found by Doran and Price (2014). Perry's (2017) study assessed relationship stability over time and compared the frequency of use to the likelihood of marital separation six years later. Consistent with extant literature Doran and Price (2014) and Perry's (2017) findings indicated prior pornography use increased the likelihood of marital separation over time; specifically, pornography users were more than twice as likely to have an adverse marital outcome than participants who did not view pornography. Further, specifically identifying "pornography use" as a cause for divorce is not uncommon, especially among women. In a study primarily focused on religious views of divorce among Americans, pornography use was specifically indicated as a cause for divorce by women (Perry, 2018b). This is of importance and commensurate with the fact that many women identify pornography consumption as a legitimate form of infidelity, which is a harbinger for subsequent negative feelings, poor relationship functioning, and

deleterious outcomes, including divorce (Bergner & Bridges, 2002; Bridges et al., 2003; D'Orlando, 2011; Olmsetad et al., 2013; Poulsen eta l., 2013; Stewart & Szymanski, 2012; Tarver, 2010; Yucel & Gassanov, 2013). Pornography use is predictive of greater unfaithfulness (Lambert et al., 2012), and infidelity is predictive of divorce.

Mental Health Outcomes

Mental health, to include psychological, emotional, and spiritual well-being, is an important factor in everyday functioning and germane to relationship functioning. To this extent, male's use of pornography has noted detrimental effects on female partners, with psychological, emotional, and spiritual implications warranting thorough investigation. Throughout the literature, researchers revealed negative correlations between male pornography use and emotional well-being, self-esteem, overall relationships satisfaction, attachment within the relationships, anxiety, and psychological distress for women (Bergner & Bridges, 2002; Bueskens, 2012; Schneider, 2000; Stewart & Szymanski, 2012; Tylka, 2015; Tylka & Kroon Van Diest, 2014). As these factors are inter-related, the stability of the romantic relationship is ultimately affected, thereby creating a cyclical and complicated dynamic between mental health and various other issues. Additionally, female partners of men who consume pornography report a variety of negative feelings associated with their partner's behavior. Particularly, feelings of jealousy, inadequacy, shame, resentment, questions of self-worth, and resultant poor self-esteem were noted (Bergner & Bridges, 2002; Bridges et al., 2003; Grov et al., 2011; Stewart & Szymanski, 2012; Zitzman & Butler, 2009). While dynamics in relationships vary and women may experience any combination of the above sentiments, they are negative and detrimental to the overall mindset of the woman, which subsequently impairs functioning within the relationship.

Further, the relationship between marital satisfaction and mental health outcomes is reciprocal and interactional. (Fincham, Beach, Harold, and Osborne (1997) posited the relationship between depression, partners' mental health, and relationship satisfaction is strong, however dyadic processes are often bi-directional and differ based on gender More specifically, Fincham et al. (1997) found a causal relationship between relationship/marital satisfaction and depression as more prevalent for women, whereas a causal pattern from depression to marital satisfaction is more significant for men. Additionally, researchers indicated emotional well-being and mental health are aided by positive relationship satisfaction (Dandurand & Lafontaine, 2013). Males and females who exhibit depressive symptoms also report diminished relationship satisfaction (Li & Johnson, 2018). Empirical findings further indicated how instability in relationship satisfaction is predictive of increased depressive symptoms (Whitton & Whisman, 2010). Depressive symptoms in relationships may be moderated by several factors including attachment (Dandurand & Lafontaine, 2013), intimacy, and interactional process with overall relationship satisfaction (Finkbeiner, Epstein, & Falconier, 2013). There is a definitive association between pornography consumption and mental health, although directionality varies, linear relationships are difficult to determine, and causality is confounded by many implicit and explicit variables.

Religious Coping as a Moderator

Having addressed pornography, relationship/marital satisfaction, and mental health outcomes, religious coping is a variable thought to moderate each of the aforementioned constructs, with both linear and non-linear, interactional capacity. Best defined as the mechanism by which individuals rely upon their faith, beliefs, and/or Holy Scriptures, Christians tend to govern themselves and regulate emotions, using religious coping during stressful life events

(Pargament et al, 1988; Pargament, et al., 1998), however it is most often employed by individuals with high levels of religiosity and spirituality (Krageloh, Chai, Minn, Shepherd & Billington, 2012). This assertion is consistent with large scale studies conducted to evaluate how frequently people use forms of religious coping. By example, one of the most extensive studies conducted by McCaffrey et al. (2004) revealed one-third of the sample (n=2055) utilized prayer as a form of religious coping, in response to health crises. Pargament (1997), developer of the RCOPE religious coping scale, reported it can be both a moderator and mediator, in relation to factors associated with mental health and stress. This is commensurate with the position taken in this study.

As previously highlighted, the use of pornography within romantic relationships was a noted stressor and identified as a causal factor in mental health outcomes. There is a scarcity of empirical findings related explicitly to religious coping, pornography use, and mental health outcomes for female partners. To the contrary, researchers have concentrated on variables to include divorce, attachment, marital adjustment, socioeconomic status, and differences among ethnic groups (Bhui et al., 2008; Cater et al., 2012; Olson et al., 2012; Pollard e al., 2014; Simonic & Klobucar, 2017; Webb et al., 2010). Religious coping and stress are primarily related to general stressors, such as health issues and life satisfaction (Fabricatore et al., 2004), and traumatic events such as death (Henderson, Bond, Alderson, & Walker, 2015), natural disasters (Henslee et al., 2015), violence (Leaman & Gee, 2012), abusive relationships (Arnette, Mascaro, Santana, Davis, & Kaslow, 2007; Bryant-Davis, Ullman, Tsong, & Gobin, 2012), and a seemingly exhaustive listing of various medical conditions, which cause significant stress. In most instances, investigators consistently show how positive religious coping is negatively associated with depression and reduced quality of life; whereas negative religious coping is

positively associated with depression and generalized poor well-being (Arnette et al., 2007; Bryant et al., 2012; Henslee et al., 2015; Leaman & Gee, 2012). Noting the specificity of pornography use and the mental health of female partners, it is posited that interactional relationships of multiple confounding variables associated with pornography use will shape the outcome of religious coping functions.

Types of Religious Coping

Religious coping can be defined in multiple ways and researchers identified four primary types. Pargament et al. (1988, 1998) defined religious coping in terms of positive (PRC) and negative (NRC). Additional descriptions of religious coping include collaborative and deferring (Fabricatore et al., 2004). Researchers sought to evaluate moderating versus mediating properties of religious coping methods. To expound, characteristics commensurate with positive religious coping include a positive relationship with God, a benevolent belief about the meaning of life, and embodying a sense of spiritual connectedness with God (Pargament, 1988; Pargament 1998, Pargament, et al., 2011). Opposing features of negative religious coping, prior researchers outlined emtional conflicts between oneself and God, spiritual tension, and negative appraisal along with feelings concerning the power of God (Pargament, 1988; Pargament 1998, Pargament, et al., 2011). With regard to collaborative religious coping, Fabricatore et al. (2004) highlighted thought processes in which responsibility for taxing life events is shared with God, indicated collaborative coping was a mediator for mental health, in relation to stressors. To the contrary, the deferring type is characterized by a passive attitude, wherein in blame and responsibility for trials is placed upon God (Fabricatore, 2004).

In studies evaluating the influence of religious coping, evidenced both positive and negative religious coping may function as mediators. In separate studies, positive religious

coping mediated the effect of religious involvement in relation to distress (Rosmarin, Pirutinsky, Greer, & Korbman, 2016), and negative religious coping was found to mediate the relationship between perceived prejudice and distress (McCleary-Gaddy & Miller, 2018). Further, qualitative studies rooted in thematic analyses highlighted how religious coping provides subjects with resources identified as a positive perspective, strength, and help to deal with stressful situations (Harris, Allen, Dunn, & Parmalee, 2013). Further thematic analysis found "God is a provider", "one's religion and relationship with God when coping are essential, and "the God person relationship is intimate" yield positive emotions in the face of adversity (Harris et al., 2013). As evidenced in the literature, the various types of religious coping have an identifiable effect in distinct stressful life situations. Yet to be evaluated is the possible link between forms of religious coping and the relationship between pornography use, female mental health, and relationship outcomes.

Differences in Religious Coping

Not surprisingly, just as men and women utilize pornography for dissimilar reasons, respond to stress differently, and communicate differently, religious coping is another paradigm in which researchers noted differences (Bhui et al., 2012; Cater et al., 2012). Generally speaking, women tend to be more religious than men (Hvidtjorn, Hjelmborg, Skytthe, Christensen, & Hvidt, 2014) and various types of studies on traumatic events revealed women employ religious coping more than men (Hawthorne, Youngblut, & Brooten, 2017). In addition to differences amongst the sexes, Chatters, Taylor, Jackson, and Lincoln (2008) and Hawthorne et al. (2017) indicated coping styles also vary among and between ethnicities. Specifically, researchers identify African Americans and Christians of African Caribbean origin as racial/ethnic groups in which religious coping is relied upon more heavily (Bhui et al., 2012; Cater et al., 2012; Chatters

et al., 2012; Hawthorne et al., 2017) and utilized as a source of strength and empowerment to overcome obstacles. Additionally, in relation to traumatic events, religious coping was noted to play a salient role in the grieving process and facilitate psychological healing (Henderson et al., 2015).

Further explicating racial differences, Chatters et al. (2008) conducted a study utilizing the National Survey of American Life, which highlighted significant variations existing between African Americans, Caribbean Blacks, and non-Hispanic Whites. Specifically, African Americans and Caribbean Blacks were far more likely to endorse looking to God for strength, support, and guidance, and prayer was an essential aspect of their lives, as compared to White research counterparts (Chatters et al., 2008). Further, across all subjects and ethnicities African American and Caribbean Black women consistently and repeatedly utilized religious coping to a greater extent than men (Bhui et al., 2012; Chatters et al., 2012; Hawthorne et al., 2017). As one component of the present study sought to assess the interaction between race, coping, mental health, and relationship outcomes, noted differences in extant literature underscored the hypothesized outcomes.

Religious Coping and Relationships

I was unable to find studies explicitly evaluating religious coping, pornography, and relationships, prior researchers have evaluated the influence of religious coping on romantic relationships from various angles. Pollard et al. (2014) assessed religious coping as related to the romantic attachment within relationships and marital adjustment. Their findings revealed less positive religious coping and more negative religious coping associated with romantic attachment avoidance and romantic attachment anxiety. Further, researchers discovered a negative relationship between marital adjustment and attachment avoidance, indicating positive

religious coping acted as a buffer in the detrimental relationship between the two variables. Further, and unexpectedly, they noted how negative religious coping attenuated the deleterious effect of attachment anxiety upon marital adjustment. Religious coping was an important factor, with moderating properties for both attachment and relationship outcomes. Specifically, positive religious coping methods may attenuate the effects of avoidant attachment in romantic relationships.

Void of pornography consumption as a related variable, religious coping and its influence on divorce and depressive symptoms, specifically, Webb, Ellison, McFarland, Lee, Morton, and Walters (2010) identified positive and collaborative religious coping as variables. Collaborative religious coping was recognized by statements such as working together with God as a partner, making sense of one's situation with God, and trying to put one's plans into action with God (Webb et al., 2010). Further, positive relationship coping was identified by statements which included seeing one's situation as part of God's plan, working with God as a partner, looking to God for strength and guidance, looking for God's lesson in the midst of the situation, and asking forgiveness of sins (Webb et al., 2010). The researchers indicated positive religious coping was a buffer for depressive symptoms associated with divorce, as evidenced by an inverse relationship between positive religious coping and depressive symptoms (Webb et al, 2010). Conversely, negative religious coping was positively associated with depressive symptoms and deemed predictive of increased depressive symptoms (Webb et al., 2010). Webb et al. (2010) outcomes further supported Simonik and Klobucar's (2017) results, which indicated positive religious coping provided a source of strength and led to helpful adaptations to stress, in the face of adverse relationship/marital situations. Conclusively, positive religious coping mitigated the effect of divorce on deleterious mental health outcomes for divorcees.

Pertinent to the present study, positive religious coping was a well-identified moderator between mental health and spiritual well-being (Pargament, 1997), as well as a known factor associated with better personal adjustment to stressful life events (Krumrei, Mahoney, & Pargament, 2011; Pargament et al.,1998). Simply stated, optimistic religious coping positively affected mental health and decreased depressive features (Pargament, 1997). Further, the relationships between religious coping, marital adjustment, divorce, attachment factors, and mental health outcomes (Olson et al., 2012; Pollard et al., 2014; Simonic & Klobucar, 2017; Webb et al., 2010) subsequently influenced relationship satisfaction outcomes. Specific to interpersonal offenses and hurt within a relationship, positive religious coping was shown to improve communication with God and increase overall spiritual growth (Van Tongeren et al., 2018.) Lastly, prevalence rates of religious coping are much higher for African Americans, than for non-Hispanic Whites. Subsequently, it appears logical to contend that the use, or lack thereof, of religious coping will have a different outcome on the mental and emotional well-being of women of different races.

Strong Black Woman Stereotypy as a Moderator

The Strong Black Woman (SBW) is both terminology and a stereotypy attributed to and owned by many African American women, embodying the foundational characteristics of strength, self-sacrifice, and caregiving. Abrams, Maxwell, Pope, and Belgrave (2014) discussed strength as the most defining characteristic of SBW. It is theorized the essence of SBW stems from slavery (West, 1995), a survival instinct, and the various roles African American women played daily (West et al., 2016). As both caretakers of their families, the slave masters' children, and head of their household as their husbands were murdered or sold into slavery, they endured and overcame many hardships. Over the years, researchers used many names and descriptions in

an attempt to understand the SBW phenomenon. These terms include Mammy, Sapphire, Jezebel, Superwoman, Sojourner Syndrome, Sisterella Complex, Black Lady, and SBW (Abrams et al., 2014; Donovan & West, 2014; West, 1995; West, Donovan, & Daniel, 2016; Woods-Giscombe, 2010). Some of the earlier names contribute to the more contemporary descriptions attributed to African American women and the SBW stereotypy. For example, the Mammy is associated with being nurturing, caretaking, and supportive, as were the African American women who took care of the slave master's children and later worked as domestics in European American 's homes (West, 1995). The term Sapphire stems from a character in the 1950s, who was seen as emasculating, arrogant, and loud, yet had difficulty expressing anger and other emotions (West, 1995), similar to the lack of emotional expression associated with SBW. Lastly, the Jezebel is associated with hypersexuality, loose sexual behavior, and utilizing sex as a manipulative tool (West, 1995). Although this characteristic is not explicitly associated with contemporary SBW, it is a negative image associated with African American women in general, and subsequently, women may endorse SBW as a means of counteracting the negative stereotypy of Jezebel.

Strong Black Woman, Girls to Women

Researchers indicated young Black girls are socialized to exemplify both strength and respectability very early in life (Johnson, 2013, Woods-Giscombe, 2010), both of which are characteristics of what later becomes the SBW stereotypy. Both strength and respectability, although operationally contradictory, are foundational components of Black femininity (Johnson, 2013). Stemming from negative social issues including racism, prejudicial treatment, segregation, sexism, and other societal ills (Donovan & West, 2014; Woods-Giscombe, 2010), African American families have felt the need to prepare young Black girls to face the world,

specifically by instilling specific characteristics. Subsequently, there is a sense of agency and responsibility to exemplify traits, which exemplify the SBW stereotypy. These characteristics are strength, self-reliance, competence, dependability, stoicism/mental toughness, resilience, religiosity/piety, femininity, beauty, and racial pride (Abrams et al., 2014; Ashley, 2014; Donovan & West, 2014; Morgan & Bennett, 2006; West et al., 2016). While sexism is prevalent among African American and non-African American cultures, and may stem from variables such as patriarchal views, authoritarian personality traits, general prejudice, and socially dominant cognitive thoughts and behavioral patterns (Roets, Hiel, & Dhont, 2011; Sibley, Wilkson, & Duckitt, 2010), it can be argued it is the lone similarity between historical experiences of African American and non-African American women. Subsequently, the non-African American woman's upbringing was historically different, the necessity of mothers to instill the aforementioned characteristics was not as prevalent, and along with the sense of agency for non-African American women to embody those characteristics, not as pervasive, likely non-existent.

Describing the Strong Black Woman

A qualitative thematic analysis (Abrams et al., 2014; Donovan & West, 2014; West et al., 2016) often utilized in describing the characteristics of the SBW and is deemed appropriate for describing characteristics and capturing the essence of how women internalize the stereotypy. Further elucidated, strength/strong is defined by a woman utilizing descriptive phrases such as "enduring hardships," "never giving up," and having the ability to "rise above adversity." Self-reliance/independence is embodied in phrases such as "ability to handle things on one's own," being "financially stable," "relying on one's self to accomplish things," and "not relying on a man" (Abrams et al., 2014; Donovan & West, 2014; West et al., 2016). Additional attributes include caring/self-sacrifice, which is characterized by "always taking care of family and loved

ones," "doing whatever I can for others," "denying one's own needs," and being "selfless"; and religious equivalents of being "God-fearing," "trusting God for all things," "spiritually grounded," and expressed as "it's just God and me" (Abrams et al., 2014; Donovan & West, 2014; West et al., 2016). Lastly, competency/hardworking is identified by statements such as "handling her business no matter what," "high profile professional career," and terms such as "ambitious, successful, and accomplished"; racial pride is identified as women who "mention pride in their race," "exemplify a strong connection to their race and community," and "indicates that she is proud of herself and her race"; femininity is associated with "being graceful, classy, humble, dressing appropriately, and submissiveness"; and beauty refers to "descriptive characteristics associated with physical appearance and personality traits" (Abrams et al., 2014; Donovan & West, 2014; West et al., 2016).

Interestingly, based upon both personal experience and review of qualitative studies, many Black women naturally use the word "strong" in describing themselves (Beauboeuf-Lafontant, 2009; Johnson, 2013), even if they are not familiar with the SBW concept, specifically. Black women feel they must be strong at all times and subsequently respond to life stressors from a strength's perspective, often minimizing their pain (Beauboeuf-Lafontant, 2009). More specifically, Black women report the need to be long-suffering and self-sacrificing, independent, endure struggle, and persevere in adversity (Johnson, 2013), yet respectable, which equates to nurturing and possibly submissive when in the presence of men (Johnson, 2013), along with acting stoic and emotionless (Beauboeuf-Lafontant, 2009). Hence, the contradiction in the idealized characteristics, are both self and societally imposed, which become evident as African American women navigate the world personally, socially, and professionally.

Endorsing the Strong Black Woman Stereotypy

Endorsing SBW has both pros and cons for African American women (Donovan & West, 2016; Watson & Hunter, 2015; West et al., 2016, Woods- Giscombe, 2010). While many endorse SBW as a source of strength to overcome negative connotations and images of African American women (Nelson, Cardemil, & Adeoye, 2016), others experience adverse mental health outcomes associated with SBW. Heavily internalizing the SBW paradigm and utilizing it as a method of coping is noted to have a negative effect on their health (Woods-Giscombe, 2010). More specifically, Woods-Giscombe (2010) found characteristics associated with SBW increased stressed, thereby worsening the general mental health of African American women. Further, endorsement of SBW is associated with restriction of emotional expression, containment of feelings such as frustration, anger, and sadness (Nicolaidis et al., 2010; Watson & Hunter, 2015), increased stress arousal symptoms (Donovan & West, 2014), increased depressive symptoms related to stress (Beauboeuf-Lafontant, 2009; Donovan & West 2014), decreased emotion regulation, and self-silencing following traumatic events, such as sexual assault (Harrington, Crowther, & Shiperd, 2010). When directly queried in West et al.'s (2016) study, 83% of participants indicated they identified with the SBW stereotypy and 78% of participants reported they viewed SBW as positive. H0wever, 22% indicated it could be positive or negative, and 2% described it as specifically negative (West et al., 2016). As aforementioned, African American women find difficulty in operationalizing some SBW characteristics and navigating personal and professional relationships. Watson and Hunter (2015) This assertion supported the assertion, which identified three difficulties African American women, who endorse SBW experience. African American expressed feeling they must be emotionally strong and preserve psychological durability, while they view showing emotion and seeking counseling (to maintain emotional

well-being) as a counter to SBW characteristics of strength and stoicism (Watson & Hunter,

2015). Secondly, a paradigm of being successful and yet also embodying the ability to deal with

struggle is consistent with SBW perspective (Beauboeuf-Lafontant, 2009; Watson & Hunter,

2015). Lastly, there was the issue of femininity and associated norms. Further explained,

African American women highlighted the paradox between expectations to be independent,

caring, and a reliable caretaker of others, in contrast to accepting traditional gender roles of

dependence, which promote dependency on males (Watson & Hunter, 2015). Collectively, these

findings indicated being African American is not the sole identifier for the SBW (i.e. being

female and Black does not equate to SBW), as well as recognizing a population of Black women

who do not find SBW to be positive or beneficial to their existence and functioning. There are

both benefits and liabilities to the SBW stereotypy, and for many women, it is a constant

balancing act.

