

## **10th International Conference on Behavioral Addictions Congress Final Report**

I attended a congress on behavioral addictions held in France Nantes between 7-8-9 July.

I attended this congress with my two poster presentations one is titled 1. A systematic review and meta-analysis exploring the comorbidity between Compulsive Sexual Behavior Disorder (CSBD) and other psychiatric disorders. 2. A longitudinal study examining the bidirectional and positive associations between problematic pornography use and body dissatisfaction. In first work I was the main author and in the second work I was sharing first authorship with Monika Koos. I significantly expanded my scientific knowledge on behavioral (non-substance related) addictions, developing a deep, interdisciplinary understanding of both common and lesser-known forms. Through exposure to cutting-edge research and expert-led discussions, I explored a wide range of addictive behaviors, including gambling, internet and gaming addiction, compulsive sexual behavior, hoarding, exercise dependence, and disorders of the impulsive-compulsive spectrum such as trichotillomania, kleptomania, and skin picking. I also gained a thorough understanding of the overlap between behavioral addictions and related conditions such as OCD, eating disorders, and body dysmorphic disorder. I critically engaged with genetic, neurobiological, psychological, clinical, epidemiological, sociological, and anthropological perspectives, and explored emerging models of intervention and prevention. This experience not only deepened my expertise but also enabled me to connect with international experts, laying the groundwork for future collaborations and research partnerships. In the congress most of the research were on gambling emphasizing the gambling predominance on behavioral addictions studies. However, there were some sessions touching on compulsive sexual behavior disorders and problematic pornography use although they were scarce. Regarding the problematic pornography use, studies were examining the phenomena on cognitive aspects especially a team

from Germany conducted much research on pornography use topic especially Mathias Brand's lab was the pioneer in cognitive research in relation to problematic pornography use. Besides that, when it comes to poster presentations mostly studies were on emotion regulation problems, coercive sexual behaviors but only our study focused on body parts highlighting the scarcity of body image related studies in the literature. What was also important to see some of the studies examined the association between addictions such as gambling and pornography or gaming disorder. Moreover, I also examined that in compared to previous years studies in the field included more treatment seeking individuals rather than only recruiting individuals from general populations it was the main scarcity in the field.

**Photos:**



## Bidirectional positive associations between problematic pornography use and body dissatisfaction in women and men: Findings among Hungarian young adults in a one-year longitudinal study

Süleyman Agah Demirgöl <sup>a,b,c,d,\*</sup>, Zsolt Demetrovics <sup>a,e,f,2</sup>, Andrea Czákó <sup>a,f,3</sup>,  
Borbála Paksi <sup>g,4</sup>, Gyöngyi Kökönyei <sup>a,5</sup>, Beáta Bóthe <sup>h,i,6</sup>

<sup>a</sup> Institute of Psychology, ELTE Eötvös Loránd University, Budapest, Hungary

<sup>b</sup> Doctoral School of Psychology, ELTE Eötvös Loránd University, Budapest, Hungary

<sup>c</sup> Trauma Intervention and Research Center/ Global and Regional Studies Center, Psychology Department, Necmettin Erbakan University, Konya, Türkiye

<sup>d</sup> Department of Psychology, Faculty of Economic Administrative and Social Sciences, Hasan Kalyoncu University, Türkiye

<sup>e</sup> College of Education, Psychology and Social Work, Flinders University, Adelaide, Australia

<sup>f</sup> Centre of Excellence in Responsible Gaming, University of Gibraltar, Gibraltar

<sup>g</sup> Institute of Education, ELTE Eötvös Loránd University, Budapest, Hungary

<sup>h</sup> Département de psychologie, Université de Montréal, Montréal, Canada

<sup>i</sup> Centre de recherche interdisciplinaire sur les problèmes conjugaux et les agressions sexuelles (CRIPCAS), Canada

