

Summary of Results

Main Results

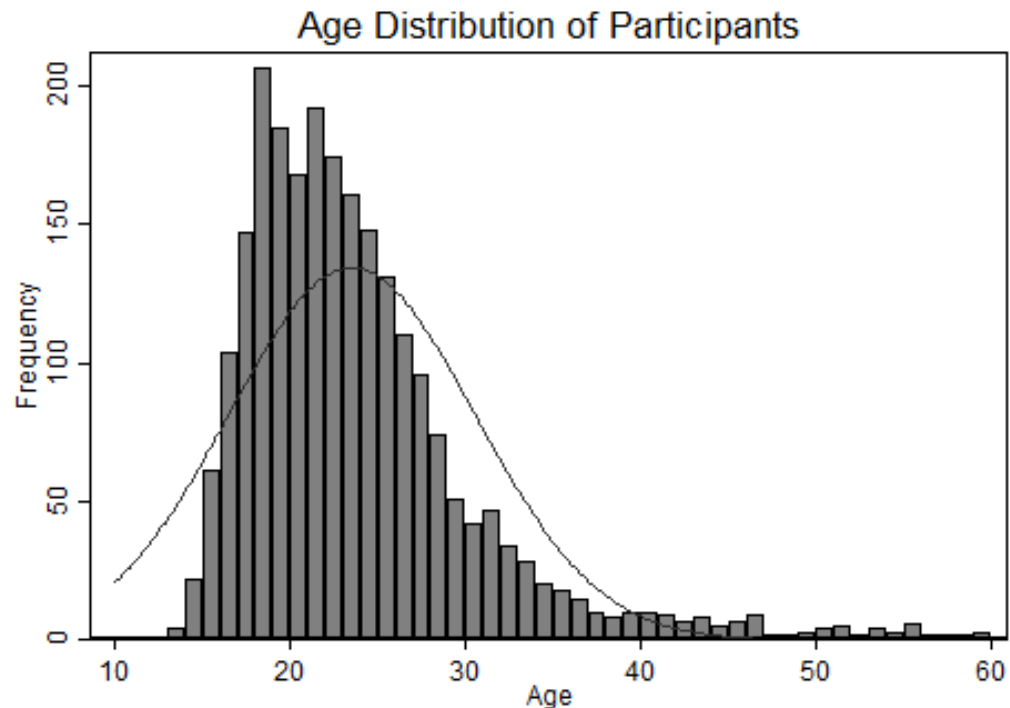
- Abstaining from pornography and masturbation increases the ability to delay rewards
- Participating in a period of abstinence renders people more willing to take risks
- Abstinence renders people more altruistic
- Abstinence renders people more extroverted, more conscientious, and less neurotic

Study Design

- Two surveys
 - First survey starting 1st of November 2015 (“wave 1”)
 - Second survey starting 1st of December 2015 (“wave 2”)
- Aim: comparing answers on Survey 1 with Survey 2 to find out how abstinence (or “rebooting”) influences preferences.
 - Mainly:
 - Risk preferences (How willing or unwilling are you to take risks?)
 - Time preferences (How able are you to delay rewards?)

Participants

- 2363 unique participants
- Average Age: 23.51 years (s.e. 0.14)
- Relatively high levels of education



