

## First Page

Dear participant,

Thank you for taking part in this study. The study will take place in two waves. The first wave takes place now, the second wave will take place in one month. You are not obligated to take part in both waves of the study, however the more people participate in both waves, the higher the value of this study.

The questions you will answer in this survey provide information about your preferences, masturbation abstinence and sexual history, personality, and demographics. Answering all questions should take 10 to 15 minutes. Questions with a red star (\*) are mandatory.

We know that privacy is an important issue, therefore we will ask you at the beginning to create a personal identifier, which will allow us to match the data from the first wave with the data of the second wave without enabling us to make inference about your true identity. Instructions to create your identifier will be provided on the next page.

Needless to say that we will provide a download link to the dataset and a summary of the results on the forum of NoFap.com.

If you have any questions regarding the study, feel free to contact me: [masturbation.abstinence.study@gmail.com](mailto:masturbation.abstinence.study@gmail.com)

Thank you,

Alec Sproten

**Disclaimer:** If you are under the age of eighteen or under the majority age in your country, you declare by taking part in this study that you made an informed choice and that you participate at your own responsibility. Participants in this study agree to the use of the collected data for scientific purposes and for the purposes of nofap.com.

## Second Page

### Creating Your Personal Identifier

The following questions will only be used to create your personal identifier. This identifier will generate a unique combination of letters and numbers which will allow us to match your responses on this questionnaire with your responses on the questionnaire that will take place in one month. Your identifier will not allow us to make any inference on your true identity. If you don't know one of the answers, insert your favorite number/letter.

Please provide the...: \*

Third letter of the first name of your mother (for example Ma <b>R</b> ian)	Text	1 letter
Day of birth of your father (for example <b>17</b> th)	Number	0-31
Last letter of the maiden name of your mother (for example Smit <b>H</b> )	Text	1 letter
Your day of birth (for example <b>26</b> th)	Number	0-31
Second to last digit of your zip code (for example 104 <b>70</b> )	Number	0-9
Your house number (for example Kennedy Alley <b>49</b> )	Number	0 - 4000

2,363 unique identifiers were created, thus 2,363 people participated at least once in the survey. Of those participant that took part in both waves, 253 can be unambiguously matched, providing clean wave 1 vs. wave 2 comparisons.

## Preferences I (Risk)

Instructions for this section were published here:  
<http://people.few.eur.nl/wakker/pdfspubld/11.5prefrevamb.pdf>

### Preferences I

Imagine the following two prospect options:

**Option A** gives you a draw from a white bag that contains exactly 20 red and 20 green poker chips. Before you draw, you choose a color and announce it. Then you draw. If the color you announced matches the color you draw, then you win \$30. If the colors do not match, then you get nothing (white bag).

**Option B** gives you a draw from a beige bag that contains exactly 40 poker chips. They are either red or green, in an unknown proportion. Before you draw, you choose a color and announce it. Then you draw. If the color you announced matches the color you draw, then you win \$30. If the colors do not match, then you get nothing (beige bag).

Below you are asked to choose between the above two options and also to compare both options with sure amounts of money.

You have to choose between the two prospect options. Which do you choose? \* (Single choice)

- Option A (bet on a color to win \$30 from bag with 20 red and 20 green chips)
- Option B (bet on a color to win \$30 from bag with unknown proportion of colors)

First-time participants chose Option A 1,921 times and Option B 442 times. Those who participated a second time in the survey (353 participants) chose Option A 286 times and Option B 67 times. The proportions of choices do not differ significantly between the two surveys: participants do not switch their preference from risk to ambiguity between surveys.

On which color do you bet? \* (Single choice)

- Red
- Green

Imagine that you are now endowed with \$18. You have to *buy the right to make a draw* from the above described bags with the possibility of winning \$30. What is the maximum amount you want to pay for the right to participate in the prospect options? Please indicate your offers:

\*I would pay \$  to participate in Option A (bet on a color to win \$30 from bag with 20 red and 20 green chips).

Participants are on average willing to pay \$7.68 (s.e. 0.09) to participate in Option A. The 253 second-time participants are on average not more or less willing to pay for Option A in the second wave: in the first survey, their average willingness to pay was \$7.80 (s.e. 0.29), in the second survey it was \$7.92 (s.e. 0.27). From a statistical perspective, this difference is not significant.

On which color would you bet in Option A? \* (Single choice)

- Red             Green

\*I would pay \$ \_\_\_\_\_ Slider (1 – 18) \_\_\_\_\_ to participate in Option B (bet on a color to win \$30 from bag with unknown proportion of colors).

Results for Option B are similar: Participants are on average willing to pay \$5.39 (s.e. 0.08) to participate in Option B. The 253 second-time participants are on average not more or less willing to pay for Option B in the second wave: in the first survey, their average willingness to pay was \$5.35 (s.e. 0.25), in the second survey it was \$5.61 (s.e. 0.26). From a statistical perspective, this difference is not significant.