Strong Black Woman and Agency

It can be argued the factors, which contribute to how a woman views and internalizes her

partner's pornography use are social, cultural, and based on their personality and sense of self.

As noted, non-African American women do not have a generational context to take on the SBW

stereotypy, although non-African American women may possess characteristics similar to those

prescribed by the SBW phenomena. Subsequently, there are no cultural demands placed upon

White women, whereas agency is a factor for the African American woman, due to the pressure

to take on the SBW stereotypy. As previously noted, African American mothers feel a sense of

responsibility to exhibit and instill SBW characteristics in their daughters, and daughters

subsequently inherent both the positive and negative traits. In essence, agency is an added

stressor for the African American woman. Researchers suggested the SBW stereotypy and

conceptualization of self is a positive attribute, in moderation. However, over time it may have negative consequences on the extreme high or extreme low end of the spectrum. Questions remain unanswered regarding how the SBW specifically influences a woman's ability to coping in response to her partner's pornography use.

Strong Black Woman and Mental Health

As noted, endorsing the SBW ideal is complicated and wrought with tension, stemming from both personal and societal expectations of how an African American woman should interact within society. Whether self-imposed or ensuing from outside forces, the associated difficulties affect the emotional and psychological well-being of African American women. While the SBW is thought to be a source of empowerment and strength, the complex dualities involved often result in adverse mental health and symptoms of depression (Abrams, Hill, & Maxwell, 2018; Beauboeuf-Lafontant, 2007; Stanton, Jerald, Ward, & Avery, 2017; Watson & Hunter, 2015; Watson-Singleton, 2017). Specifically, the primary characteristic of SBW is a strength (Abrams et al., 2014), which often results in self-silencing as the African American woman exhibits stoic strength and the ability to endure whatever situation is at hand. Self-silencing further results in depressive symptomatology (Abrams et al., 2018). Psychological distress and symptoms of depression, veiled by a stoic outer appearance, refusal to seek help, and the outward manifestation of strength (Abrams et al., 2014), often go untreated. Many African American women view seeking psychotherapy as a sign of weakness and choose to suffer in silence, as opposed to facing the perceived stigma of weakness associated with psychotherapy (Woods-Giscombe, Robinson, Carthon, Devane-Johnson, & Corbie-Smith, 2016). Abrams et al. (2018) expounded upon this finding, reporting both the pressure to appear strong and self-silencing were predictive of depressive symptomatology. In addition to feeling pressured to exhibit strength and

mask emotions, the SBW schema is also associated with a perceived lack of emotional support (Watson-Singleton, 2017). Feeling alone and without social support results in psychological distress, as evidenced by the fact women who score higher on SBW perceive less emotional support, and report higher psychological distress (Watson-Singleton, 2017).

Summary

This review provides a thorough analysis of findings relevant to pornography consumption, its relation to marital/relationship satisfaction, along with mental health outcomes for female partners, religious coping, and the SBW stereotypy. Pornography use is described as prevalent in romantic relationships, utilized more frequently by males, fueled by the internet, and a causative factor for many negative dynamics and outcomes for romantic partners. While I discuss the benefits of joint use concluding adverse outcomes outweigh the positive, I determined it would be an exclusionary factor in the present study. Further, pornography use is noted to be incompatible with traditional tenets of healthy relationships and predictive of divorce. I present the effects of pornography consumption on marital/relationship satisfaction, highlighting the increased prevalence of couples seeking counseling for issues related to pornography, detrimental effects upon satisfaction, increased infidelity, and likelihood for a romantic breakup, as potential consequences. With regard to mental health outcomes, I discussed the negative influence on the emotional and psychological well-being of female partners. In defining religious coping, I expound on four different types. Gender and ethnic/racial differences are also highlighted. Of note, there appears to be an abundance of articles related to African Americans, other minority populations, and their use of religious coping, which is consistent with findings regarding how African Americans utilize religious coping at a higher rate than non-Hispanic White populations. Lastly, I explain the SBW stereotypy, expounding upon key

characteristics, historical factors, the effect on African American women's mental health, along with contemporary issues related to agency and balancing personally and societally imposed expectations.

There are a multitude of constructs and dynamics associated with pornography consumption within a romantic relationship, many of which refer to the consumer alone. Other researchers' studies address the dyadic relationship between partners and implications for the couples' sexual relationship, marital satisfaction, and overall well-being. Although empirical studies on various aspects of pornography use are vast and encompassing, I focused on five primary themes (Montgomery-Graham, Kohut, Fisher, & Campbell, 2015 In order of prevalence, the five primary themes identified are (a) pornography addiction; (b) pornography is beneficial for relationships; (c) pornography consumption is identified as a form of adultery; (d) pornography use results in partners feeling inadequate; and (e) pornography consumption alters expectations regarding sexual behavior within relationships (Montgomery-Graham, 2015). While the purpose of Montgomery-Graham et al.'s (2015) study was to evaluate popular media reports and determine if their information is validated in the scientific data, it is interesting to note four of the five primary themes are also identified and discussed in relation to marital satisfaction and mental health variables in the present study. This supports the prevalence and relevance of my identified variables. Within my discussion, I highlighted noted pros and cons of consumption of pornographic material, however, my focus is primarily upon the many adverse effects of pornography use within romantic relationships. I was unable to find empirical data sufficiently investigating coping styles in relationships affected by male pornography use, subsequently bringing attention to a gap in the literature and the need for broader research.

The effect of male pornography use in romantic/marital relationships and its interactional influence on the dyadic relationship processes, as well as the individual mental health of female partners, cannot be overshadowed. Although every couple may hold different values and expectations within a romantic relationship, couples should be aware that utilizing pornography is not generally commensurate with expectations of trust and fidelity, thereby undermining basic tenets of healthy relationships (Manning, 2006; Wright et al, 2014). While research on this topic has expanded to assess multiple variables, there remain areas yet to be sufficiently investigated. Specifically, I was not able to locate literature on religious coping and the SBW stereotypy. The lack of empirical studies in this specific area provides many opportunities to fill the research gap. Lastly, the inclusion of the SBW stereotypy can provide insight into culturally competent practice.

CHAPTER THREE: METHODS

As aforementioned the purpose of this study is to determine the moderating effects of the SBW stereotypy and religious coping on the mental health outcomes of women, and subsequently upon relationship satisfaction, for women who are involved with partners who utilize pornography. This study specifically does not address joint pornography use by couples. To evaluate these relationships, I used a quantitative design to determine the overall effect of partner pornography use on relationship satisfaction, and further delineate the interaction of religious coping and the SBW stereotypy (strength and independence dimensions), as moderators (indirect effect). Subjects were asked to complete a series of measures to assess attitudes toward pornography use, levels of depression, levels of anxiety, identification with the SBW stereotypy, spirituality/religious coping, and relationship satisfaction. Issues of confidentiality were discussed, and informed consent was obtained for all research participants.

Definition of Terms

For the purpose of this study, the following key terms are defined and operationalized as follows:

Pornography Use: The utilization of printed, visual, digital, or internet material which depicts sexual organs and/or activity in an explicit manner, for the purpose sexual stimulation and/or gratification, with or without a partner (Szymanski & Stewart-Richardson, 2014).

Mental Health Outcomes: Identified levels of depression and anxiety, as related to partner's pornography use and relationship dynamics, as assessed by the depression and anxiety stress scale/ depression subscale (DASSDEP) and the depression and anxiety scale/ anxiety subscale (DASSANX) (Lovibond & Lovibond, 1995).

Strong Black Woman Stereotypy: A woman's identification with the core SBW attributes to include strength, self-reliance, competence, dependability, stoicism/mental toughness, resilience, religiosity, femininity, beauty, and racial pride, based upon thematic analysis in extant literature and prior SBW scales (Morgan & Bennett, 2006; Abrams et al., 2014; Donovan & West, 2014; West et al., 2016).

Relationship Satisfaction: An individual's degree of pleasure or displeasure, fulfillment, and gratification in their romantic relationship, as assessed by the couple satisfaction index (CSI) (Funk & Rogge, 2007).

Religious Coping: The manner in which an individual utilizes their beliefs, faith, and/or the Scripture to manage during stressful life events, as assessed by the Brief RCOPE (Pargament et al., 2011).

Research Questions

RQ1: Are there racial differences in how women experience their partner's pornography use" 1a- Is it viewed as a form of infidelity? 1b- Are the mental health effects different (i.e. levels of anxiety and depression)?

RQ2: How does the strong Black woman stereotypy moderate female mental health outcomes and relationship satisfaction for women whose partners use pornography?

RQ3: Does the strong Black woman conceptualization of self positively or negatively impact female relationship satisfaction?

RQ4: Does the strong Black woman conceptualization of self positively or negatively impact a woman's mental health?

RQ5: How does religious coping moderate female mental health outcomes and relationship satisfaction for women whose partners use pornography?

Research Model 1

Figure 3.1 Conceptual model
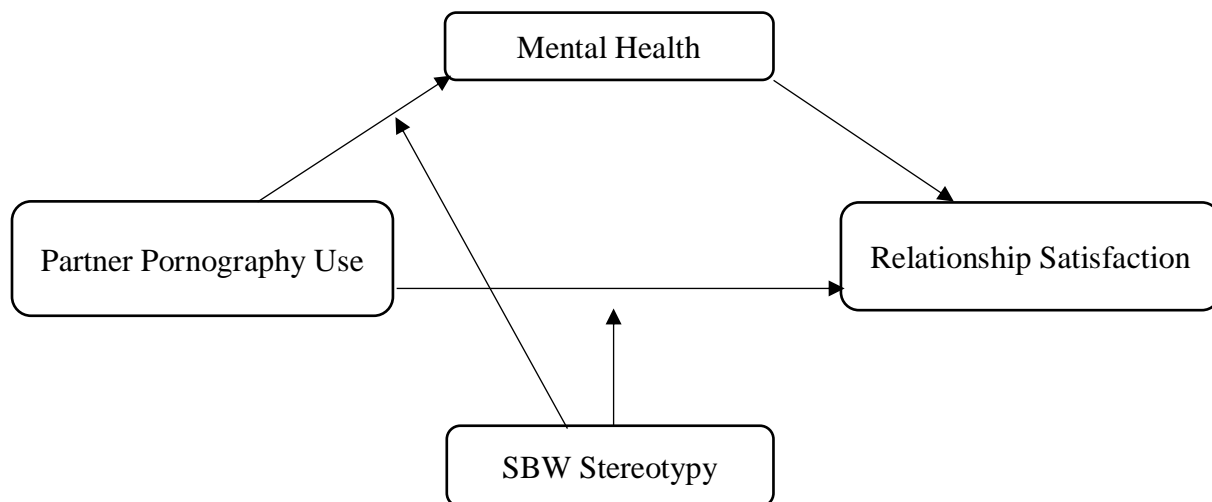
Research Model 2

Figure 3.2 Conceptual model
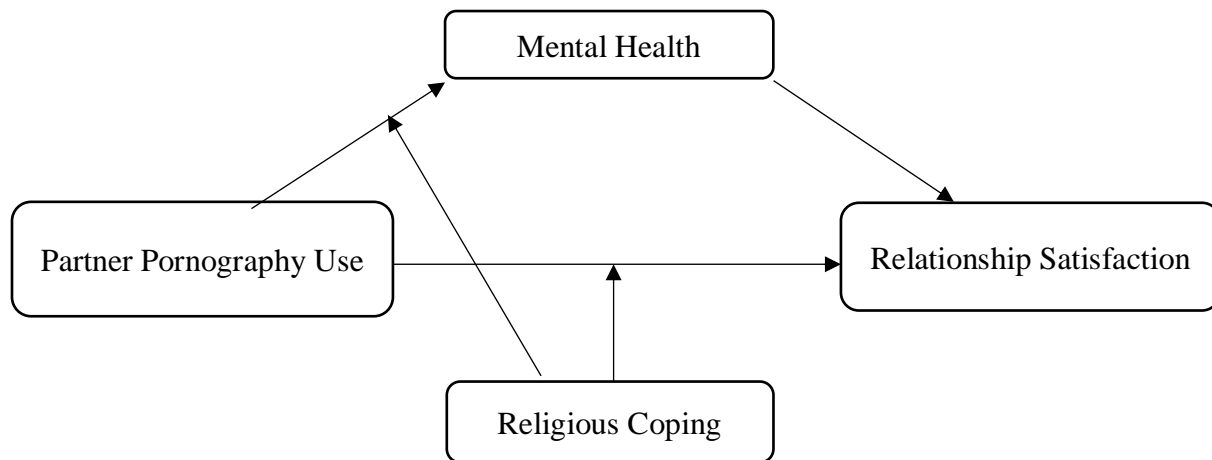
Hypotheses

H_1 It is hypothesized that partner pornography use will be negatively related to relationship

satisfaction. Numerous studies indicate that partner pornography use negatively impacts

relationship and marital satisfaction (Doran & Price, 2014; Lambert et al., 2012; Maddox

et al., 2011; Minarcik, Wetterneck, & Short, 2016; Poulsen et al., 2013; Perry, 2017;

Resch & Alderson, 2014).

H_2 It is hypothesized that partner pornography use will be positively related to the female

partner's depression. Prior research indicates that female partners of male pornography

users experience negative mental health symptoms, which impacts coping and overall

relationship and marital satisfaction (Szymanski et al., 2015; Tylka & Kroon Van Diest,

2014). This hypothesis would further support previous findings.

H_3 It is hypothesized that female depression will be negatively related to relationship

satisfaction. Psychological distress for women, as a consequence of partner pornography

consumption, is supported in the literature (Stewart & Szymanski, 2012; Szymanski et

al., 2015; Tylka & Kroon Van Diest, 2014).

H_4 It is hypothesized that female depression will mediate the relationship between partner's

pornography use and female partner's relationship satisfaction.

H_5 It is hypothesized that elevated SBW stereotypy (strength and independence dimensions)

will be positively related to depression (5a) and anxiety (5b). The SBW stereotypy often

results in restricted emotional expression of African American women, which results in

an appearance of stoicism and emotionless interactions, whereas stressors are indeed

present, however not adequately addressed in relationships (Ashley, 2014; Watson &

Hunter, 2015). Further, research indicates that women who endorse high SBW also report higher levels of depressive symptoms (Donovan & West, 2014).

H_6-   It is hypothesized that elevated SBW stereotypy (strength and independence dimensions) will be negatively related to relationship satisfaction. SBW at either end of the high/low spectrum negatively impacts relationship satisfaction, as African American women either feel powerless or experience increased levels of depression and the need to appear overly strong and emotionless (Beauboeuf-Lafontant, 2007).

H_7 It is hypothesized that SBW stereotypy (strength and independence dimensions) will moderate the relationship between partner pornography use and female partner's depression and anxiety. For those women whose partners are using pornography, SBW will attenuate the relationship between pornography use and depression.

H_8 It is hypothesized that SBW stereotypy (strength and independence subscales) will moderate the relationship between partner's pornography use and female partner's relationship satisfaction. For those women whose partners are using pornography, SBW will attenuate the relationship between pornography use and relationship satisfaction.

H_9 The variance accounted for in depression by the moderation relationship between pornography use and depression will impact positively relationship satisfaction (i.e. depression will be related less with relationship satisfaction than with high SBW).

H_{10} It is hypothesized that religious coping will moderate the relationship between partner pornography use and female mental health (depression/anxiety).

H_{11} It is hypothesized that religious coping will moderate the relationship between partner pornography use and female relationship satisfaction.

Participants and Setting

An initial sample of 504 female adults, with a minimum of 150 African American women, was recruited via Qualtrics, an online data collection service and survey platform often utilized in the behavioral and social sciences. Qualtrics has an extensive database of candidates who they invite to participate in research studies or opt in and receive compensation for their time and contributions. Panel partners strategically and intentionally access participants to work with Qualtrics based on their extensive screening, as well as the quality of their panel respondents. They require all individuals to complete a thorough profile including demographic and professional information, which is verified by a third party. Researchers match criteria by reviewing profiles of specific candidates. I explicitly selected Qualtrics based on the aforementioned details and its reputation as a quality resource with the ability to rapidly recruit and obtain large samples, at a relatively low expense. All participants were US citizens and currently in a relationship with a partner who uses pornography. Women who viewed pornography with their partners, i.e. joint use, were excluded.

Instrumentation/Measures

Participation in this study was voluntary and informed consent was obtained from all subjects. Measures and all corresponding responses were private and anonymous. All study participants were asked to complete the following measures, which are presented in the appendices.

Demographic information. All participants were asked to complete basic demographic information. Demographics included age, gender, race or ethnicity, sexual identity, relationship status, employment status, household income, marital history, and status, belief in God, religious affiliation, and educational level.

Partner's pornography use. Partner's pornography use was assessed via a 3-item questionnaire, which queried the females' knowledge of their partner's pornography use. Question 1 asked if the partner viewed pornography, yes or no. If question 1 was answered in the affirmative, they proceeded to question 2. Question 2 addressed frequency on a 3-point Likert scale, with 1) indicating yes/infrequently; 2) indicating yes/occasionally; and 3) indicating yes/frequently. Question 3 queried joint use, yes or no. Participants who answered "no" to question 1 were disqualified from the study. Participants who answered "yes" to question 3 were deemed ineligible.

DASSDEP. Depression was measured using the 7-item depression subscale (Lovibond & Lovibond, 1995) of the depression anxiety stress scale (DASS), which originally consisted of 42 items and was later shortened to a 21-item version. The DASS demonstrated good reliability and validity (Antony, Bieling, Cox, Enns, & Swinson, 1998). Although in-depth examinations of the DASS 21 noted good internal consistency and reliability for both clinical and non-clinical populations (Lovibond & Lovibond, 1995; Osman et al., 2012), concurrent validity is supported with moderate to high correlations (Antony et al., 1998; Osman et al., 2012), however, its stability over time (as opposed to one week) remains questionable (Osman et al, 2012). The depression scale assesses characteristics such as hopelessness, dysphoria, devaluation of life, and lack of interest/ involvement. It is scored on a 4-point Likert Scale ranging from Did Not Apply to Me at All to Applied to Me Very Much or Most of the Time. Responses were as follows: Did Not Apply to Me at All = 0, Applied to Me to Some Degree = 1, Applied to Me to a Considerable Degree = 2, and Applied to Me Very Much = 3. Individuals rate themselves based upon the past week and the extent to which they experienced each trait. Results are calculated by summing the total of the responses and are multiplied by two for the short version. Cumulative

scores range from normal (0-9), mild (10-12), moderate (13-20), severe (21-27), and extremely severe (28-42). I was not required to obtain written permission to use this scale.