### ARTICLE INFO

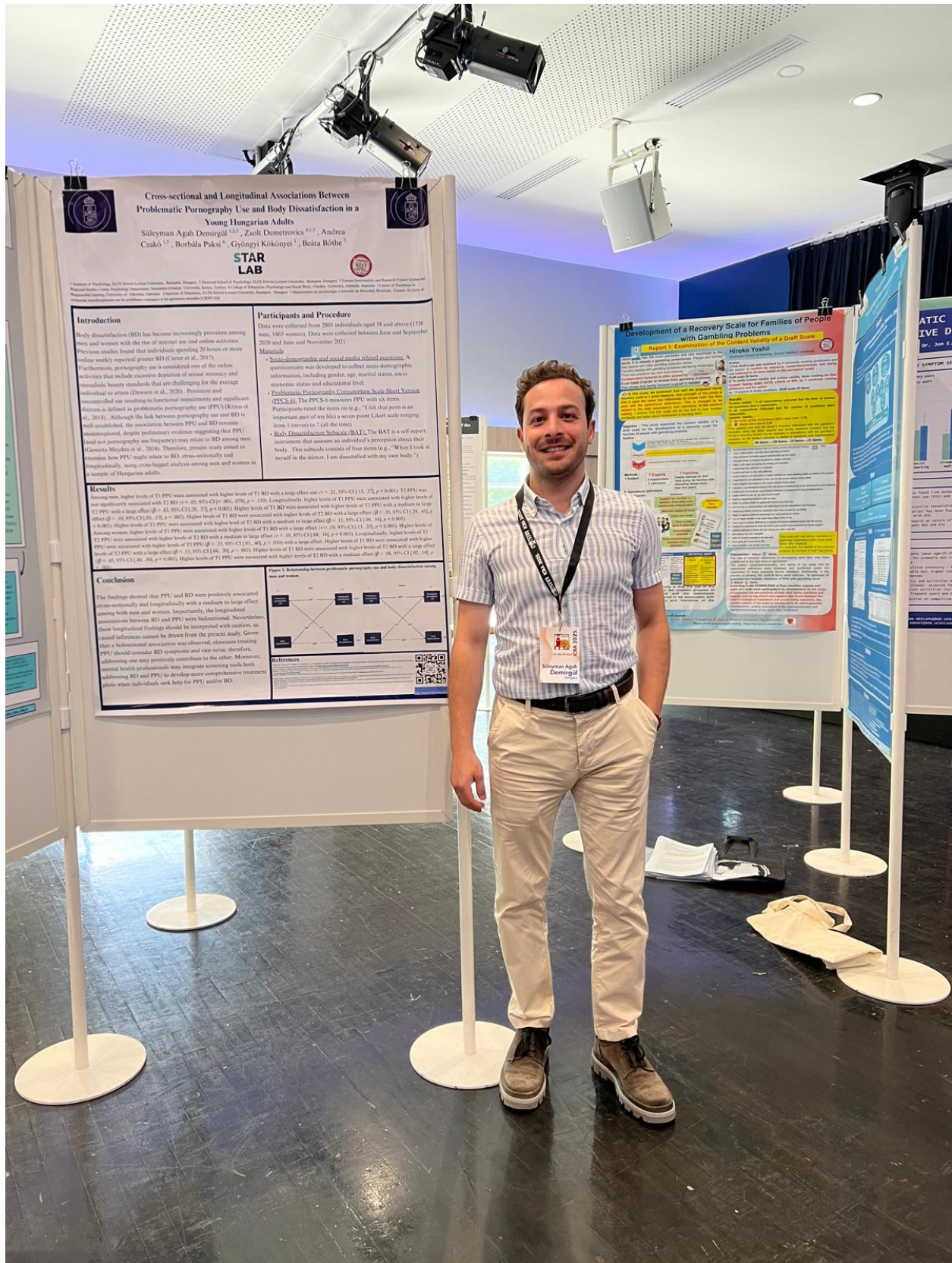
#### Keywords:

Problematic pornography use  
Body dissatisfaction  
Longitudinal design  
Adults