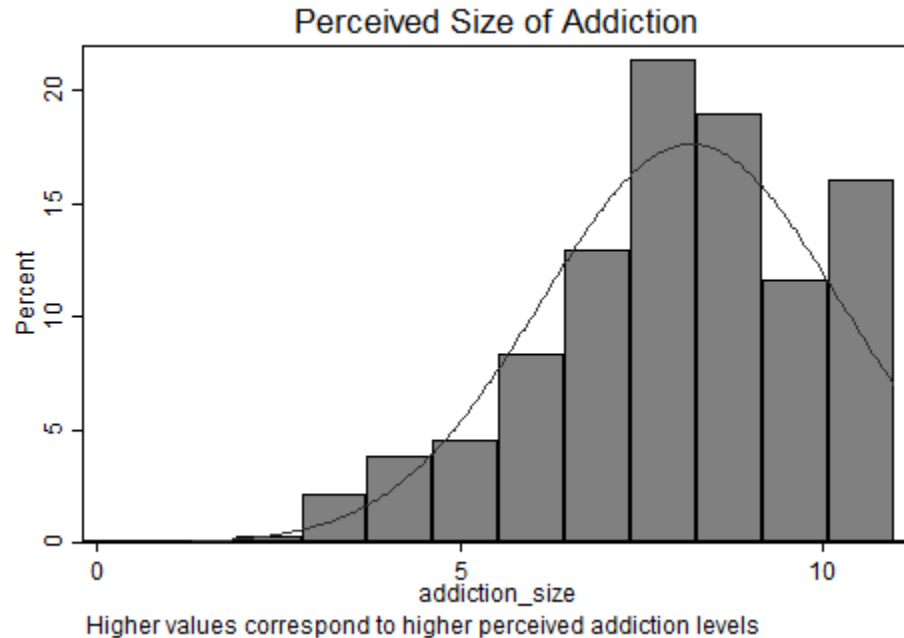
Education	Freq.	Percent
High school	661	27.97
Some college	564	23.87
Associates degree	98	4.15
Bachelors degree	664	28.10
Masters degree	230	9.73
Doctoral / professional degree	66	2.79
Did not complete high school	80	3.39
Total	2,363	100.00

Participants

- Mainly male
- Mainly heterosexual

gender	Freq.	Percent	sexual_orientation	Freq.	Percent
male	2,324	98.35	heterosexual	2,053	86.88
female	33	1.40	homosexual	60	2.54
Transgender m to f (post-op)	1	0.04	bisexual	92	3.89
Transgender m to f (pre-op/no op)	4	0.17	asexual	24	1.02
Transgender f to m (pre-op/no op)	1	0.04	autoerotic	16	0.68
			questioning	91	3.85
Total	2,363	100.00	other	27	1.14
			Total	2,363	100.00

Participants

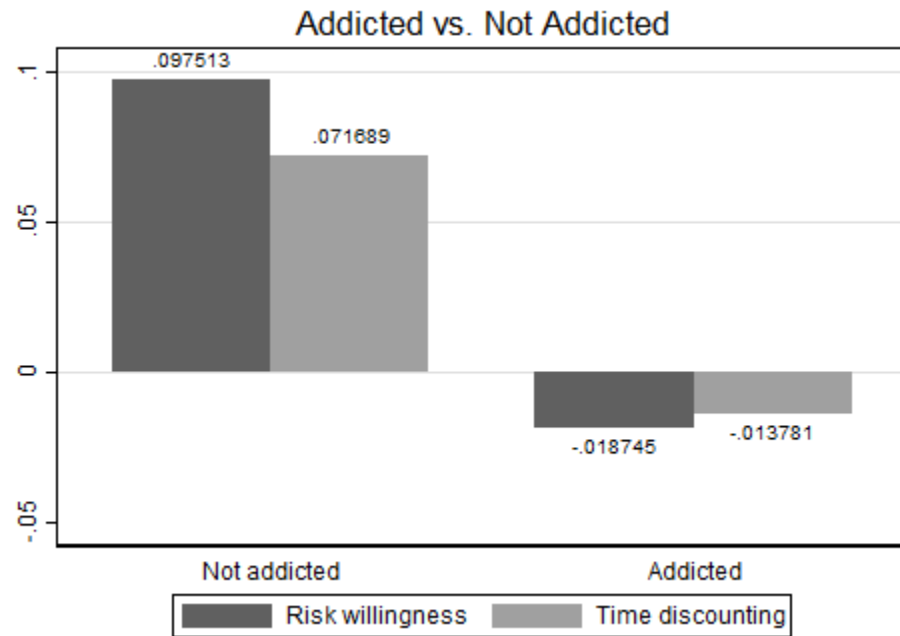


- Longest streak: 47.73 (s.e. 1.88) days on average
- Length of current streak when participating in the survey: 15.95 (s.e. 1.14) days on average

- Most participants state being highly addicted to porn / masturbation / porn & masturbation

