



**London  
South Bank**  
University

EST 1892

## Information Sheet

**Study Title:** Developing a psychological model of problematic pornography use

You are being invited to take part in a research study. Before you decide whether to participate, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Please email me if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

### **The purpose of the study:**

As you may be aware problematic use of pornography, sometimes referred to as pornography addiction, is a real issue that can lead to real problems.

I am a Doctoral Research Student from School of Applied Science at London South Bank University; I am also a senior lecturer, an accredited psychotherapist and registered mental health nurse. I am investigating the lived experience of problematic pornography use and aim to develop a model or theory that can help users/therapists/researchers in understanding both what leads to problematic use and why it continues.

This research will run for two years. The answers that people give to the questions will be analysed using a method called grounded theory.

### **Why you have been asked to participate**

You have been invited to participate in this study because you consider your use of pornography problematic, that it causes you or other people around you distress, or that it interferes with your ability to live the life you want to lead.

Please do not participate or continue with this study if your use of pornography includes illegal pornography as defined by your country, for example child pornography, or pornography that is defined by UK law as extreme pornography (<https://www.cps.gov.uk/legal-guidance/extreme-pornography>). If you decide to participate in this study and voluntarily record your personal details and also disclose criminal activity in relation to illegal pornography then the researcher will be obligated to inform the relevant authorities in your country.

### **The voluntary nature of participation**

It is up to you to decide whether or not to take part. If you do decide to take part you will be given this information sheet to keep and be asked to give confirmation on a consent

form. If you decide to take part you are still free to withdraw at any time up to September 2020 without giving a reason. In order to withdraw, you will need to email the researcher James Binnie (contact details below) to ensure your responses to the research are removed, please include your participant number. As a participant, you will receive an email to acknowledge your withdrawal and confirmation that you have been removed from the research.

### **What will happen you take part**

You will have already been in communication with the researcher regarding an appropriate setting to meet. This may be face to face at the university or in a local library, or a time may have been agreed to meet via Skype or an alternative platform of your choosing. On meeting with the researcher you will be asked to give confirmation on a consent form. The researcher will then sensitively ask several questions relating to your problematic use of pornography. It is intended that the interview will be as relaxed as possible given the nature of the subject. Please be assured that the researcher is an accredited psychotherapist and registered mental health nurse and has worked with several people with similar problems before. The interview should last about an hour, but could end earlier or continue for longer depending on how you feel and the amount of information you wish to discuss.

### **Possible disadvantages/risks to participation**

It may be that you feel emotional after answering the interview. If this is the case then the researcher will endeavour to help you manage your emotions so that you feel as comfortable as possible before leaving. Contact details of relevant support agencies will also be provided in the de-brief for continued support after the interview.

### **Possible benefits to participation**

This project is designed to develop a psychological model of problematic pornography use. Currently such a model does not exist within the academic literature. A coherent model is intended to assist practitioners in their understanding of people's problems in this area, which in turn may lead to more interventions for people with problematic pornography use.

### **Data collection and confidentiality**

All the information collected about you and other participants will be kept strictly confidential (subject to legal limitations). Data generated by the study must be retained in accordance with the University's Code of Practice. All data generated in the course of the research must be kept securely in paper or electronic form for a period of 10 years after the completion of a research project. No identifiable personal data is going to be collected.

### **Settings have been organised so that your IP address will not recorded in any way.**

You will be assigned with a participant number and that number will only be used while conducting study and subsequent analysis. Your information will only exist via a password encrypted flash drive. This flash drive will be stored in a lockable safe in the office of the researcher and will only be accessed by the researcher.

### **Who is organising and funding the research**

The research is organised by James Binnie (Senior Lecturer and Doctoral Research Student) and Professor Paula Reavey (Doctoral Supervisor) from the Division of Psychology at London South Bank University. The research is not funded by any other organisations.

### **Who has reviewed the study**

This study has been reviewed and approved by the School of Applied Science's Research Ethics Committee at London South Bank University.

### **Who to contact for further information**

Please contact the Chair of the School of Applied Science's Research Ethics Committee, ([sasethics@lsbu.ac.uk](mailto:sasethics@lsbu.ac.uk)), if you have any concerns arising from the research project.

If you would like further information about this study, please get in touch with James Binnie or Prof. Paula Reavey. Their contact details are:

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**This participant sheet was completed June 2018**

**Thank you for taking the time to read this information sheet.**

If you are feeling distressed or emotional then please phone the Samaritans on 116 123, or go to their website [www.samaritans.org](http://www.samaritans.org). For those outside of the UK then please visit [www.befrienders.org](http://www.befrienders.org) and select your country from the drop down menu.