### ABSTRACT

Previous studies have established a positive link between pornography use and body dissatisfaction (BD). Nevertheless, previous empirical studies have yielded inconsistent associations between pornography use and BD when taking into account different forms of pornography use (e.g., pornography use frequency or problematic pornography use) or potential gender differences. Given that problematic pornography use (PPU, out-of-control use with negative consequences) differs from general pornography use, the associations between PPU and BD warrant further examination using a longitudinal design and large sample, which the current literature lacks. Given these limitations, this study examined the associations between PPU and BD cross-sectionally and longitudinally in a sample of Hungarian young adults. Among a sample of 2801 adults ( $M_{age} = 28$  years,  $SD = 4.75$ , 47.69 % men and 52.30 % women), we performed an autoregressive cross-lagged analysis with a multi-group approach. According to the findings, greater levels of PPU were cross-sectionally associated with higher BD

The study we presented at the congress was later published in one of the leading journals focusing on body image concerns. Eötvös Loránd University was the main affiliation for this work. The study we presented at the congress was later published in one of the leading journals focusing on body image concerns. Eötvös Loránd University was the main affiliation for this work. DOI: <https://doi.org/10.1016/j.bodyim.2025.101940>



# Cross-sectional and Longitudinal Associations Between Problematic Pornography Use and Body Dissatisfaction in a Young Hungarian Adults

Süleyman Ağah Demirelli<sup>1,2,3</sup>, Zsófi Demetresics<sup>4,5,6</sup>, Andrea Czako<sup>1,3</sup>, Borbála Paksi<sup>1</sup>, Gyöngyi Kókányi<sup>1</sup>, Beáta Bóthe<sup>1</sup>

STAR LAB

## Introduction

Body dissatisfaction (BD) has become increasingly prevalent among men and women with the rise of internet use and online activities. Previous studies found that individuals spending 20 hours or more online weekly reported greater BD (Carver et al., 2017).

Furthermore, pornography use is considered one of the online activities that include excessive depiction of sexual intimacy and unrealistic beauty standards that are challenging for the average individual to attain (Dawson et al., 2020). Persistent and uncontrollable use resulting in functional impairments and significant distress is defined as problematic pornography use (PPU) (Kraus et al., 2018). Although the link between pornography use and BD is well-established, the association between PPU and BD remains understudied, despite preliminary evidence suggesting that PPU and not pornography use frequency may relate to BD among men (Lewinsohn et al., 2024). Therefore, present study aimed to examine how PPU might relate to BD cross-sectionally and longitudinally, using cross-lagged analysis among men and women in a sample of Hungarian adults.

## Participants and Procedure

Data were collected from 2801 individuals aged 18 and above (1336 men, 1465 women). Data were collected between June and September 2020 and June and November 2021.

**Main aims:**

- **Socio-demographic and social media related measures:** A questionnaire was developed to collect socio-demographic information, including gender, age, marital status, socio-economic status and educational level.

- **Problematic Pornography Consumption Scale Short Version (PPU-6S):** The PPU-6S measures PPU with six items. Participants rated the items on (e.g., "I felt that porn is an important part of my life") a seven-point Likert scale ranging from 1 (never) to 7 (all the time).

- **Body Dissatisfaction Subscale (BATS):** The BATS is a self-report instrument that assesses an individual's perception about their body. This subscale consists of four items (e.g., "When I look at myself in the mirror, I am dissatisfied with my own body").

## Results

Among men, higher levels of T1 PPU were associated with higher levels of T1 BD with a large effect size ( $r = .21$ , 95% CI [.15, .27],  $p < 0.001$ ). T2 PPU was not significantly associated with T2 BD ( $r = .05$ , 95% CI [-.06, .16],  $p = .149$ ). Longitudinally, higher levels of T1 PPU were associated with higher levels of T2 BD with a large effect ( $\beta = .41$ , 95% CI [.28, .53],  $p < 0.001$ ). Higher levels of T1 BD were associated with higher levels of T2 PPU with a large effect ( $\beta = .38$ , 95% CI [.19, .57],  $p < 0.001$ ). Higher levels of T1 PPU were associated with higher levels of T2 BD with a medium to large effect ( $r = .18$ , 95% CI [.12, .24],  $p < 0.001$ ). Higher levels of T1 BD were associated with higher levels of T2 PPU with a medium to large effect ( $r = .18$ , 95% CI [.12, .24],  $p < 0.001$ ). Higher levels of T1 PPU were associated with higher levels of T2 BD with a medium to large effect ( $r = .18$ , 95% CI [.12, .24],  $p < 0.001$ ). Higher levels of T1 BD were associated with higher levels of T2 PPU with a medium to large effect ( $r = .18$ , 95% CI [.12, .24],  $p < 0.001$ ). Higher levels of T1 PPU were associated with higher levels of T2 BD with a medium to large effect ( $r = .18$ , 95% CI [.12, .24],  $p < 0.001$ ). Higher levels of T1 BD were associated with higher levels of T2 PPU with a medium to large effect ( $r = .18$ , 95% CI [.12, .24],  $p < 0.001$ ).