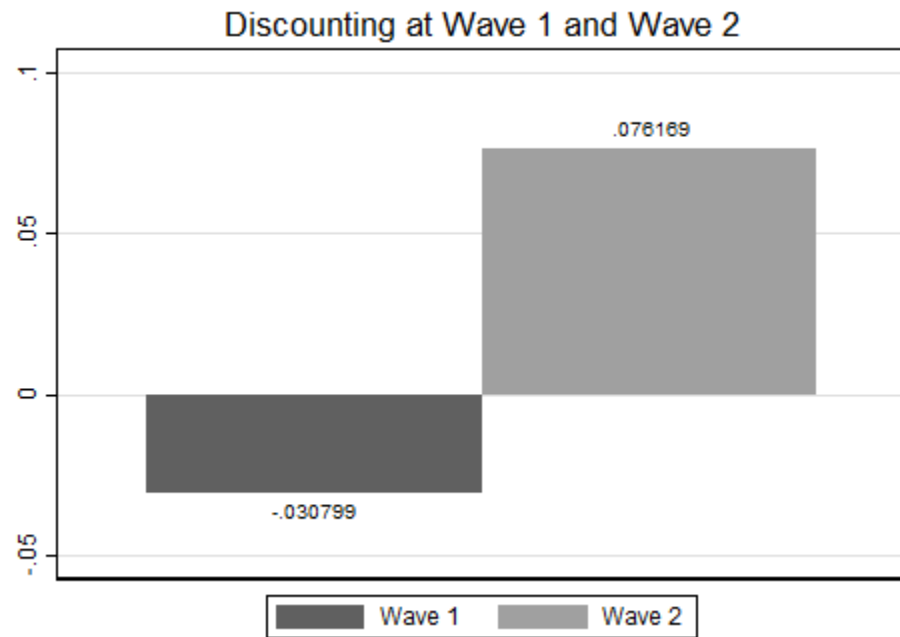
addict	Freq.	Percent
Yes porn	421	17.82
Yes masturbation	298	12.61
Yes porn & masturb	1,263	53.45
No	381	16.12
Total	2,363	100.00

Addicted vs. Not Addicted Participants



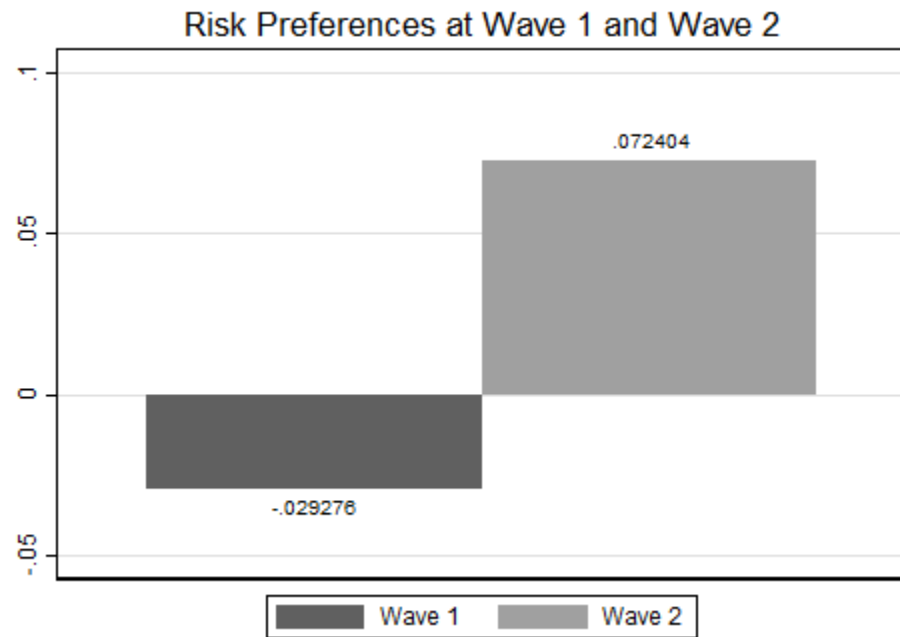
- Addicted participants are less willing to take risks (dark gray bars)
- Addicted participants are less able to delay rewards (light gray bars)