DASSANX- Anxiety was also measured using the depression anxiety stress scales (DASS) 21, which is a 21-item scale measuring negative emotional states (Lovibond & Lovibond, 1995). The DASS has good reliability and validity (Antony et al., 1998). Although in-depth examinations of the DASS 21 noted good internal consistency and reliability for both clinical and non-clinical populations (Lovibond & Lovibond, 1995; Osman et al., 2012) concurrent validity was supported with moderate to high correlations (Antony et al., 1998; Osman et al., 2012), its stability over time (as opposed to one week) remains questionable (Osman et al, 2012). I also used the 7-item anxiety subscale DASSANX. The DASSANX assesses characteristics such as apprehensiveness, shakiness, worry about the loss of control or performance, and symptoms such as difficulty breathing and dry mouth. Participants respond to a 4-point Likert scale to rate their agreement or disagreement with statements. Responses range from Did Not Apply to Me at All to Applied to Me Very Much, or Most of the Time. Responses are as follows: Did Not Apply to Me at All = 0, Applied to Me to Some Degree = 1, Applied to Me to a Considerable Degree = 2, and Applied to Me Very Much = 3. Individuals rate themselves based upon the past week and the extent to which they experienced each trait. Results are calculated by summing the total of the responses and are multiplied by two for the short version. Cumulative scores range from normal (0-6), mild (7-9), moderate (10-14), severe (15-19), and extremely severe (20-42). I was not required to obtain written permission to use this scale.

Couple Satisfaction Index (CSI)- Relationship satisfaction was measured using the Couples Satisfaction Index (CSI), which is a 32-question scale developed by Funk and Rogge

(2007). Psychometrically, the CSI is noted to demonstrate strong convergent validity with other measures of relationship satisfaction and excellent internal consistency (Funk & Rogge, 2007). Both partners are not required to participate. The satisfaction of the partner taking the scale is measured independent of the other partner. The CSI utilizes a Likert scale ranging from 0 to 6 in general happiness, all things considered, and 0 to 5 in each subsequent section, which are scored differently. Scores are summed and may range from 0 to 161. Higher scores indicate a greater degree of relationship satisfaction, whereas scores below 104.5 are indicative of notable relationship dissatisfaction (Funk & Rogge, 2007). I was not required to obtain written permission to use this scale.

Brief RCOPE- I measured religious coping using the Brief RCOPE, which is a 14-item measure utilized to evaluate how individuals cope with major life stressors. Initially developed in 1977, the full RCOPE identifies forms of both positive and negative religious coping (Pargament et al., 2011). Currently, the Brief RCOPE is the most commonly used measure of religious coping and is noted to have good internal consistency and concurrent validity (Pargament et al., 2011). The instrument consists of 14 questions and utilizes a 4-point Likert scale that ranges from Not at All to A Great Deal. Responses are as follows: Not at All = 0, Somewhat = 1, Quite A Bit = 2, and A Great Deal = 3; however, scores are adjusted upward, comparable to a 1 to 4 scale (Pargament et al., 2011). In that instance, scores on the positive religious coping (PRC) and the negative religious coping (NRC) may range from a minimum of 7 to a maximum of 28. Characteristics associated with positive religious coping (PRC) included a secure relationship with a higher being, feelings of spiritual connectedness with others, and a positive world view (Pargament et al., 2011). In contrast, negative religious coping (NRC) was consistent with struggles and spiritual tension, struggles, and tensions with others, and with a divine higher

power (Pargament et al., 2011). Based on numerous empirical studies the Brief RCOPE demonstrated internal consistency, construct validity, predictive validity, and incremental validity (Pargament et al., 2011). Generally speaking, higher PRC is associated with positive psychological and spiritual well-being, whereas higher NRC is related to poor functioning and poor mental health, to include anxiety, depression and negative affect (Pargament et al., 2011). I was not required to obtain written permission to use this scale.

SBW Characteristics Scale: The stereotypic roles for Black women scale, dating back to 2000, elucidates the Mammy, Jezebel, Sapphire, and Superwoman stereotypes (Thomas, Witherspoon, & Speight, 2004). I was unable to find a thorough more contemporary scale. Recent data provided a schematic analysis of the SBW image (West et al., 2016). For the purpose of this study, I utilized a scale consistent with current attitudes, trends, and language to determine the degree to which a woman identified with the noted characteristics of the SBW stereotypy. I obtained permission to use 9 items from Belgrave et al. (2016) measure on African American gender role beliefs and I developed the remainder of the scale questions. Questions on the SBW characteristics scale included:

-I am assertive
-I am able to stand up for myself in all situations
-I have been told that I am aggressive
-I take pride in being a strong woman
-I have to be strong no matter what
-Being weak is not an option
- I make my own money and I consider myself financially independent
- I can handle things by myself
- I do not have to depend upon others
- I do not like asking for help
- I do not need a man/partner to accomplish my life goals
- I am sophisticated and capable of managing well in diverse situations, professionally and personally
- I can only depend on myself
- No one will get things done for me
- I am the only one who can do what I need done

- I have to make things happen for myself
- I am confident
- I strive for excellence in all things
- I am capable of achieving anything I set my mind to
- Others view me as a hard worker and would want me on their team
- I can do anything anyone else can do
- I have to know how to stay two steps ahead of everyone
- I must work hard to achieve my goals
- I must be the best at all I set out to do
- My family knows they can count on me
- I am everyone's personal counselor
- I sacrifice my needs for others
- I am always available to help
- I spend time working when I could be sleeping
- It is my duty to be there for everyone
- I have to show people they can count on me
- I don't like people to see me cry
- Being vulnerable is a sign of weakness
- I deal with my feelings by myself
- People view me as having it all together
- I can't let people know my real feelings
- I must hide my emotions
- No one wants to hear how I feel
- I don't let things break me
- I am a fighter
- I can overcome any situation
- I fight to win
- God is important to me
- I pray often and ask God for guidance
- I believe God will help me through anything
- My faith is a top priority
- I would describe myself as a God-fearing woman
- My faith will get me through anything
- If my faith is strong my problems will disappear
- I believe in traditional male/female roles
- It is important for women to be graceful
- There are certain things that women just don't do, say, or wear
- It is important for women to be lady-like at all times
- It is not appropriate for a woman to show much skin
- I have to be a lady at all times
- My appearance is important to me
- What others think of my appearance is important to me
- I spend a lot of time on my hair and makeup
- Inner beauty is more important than outer beauty
- Too much makeup is a sign of insecurity
- I like to stand out in the crowd

- I am proud of my ethnic heritage
- Spending time with other people of my ethnicity is important to me
- I feel disconnected and out of place in a large group of Black people
- I feel disconnected and out of place in a large group of White people

Procedures

Following Liberty University's Institutional Review Board (IRB) approval, I conducted procedures for this study via Qualtrics, an online data collection service, and survey platform often utilized in the behavioral and social sciences. For Qualtrics, recruitment, consent, participation, completion of measures, and payment for participation occurred online. A request for participation was posted by Qualtrics, and all subjects self-selected into the study. The questionnaire took approximately 15 minutes to complete and Qualtrics compensated participants at a rate they determine.

Data Analyses

I performed a descriptive analysis to identify frequency and percentage of race and mean age by race. Results indicated no skewness above two and no kurtosis above five. To assess the direct, mediation, and moderated mediation relationships between partner pornography use, religious coping, the SBW stereotypy, female mental health (depression and anxiety), and relationship satisfaction, I completed a series of regression analyses, multiple regression analyses, and Process 3.3 (Macro for SPSS) (Hayes, 2015; Hayes, 2017). More specifically, I evaluated the degree to which religious coping mediated the relationship between partner pornography use and female mental health, and to what degree it mediated relationship moderated relationship satisfaction. Additionally, I assessed the degree to which the SBW stereotypy (strength and independence dimensions) mediated the relationship between partner pornography use and female mental health (depression and anxiety), and to what degree it

mediated relationship moderated relationship satisfaction. To address hypotheses, I applied the

Hayes Model 4 and Hayes Model 12 (Hayes, 2015; Hayes, 2017) to generate regression

coefficients, *p*-values, and confidence intervals and employed Hayes Process 3.3 macro (Hayes,

2015; Hayes, 2017) to determine moderated mediated relationships.

Ethical Concerns

After obtaining IRB approval, all subjects completed an informed consent for

participation in the study. Primary ethical concerns involve the sensitivity of the data collected,

with specific regard to pornography use within a relationship, as well as one's level of

satisfaction with their relationship. I accounted for these potential factors by assuring the

anonymity of the participants. Qualtrics collected the data collection and payment for services

online. Subsequently, participants' demographic data and answers to questionnaires remained

anonymous and could not be cross-referenced or linked. Given the justification for the study and

potential for practical benefit to the behavioral and social sciences, the above concerns were

considered minor and appropriate, due to the nature of the study. The implications can be

valuable to the field of counseling; however, the research subjects did not receive any direct

benefit.

Summary

In summary, the purpose of this study was to evaluate the interaction between partner

pornography use, female partner's mental health (depression and anxiety), relationship

satisfaction, and potential moderating effects of religious coping and the SBW stereotypy

(strength and independence dimensions). To this end, I recruited female subjects via Qualtrics,

who agreed to complete a series of questionnaires, assessing mental health (depression and

anxiety), relationship satisfaction, religious coping, and degree of identification with

characteristics consistent with the SBW stereotypy. I performed a series of regression and

multiple regression analyses on the collected data, utilizing Hayes Model 4, Hayes Model 12,

and Hayes Process 3.3 Macro for SPSS (Hayes, 2015; Hayes, 2017).

CHAPTER FOUR: RESULTS

The purpose of this study was to evaluate the relationship between partner pornography use, female partner's mental health (depression and anxiety), relationship satisfaction, and the potential moderating effects of religious coping and the SBW stereotypy (strength and independence subscales) on women in committed relationships. Preliminary screening, prior to inferential statistics indicated all variables were approximately normally distributed (skewness < 2.0 and kurtosis < 5.0). I collected an initial sample of 504 and after controlling specifically for race, the sample consisted of 159 African American women (33.6 %) and 314 European American women (66.4 %), for a total of n = 473. Identification of multivariate outliers, inattentive responders, eliminating all women who use pornography, and limiting the sample to only those women who identified themselves as European American (n = 191) and African American (n = 84) resulted in a final sample of 275 women in committed relationships. The mean age for the African American sample was 43.07 and 45.47 was the mean age for the European American sample.

I performed a total of four conditional process analyses models, utilizing Hayes Process 3.3 macro (Model 12) for SPSS, to evaluate the degree to which religious coping, positive and negative, and the SBW Stereotypy, SBW-Strength, and SBW-Independence subscales, moderated the relationship between partner pornography use and female partners' mental health (anxiety and depression), and the degree moderation influenced relationship satisfaction. Although I assessed each moderator independently, I also included race as a second moderator in the complete analyses (see Figures 3-6). Pearson correlations means, and standard deviations for all variables were calculated (see Table 1). First, I present direct relationship hypotheses for

depression, anxiety, and relationship satisfaction, and follow with mediated moderated

hypotheses and findings (see Tables 2-6).

Table 4.1

Pearson's r, Means, and Standard Deviations.

	1	2	3	4	5	6	7	8
(1) SBW 4/ Strength	1	.344**	.630**	-.021	-.319**	-.344**	.396**	.098
(2) SBW 5/ Independence	.514**	1	.057	.072	.045	.004	-.088	-.030
(3) RCOPE- Positive	.007	-.136	1	-.025	-.223*	-.257*	.271*	.272*
(4) RCOPE- Negative	-.178*	.064	.325**	1	.499*	.458**	-.239*	-.007
(5) DASS- Depression	-.339**	.028	.081	.540**	1	.849**	-.351**	-.098
(6) DASS- Anxiety	-.216**	.056	.130	.435**	.844**	1	-.210	-.108
(7) CSI-Relationship Satisfaction	.347**	-.040	.005	-.319**	-.560**	-.355**	1	.069
(8) Partner Pornography Use	.143*	-.059	.030	-.037	-.187**	-.146*	.316**	1
Mean	8.7\7.9	6.0\6.5	3.5\3.0	2.1\1.9	9.6\9.8	9.5\8.1	59.8\62.7	
SD	2.0\2.0	2.0\2.3	.73\.99	.83\.91	10.5\11.6	10.0\9.5	20.9\19.9	
Cronbach's α	.89	.87	.97	.90	.90	.89	.97	

*Correlation is significant at the .05 level (2-tailed). **Correlation is significant at the .01 level (2-tailed).
Note: European American correlations are in the lower diagonal and African American sample correlations in the upper diagonal

Relationship Satisfaction

The first hypothesis focused on whether partner pornography use would be negatively

related to relationship satisfaction (H_1). I used Pearson's r correlation to assess the relationship.

For the European American sample, there was a positive correlation between partner

pornography use and relationship satisfaction, $r(190) = .316$, $p < .05$ (see Table 1). There was

not a significant correlation in the African American sample. Hypothesis 1 was partially

supported, as there was statistical significance for the European American sample. Partner

pornography use was predictive of decreased relationship satisfaction among European

American women.

I also hypothesized that elevated SBW stereotypy (strength and independence dimensions) would be negatively related to relationship satisfaction (H_6). Using Pearson's r correlation to evaluate the relationship I found there was a positive correlation between SBW-Strength and relationship satisfaction, r (190) = .347, p <.05, but no significant correlation between SBW-Independence and relationship satisfaction in the European American sample (see Table 1). For the African American sample, there was a significant correlation for SBW-Strength and relationship satisfaction, r (83) = .396, p <. 05, however, there was not a significant correlation for SBW-Independence and relationship satisfaction. Hypothesis 6 was partially supported; in both samples, there was only statistical significance for SBW-Strength dimension and relationship satisfaction. Whereas elevated strength traits were predictive of more relationship satisfaction for both European and African American women, independence dimensions were not predictive of relationship satisfaction for either sample.

Depression

When evaluating depression, I hypothesized partner pornography use would be positively related to the female partner's depression (H_2). Using Pearson's r correlation, I further assessed the relationship. For the European American sample, there was a negative correlation between partner pornography use and female partner depression, r (190) = -.187, p < .05 (see Table 1). For the African American sample, there was not a significant correlation. Hypothesis 2 partially supported partner pornography use as predictive of depression in the European American sample only.

Using Pearson's r correlation, I tested the hypothesis of whether elevated SBW (strength subscale and independence subscale) stereotypy would be positively related to participant depression (H$_{5a}$). For the European American sample, there was a negative correlation between

SBW-Strength and depression, r (190) = -.339, $p < .05$ (see Table 1). The measure did not show a significant correlation between SBW-Independence and depression. For the African American population there was a negative correlation for SBW-Strength and depression, r (83) = -.319, $p < .05$ (see Table 1) but no significant correlation between SBW-Independence and depression. Hypothesis 5a was partially supported. For both the European and African American sample, SBW Strength was predictive of less depression. SBW independence was unrelated to depression in both samples.

Anxiety

I also hypothesized elevated SBW (Strength subscale and Independence subscale) stereotypy will be positively related to anxiety ($H_{5b)}$. Employing a Pearson's r correlation to assess the relationship, the European American sample demonstrated a negative relationship between SBW-Strength and anxiety, r (190) = -.216, $p < .05$ (see table 1). However, there was not a significant relationship between SBW-Independence and anxiety. A negative correlation existed between SBW-Strength and anxiety, r (83) = -.344, $p < .05$ in the African American sample. However, there was no significant correlation between SBW-Independence and anxiety. Hypothesis 5b was partially supported. For both the European and African American population, SBW strength was predictive of less anxiety. SBW independence was unrelated to anxiety in both samples.

Female Depression and Relationship Satisfaction

Positing female depression would be negatively related to relationship Satisfaction (H_3), I employed a Pearson's r correlation to assess the relationship. For the European American sample, there was a negative correlation between depression and relationship satisfaction, r (190) = -.560, $p < .05$ (see Table 1). For the African American sample,

I found negative correlations between depression and relationship satisfaction, $r(83) = -.351$, $p < .05$ (see Table 1). The evidence supported H_3 for both the European and African American Populations, determining; female depression was predictive of less relationship satisfaction.

Mediation Hypotheses and Findings

Hypothesis four examined female depression and anxiety as mediating the relationship between partner's pornography use and participant relationship satisfaction (H_4). To evaluate the degree to which female depression would mediate the relationship between male's pornography use and female partner's relationship satisfaction, I performed a conditional process analysis model, utilizing Hayes Process 3.3 macro (Model 4) for SPSS. The total effect of partner pornography use on participant relationship satisfaction was statistically significant ($R = .239$, $R^2 = .057$, $MSE = 387.251$, $F(1,275) = 16.619$, $p < .001$). The overall regression, including both mediators and partner pornography use was statistically significant ($R = .556$, $R^2 = .309$, $MSE = 285.977$, $F(3,275) = 40.512$, $p < .001$) with all three predictors accounting for significant variance in relationship satisfaction (see Table 2). The indirect effect of pornography use through $M1$ (depression) showed statistical significance, $b = 1.789$, CI $= .362$ to 3.250. The indirect effect of M_2 (anxiety) was also judged to be statistically significant, with a negative indirect effect ($b = -.720$, CI $= -1.596$ to $-.022$). These findings indicate in a non-clinical sample of females who report depressive symptoms, anxiety has a positive relationship with relationship satisfaction. For M_1 depression, H_4 is supported, however for M_2 anxiety H_4 is not supported, due to its positive effect upon relationship satisfaction.

Table 4.2 *Conditional Process Analysis Results for Moderated Mediation Model.*

Source	b	Se	t	p	LLCI	ULCI
DASS-Depression: $R = .159$, $R^2 = .026$, $MSE = 115.062$, $F(1, 275) = 7.159$, $p < .008$						
Partner Use	-1.242	.464	-2.676	.008	-2.155	-.328
DASS-Anxiety: $R = .137$, $R^2 = .019$, $MSE = 91.911$, $F(1, 275) = 5.24$, $p < .023$						
Partner Use	-.949	.415	-2.290	.023	-1.766	-.133
Couples Satisfaction Index: $R = .556$, $R^2 = .309$, $MSE = 285.977$, $F(3,275) = 40.512$, $p < .001$						
Partner Use	2.402	.741	3.241	.001	.943	3.861
DASS: Depression	-1.441	.175	-8.251	<.001	-1.784	-1.097
DASS: Anxiety	.758	.195	3.880	<.001	.374	1.143
Couples Satisfaction Index: $R = .239$, $R^2 = .057$, $MSE = 387.251$, $F(1,275) = 16.619$, $p < .001$						
Partner Use	3.470	.851	4.077	.000	1.795	5.146

Moderated Mediation Hypotheses and Findings

The next hypothesis pertained to whether SBW (strength and independence subscales) would moderate the relationship between partner's pornography use and female partner's mental health, depression/anxiety (*H7*), and moderation would also mediate the relationship between partner's pornography use and the female partner's relationship satisfaction (*H8*) (see Figures 3-4). I conducted a conditional process analysis model, utilizing Hayes Process 3.3 macro (Model 12) for SPSS, to evaluate the degree to which SBW-strength and SBW-independence would moderate the relationship between partner's pornography use and female partner's depression and anxiety, and the degree to which the moderation would mediate female relationship satisfaction. There was not a three-way interaction. The overall regression, including both moderators and partner pornography use, was not statistically significant. Hypotheses *H7* and *H8* were not supported (see Tables 3-4).