## Conclusion

The findings showed that PPU and BD were positively associated cross-sectionally and longitudinally with a medium to large effect among both men and women. Importantly, the longitudinal associations between BD and PPU were bidirectional. Nevertheless, these longitudinal findings should be interpreted with caution, as causal inferences cannot be drawn from the present study. Given that a bidirectional association was observed, clinicians treating PPU should consider BD symptoms and vice versa, therefore, mental health professionals may integrate screening tools both addressing BD and PPU to develop more comprehensive treatment plans where individuals seek help for PPU and/or BD.

Figure 1: Relationship between problematic pornography use and body dissatisfaction among men and women.



## References

Carver, C. S., & Leary, M. R. (2017). The effects of pornography on body dissatisfaction and self-esteem. *Journal of Social and Clinical Psychology, 36*, 1-15.

## Development of a Recovery Scale for Families of People with Gambling Problems

Report 1: Examination of the Construct Validity of a Draft Scale

Hiroko Yoshii

Department of Psychology, Faculty of Education, Hiroshima University, Hiroshima, Japan

Background: The purpose of this study was to examine the construct validity of a draft scale for families of people with gambling problems (FGP-FRS).

Method: The FGP-FRS was developed based on the theoretical framework of the FGP-FRS and the results of a pre-test.

Results: The FGP-FRS was found to be a unidimensional scale with a Cronbach's alpha of .92. The FGP-FRS was found to be a valid scale for families of people with gambling problems.

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Keywords: gambling problems, families, recovery scale, construct validity.

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This poster presents our first study, which examines the bidirectional and positive longitudinal associations between problematic pornography use and body dissatisfaction



This is my supervisor, Zsolt Demetrovics, who is also the head of this congress. Zsolt Demetrovics is a renowned clinical psychologist and addiction researcher, currently serving as a

professor and the head of the Institute of Psychology at ELTE Eötvös Loránd University in Hungary. He is internationally recognized for his work on behavioral addictions, including problematic pornography use, internet addiction, and gambling disorder. He is also the founding editor-in-chief of the Journal of Behavioral Addictions





This is the poster of our second study which is titled A systematic review and meta-analysis exploring the comorbidity between Compulsive Sexual Behavior Disorder (CSBD) and other psychiatric disorders. Beata böthe (in the middle) is my co supervisor who graduated from ELTE and currently she has been working at Montreal University.





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# Cross-sectional and Longitudinal Associations Between Problematic Pornography Use and Body Dissatisfaction in a Young Hungarian Adults

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STAR  
LAB



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## Introduction

Body dissatisfaction (BD) has become increasingly prevalent among men and women with the rise of internet use and online activities. Previous studies found that individuals spending 20 hours or more online weekly reported greater BD (Carter et al., 2017). Furthermore, pornography use is considered one of the online activities that include excessive depiction of sexual intimacy and unrealistic beauty standards that are challenging for the average individual to attain (Dawson et al., 2020). Persistent and uncontrolled use resulting in functional impairments and significant distress is defined as problematic pornography use (PPU) (Kraus et al., 2018). Although the link between pornography use and BD is well-established, the association between PPU and BD remains underexplored, despite preliminary evidence suggesting that PPU (and not pornography use frequency) may relate to BD among men (Gewirtz-Meydan et al., 2024). Therefore, present study aimed to examine how PPU might relate to BD, cross-sectionally and longitudinally, using cross-lagged analysis among men and women in a sample of Hungarian adults.