Effects of Abstinence



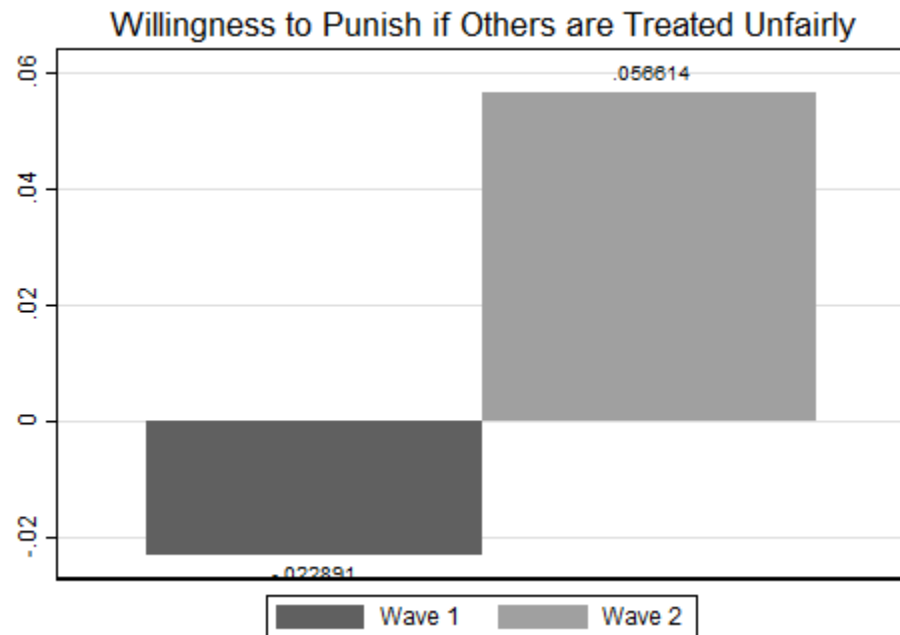
- After a period of abstinence (“rebooting”), participants become more able to delay rewards

Effects of Abstinence



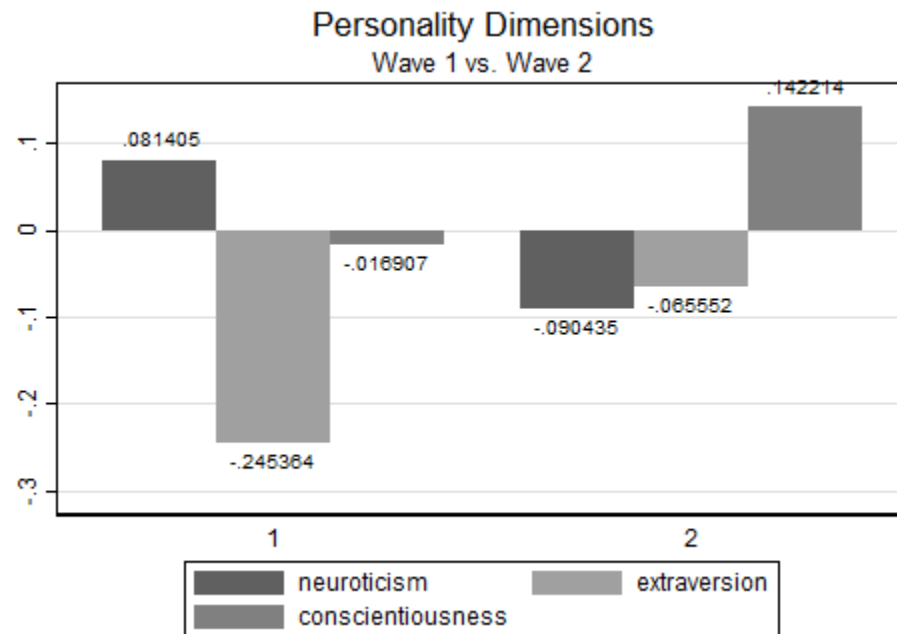
- After a period of abstinence (“rebooting”), participants become less risk averse

Effects of Abstinence



- Abstinence renders participants more willing to punish if others are treated unfairly:
 - Altruistic punishment increases

Effects of Abstinence



- After a reboot people get
 - less neurotic (dark gray)
 - more extroverted (light gray)
 - more conscientious (third bars)