Figure 4.3 Conceptual Diagram 3
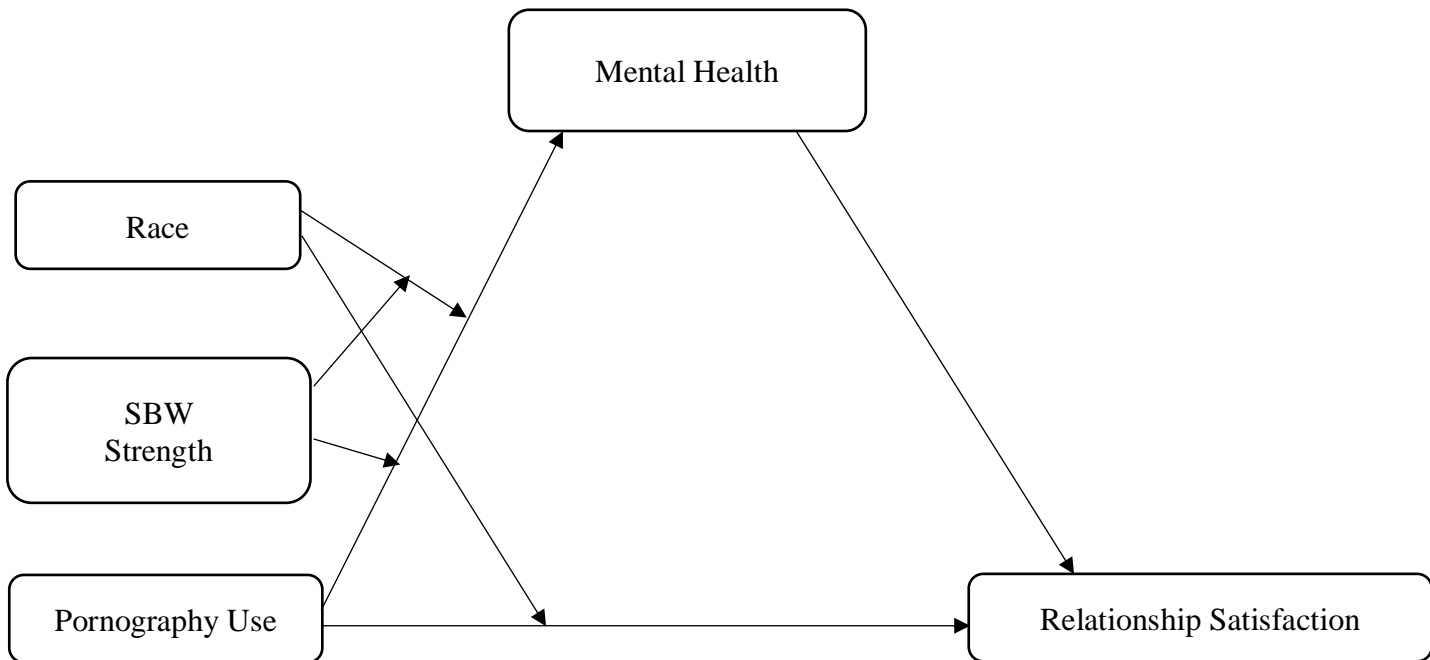
Figure 4.4 Conceptual Diagram 4
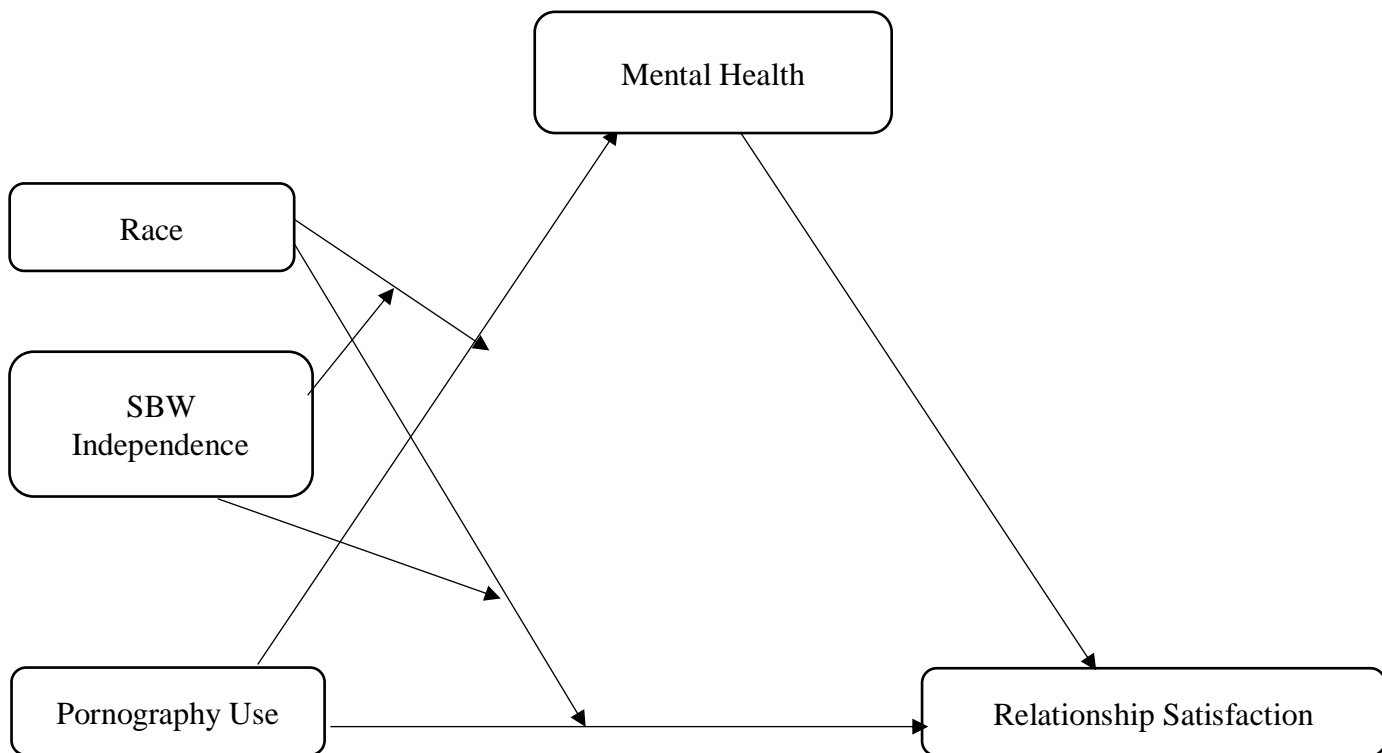
Table 4.3 *Conditional Process Analysis Results for Moderated Mediation Model.*

Source	B	Se	t	p	LLCI	ULCI
DASS-Depression: $R = .361$, $R^2 = .130$, $MSE = 105.342$, $F(7, 275) = 5.721$, $p < .001$						
Partner Use	-.841	.461	-1.825	.069	-1.748	.066
Race	1.138	1.407	.809	.419	-1.632	3.907
Partner Use x Race	.588	.974	.604	.547	-1.330	2.506
SBW Strength	-1.710	.313	-5.466	.000	-2.325	-1.094
Partner Use x SBW Strength	.164	.213	.772	.441	-.254	.583
Race x SBW Strength	.062	.693	.089	.929	-1.302	1.425
Partner Use x Race x SBW Strength	-.162	.466	-.349	.727	-1.079	.754
DASS-Anxiety: $R = .286$, $R^2 = .082$, $MSE = 87.193$, $F(7, 275) = 3.408$, $p < .002$						
Partner Use	-.646	.419	-1.540	.125	-1.471	.797
Race	2.314	1.280	1.808	.072	-.206	4.834
Partner Use x Race	.059	.886	.067	.947	-1.686	1.804
SBW Strength	-1.088	.285	-3.822	.000	-1.648	-.527
Partner Use x SBW Strength	.195	.194	1.009	.314	-.186	.576
Race x SBW Strength	-.541	.630	-.858	.392	-1.782	.699
Partner Use x Race x SBW Strength	-.198	.424	-.467	.641	-1.032	.631
Couples Satisfaction Index: $R = .606$, $R^2 = .368$, $MSE = 267.563$, $F(9,275) = 17.112$, $p < .001$						
Partner Use	2.362	.739	3.196	.002	.906	3.817
DASS: Depression	-1.373	.178	-7.696	.000	-1.724	-1.022
DASS: Anxiety	.819	.196	4.175	.000	.432	1.205
Race	-5.729	2.263	-2.532	.012	-10.185	-1.273
Partner Use x Race	-3.021	1.556	-1.942	.053	-6.084	.042
SBW Strength	1.882	.527	3.570	.000	.844	2.921
Partner Use x SBW Strength	.370	.340	1.089	.277	-.299	1.039
Race x SBW Strength	1.599	1.110	1.440	.151	-.587	3.784
Partner Use x Race x SBW Strength	-.276	.742	-.372	.710	-1.738	1.185

Table 4.4 *Conditional Process Analysis Results for Moderated Mediation Model.*

Source	B	Se	t	p	LLCI	ULCI
DASS-Depression: $R = .185$, $R^2 = .034$, $MSE = 116.985$, $F(7, 275) = 1.356$, $p < .225$						
Partner Use	-1.196	.474	-2.523	.012	-2.129	-.263
Race	-.408	1.437	-.284	.777	-3.238	2.422
Partner Use x Race	.942	1.023	.920	.358	-1.073	2.957
SBW Independence	-1.710	.300	.618	.537	-.405	-1.094
Partner Use x SBW Independence	-.290	.238	-1.215	.225	-.759	.180
Race x SBW Independence	.158	.683	.232	.817	-1.187	1.503
Partner Use x Race x SBW Indep	-.215	.542	-.397	.692	-1.282	.852
DASS-Anxiety: $R = .165$, $R^2 = .027$, $MSE = 92.398$, $F(7, 275) = 1.068$, $p < .385$						
Partner Use	-.906	.421	-2.149	.033	-1.735	-.076
Race	1.111	1.277	.869	.385	-1.405	3.626
Partner Use x Race	.246	.909	.271	.787	-1.545	2.037
SBW Independence	.144	.266	-.541	.589	-.382	.669
Partner Use x SBW Independence	-.100	.212	-.471	.638	-.517	.317
Race x SBW Independence	-.159	.607	-.262	.793	-1.354	1.036
Partner Use x Race x SBW Indep	-.322	.482	-.669	.504	-1.270	.626
Couples Satisfaction Index: $R = .578$, $R^2 = .334$, $MSE = 281.628$, $F(9,275) = 14.787$, $p < .001$						
Partner Use	2.389	.744	3.210	.002	.924	3.854
DASS: Depression	-1.483	.178	-8.337	.000	-1.833	-1.133
DASS: Anxiety	.837	.200	4.180	.000	.443	1.231
Race	-3.763	2.249	-1.674	.954	-8.190	.664
Partner Use x Race	-2.424	1.593	-1.522	.129	-5.560	.713
SBW Independence	-.411	.466	-.884	.377	-1.328	.505
Partner Use x SBW Independence	.387	.372	1.042	.298	-.345	1.119
Race x SBW Independence	-.169	1.061	-.159	.874	-2.259	1.921
Partner Use x Race x SBW Indep	-.424	.842	-.504	.615	-2.081	1.233

The variance accounted for in depression by the moderation relationship between pornography use and depression, I hypothesized would positively affect relationship satisfaction (i.e. Depression will be related less with relationship satisfaction than with high SBW) (*H*$_9$). Specifically, the indirect effect of the use of pornography on relationship satisfaction, through depression, would be moderated by SBW. Hayes (2015) index of moderated mediated (b = .223, SE = .676, CI = [-1.157 − 1.538] indicated zero difference is reasonable and *H*$_9$ was not statistically supported.

I expected religious coping (positive and negative) would moderate the relationship between partner's pornography use and female partner's mental health (depression/anxiety) (*H*$_{10}$) (see Figures 5-6), and the moderation would also mediate the relationship between partner's pornography use and female partner's relationship satisfaction (*H*$_{11}$) (see Figures 5-6). A conditional process analysis model, utilizing Hayes Process 3.3 macro (Model 12) for SPSS, I evaluated the degree to which positive religious coping and negative religious coping would moderate the relationship between partner's pornography use and female partner's depression and anxiety, and the degree to which the moderation would mediate female relationship satisfaction. There was not a three-way interaction. The overall regression, including both moderators and partner pornography use, was not statistically significant. Results were not statistically significant and *H*$_{10}$ and *H*$_{11}$ were not supported (see Tables 5-6).

Figure 4.5 Conceptual Diagram 5
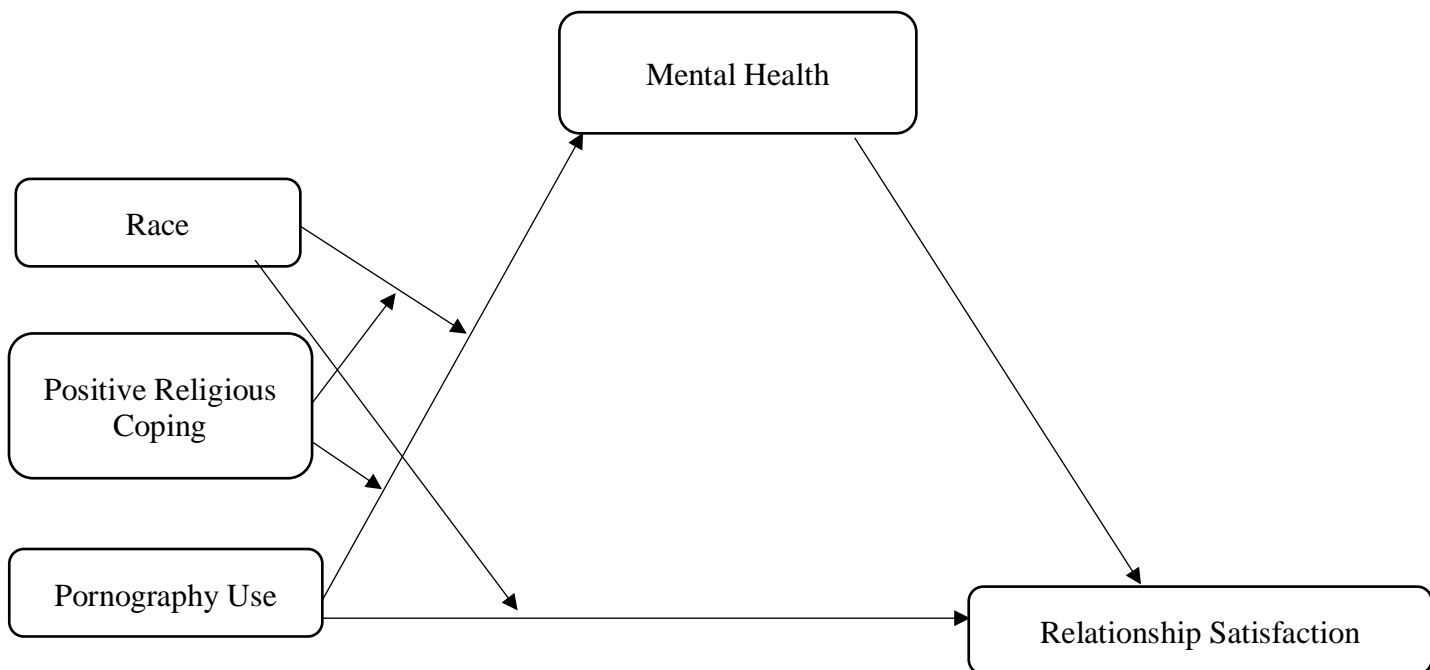
Figure 4.6 Conceptual Diagram 6
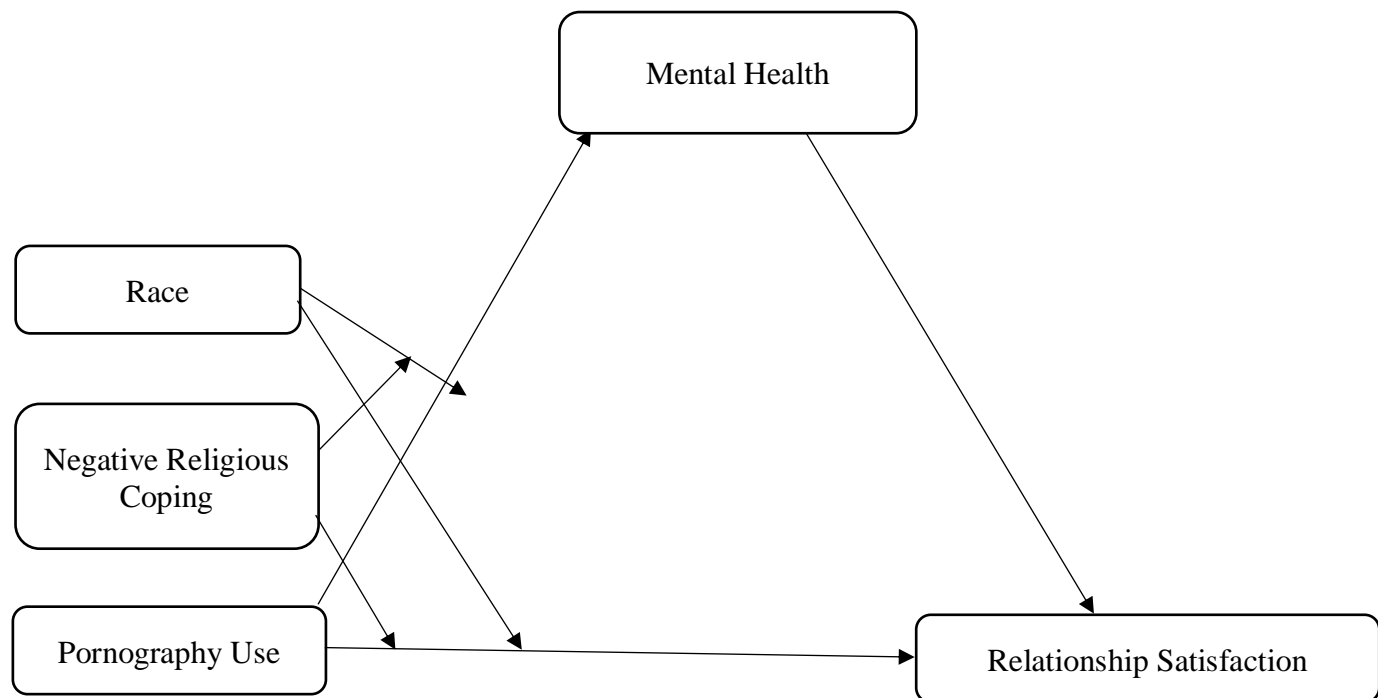
Table 4.5 *Conditional Process Analysis Results for Moderated Mediation Model.*

Source	b	Se	t	p	LLCI	ULCI
DASS-Depression: $R = .218$, $R^2 = .047$, $MSE = 115.41$, $F(7, 275) = 1.894$, $p < .071$						
Partner Use	-1.145	.478	-2.396	.017	-2.087	-.204
Race	.815	1.599	.510	.611	-2.333	3.962
Partner Use x Race	1.383	1.044	1.325	.187	-.673	3.438
RCOPE Positive (Pos)	-.404	.791	-.511	.610	-1.962	1.153
Partner Use x RCOPE Positive	-.418	.507	-.824	.411	-1.415	.580
Race x RCOPE Positive	-4.450	2.026	-2.196	.028	-8.438	-.461
Partner Use x Race x RCOPE Pos	-.289	1.203	-.240	.811	-2.658	2.080
DASS-Anxiety: $R = .229$, $R^2 = .053$, $MSE = 89.984$, $F(7, 275) = 2.12$, $p < .042$						
Partner Use	-.876	.422	-2.074	.039	-1.707	-.045
Race	2.030	1.412	1.438	.152	-.749	4.809
Partner Use x Race	.698	.922	.757	.449	-1.117	2.513
RCOPE Positive (POS)	-.066	.699	-.094	.925	-1.441	1.309
Partner Use x RCOPE Positive	-.414	.447	-.927	.355	-1.295	.466
Race x RCOPE Positive	-4.384	1.789	-2.451	.015	-7.906	-.862
Partner Use x Race x RCOPE Pos	.203	1.062	.191	.849	-1.889	2.295
Couples Satisfaction Index: $R = .589$, $R^2 = .348$, $MSE = 275.886$, $F(9,275) = 15.707$, $p < .000$						
Partner Use	2.055	.747	2.750	.006	.584	3.526
DASS: Depression	-1.484	.175	-8.469	.000	-1.829	-1.139
DASS: Anxiety	.859	.196	4.332	.000	.469	1.251
Race	-7.092	2.489	-2.849	.048	-11.993	-2.192
Partner Use x Race	-3.626	1.621	-2.237	.026	-6.817	-.435
RCOPE Positive	2.457	1.224	2.067	.049	.046	4.868
Partner Use x RCOPE Positive	.707	.784	-.901	.369	-.838	2.251
Race x RCOPE Positive	7.308	3.168	2.307	.022	1.071	13.545
Partner Use x Race x RCOPE Pos	3.239	1.862	1.739	.083	-.428	6.906