## Results

Among men, higher levels of T1 PPU were associated with higher levels of T1 BD with a large effect size ( $r = .21$ , 95% CI [.15, .27],  $p < 0.001$ ). T2 PPU was not significantly associated with T2 BD ( $r = .03$ , 95% CI [-.01, .078],  $p = .110$ ). Longitudinally, higher levels of T1 PPU were associated with higher levels of T2 PPU with a large effect ( $\beta = .43$ , 95% CI [.28, .57],  $p < 0.001$ ). Higher levels of T1 BD were associated with higher levels of T2 BD with a medium to large effect ( $\beta = .10$ , 95% CI [.03, .15],  $p = .002$ ). Higher levels of T1 BD were associated with higher levels of T2 BD with a large effect ( $\beta = .11$ , 95% CI [.06, .16],  $p < 0.001$ ). Higher levels of T1 PPU were associated with higher levels of T1 BD with a medium to large effect ( $r = .19$ , 95% CI [.13, .25],  $p < 0.001$ ). Higher levels of T2 PPU were associated with higher levels of T2 BD with a medium to large effect ( $r = .10$ , 95% CI [.04, .16],  $p < 0.001$ ). Longitudinally, higher levels of T1 T2 PPU were associated with higher levels of T2 PPU ( $\beta = .23$ , 95% CI [.05, .40],  $p = .010$ ) with a large effect. Higher levels of T1 BD were associated with higher levels of T2 PPU with a large effect ( $\beta = .13$ , 95% CI [.04, .20],  $p = .002$ ). Higher levels of T1 BD were associated with higher levels of T2 BD with a large effect ( $\beta = .45$ , 95% CI [.40, .50],  $p < 0.001$ ). Higher levels of T1 PPU were associated with higher levels of T2 BD with a medium effect ( $\beta = .08$ , 95% CI [.02, .14],  $p = .008$ ).

## Conclusion

The findings showed that PPU and BD were positively associated cross-sectionally and longitudinally with a medium to large effect among both men and women. Importantly, the longitudinal associations between BD and PPU were bidirectional. Nevertheless, these longitudinal findings should be interpreted with caution, as causal inferences cannot be drawn from the present study. Given that a bidirectional association was observed, clinicians treating PPU should consider BD symptoms and vice versa; therefore, addressing one may positively contribute to the other. Moreover, mental health professionals may integrate screening tools both addressing BD and PPU to develop more comprehensive treatment plans when individuals seek help for PPU and/or BD.

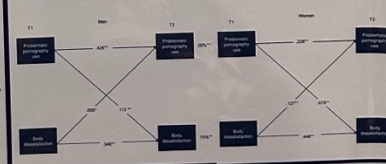
## Participants and Procedure

Data were collected from 2801 individuals aged 18 and above (1336 men, 1465 women). Data were collected between June and September 2020 and June and November 2021

## Materials

- **Socio-demographic and social media related questions:** A questionnaire was developed to collect socio-demographic information, including gender, age, marital status, socio-economic status and educational level.
- **Problematic Pornography Consumption Scale-Short Version (PPCS-6):** The PPCS-6 measures PPU with six items. Participants rated the items on (e.g., "I felt that porn is an important part of my life) a seven-point Likert scale ranging from 1 (never) to 7 (all the time)
- **Body Dissatisfaction Subscale (BAT):** The BAT is a self-report instrument that assesses an individual's perception about their body. This subscale consists of four items (e.g., "When I look at myself in the mirror, I am dissatisfied with my own body.")

Figure 1: Relationship between problematic pornography use and body dissatisfaction among men and women.



## References

Agah Demirgöl, S., Demetrovics, Z., Kökönyei, G., Paksi, B., Bóthe, B., Czákó, A., & Demetrovics, Z. (2024). Cross-sectional and longitudinal associations between problematic pornography use and body dissatisfaction in a young Hungarian adults. *Journal of Interpersonal Violence*, 39(1), 1-15.

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