Table 4.6 *Conditional Process Analysis Results for Moderated Mediation Model.*

Source	b	Se	t	p	LLCI	ULCI
DASS-Depression: $R = .552$, $R^2 = .305$, $MSE = 84.160$, $F(7, 275) = 16.762$, $p < .000$						
Partner Use	-1.131	.401	-2.823	.005	-1.920	-.342
Race	-1.683	1.221	-1.379	.169	-4.087	.721
Partner Use x Race	.763	.861	.887	.376	-.932	2.458
RCOPE Negative (Neg)	6.418	.631	10.167	.000	5.175	7.661
Partner Use x RCOPE Negative	-.462	.440	-1.040	.295	-1.328	.405
Race x RCOPE Negative	-.248	1.418	-.175	.862	-3.040	2.545
Partner Use x Race x RCOPE Neg	-.353	.995	-.355	.723	-2.313	1.606
DASS-Anxiety: $R = .470$, $R^2 = .221$, $MSE = 73.985$, $F(7, 275) = 10.826$, $p < .000$						
Partner Use	-.864	.376	-2.301	.022	-1.604	-.125
Race	.049	1.149	.043	.966	-2.205	2.303
Partner Use x Race	.167	.807	.207	.836	-1.421	1.756
RCOPE Negative	4.775	.592	8.069	.000	3.610	5.941
Partner Use x RCOPE Negative	-.531	.413	-1.288	.199	-1.344	.281
Race x RCOPE Negative	1.039	1.330	.781	.436	-1.580	3.657
Partner Use x Race x RCOPE Neg	-.161	.933	-.173	.863	-1.998	1.676
Couples Satisfaction Index: $R = .578$, $R^2 = .334$, $MSE = 281.775$, $F(9,275) = 14.764$, $p < .000$						
Partner Use	2.485	.744	3.341	.001	1.021	3.950
DASS: Depression	-1.451	.188	-7.725	.000	-1.821	-1.081
DASS: Anxiety	.847	.200	4.231	.000	.453	1.242
Race	-3.554	2.258	-1.574	.117	-7.999	.891
Partner Use x Race	-2.262	1.579	-1.433	.153	-5.372	.847
RCOPE Negative	-1.286	1.360	-.945	.346	-3.964	1.393
Partner Use x RCOPE Negative	-.778	.808	-.962	.337	-2.368	.813
Race x RCOPE Negative	-.426	2.607	-.164	.870	-5.559	4.707
Partner Use x Race x RCOPE Neg	-.132	1.822	-.073	.942	-3.719	3.454

Summary

The purpose of this study was to evaluate the relationship between partner pornography use, female partner's mental health (depression and anxiety), relationship satisfaction, and the potential moderating effects of religious coping and the SBW stereotypy (strength and independence subscales) in women whose partners use pornography. A sample of 275 women,

191 European American and 84 African American, in committed relationships completed

measures to assess mental health (depression and anxiety), relationship satisfaction, effects of

positive and negative religious coping, and traits of the SBW stereotypy. I performed Hayes

Process 3.3 macro (Model 4 and Model 12) for SPSS, to evaluate mediation and moderated

mediation relationships across variables. Race was included as a second moderator in the

analyses.

Although race was not specifically a moderator, results from this study were notably

different by race. With regard to relationship satisfaction, pornography use was predictive of less

relationship satisfaction for European American women, although it was unrelated to relationship

satisfaction for African American women. Further, relationship satisfaction for European

American women was moderated by the SBW strength dimension, whereas there was not a

significant correlation for the African American sample. The SBW independence dimension was

not related to relationship satisfaction in either sample.

Increased consistency existed in mental health outcomes, as they related to the SBW

dimensions. SBW strength dimensions were predictive of less depression and less anxiety in both

samples. SBW independence dimensions did not affect depression or anxiety in either sample.

Further, evidence of female depression predicted less relationship satisfaction for both European

and African American women. Finally, I did not find three-way interactions across both samples

and all variables. Specifically, neither SBW dimensions nor religious coping moderated partner

pornography use and female partner's mental health and relationship satisfaction.

CHAPTER FIVE: CONCLUSIONS AND DISCUSSION

Throughout this chapter, I provide an overview of the findings as related to the primary research questions of the study: (a) Are there racial differences in how women experience partner pornography use; (b) Are the mental health effects different; (c) How does race moderate perceptions of pornography use and relationship satisfaction; (d) How does the SBW stereotypy moderate mental health outcomes and relationship satisfaction; (e) Is the SBW conceptualization of self a benefit or detriment to relationship satisfaction; (f) Is the SBW conceptualization of self a benefit or detriment to women's mental health; and (g) How does religious coping moderate mental health outcomes and relationship satisfaction for female partners of pornography users? I will expound upon the findings of this moderation-mediation quantitative study, highlighting outcomes for relationship satisfaction, mental health (depression and anxiety), religious coping, and the SBW stereotypy. Finally, I discuss implications, limitations, and recommendations for future researchers.

I recruited participants for this study from Qualtrics, which initially totaled 504. The final sample consisted of 275 women (191 European American and 84 African American), all of whom were in a committed relationship with a partner who used pornography. Participants did not use pornography jointly or individually. All participants completed measures to assess relationship satisfaction, depression, anxiety, identification with SBW characteristics, and both positive and negative religious coping.

Discussion

I based the current study on research supporting premises that pornography use is deleterious to relationships (Bridges et al., 2003; Doran & Price, 2014; Lambert et al., 2012; Maddox et al., 2011; Manning, 2006; Olmstead et al., 2013; Patterson & Price, 2012; Perry,

2017; Perry & Davis, 2017; Szymanski et al, 2015; Tarver, 2012; Tylka & Kroon Van Diest, 2014), female mental health is negatively affected by partner pornography use (Bergner & Bridges, 2002; Bueskens, 2012; Schneider, 2000; Stewart & Szymanski, 2012; Tylka, 2015; Tylka and Kroon Van Diest, 2014), and negatively affected emotional and mental health subsequently damagingly influences relationship satisfaction (Bridges et al., 2003; Fincham, 1997; Li & Johnson, 2018; Stewart & Szymanski, 2012). Having confirmed the inter-relatedness of these variables, as evidenced in the literature, I sought to explore moderators to help elucidate the complexity of the relationships. Researchers have not previously explored the SBW stereotypy, religious coping, or racial differences in relation to partner pornography use, making findings unique to this study, with the exception of partner pornography use predicting decreased relationship satisfaction (H_1) and a positive correlation between partner pornography use and female depression (H_2). Throughout extant literature, evidence exists on how pornography use negatively affects relationship satisfaction (Doran & Price, 2014; Lambert et al., 2012; Maddox et al., 2011; Minarcik, Wetterneck, & Short, 2016; Perry, 2017; Poulsen et al., 2013; Resch & Alderson, 2014), and conversely less pornography use yields more relationship satisfaction. Of interest is the finding was only noted among the European American sample in this study, highlighting pornography use as not appearing to have a significant effect upon relationship satisfaction for African American women. Similarly, partner pornography use was predictive of depression, consistent with the literature (Szymanski et al., 2015; Tylka & Kroon Van Diest, 2014), however only in the European American sample. Lastly, H_3 hypothesized female depression would be negatively related to relationship satisfaction, which evidenced in both the African and European American samples. Research questions 1-3 queried racial differences related to partner pornography use, mental health outcomes, and relationship satisfaction. Based

upon findings for both H_1, H_2, and H_3, it can be surmised racial differences exist. Researchers have not determined the relational, emotional, and/or psychological dynamics, which predispose these differences.

Addressing research questions 4 – 6, hypothesizing that elevated SBW stereotypy (strength and independence dimensions), not specifically race, would moderate the relationships between partner pornography use, mental health outcomes (depression and anxiety), and relationship satisfaction ($H_5 – H_9$). Surprisingly, I did not discover any three-way interactions or support for moderated mediation (H_7, H_8, H_9). I anticipated African American women would score significantly differently than non-African American women, based on how the measure is couched in SBW (strong Black woman) theory and emerge as preeminent characteristics in SBW literature. This was not the case. SBW characteristics developed across races, albeit to a lesser degree in non-African American women. I attributed this to updating the measure and eliminating ethnocentric verbiage, thereby facilitating increased applicability and generalizability.

Of note, researchers indicated women who endorse higher levels of SBW dimensions, also report higher levels of depressive symptoms (Beauboeuf-Lafontant, 2007; Donovan & West, 2014) and experience negative relationship outcomes (Beauboeuf-Lafontnt, 2007). These findings were contrary to other studies. For both European and African American women, the SBW strength dimension was predictive of less depression and anxiety (H_5 and H_7). Specifically, endorsing SBW characteristics was not predictive of depression as noted in extant literature. Considering all variables, age and relationship status of participants were deemed significant. The mean age for participants in this study was 45.47 for European American women and 43.07 for African American women, however, the majority of previous studies included primarily

single college-age students (West, Donovan, & Daniel, 2016), for both pornography research samples and SBW research. Maturity, experience, and relationship status may be confounding, thereby affecting outcomes in this study. To expound, it is possible age and experience shaped responses of the women in this study, enabling them to better navigate and compensate for negative factors traditionally associated with SBW stereotypy. Women may simply experience factors associated with SBW differently, which in turn affects how they function in romantic relationships.

Interestingly, of the emerging SBW dimensions, SBW independence, depression, anxiety, or relationship satisfaction was not statistically significant for either sample. Noted to be a primary characteristic for SBW stereotypy (Abrams et al., 2014; Donovan & West, 2014; West et al, 2016), it was anticipated this dimension would have an effect, and more specifically for African American women due to pressures of being self-reliant (Abrams et al., 2014; Ashley, 2014. Again, it is believed both age and relationship status may be factors. How independence is defined changes over time, and specifically within the confines of committed relationships where inter-dependence is often more prevalent.

The final research questions and hypotheses addressed religious coping as a moderator, which was also not statistically supported. Similar to SBW findings, this was also surprising, especially among the African American female sample. More specifically, high rates of African American women utilize religious coping to manage difficult situations and regulate emotions (Bhui et al., 2008; Cater et al., 2012). Historically, researchers identify religious coping as both a moderator and a mediator, specifically in relation to stress and mental health (Pargament, 1997), however, those findings were not evident in the present study. Acknowledging the stress (emotional, psychological, relational, and spiritual) related to pornography use in committed

relationships, it would appear women who identify as religious would readily employ religious coping. The lack of correlation in this study appears contrary to typical behavior patterns associated with African American women. Based upon findings indicating religious coping is far more prevalent among African Americans than European Americans (Chatters et al., 2008; Hawthorne et al., 2017), the lack of correlation for pornography use, mental health, and religious coping in the European American sample was not surprising.

Despite lack of evidence in the present study, there are noted benefits of religious coping, which may be applicable across races, if employed. More specifically, when used, positive religious coping has proven to be a buffer for depressive symptoms (Webb et al, 2010), source of strength and catalyst for more positive adaptations to stress in romantic relationships (Simonik & Klobucar, 2017), as well as a moderator between mental health and spiritual well-being (Pargament, 1997), along with an attenuating factor for attachment difficulties in romantic relationships (Pollard et al., 2014). At present, it is not possible to identify causative factors, which may have affected the influence of religious coping. However, reflective of previous studies, its potential to have a positive effect should be considered as an effective method for both African American and European American women.

Implications

Although findings from this study were mixed, Doran and Price (2014), Perry and Davis (2017), and Staley and Sprause (2013) identified pornography use as a detriment to relationship satisfaction and predictive of decreased relationship satisfaction in European American women participants. Although there was no evidence for pornography use negatively affecting African American relationship satisfaction, this finding was surprising and raises additional questions. Having become normative in American culture (Lykke & Cohen, 2015, Maddox et al., 2011,

Willoughby et al., 2016), it is believed the use of pornography is pervasive across cultures, and

not limited to European American relationships. Subsequently, culturally, and ethnically

competent practice should be considered when addressing pornography use in relationships.

Although support was not found for three-way interactions and moderating effects of the SBW

dimensions, the strengths dimension emerged as predictive of less anxiety and less depression in

both European and African American women. This provides hope for therapeutic interventions,

possibly couched in strengths-based theory. While there was a lack of evidence to support

religious coping and the SBW stereotypy as moderators, the research in both areas continues to

grow and religious coping, specifically, has documented relational benefits. There are

implications for both counseling and continued research inherent in the findings of this study.

Race emerged as a strong variable, although it was not the basis of the study. Its influence cannot

be overlooked or minimized, especially as it relates to culturally competent practice.

Limitations

There are several limitations to the present study, which may have affected the results. To

begin, the sample of participants decreased significantly, from approximately 500 s to a total of

275. One of the primary factors limiting potential contributors was controlling for joint use and

eliminating women who also used pornography, jointly or individually. This factor alone

diminished the sample by approximately 40 percent. Secondly, I only included women who were

in committed relationships. Inclusion of women who also use pornography would have increased

the participant pool and final sample size. Women who I excluded may have also added a degree

of variance in relationship satisfaction, as I have previously noted the benefits of joint use and

females who use pornography (Grov et al., 2011; Kohut et al., 2017; Lofgren-Martensen &

Mansson, 2010; Weinberg et al., 2010). It is also possible women in more casual, non-committed

relationships, experience pornography use by their sexual partner differently, as researchers indicated the relationship beliefs vary among individuals who are in committed relationships and those who are not (Benjamin & Tlusten, 2010). The current findings are not generalizable to women who are not in committed relationships or women who also use pornography. While I focused on differences between European and African American women, it is also not representative of numerous other cultures in American society, thereby also limiting generalizability and multi-cultural application of findings.

Other factors which may be considered limitations of the study are assessment and control for personality factors and emotional stability, both of which may influence how individuals function in a romantic relationship, responds to questions regarding the quality of relationships, evaluates their own level of anxiety and depression, as well as defines concepts such as strength and independence. Romantic partner attachment, which may be anxious or avoidant, also was not considered. Lastly, there were no controls for women who may be in relationships with other women. For example, if responses in the study reflected beliefs of people in non-heterosexual relationships, questions emerge concerning male/female versus female/female partner pornography use.

Recommendations for Future Research

Despite the limitations of this study and lack the support of most hypotheses, findings remain interesting and rich with options for future research. As related to SBW dimensions, which emerged in both samples and noted racial differences in how pornography use affects committed relationships, the extant literature on pornography use is void of research in this area. If SBW is not a moderator, differences in race may be a more appropriate construct to assess. Acknowledging the large number of women who also use pornography, consideration should

also be given to this population. In the future, it will be important for researchers to include a

larger sample, not limited to committed relationships only and inclusive of women who use

pornography. A larger participant pool and sample, accounting for various relationship types and

all use, could provide more robust and generalizable mental health and relationship satisfaction

results. Emotional stability and romantic partner attachment should also be considered.

Individuals in romantic and sexual relationships attend to needs and problems in various ways,

therefore coping remains a significant factor for consideration As trends indicated the use of

pornography continues to rise (Lykke & Cohen, 2015; Price et al., 2016; Willoughby et al.,

2016) as well as the number of couples who seek counseling specific to problematic

pornography use in their relationship (Ayres & Haddock, 2009; Willoughby et al., 2016). A need

to understand interactional factors attenuating or strengthening the relationship between

pornography use, adverse mental health outcomes, and relationship quality and viability remains.

With regard to moderators proving significant in this study, questions used in the SBW

survey were not ethnocentrically unique and generalizable across divergent cultures. These

findings would indicate there may be more information to assess in terms of how all women

conceptualize themselves, identify more strongly with specific dimensions/characteristics, and

subsequently function in relationships, which include the use of pornography. Further, while

positive and negative religious coping did not evidence significant moderation, there is support

for tempering properties of religiosity and moral disapproval (Perry, 2016, 2017). As there are

many remaining questions, avenues for continued research are bountiful and the need to further

elucidate mechanisms and dynamics, which include pornography use is paramount.

Final Summary

Prior to embarking on this study, the pervasive prevalence of pornography use was acknowledged and gaps in the literature noted. Prior researchers included coping styles as a moderator, along with racial differences, and populations older than college age people. I examined all three gaps in the present study, yet the findings continue to result in primarily inconclusive outcomes. The SBW stereotypy and religious coping did not evidence moderation as hypothesized, however, the direct relationship between pornography use and less relationship satisfaction remains strong and consistent. The outcomes pointed to the lack of support for some hypotheses while highlighting the continued need for research, additional variables worth consideration, and a multitude of inter-related dynamics influencing partner pornography use, mental health, and relationship satisfaction. Only two SBW dimensions were factored into this study, opening the possibility of investigating other dimensions such as faith and emotional suppression to test whether a stronger relationship exists. As researchers continue to pursue various topics in this area, moral disapproval grows, and trends of pornography use also continue to increase. Additional research on various related subjects will help academicians and other interested parties understand the complexities of emerging relationships.

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Appendix A

Volk and Eubanks Scale

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Informed Consent

You are invited to be in a research study on pornography use, relationships, and personality. If you complete the survey, you will be compensated in accord with your agreement with Qualtrics.   We ask that you read this form and ask any questions you may have before agreeing to participate in the survey. You have received the opportunity to participate in this survey through your arrangement with Qualtrics.

Confidentiality

The records of this study will be kept private and anonymous. We are asking for your honest response to all the questions. Research records will be stored securely and only researchers will have access to the records. Publications from this research study will only report on statistical information as no personal information will be requested from you.

Contacts and questions

The researcher conducting this study is Fred Volk. Please feel free to send the questions you may have at any time during the course of this study by email: fvolk@liberty.edu.

If you have any questions or concerns regarding this study and would like to talk to someone other than the researcher(s), then you are encouraged to contact the Institutional Review Board of Liberty University at 1971 University Blvd, Green Hall Suite 1887, Lynchburg, VA 24515 or email it at irb@liberty.edu. In case you may need to talk to a counselor after taking the survey, though this is not an endorsement of the following free online counseling service, you may contact http://www.onlinecounselling4u.com/. Again, this is only a suggested resource to assist you just in case you need counseling assistance after completing the survey.

Risks and Benefits

There is no direct benefit to you from your participation in this survey. Risk is mostly limited to social impact should an individual's responses be released, therefore the responses will be collected anonymously with no identifying information. You will be compensated for completing this survey in accord with your agreement with Qualtrics.

Procedures

If you agree to be in this study, we will ask you to complete a survey. As part of this survey, you will be asked several questions about yourself, as well as questions about your beliefs, your opinions, and your behavior. This survey will take about 15 minutes to complete.

Compensation

You will be compensated by your panel provider.

Voluntary Nature of the Study

Your participation in this study is voluntary and you can quit at any time. Your decision to participate or to not participate will not affect your current or future relations with Liberty University. Researchers reserve the right to refuse compensation if you do not indicate that you have willingly agreed to participate in this survey or do not complete the survey.

Statement of Consent

Please click "yes" if you agree with the following statement: "I have read the above information and I consent to participate in the study and for my data to be analyzed for the purposes of the study." All information you provide in this survey is completely anonymous. By answering "yes" below, you are agreeing to participate in this study.

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Mini IPIP - 20

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Describe yourself as you generally are now, not as you wish to be in the future. Describe yourself as you honestly see yourself, in relation to other people you know of the same sex as you are, and roughly your same age

	Very Inaccurate	Moderately Inaccurate	Neither Accurate nor Inaccurate	Moderately Accurate	Very Accurate
Am the life of the party.	○	○	○	○	○
Sympathize with others' feelings.	○	○	○	○	○
Get chores done right away.	○	○	○	○	○
Have frequent mood swings.	○	○	○	○	○
Have a vivid imagination.	○	○	○	○	○
Don't talk a lot.	○	○	○	○	○
Am not interested in other people's problems.	○	○	○	○	○
Often forget to put things back in their proper place.	○	○	○	○	○
Am relaxed most of the time.	○	○	○	○	○
Am not interested in abstract ideas.	○	○	○	○	○

	Very Inaccurate	Moderately Inaccurate	Neither Accurate nor Inaccurate	Moderately Accurate	Very Accurate
Talk to a lot of different people at parties.	○	○	○	○	○
Feel others' emotions.	○	○	○	○	○
Like order.	○	○	○	○	○
Get upset easily.	○	○	○	○	○
Have difficulty understanding abstract ideas.	○	○	○	○	○
Keep in the background.	○	○	○	○	○
Am not really interested in others.	○	○	○	○	○
Make a mess of things.	○	○	○	○	○
Seldom feel blue.	○	○	○	○	○
Do not have a good imagination.	○	○	○	○	○

	Very Inaccurate	Moderately Inaccurate	Neither Accurate nor Inaccurate	Moderately Accurate	Very Accurate

SBW

Choose the number that most close resembles how much each of the statements is representative of you.

	Not at all										Extremely
	1	2	3	4	5	6	7	8	9	10	11
I am an assertive.	O	O	O	O	O	O	O	O	O	O	O
I am able to stand up for myself in all situations.	O	O	O	O	O	O	O	O	O	O	O
I have been told that I am aggressive.	O	O	O	O	O	O	O	O	O	O	O
I take pride in being a strong woman.	O	O	O	O	O	O	O	O	O	O	O
I have to be strong no matter what.	O	O	O	O	O	O	O	O	O	O	O
Being weak is not an option.	O	O	O	O	O	O	O	O	O	O	O
	1	2	3	4	5	6	7	8	9	10	11
I make my own money and I consider myself financially independent.	O	O	O	O	O	O	O	O	O	O	O
I can handle things by myself.	O	O	O	O	O	O	O	O	O	O	O
I do not have to depend upon others.	O	O	O	O	O	O	O	O	O	O	O
I do not like asking for help.	O	O	O	O	O	O	O	O	O	O	O
I do not need a man/partner to accomplish my life goals.	O	O	O	O	O	O	O	O	O	O	O
I am sophisticated and capable of managing well in diverse situations, professionally and personally.	O	O	O	O	O	O	O	O	O	O	O
	1	2	3	4	5	6	7	8	9	10	11
I can only depend on myself.	O	O	O	O	O	O	O	O	O	O	O
No one will get things done for me	O	O	O	O	O	O	O	O	O	O	O
I am the only one who can do what I need done	O	O	O	O	O	O	O	O	O	O	O
I have to make a things happen for myself	O	O	O	O	O	O	O	O	O	O	O

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Choose the number that most close resembles how much each of the statements is representative of you.

	Not at all										Extremely
	1	2	3	4	5	6	7	8	9	10	11
I am confident.	○	○	○	○	○	○	○	○	○	○	○
I strive for excellence in all things.	○	○	○	○	○	○	○	○	○	○	○
I am capable of achieving anything I set my mind to.	○	○	○	○	○	○	○	○	○	○	○
Others view me as a hard worker and would want me on their team.	○	○	○	○	○	○	○	○	○	○	○
I can do anything anyone else can do.	○	○	○	○	○	○	○	○	○	○	○
	1	2	3	4	5	6	7	8	9	10	11
I have to know how to stay two steps ahead of everyone.	○	○	○	○	○	○	○	○	○	○	○
I must work hard to achieve my goals.	○	○	○	○	○	○	○	○	○	○	○
I must be the best at all I set out to do.	○	○	○	○	○	○	○	○	○	○	○
My family knows they can count on me.	○	○	○	○	○	○	○	○	○	○	○
I am everyone's personal counselor.	○	○	○	○	○	○	○	○	○	○	○
	1	2	3	4	5	6	7	8	9	10	11
I sacrifice my needs for others.	○	○	○	○	○	○	○	○	○	○	○
I am always available to help.	○	○	○	○	○	○	○	○	○	○	○
I spend time working when I could be sleeping.	○	○	○	○	○	○	○	○	○	○	○
It is my duty to be there for everyone	○	○	○	○	○	○	○	○	○	○	○
I have to show people they can count on me.	○	○	○	○	○	○	○	○	○	○	○

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Choose the number that most close resembles how much each of the statements is representative of you.

	Not at all										Extremely
	1	2	3	4	5	6	7	8	9	10	11
I don't like people to see me cry	O	O	O	O	O	O	O	O	O	O	O
Being vulnerable is a sign of weakness.	O	O	O	O	O	O	O	O	O	O	O
I deal with my feelings by myself.	O	O	O	O	O	O	O	O	O	O	O
People view me as having it all together.	O	O	O	O	O	O	O	O	O	O	O
I can't let people know my real feelings	O	O	O	O	O	O	O	O	O	O	O
I must hide my emotions	O	O	O	O	O	O	O	O	O	O	O
	1	2	3	4	5	6	7	8	9	10	11
No one wants to hear how I feel	O	O	O	O	O	O	O	O	O	O	O
I don't let things break me.	O	O	O	O	O	O	O	O	O	O	O
I am a fighter.	O	O	O	O	O	O	O	O	O	O	O
I can overcome any situation.	O	O	O	O	O	O	O	O	O	O	O
I fight to win.	O	O	O	O	O	O	O	O	O	O	O
God is important to me.	O	O	O	O	O	O	O	O	O	O	O
	1	2	3	4	5	6	7	8	9	10	11
I pray often and ask God for guidance.	O	O	O	O	O	O	O	O	O	O	O
I believe God will help me through anything.	O	O	O	O	O	O	O	O	O	O	O
My faith is a top priority.	O	O	O	O	O	O	O	O	O	O	O
I would describe myself as a God-fearing woman.	O	O	O	O	O	O	O	O	O	O	O
My faith will get me through anything.	O	O	O	O	O	O	O	O	O	O	O
If my faith is strong my problems will disappear	O	O	O	O	O	O	O	O	O	O	O

Choose the number that most close resembles how much each of the statements is representative of you.

	Not at all										Extremely
	1	2	3	4	5	6	7	8	9	10	11
I believe in traditional male/female roles.	O	O	O	O	O	O	O	O	O	O	O
It is important for women to be graceful.	O	O	O	O	O	O	O	O	O	O	O
There are certain things that women just don't do, say, or wear.	O	O	O	O	O	O	O	O	O	O	O
It is importer for women to be lady like at all time.	O	O	O	O	O	O	O	O	O	O	O
It is not appropriate for a woman to show to much skin.	O	O	O	O	O	O	O	O	O	O	O
I have to be a lady at all times	O	O	O	O	O	O	O	O	O	O	O
	1	2	3	4	5	6	7	8	9	10	11
My appearance is important to me.	O	O	O	O	O	O	O	O	O	O	O
What others think of my appearance is important to me.	O	O	O	O	O	O	O	O	O	O	O
I spend a lot of time on my hair and makeup.	O	O	O	O	O	O	O	O	O	O	O
Inner beauty is more important than outer beauty.	O	O	O	O	O	O	O	O	O	O	O
Too much makeup is a sign of insecurity.	O	O	O	O	O	O	O	O	O	O	O
I like to stand out in the crowd.	O	O	O	O	O	O	O	O	O	O	O
	1	2	3	4	5	6	7	8	9	10	11
I am proud of my ethnic heritage.	O	O	O	O	O	O	O	O	O	O	O
Spending time with other people of my ethnicity is important to me.	O	O	O	O	O	O	O	O	O	O	O
I feel disconnected and out of place in a large group of Black people.	O	O	O	O	O	O	O	O	O	O	O
I feel disconnected and out of place in a large group of White people.	O	O	O	O	O	O	O	O	O	O	O

ECR-RP

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For each of the following statements below, rate how much you agree with the statement as it pertains to your ROMANTIC PARTNER. (Note: If you are not currently in a dating or marital relationship with someone, please answer these questions with respect to a former partner or a relationship that you would like to have with someone.)

	Strongly Disagree 1	2	3	4	5	6	Strongly Agree 7
It helps to turn to this person in times of need.	O	O	O	O	O	O	O
I usually discuss my problems and concerns with this person.	O	O	O	O	O	O	O
I talk things over with this person.	O	O	O	O	O	O	O
I find it easy to depend on this person.	O	O	O	O	O	O	O
I don't feel comfortable opening up to this person.	O	O	O	O	O	O	O
I prefer not to show this person how I feel deep down.	O	O	O	O	O	O	O
I often worry that this person doesn't really care for me.	O	O	O	O	O	O	O
I often worry that this person may abandon me.	O	O	O	O	O	O	O
I worry that this person won't care about me as much as I care about him or her.	O	O	O	O	O	O	O

Hope and RSE

Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

	Strongly disagree	Disagree	Agree	Strongly agree
On the whole, I am satisfied with myself.	○	○	○	○
At times I think I am no good at all.	○	○	○	○
I feel that I have a number of good qualities.	○	○	○	○
I am able to do things as well as most other people.	○	○	○	○
I feel I do not have much to be proud of.	○	○	○	○
I certainly feel useless at times.	○	○	○	○
I feel that I am a person of worth, at least on an equal plane with others.	○	○	○	○
I wish I could have more respect for myself.	○	○	○	○
All in all, I am inclined to feel that I am a failure.	○	○	○	○
I take a positive attitude toward myself.	○	○	○	○

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Listed below are a number of statements. Read each statement and indicate how much you agree with that statement <u>right now</u>.

	Strongly disagree	Disagree	Agree	Strongly agree
I have a positive outlook toward life.	O	O	O	O
I have short and/or long range goals.	O	O	O	O
I feel all alone.	O	O	O	O
I can see possibilities in the midst of difficulties.	O	O	O	O
I have a faith that gives me comfort.	O	O	O	O
I feel scared about my future.	O	O	O	O
I can recall happy/joyful times.	O	O	O	O
I have deep inner strength.	O	O	O	O
I am able to give and receive caring/love.	O	O	O	O
I have a sense of direction.	O	O	O	O
I believe that each day has potential.	O	O	O	O
I feel my life has value and worth.	O	O	O	O

Listed below are a number of statements. Read each statement and indicate how much think that statement is like you.

	not like me	2	3	4	5	6	7	8	9	extremely like me
I lack companionship.	O	O	O	O	O	O	O	O	O	O
There is no one I can turn to.	O	O	O	O	O	O	O	O	O	O
I am an outgoing person.	O	O	O	O	O	O	O	O	O	O
I feel left out.	O	O	O	O	O	O	O	O	O	O
I feel isolated from others.	O	O	O	O	O	O	O	O	O	O
I can find companionship when I want it.	O	O	O	O	O	O	O	O	O	O
I am unhappy being so withdrawn.	O	O	O	O	O	O	O	O	O	O
People are around but not with me.	O	O	O	O	O	O	O	O	O	O

TOSCA

Below are situations that people are likely to encounter in day-to-day life, followed by several common reactions to those situations.

As you read each scenario, try to imagine yourself in that situation. Then indicate how likely you would be to react in each of the ways described. We ask you to rate ALL responses because people may feel or react more than one way to the same situation, or they may react in different ways at different times.

You make plans to meet a friend for lunch. At five o'clock, you realize you have stood your friend up.

	Not Likely 1	2	3	4	Very Likely 5
You would think: "I'm inconsiderate."	○	○	○	○	○
You'd think you should make it up to your friend as soon as possible.	○	○	○	○	○
You would think: "my boss distracted me just before lunch."	○	○	○	○	○

You break something at work and then hide it.

	Not Likely 1	2	3	4	Very Likely 5
You would think: "This is making me anxious. I need to either fix it or get someone else to."	○	○	○	○	○
You would think about quitting.	○	○	○	○	○
You would think: "A lot of things aren't made very well these days."	○	○	○	○	○

You make a mistake at work and find out a co-worker is blamed for the error.

	Not Likely 1	2	3	4	Very Likely 5
You would think the company did not like the co-worker.	○	○	○	○	○
You would keep quiet and avoid the co-worker.	○	○	○	○	○
You would feel unhappy and eager to correct the situation.	○	○	○	○	○

While playing around, you throw a ball, and it hits your friend in the face.

	Not Likely 1	2	3	4	Very Likely 5
You would feel inadequate that you can't even throw a ball.	O	O	O	O	O
You would think maybe your friend needs more practice at catching.	O	O	O	O	O
You would apologize and make sure your friend feels better.	O	O	O	O	O

You are driving down the road, and you hit a small animal.

	Not Likely 1	2	3	4	Very Likely 5
You would think the animal shouldn't have been on the road.	O	O	O	O	O
You would think "I'm terrible."	O	O	O	O	O
You'd feel bad you hadn't been more alert driving down the road.	O	O	O	O	O

You walk out of an exam thinking you did extremely well, then you find out you did poorly.

	Not Likely 1	2	3	4	Very Likely 5
You would think: "The instructor doesn't like me."	O	O	O	O	O
You would think: "I should have studied harder."	O	O	O	O	O
You would feel stupid.	O	O	O	O	O

While out with a group of friends, you make fun of a friend who's not there.

	Not Likely 1	2	3	4	Very Likely 5
You would feel small...like a rat.	O	O	O	O	O
You would think that perhaps that friend should have been there to defend himself/herself.	O	O	O	O	O
You would apologize and talk about that person's good points.	O	O	O	O	O

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You make a big mistake on an important project at work. People were depending on you, and your boss criticizes you.

	Not Likely 1	2	3	4	Very Likely 5
You would think your boss should have been more clear about what was expected of you.	O	O	O	O	O
You would feel as if you wanted to hide.	O	O	O	O	O
You would think: "I should have recognized the problem and done a better job."	O	O	O	O	O

You are taking care of your friend's dog while they are on vacation, and the dog runs away.

	Not Likely 1	2	3	4	Very Likely 5
You would think, "I am irresponsible and incompetent."	O	O	O	O	O
You would think your friend must not take very good care of her dog or it wouldn't have run away.	O	O	O	O	O
You would vow to be more careful next time.	O	O	O	O	O

You attend your co-worker's housewarming party, and you spill red wine on a new cream-colored carpet, but you think no one notices.

	Not Likely 1	2	3	4	Very Likely 5
You would stay late to help clean up the stain after the party.	O	O	O	O	O
You would wish you were anywhere but at the party.	O	O	O	O	O
You would wonder why your co-worker chose to serve red wine with the new light carpet.	O	O	O	O	O

I have been to every country in the world.

True

False

KISS

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Shame has been described as an excruciating, painful, and contagious emotion. It is different than feeling bad or upset about a behavior, because it relates to how you feel about yourself as a person. You might notice feelings of wanting to hide parts of yourself, or even isolate from others at times. The following are some statements related to sexual shame that may or may not describe how you are feeling right now. Please rate your level of agreement with each statement.

	Strongly disagree	Disagree	Slightly disagree	Neutral	Slightly Agree	Agree	Strongly agree
I think people would look down on me if they knew about my sexual experiences.	O	O	O	O	O	O	O
I have an overpowering dread that my sexual past will be revealed in front of others.	O	O	O	O	O	O	O
I sometimes avoid certain people because of my past sexual choices.	O	O	O	O	O	O	O
I feel afraid other people will find out about my sexual defects.	O	O	O	O	O	O	O
I replay painful events from my sexual past over and over in my mind.	O	O	O	O	O	O	O
I feel like I am never quite good enough when it comes to sex.	O	O	O	O	O	O	O
I feel ashamed of my sexual abilities.	O	O	O	O	O	O	O
I feel ashamed about my sexual fantasies.	O	O	O	O	O	O	O
I feel ashamed of my body when I am in a sexual situation.	O	O	O	O	O	O	O

Pornography

How many times have YOU used pornography in the last...

	0 times	1-3 times	4-6 times	7-9 times	10 or more times
Week	O	O	O	O	O
Month	O	O	O	O	O
6 months	O	O	O	O	O

How many times do you think your ROMANTIC PARTNER used pornography in the last...

	0 times	1-3 times	4-6 times	7-9 times	10 or more times
Week	O	O	O	O	O
Month	O	O	O	O	O
6 months	O	O	O	O	O

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On average, how many hours a week do you use pornography?

What percentage of your pornography viewing is (total = 100)...

alone	0
with my romantic partner	0
with someone else	0
with more than one other person	0
Total	0

Demographics

Do you identify as:

Male
Female
Other

What is your age?

Do you identify as:

Caucasian/White
African American
American Indian or Alaska Native
Asian
Native Hawaiian or other Pacific Islander
Hispanic, Latino, or of Spanish Origin
Other

What sexes are you attracted to?

Men only
Women Only
Men and Women
Neither Men nor Women

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What is your highest completed educational level?

No schooling completed

less than high school

High school diploma or equivalent (e.g. GED)

College Freshman

College Sophomore

College Junior

College Senior

Trade/technical/vocational training

Bachelor's degree

Master's degree

Professional degree

Doctorate Degree

Employment Status: Are you currently...?

Employed for wages

Self-employed

Not employed

A homemaker

A student

Military

Retired

Unable to work

What is your household's annual income?

Under $10,000

$10,000-$19,999

$20,000-$29,000

$30,000-$39,999

$40,000-$49,999

$50,000-$59,999

$60,000-$69,999

$70,000-$99,999

Over $100,000

.

How many times have you been married?

Never married

Once

Twice

Three times

More than three times

How long have you been married to your current spouse in YEARS (leave blank if never married).

What is your current relationship status? Please choose only one of the following:

Single (I have never been in a serious relationship.)

Single (I am not currently in a serious relationship, but have been in the past.)

Non-committed Dating Relationship

Monogamous Dating Relationship

Married/Life Partner

Married, but Legally Separated

Divorced

Widowed

Have you been sexually active in the last six months with your current romantic partner?

No

Yes

I don't have a current romantic partner

In terms of religion, how would you describe yourself? Choose one of the following answers:

Protestant (e.g. Methodist, Baptist, or some other Non-Catholic Christian denomination)

Catholic

Christian (Non-Denominational)

Mormon

Jehovah's Witness

Muslim

Hindu

Jewish

Buddhist

New Age/Wiccan

Taoist

None

Other

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About how often do you attend religious services each YEAR?

Please choose the answer that best describes your belief in God.

I believe there is a God.

I sometimes believe there is a God.

I used to believe there was a God but do not anymore.

I do not believe there is a God and I cannot say that I have ever believed in a God.

To what degree does religion or faith affect your everyday life and decision-making?

| A great deal | A lot | A moderate amount | A little | None at all |

Brief RCOPE

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Please respond to each statement below by choosing the response that best represents your experience. How often have you personally used each of the following coping skills when facing a challenging situation.

	Not At All 0	1	2	A Great Deal 3
Looked for a stronger connection with God.	O	O	O	O
Sought God's love and care.	O	O	O	O
Sought help from God in letting go of my anger.	O	O	O	O
Tried to put my plans into action together with God.	O	O	O	O
Tried to see how God might be trying to strengthen me in this situation.	O	O	O	O
Asked forgiveness for my sins.	O	O	O	O
Focused on religion to stop worrying about my problems.	O	O	O	O
Wondered whether God had abandoned me.	O	O	O	O
Felt punished by God for my lack of devotion.	O	O	O	O
Wondered what I did for God to punish me.	O	O	O	O
Questioned God's love for me.	O	O	O	O
Wondered whether my church had abandoned me.	O	O	O	O
Decided the devil made this happen.	O	O	O	O
Questioned the power of God.	O	O	O	O

BGRI

Are you generally more independent or dependent on others?

	Independent									Dependent	
	-50	-40	-30	-20	-10	0	10	20	30	40	50

Select a point on the bar that accurately describes you.

Are you generally more trustworthy or not trustworthy?

Trustworthy									Not Trustworthy	
-50	-40	-30	-20	-10	0	10	20	30	40	50

Select a point on the bar that accurately describes you.

Are you generally more weak or strong?

Weak									Strong	
-50	-40	-30	-20	-10	0	10	20	30	40	50

Select a point on the bar that accurately describes you.

Are you generally more irresponsible or responsible?

Irresponsible									Responsible	
-50	-40	-30	-20	-10	0	10	20	30	40	50

Select a point on the bar that accurately describes you.

Are you generally more resilient or cannot bounce back easily?

Resilient								Cannot Bounce Back Easily		
-50	-40	-30	-20	-10	0	10	20	30	40	50

Select a point on the bar that accurately describes you.

Are you generally more an advisor to others or do you not advise others?

Advisor									Not an Advisor	
-50	-40	-30	-20	-10	0	10	20	30	40	50

Select a point on the bar that accurately describes you.

Are you generally more supportive of others or not supportive of others?

Supportive of Others								Not Supportive of Others		
-50	-40	-30	-20	-10	0	10	20	30	40	50

Select a point on the bar that accurately describes you.

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Are you generally more of a caregiver or not a caregiver?

Caregiver									Not a Caregiver
-50	-40	-30	-20	-10	0	10	20	30	40	50

Select a point on the
bar that accurately
describes you.

Are you generally stay connected with family activities or not involved in family activities?

Involved in Family Activities									Not Involved in Family Activities
-50	-40	-30	-20	-10	0	10	20	30	40	50

Select a point on the
bar that accurately
describes you.

CSI-16

Please indicate the degree of happiness, all things considered, of your relationship.

Extremely Unhappy	Fairly Unhappy	A Little Unhappy	Happy	Very Happy	Extremely Happy	Perfect

In general, how often do you think that things between you and your partner are going well?

All the time	Most of the time	More often than not	Occasionally	Rarely	Never

	Not at all true	A little true	Somewhat true	Mostly true	Almost completely true	Completely true
Our relationship is strong	O	O	O	O	O	O
My relationship with my partner makes me happy	O	O	O	O	O	O
I have a warm and comfortable relationship with my partner	O	O	O	O	O	O
I really feel like part of a team with my partner	O	O	O	O	O	O

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	Not at all	A little	Somewhat	Mostly	Almost completely	Completely
How rewarding is your relationship with your partner?	O	O	O	O	O	O
How well does your partner meet your needs?	O	O	O	O	O	O
To what extent has your relationship met your original expectations?	O	O	O	O	O	O
In general, how satisfied are you with your relationship?	O	O	O	O	O	O

For each of the following items, select the answer that best describes _how you feel about your relationship_. Base your responses on your first impressions and immediate feelings about the item.

Interesting	O O O O O O	Boring
Bad	O O O O O O	Good
Full	O O O O O O	Empty
Sturdy	O O O O O O	Fragile
Discouraging	O O O O O O	Hopeful
Enjoyable	O O O O O O	Miserable

All my friends say I would make a great poodle.

True

False

Over the past two months, how sexually satisfied have you been with your partner?

1- Very Dissatisfied

2

3

4

5

6

7-Very Satisfied

DASS-21 Depression Anxiety Stress Scale

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Please read each statement and select the answer that indicates how much the statement applied to you *over the past week.* There are no right or wrong answers. Do not spend too much time on any statement.

	Did not apply to me at all	Applied to me to some degree, or some of the time	Applied to me to a considerable degree, or a good part of time	Applied to me very much, or most of the time
I found it hard to wind down	○	○	○	○
I was aware of dryness of my mouth	○	○	○	○
I couldn't seem to experience any positive feeling at all	○	○	○	○
I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)	○	○	○	○
I found it difficult to work up the initiative to do things	○	○	○	○
I tended to over-react to situations	○	○	○	○

	Did not apply to me at all	Applied to me to some degree, or some of the time	Applied to me to a considerable degree, or a good part of time	Applied to me very much, or most of the time
I experienced trembling (eg, in the hands)	○	○	○	○
I felt that I was using a lot of nervous energy	○	○	○	○
I was worried about situations in which I might panic and make a fool of myself	○	○	○	○
I felt that I had nothing to look forward to	○	○	○	○
I found myself getting agitated	○	○	○	○
I found it difficult to relax	○	○	○	○

	Did not apply to me at all	Applied to me to some degree, or some of the time	Applied to me to a considerable degree, or a good part of time	Applied to me very much, or most of the time
I felt down-hearted and blue	○	○	○	○
I was intolerant of anything that kept me from getting on with what I was doing	○	○	○	○
I felt I was close to panic	○	○	○	○
I was unable to become enthusiastic about anything	○	○	○	○
I felt I wasn't worth much as a person	○	○	○	○
I felt that I was rather touchy				

Beliefs

Please indicate how much you agree or disagree with the following statements.

	Strongly Disagree 1	2	3	4	5	6	Strongly Agree 7
I believe that viewing pornography is inappropriate.	○	○	○	○	○	○	○
Viewing pornography violates my personal values.	○	○	○	○	○	○	○
Viewing pornography troubles my conscience.	○	○	○	○	○	○	○
I believe that viewing pornography is morally wrong.	○	○	○	○	○	○	○
I believe that using pornography is a form of infidelity.	○	○	○	○	○	○	○

Appendix B

IRB Application

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II. BASIC PROTOCOL INFORMATION
1. STUDY/THESIS/DISSERTATION TITLE
Title: Male Pornography Use and Effects on Female Partners: The Moderating Effects of Religious Coping and the SBW Stereotypy on Women's Mental Health and Relationship Satisfaction
2. PRINCIPAL INVESTIGATOR & PROTOCOL INFORMATION
Principal Investigator (person conducting the research): Raquel Eubanks, LMSW
Professional Title (Student, Professor, etc.): doctoral student
School/Department (School of Education, LUCOM, etc.): School of Behavioral Sciences
Phone: 2282439771 LU Email: reubanks1@liberty.edu
Check all that apply:
Faculty Online Graduate Student
Staff Residential Undergraduate Student
Residential Graduate Student Online Undergraduate Student
This research is for:
Class Project Master's Thesis
Scholarly Project (DNP Program) Doctoral Dissertation
Faculty Research Other:
If applicable, indicate whether you have defended and passed your dissertation proposal: N/A
No (Provide your defense date): 2/19/19
Yes (Proceed to Associated Personnel Information)
3. ASSOCIATED PERSONNEL INFORMATION
Co-Researcher(s): n/a
School/Department: n/a
Phone: n/a LU/Other Email: n/a
Faculty Chair/Mentor(s): Dr. Fred Volk
School/Department: Center for Counseling & Family Studies
Phone: 434-841-5836 LU/Other Email: fvolk@liberty.edu
Non-Key Personnel (Reader, Assistant, etc.): Dr. William Bird
School/Department: Community Care and Counseling
Phone: 434-426-0622 LU/Other Email: wbird@liberty.edu
Consultant/Methodologist (required for School of Education EdD/PhD candidates): n/a
School/Department: n/a
Phone: n/a LU/Other Email: n/a
4. USE OF LIBERTY UNIVERSITY PARTICIPANTS
Do you intend to use LU students, staff, or faculty as participants OR LU students, staff, or faculty data in your study?
No (Proceed to Funding Source))
Yes (Complete the section below)
# of Participants/Data Sets: n/a Department: n/a

Class(es)/Year(s): n/a Department Chair: n/a
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Obtaining permission to utilize LU participants (check the appropriate box below):
SINGLE DEPARTMENT/GROUP: If you are including faculty, students, or staff from a single department or group, you must obtain permission from the appropriate Dean, Department Chair, or Coach and submit a signed letter or date/time stamped email to the IRB indicating approval to use students from that department or group. You may submit your application without having obtained this permission; however, the IRB will not approve your study until proof of permission has been received.
I have obtained permission from the appropriate Dean/Department Chair/Coach, and attached the necessary documentation to this application.
I have sought permission and will submit documentation to the IRB once it has been provided to me by the appropriate Dean/Department Chair/Coach.
MULTIPLE DEPARTMENTS/GROUPS: If you are including faculty, students, or staff from multiple departments or groups (i.e., all sophomores or LU Online), the IRB will need to seek administrative approval on your behalf.
I am requesting that the IRB seek administrative approval on my behalf.
5. FUNDING SOURCE
Is your research funded?
No (Proceed to Study Dates)
Yes (Complete the section below)
Grant Name/Funding Source/Number: n/a
Funding Period (Month & Year):
6. STUDY DATES
When do you plan to perform your study? (Approximate dates for collection/analysis):
Start (Month/Year): February 2019 Finish (Month/Year): 02/19
7. COMPLETION OF REQUIRED CITI RESEARCH ETHICS TRAINING
List Course Name(s) (Social and Behavioral Researchers, etc.):
Social and Behavioral Research/ Basic Course
Date(s) of Completion: 01/29/2017
III. OTHER STUDY MATERIALS AND CONSIDERATIONS
8. STUDY MATERIALS LIST
Please indicate whether your proposed study will include any of the following:
Recording/photography of participants (voice, video, or images)? Yes No
Participant compensation (gift cards, meals, extra credit, etc.)? Yes No
Advertising for participants (flyers, TV/Radio advertisements)? Yes No
More than minimal psychological stress? Yes No
Confidential data collection (participant identities known but not revealed)? Yes No
Anonymous data collection (participant identities not known)? Yes No
Archival data collection (data previously collected for another purpose)? Yes No
Extra costs to the participants (tests, hospitalization, etc.)? Yes No
The inclusion of pregnant women (for medical studies)? Yes No
More than minimal risk?* Yes No
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Alcohol consumption? Yes No
Protected Health Information (from health practitioners/institutions)? Yes No

VO₂ Max Exercise? Yes No

Pilot study procedures (which will be published/included in data analysis)? Yes No

Use of blood? Yes No

Total amount of blood:

Blood draws over time period (days):

The use of rDNA or biohazardous material? Yes No

The use of human tissue or cell lines? Yes No

Fluids that could mask the presence of blood (including urine/feces)? Yes No

Use of radiation or radioisotopes? Yes No

*Note: Minimal risk is defined as "the probability and magnitude of harm or discomfort anticipated in the research are not greater in and of themselves than those ordinarily encountered in everyday life or during the performance of routine physical or physiological examinations or tests. [45 CFR 46.102(i)]. If you are unsure if your study qualifies as minimal risk, contact the IRB.

9. INVESTIGATIONAL METHODS

Please indicate whether your proposed study will include any of the following:

The use of an Investigational New Drug (IND) or an Approved Drug for an Unapproved Use?
No

Yes (Provide the drug name, IND number, and company):

The use of an Investigational Medical Device or an Approved Medical Device for an Unapproved Use?
No

Yes (Provide the device name, IDE number, and company):

IV. PURPOSE

10. PURPOSE OF RESEARCH

Write an original, brief, non-technical description of the purpose of your research. Include in your description your research hypothesis/question, a narrative that explains the major constructs of your study, and how the data will advance your research hypothesis or question. This section should be easy to read for someone not familiar with your academic discipline: The purpose of this study is to 1) further examine the effect that male pornography use has on relationship satisfaction; 2) to further examine the effect that male pornography use has on the mental health of female partners; and 3) to address the gap in the literature as related to female coping styles in relationships where male pornography use is present. More specifically, the study will evaluate religious coping and the strong Black woman stereotypy as moderators in the relationship between female mental health and relationship satisfaction, when male pornography use is a factor. Lastly, the study will also assess racial differences, in relation to how both African American and European American women conceptualize themselves, based upon the SBW stereotypic traits scale. The major constructs in the study are pornography use, relationship satisfaction, mental health (anxiety and depression), religious coping, and the strong Black woman stereotypy. The primary questions focus on if and how religious coping and the strong Black woman stereotypy affect/moderate mental health outcomes and relationship satisfaction for female partners. It is hypothesized that:1) male pornography use will be negatively related to relationship satisfaction, 2) male pornography use will be

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positively related to female depression, 3) female depression will be negatively related to relationship satisfaction, 4) female depression will mediate pornography use and female relationship satisfaction, 5) high strong Black woman identification will be positively related

to depression, 6) high strong Black woman identification will be negatively related to relationship satisfaction, 7) SBW will moderate male pornography use and female depression, 8) SBW will moderate pornography use and relationship satisfaction, 9) variance accounted for in depression by the moderation relationship will positively impact relationship satisfaction, and 10) religious coping will be positively correlated with both mental health and relationship satisfaction.

V. PARTICIPANT INCLUSION/EXCLUSION CRITERIA

11. STUDY POPULATION

Provide the inclusion criteria for the participant population (e.g., gender, age range, ethnic background, health status, occupation, employer, etc.): Participants will be female and romantically involved with a male who utilizes pornography, however she does not use pornography with her partner. The sample size will be 500, with a minimum of 150 African American women.

Provide a rationale for selecting the above population (i.e., why will this specific population enable you to answer your research question): The basis of the study focuses on female partners of male pornography users. Data suggests that usage patterns, motivation, and outcomes are different for joint use, therefore only women whose partners use pornography without them will be included. Women, with a minimum of 150 African American women, are being utilized because the bulk of research has been done on college age, Caucasian students. This sample will address the race gap in the literature, addressing generalizability with a more representative sample.

Will your participant population be divided into different groups (i.e., experimental and control groups)?

No

Yes (Describe the groups and explain how groups will be selected/assigned):

Are you related to any of your participants?

No

Yes (Explain):

Indicate who will be excluded from your study population (e.g., persons under 18 years of age): Men and women who participate in joint use with their male partner will be excluded.

If applicable, provide rationale for involving any special populations (e.g., children, ethnic groups, mentally disabled, low socio-economic status, prisoners): n/a

Provide the maximum number of participants you plan to enroll for each participant population and justify the sample size (You will not be approved to enroll a number greater than the number listed. If at a later time it becomes apparent that you need to increase your sample size, submit a Change in Protocol Form and wait for approval to proceed): A sample size of 500, with a minimum of 150 African American women, will be utilized.

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ANSWER THE FOLLOWING QUESTION ONLY IF YOU ARE CONDUCTING A PROTOCOL WITH NIH, FEDERAL, OR STATE FUNDING:

Researchers sometimes believe their particular project is not appropriate for certain types of participants. These may include, for example, women, minorities, and children. If you believe your project should not include one or more of these groups, please provide your justification for their exclusion. Your justification will be reviewed according to the applicable NIH, federal, or state guidelines: n/a

12. TYPES OF PARTICIPANTS

Who will be the focus of your study? (Check all that apply)

Normal Participants (Age 18-65) Pregnant Women

Minors (Under Age 18) Fetuses

Over Age 65 Cognitively Disabled

College/University Students Physically Disabled

Active-Duty Military Personnel Participants Incapable of Giving Consent

Discharged/Retired Military Personnel Prisoners or Institutional Individuals

Inpatients Specific Ethnic/Racial Group(s)

Outpatients Other potentially elevated risk populations

Patient Controls Participant(s) related to the researcher

Note: Only check the boxes if the participants will be the focus (for example, ONLY military or ONLY students). If they just happen to be a part of the broad group you are studying, you only need to check "Normal Participants." Some studies may require that you check multiple boxes (e.g., Korean males, aged 65+).

VI. RECRUITMENT OF PARTICIPANTS

13. CONTACTING PARTICIPANTS

Describe in detail how you will contact participants regarding this study (include the method(s) used—email, phone call, social media, snowball sampling, etc.): The researcher is not able to send an independent recruitment letter, outside of Qualtrics. Participants will be obtained online via Qualtrics' recruitment process. A survey request was submitted to Qualtrics, specifying sample size, criteria for participation, and survey contents. The survey is attached.

14. SUBMISSION OF RECRUITMENT MATERIALS

Submit a copy of all recruitment letters, scripts, emails, flyers, advertisements, or social media posts you plan to use to recruit participants for your study as separate Word documents with your application. Recruitment templates are available on the IRB website.

Check the appropriate box:

All of the necessary recruitment materials will be submitted with my application.

My study strictly uses archival data, so recruitment materials are not required.

If you plan to provide documents in a language other than English:

I will submit a translated copy of my recruitment materials along with the English version.

15. LOCATION OF RECRUITMENT

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Describe the location, setting, and timing of recruitment: Participants will be obtained online via Qualtrics.

16. SCREENING PROCEDURES

Describe any procedures you will use to ensure that your participants meet your study criteria (e.g., a screening survey or verbal confirmation to verify that participants are 18 or older): Demographic data is included in the online questionnaire, to ensure that participants meet the study criteria.

17. CONFLICTS OF INTEREST

Conflicts of interest are "situations in which financial or other personal considerations may compromise, or have the appearance of compromising, an investigator's judgement in conducting or reporting research" AAMC, 1990.

Do you have a position of academic or professional authority over the participants (e.g., the participants' teacher, principal, supervisor, or district/school administrator?)?

No

Yes (Explain what safeguards are in place to reduce the likelihood of compromising the integrity of the research, e.g., addressing the conflicts in the consent process and/or

emphasizing the pre-existing relationship will not be impacted by participation in the research.):

Do you have any financial or personal conflicts of interest to disclose (e.g., Do you or an immediate family member receive income or other payments, own investments in, or have a relationship with a non-profit organization that could benefit from this research?)?

No (Proceed to Procedures)

Yes (State the funding source/financial conflict and then explain what safeguards are in place to reduce the likelihood of compromising the integrity of the research.):

VII. RESEARCH PROCEDURES

18. PROCEDURES

Write an original, non-technical, step-by-step, description of what your participants will be asked to do during your study and data collection process. If you have multiple participant groups, (ex: parents, teachers, and students) or control groups and experimental groups, please specify which group you are asking to complete which task(s). You do not need to list signing/reading consent as a step:

Step/Task/Procedure

Time to
Complete
Procedure
(Approx.)

Participant Group(s)
(All, Group A, Group B,
Control Group,
Experimental Group, etc.)

1. Participants will be contacted by their online
panel provider. 0 all

2. Participants will complete informed consent. 1 all

3. Participants will complete the survey. 14 min all

4.

5.

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6.

7.

8.

Note: For complex study designs, additional diagrams, timelines, or figures may be submitted separately.

19. SUBMISSION OF DATA COLLECTION INSTRUMENTS/MATERIALS

Submit a copy of all instruments, surveys, interviews questions, outlines, observation checklists, prompts, etc. that you plan to use to collect data for your study as separate Word documents with your application. Pdfs are ONLY acceptable for proprietary instruments.

Check the appropriate box:

All of the necessary data collection instruments will be submitted with my application.

My study strictly uses archival data, so data collection instruments are not required.

If you plan to provide documents in a language other than English:

I will submit a translated copy of my study instrument(s) along with the English version(s).

20. STUDY LOCATION

Please state the actual location(s)/site(s) in which the study will be conducted. Be specific (include city, state, school/district, clinic, etc.): The study will be conducted online.

Note: For School of Education research, investigators must submit documentation of permission from each research site to the IRB prior to receiving approval. If your study involves K-12 schools, district-level approval is acceptable. If your study involves colleges or universities, you may also need to seek IRB approval from those institutions. You may seek permission prior to submitting your IRB application, however, do not begin recruiting participants. If you find that you need a conditional approval letter from the IRB in order to obtain permission, one can be provided to you once all revisions have been received and are accepted.

VIII. DATA ANALYSIS

21. NUMBER OF PARTICIPANTS/DATA SETS

Estimate the number of participants to be enrolled or data sets to be collected: 500

22. ANALYSIS METHODS

Describe how the data will be analyzed: Data will be analyzed using SPSS and multiple regression analyses.

Please describe what will be done with the data and the resulting analysis (include any plans for publication or presentation): The data will be utilized for completion of the dissertation process and later publication, if applicable.

IX. PARENTAL/GUARDIAN CONSENT

23. PARENTAL/GUARDIAN CONSENT REQUIREMENTS

Does your study require parental/guardian consent? (If your participants are under 18, parental/guardian consent is required in most cases.)

No (Proceed to Child Assent)

Yes (Answer the following question)

Does your study entail greater than minimal risk without the potential for benefits to the participant?

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No

Yes (Consent of both parents is required)

X. ASSENT FROM CHILDREN

24. CHILD ASSENT

Is assent required for your study? (Assent is required unless the child is not capable due to age, psychological state, or sedation OR the research holds out the prospect of a direct benefit that is only available within the context of the research.)

No (Proceed to Consent Procedures)

Yes

Note: If the parental consent process (full or part) is waived (See XIII below) assent may be also. See the IRB's informed consent page for more information.

XI. PROCESS OF OBTAINING INFORMED CONSENT

25. CONSENT PROCEDURES

Describe in detail how and when you will provide consent/assent/parental consent information (e.g., as an attachment to your recruitment email, as the first page participants see after clicking on the survey link, etc.): Consent is included in the survey link. The first page outlines consent and the participants' right to refuse to participate. The survey with consent is attached.

Unless your study qualifies for a waiver of signatures, describe in detail how and when consent forms will be signed and returned to you (e.g., participants will type their names and the date on the consent form before completing the online survey, participants will sign and return the consent forms when you meet for their interview, etc.): Participants will select "yes" or "no" for participation consent. Subjects will only be allowed to proceed with the questionnaire after selecting "yes" to consent.

Note: A waiver of signatures is only applicable if you will not be able to link participant responses to participants (i.e., anonymous surveys). See section XIV below.

XII. USE OF DECEPTION

26. DECEPTION

Are there any aspects of the study kept secret from the participants (e.g., the full purpose of the study, assignment or use of experimental/control groups)?

No

Yes (describe the deception involved and the debriefing procedures):

Is deception used in the study procedures?

No

Yes (describe the deception involved and the debriefing procedures):

Note: Submit a post-experiment debriefing statement and consent form offering participants the option of having their data destroyed. A debriefing template is available on our website.

XIII. WAIVER OF INFORMED CONSENT OR MODIFICATION OF REQUIRED ELEMENTS IN THE INFORMED CONSENT PROCESS

27. WAIVER OF INFORMED CONSENT ELEMENTS N/A

Please indicate why you are requesting a waiver of consent (If your reason does not appear as an option, please check N/A. If your reason appears in the drop-down list, complete the below questions in this section): Click to select an option.

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Does the research pose no more than minimal risk to participants (i.e., no more risk than that of everyday activities)?

No, the study is greater than minimal risk.

Yes, the study is minimal risk.

Will the waiver have no adverse effects on participant rights and welfare?

No, the waiver will have adverse effects on participant rights and welfare.

Yes, the waiver will not adversely affect participant rights and welfare.

Would the research be impracticable without the waiver?

No, there are other ways of performing the research without the waiver.

Yes, not having a waiver would make the study unrealistic. (Explain): n/a

Will participant debriefing occur (i.e., will the true purpose and/or deceptive procedures used in the study be reported to participants at a later date)?

No, participants will not be debriefed.

Yes, participants will be debriefed.

Note: A waiver or modification of some or all of the required elements of informed consent is sometimes used in research involving deception, archival data, or specific minimal risk procedures.

XIV. WAIVER OF THE REQUIREMENT FOR PARTICIPANTS TO SIGN THE INFORMED CONSENT DOCUMENT

28. WAIVER OF SIGNED CONSENT N/A

Please indicate why you are requesting a waiver of signatures (If your reason does not appear as an option, please check N/A. If your reason appears in the drop-down list, complete the below questions in this section): Click to select an option.

Would a signed consent form be the only record linking the participant to the research?

No, there are other records/study questions linking the participants to the study.

Yes, only the signed form would link the participant to the study.

Does a breach of confidentiality constitute the principal risk to participants?

No, there are other risks involved greater than a breach of confidentiality.

Yes, the main risk is a breach of confidentiality.

Does the research pose no more than minimal risk to participants (i.e., no more risk than that of everyday activities)?

No, the study is greater than minimal risk.

Yes, the study is minimal risk.

Does the research include any activities that would require signed consent in a non-researched context (e.g., liability waivers)?

No, there are not any study related activities that would normally require signed consent

Yes, there are study related activities that would normally require signed consent

Will you provide the participants with a written statement about the research (i.e., an information sheet that contains all of the elements of an informed consent form but without the signature lines)?

No, participants will not receive written information about the research.

Yes, participants will receive written information about the research.

Note: A waiver of signed consent is sometimes used in anonymous surveys or research involving secondary data. This does not eliminate the need for a consent document, but it eliminates the need to obtain participant signatures.

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XV. CHECKLIST OF INFORMED CONSENT/ASSENT

29. STATEMENT

Submit a copy of all informed consent/assent documents as separate Word documents with your application. Informed consent/assent templates are available on our website. Additional information regarding consent is also available on our website.

Check the appropriate box:

All of the necessary consent/assent documents will be submitted with my application.

My study strictly uses archival data, so consent documents are not required.

If you plan to provide documents in a language other than English:

I will submit a translated copy of my consent material(s) along with the English version(s).

XVI. PARTICIPANT PRIVACY, DATA SECURITY, & MEDIA USE

30. PRIVACY

Describe what steps you will take to protect the privacy of your participants (e.g., If you plan to interview participants, will you conduct your interviews in a setting where others cannot easily overhear?): The surveys will be conducted anonymously online. There will not be any identifying information linking participants to survey questions and answers.

Note: Privacy refers to persons and their interest in controlling access to their information.

31. DATA SECURITY

How will you keep your data secure (i.e., password-locked computer, locked desk, locked filing cabinet, etc.)?: The data will be secured with a password protected server.

Who will have access to the data (i.e., the researcher and faculty mentor/chair, only the researcher, etc.)?: The researcher and faculty chair will have access to the collected data.

Will you destroy the data once the three-year retention period required by federal regulations expires?

No

Yes (Explain how the data will be destroyed):

Note: All research-related data must be stored for a minimum of three years after the end date of the study, as required by federal regulations.

32. ARCHIVAL DATA (SECONDARY DATA)

Is all or part of the data archival (i.e., previously collected for another purpose)?

No (Proceed to Non-Archival Data)

Yes (Answer the questions below)

Is the archival data publicly accessible?

No (Explain how you will obtain access to this data):

Yes (Indicate where the data is accessible from, i.e., a website, etc.):

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Will you receive the raw data stripped of identifying information (e.g., names, addresses, phone numbers, email addresses, social security numbers, medical records, birth dates, etc.)?:

No (Describe what data will remain identifiable and why this information will not be removed):

Yes (Describe who will link and/or strip the data—this person should have regular access to the data and should be a neutral party not involved in the study):

Can the names or identities of the participants be deduced from the raw data?

No (Place your initials in the box: I will not attempt to deduce the identity of the participants in this study):

Yes (Describe):

Please provide the list of data fields you intend to use for your analysis and/or provide the original instruments used in the study:

Note: If the archival data is not publicly available, submit proof of permission to access the data (i.e., school district letter or email). If you will receive data stripped of identifiers, this should be stated in the proof of permission.

33. NON-ARCHIVAL DATA (PRIMARY DATA)

If you are using non-archival data, will the data be anonymous to you (i.e., raw data does not contain identifying information and cannot be linked to an individual/organization by use of pseudonyms, codes, or other means)? Note: For studies involving audio/video recording or photography, select "No"

N/A: I will not use non-archival data (data was previously collected, skip to Media)

No (Complete the "No" section below)

Yes (Complete the "Yes" section below)

COMPLETE THIS SECTION IF YOU ANSWERED "NO" TO QUESTION 33

Can participant names or identities be deduced from the raw data?

No

Yes (Describe):

Will a person be able to identify a subject based on other information in the raw data (i.e., title, position, sex, etc.)?

No

Yes (Describe):

Describe the process you will use to ensure the confidentiality of the participants during data collection and in any publication(s) (i.e., you may be able to link individuals/organizations to identifiable data; however, you will use pseudonyms or a coding system to conceal their identities): There is not any identifying information.

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Do you plan to maintain a list or codebook linking pseudonyms or codes to participant identities?

No (Justify):

Yes (Please describe where this list/codebook will be stored and who will have access to

the list/codebook. Explicitly state that the list will not be stored with the data.):
COMPLETE THIS SECTION IF YOU ANSWERED "YES" TO QUESTION 33
Describe the process you will use to collect the data to ensure that it is anonymous: The data will be collected online via Qualtrics.
Place your initials in the box: I will not attempt to deduce the identity of the participants in this study: ARE
Note: If you plan to use participant data (i.e., photos, recordings, videos, drawings) for presentations beyond data analysis for the research study (e.g., classroom presentations, library archive, or conference presentations) you will need to provide a materials release form to the participant.

34. MEDIA USE

Will your participants be audio recorded? No Yes
Will your participants be video recorded? No Yes
Will your participants be photographed? No Yes
COMPLETE THIS SECTION IF YOU ANSWERED "YES" TO ANY MEDIA USE
Include information regarding how participant data will be withdrawn if he or she chooses to leave the study*:
Will your participants be audio recorded, video recorded, or photographed without their knowledge?**
No
Yes (Describe the deception and debriefing procedures):
*Note on Withdrawal: Add the heading "How to Withdraw from the Study" on the consent document and include a description of the procedures a participant must perform to be withdrawn.
**Note on Deception: Attach a post-experiment debriefing statement and a post-deception consent form, offering the participants the option of having their recording/photograph destroyed and removed from the study.

XVII. PARTICIPANT COMPENSATION

35. COMPENSATION

Will participants be compensated (e.g., gift cards, raffle entry, reimbursement, food)?
No (Proceed to Risks)
Yes (Describe): Yes, participants will be compensated by Qualtrics, at a rate determined by Qualtrics.
Will compensation be pro-rated if the participant does not complete all aspects of the study?
No
Yes (Describe):
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Note: Certain states outlaw the use of lotteries, raffles, or drawings as a means to compensate or recruit research participants. Research compensation exceeding $600 per participant within a one-year period is considered income and will need to be filed on the participant's income tax returns. If your study is grant funded, Liberty University's Business Office policies might affect how you compensate participants. Contact the IRB for additional information.

XVIII. PARTICIPANT RISKS AND BENEFITS

36. RISKS

Describe the risks to participants and any steps that will be taken to minimize those risks. (Risks can be physical, psychological, economic, social, or legal. If the only potential risk is a breach in confidentiality if the data is lost or stolen, state that here): The potential risks are due to the sensitivity of discussing pornography use within one's relationship and adverse emotions which may surface. By way of anonymity, these risks are accounted for and deemed minimal.

Will alternative procedures or treatments that might be advantageous to the participants be made available?
No
Yes (Describe):
ANSWER THE FOLLOWING QUESTION ONLY IF YOUR STUDY IS CONSIDERED GREATER THAN MINIMAL RISK:
Describe provisions for ensuring necessary medical or professional intervention in the event of adverse effects to the participants (e.g., proximity of the research location to medical facilities, or your ability to provide counseling referrals in the event of emotional distress): n/a
37. BENEFITS
Describe the possible direct benefits to the participants. (If participants are not expected to receive direct benefits, please state "No direct benefits." Completing a survey or participating in an interview will not typically result in direct benefits to the participant.): There are not any direct benefits.
Describe any possible benefits to society: Societal benefits are rooted in increased academic and clinical knowledge for therapist who treat individuals and couples whose relationships are adversely affected by pornography consumption.
Evaluate the risk-benefit ratio. (Explain why you believe this study is worth doing, even with any identified risks.): This study is worth doing because pornography use is a well identified problem in romantic relationships and there is a clear gap in the literature regarding specific coping mechanisms which may moderate outcomes for female partners and relationships as a whole. Further, there is also an age and race gap in the literature, which impedes generalizability of extant findings in the literature

APPENDIX C

IRB INFORMED CONSENT

CONSENT FORM

Male Pornography Use and Effects on Female Partners:
The Moderating Effects of Religious Coping and the SBW Stereotypy on
Women's Mental Health and Relationship Satisfaction
Raquel Eubanks, LMSW

Liberty University
Community Care and Counseling, School of Behavioral Sciences

You are invited to be in a research study on pornography use, relationships, and personality characteristics. You were selected as a possible participant because you are female, involved with a male partner who utilizes pornography, and you do not use pornography with your partner. Please read this form and ask any questions you may have before agreeing to be in the study.

Raquel Eubanks, a doctoral student, in the Community Care and Counseling Program within the School of Behavioral Sciences at Liberty University, is conducting this study.

Background Information: The purpose of this study is to better understand how male pornography use affects the mental health of their female partners; and assess coping strategies such as religious coping and the Strong Black Woman stereotypy. The basics questions are if and how do religious coping and the Strong Black Woman stereotypy moderate the relationships between male pornography use, female mental health, and overall relationship satisfaction. The purpose is to increase understanding for both academic and clinical purposes (i.e. counseling for couples who struggle with this issue

Procedures: If you agree to be in this study, I would ask you to do the following things:
1. Answer questions on a survey, which will take approximately 15 minutes.

Risks: The risks involved in this study are minimal, which means they are equal to the risks you would encounter in everyday life. Some participants may experience sensitivity answering questions related to pornography use and emotions that may arise. This survey is anonymous, therefore any concerns regarding sensitivity are accounted for by way of anonymity.

Benefits:

Participants should not expect to receive a direct benefit from taking part in this study.

Benefits to society include increased academic and clinical knowledge for therapists who treat individuals and couples whose relationships are adversely affected by pornography consumption.

Compensation: Participants will be compensated for participating in this study by Qualtrics, the survey platform. Compensation will be in accordance with participants' agreement with Qualtrics. Email addresses will be requested for compensation purposes, however they will be pulled and separated from your responses by Qualtrics to maintain anonymity.

Confidentiality: The records of this study will be kept private. Research records will be stored securely, and only the researcher and faculty chair will have access to the records.

- Participants will complete an anonymous survey. There will not be any identifying data linking participants to survey responses.
- Data will be stored on a password protected server and may be used in future presentations. After three years, all electronic records will be deleted.

Voluntary Nature of the Study: Participation in this study is voluntary. Your decision whether or not to participate will not affect your current or future relations with Liberty. If you decide to participate, you are free to not answer any question or withdraw at any time, prior to submitting the survey.

How to Withdraw from the Study

If you choose to withdraw from the study, please exit the survey and close your internet browser. Your responses will not be recorded or included in the study.

Contacts and Questions: The researcher conducting this study is Raquel Eubanks. You may ask any questions you have now. If you have questions later, **you are encouraged** to contact her at reubanks1@liberty.edu. You may also contact the researcher's faculty chair, Dr. Fred Volk, at fvolk@liberty.edu.

If you have any questions or concerns regarding this study and would like to talk to someone other than the researcher, **you are encouraged** to contact the Institutional Review Board, 1971 University Blvd., Green Hall Ste. 2845, Lynchburg, VA 24515 or email at irb@liberty.edu.

Please notify the researcher if you would like a copy of this information for your records.

Statement of Consent: I have read and understood the above information. I have asked questions and have received answers. I consent to participate in the study.

APPENDIX D

IRB APPROVAL

March 7, 2019
Raquel Eubanks, LMSW
IRB Exemption 3711.030719: Male Pornography Use and Effects on Female Partners: The Moderating Effects of Religious Coping and the SBW Stereotypy on Women's Mental Health and Relationship Satisfaction
Dear Raquel Eubanks, LMSW,
The Liberty University Institutional Review Board has reviewed your application in accordance with the Office for Human Research Protections (OHRP) and Food and Drug Administration (FDA) regulations and finds your study to be exempt from further IRB review. This means you may begin your research with the data safeguarding methods mentioned in your approved application, and no further IRB oversight is required.
Your study falls under exemption category 46.101(b)(2), which identifies specific situations in which human participants research is exempt from the policy set forth in 45 CFR 46:101(b):
(2) Research that only includes interactions involving educational tests (cognitive, diagnostic, aptitude, achievement), survey procedures, interview procedures, or observation of public behavior (including visual or auditory recording) if at least one of the following criteria is met:
(i) The information obtained is recorded by the investigator in such a manner that the identity of the human subjects cannot readily be ascertained, directly or through identifiers linked to the subjects;
Please note that this exemption only applies to your current research application, and any changes to your protocol must be reported to the Liberty IRB for verification of continued exemption status.
You may report these changes by submitting a change in protocol form or a new application to the IRB and referencing the above IRB Exemption number.
If you have any questions about this exemption or need assistance in determining whether possible changes to your protocol would change your exemption status, please email us at irb@liberty.edu.
Sincerely,
G. Michele Baker, MA, CIP *Administrative Chair of Institutional Research* **Research Ethics Office**
Liberty University | Training Champions for Christ since 1971

APPENDIX E

IRB STAMPED CONSENT

The Liberty University Institutional Review Board has approved this document for use from 3/7/2019 to -- Protocol # 3711.030719

CONSENT FORM

Male Pornography Use and Effects on Female Partners:
The Moderating Effects of Religious Coping and the SBW Stereotypy on
Women's Mental Health and Relationship Satisfaction
Raquel Eubanks, LMSW
Liberty University
Community Care and Counseling, School of Behavioral Sciences
You are invited to be in a research study on pornography use, relationships, and personality characteristics. You were selected as a possible participant because you are female, involved with a male partner who utilizes pornography, and you do not use pornography with your partner. Please read this form and ask any questions you may have before agreeing to be in the study.
Raquel Eubanks, a doctoral student, in the Community Care and Counseling Program within the School of Behavioral Sciences at Liberty University, is conducting this study.
Background Information: The purpose of this study is to better understand how male pornography use affects the mental health of their female partners; and assess coping strategies such as religious coping and the Strong Black Woman stereotypy. The basics questions are if and how do religious coping and the Strong Black Woman stereotypy moderate the relationships between male pornography use, female mental health, and overall relationship satisfaction. The purpose is to increase understanding for both academic and clinical purposes (i.e. counseling for couples who struggle with this issue
Procedures: If you agree to be in this study, I would ask you to do the following things:
1. Answer questions on a survey, which will take approximately 15 minutes.

Risks: The risks involved in this study are minimal, which means they are equal to the risks you would encounter in everyday life. Some participants may experience sensitivity answering questions related to pornography use and emotions that may arise. This survey is anonymous; therefore, any concerns regarding sensitivity are accounted for by way of anonymity.
Benefits: Participants should not expect to receive a direct benefit from taking part in this study. Benefits to society include increased academic and clinical knowledge for therapists who treat individuals and couples whose relationships are adversely affected by pornography consumption.
Compensation: Participants will be compensated for participating in this study by Qualtrics, the survey platform. Compensation will be in accordance with participants' agreement with Qualtrics. Email addresses will be requested for compensation purposes, however they will be pulled and separated from your responses by Qualtrics to maintain anonymity.

The Liberty University Institutional Review Board has approved this document for use from 3/7/2019 to -- Protocol # 3711.030719

Confidentiality: The records of this study will be kept private. Research records will be stored securely, and only the researcher and faculty chair will have access to the records.

☐ _Participants will complete an anonymous survey. There will not be any identifying data linking participants to survey responses.

☐ _Data will be stored on a password protected server and may be used in future presentations. After three years, all electronic records will be deleted.

Voluntary Nature of the Study: Participation in this study is voluntary. Your decision whether or not to participate will not affect your current or future relations with Liberty. If you decide to participate, you are free to not answer any question or withdraw at any time, prior to submitting the survey.

How to Withdraw from the Study: If you choose to withdraw from the study, please exit the survey and close your internet browser. Your responses will not be recorded or included in the study.

Contacts and Questions: The researcher conducting this study is Raquel Eubanks. You may ask any questions you have now. If you have questions later, **you are encouraged** to contact her at reubanks1@liberty.edu. You may also contact the researcher's faculty chair, Dr. Fred Volk, at fvolk@liberty.edu.

If you have any questions or concerns regarding this study and would like to talk to someone other than the researcher, **you are encouraged** to contact the Institutional Review Board, 1971 University Blvd., Green Hall Ste. 2845, Lynchburg, VA 24515 or email at irb@liberty.edu.

Please notify the researcher if you would like a copy of this information for your records.

  Statement of Consent: I have read and understood the above information. I have asked questions

and have received answers. I consent to participate in the study.