On which color would you bet in Option B? \* (Single choice)

- Red             Green

## Preferences II (Time)

The task was first published here: [http://www.cesifo-group.de/de/dms/ifodoc/docs/Akad\\_Conf/CFP\\_CONF/CFP\\_CONF\\_2013/Conf-be13-Schmidt/Paper/be13\\_Sunde\\_19097413\\_en.pdf](http://www.cesifo-group.de/de/dms/ifodoc/docs/Akad_Conf/CFP_CONF/CFP_CONF_2013/Conf-be13-Schmidt/Paper/be13_Sunde_19097413_en.pdf)

### Preferences II

\*Suppose you were given the choice between receiving a payment today or a payment in 12 months. We will now present to you 5 situations. The payment today is the same in each of these situations. The payment in 12 months is different in every situation. For each of these situations we would like to know which you would choose. Please assume there is no inflation, thus future prices are the same as today's prices.

Choice paths are summarized in the following table. Participants will only answer 5 questions out of the 31 options, depending on the path chosen:

Level 1	Level 2	Level 3	Level 4	Level 5
			106.1	103.0
		112.4		109.0
			118.8	115.6
	125.4			122.1
			132.3	128.8
		139.2		135.7
			146.4	142.8
153.8				150.1
			161.3	157.5
		169.0		165.1
			176.9	172.9
	185.0			180.9
			193.2	189.1
		201.6		197.4
			210.3	205.9
				214.6

1. Please consider the following: would you rather receive \$100 today or \$153.8 in 12 months?  
(Single choice)
  - Today -> 17
  - In 12 months -> 2
2. Would you rather receive \$100 today or \$125.4 in 12 months?  
(Single choice)
  - Today -> 10
  - In 12 months -> 3
3. Would you rather receive \$100 today or \$112.4 in 12 months?  
(Single choice)
  - Today -> 7
  - In 12 months -> 4
4. Would you rather receive \$100 today or \$106.1 in 12 months?  
(Single choice)
  - Today -> 6
  - In 12 months -> 5

5. Would you rather receive \$100 today or \$103.0 in 12 months?  
(Single choice)  
 Today -> End  
 In 12 months -> End
6. Would you rather receive \$100 today or \$109.2 in 12 months?  
(Single choice)  
 Today -> End  
 In 12 months -> End
7. Would you rather receive \$100 today or \$118.8 in 12 months?  
(Single choice)  
 Today -> 8  
 In 12 months -> 9
8. Would you rather receive \$100 today or \$122.1 in 12 months?  
(Single choice)  
 Today -> End  
 In 12 months -> End
9. Would you rather receive \$100 today or \$115.6 in 12 months?  
(Single choice)  
 Today -> End  
 In 12 months -> End
10. Would you rather receive \$100 today or \$139.2 in 12 months?  
(Single choice)  
 Today -> 14  
 In 12 months -> 11
11. Would you rather receive \$100 today or \$132.3 in 12 months?  
(Single choice)  
 Today -> 13  
 In 12 months -> 12
12. Would you rather receive \$100 today or \$128.8 in 12 months?  
(Single choice)  
 Today -> End  
 In 12 months -> End
13. Would you rather receive \$100 today or \$135.7 in 12 months?  
(Single choice)  
 Today -> End  
 In 12 months -> End
14. Would you rather receive \$100 today or \$146.4 in 12 months?  
(Single choice)  
 Today -> 16  
 In 12 months -> 15
15. Would you rather receive \$100 today or \$142.8 in 12 months?  
(Single choice)  
 Today -> End  
 In 12 months -> End
16. Would you rather receive \$100 today or \$150.1 in 12 months?  
(Single choice)  
 Today -> End  
 In 12 months -> End

17. Would you rather receive \$100 today or \$185.0 in 12 months?  
(Single choice)  
 Today -> 18  
 In 12 months -> 25
18. Would you rather receive \$100 today or \$201.6 in 12 months?  
(Single choice)  
 Today -> 22  
 In 12 months -> 19
19. Would you rather receive \$100 today or \$193.2 in 12 months?  
(Single choice)  
 Today -> 20  
 In 12 months -> 21
20. Would you rather receive \$100 today or \$197.4 in 12 months?  
(Single choice)  
 Today -> End  
 In 12 months -> End
21. Would you rather receive \$100 today or \$189.1 in 12 months?  
(Single choice)  
 Today -> End  
 In 12 months -> End
22. Would you rather receive \$100 today or \$210.3 in 12 months?  
(Single choice)  
 Today -> 23  
 In 12 months -> 24
23. Would you rather receive \$100 today or \$214.6 in 12 months?  
(Single choice)  
 Today -> End  
 In 12 months -> End
24. Would you rather receive \$100 today or \$205.9 in 12 months?  
(Single choice)  
 Today -> End  
 In 12 months -> End
25. Would you rather receive \$100 today or \$169.0 in 12 months?  
(Single choice)  
 Today -> 29  
 In 12 months -> 26
26. Would you rather receive \$100 today or \$161.3 in 12 months?  
(Single choice)  
 Today -> 28  
 In 12 months -> 27
27. Would you rather receive \$100 today or \$157.5 in 12 months?  
(Single choice)  
 Today -> End  
 In 12 months -> End
28. Would you rather receive \$100 today or \$165.1 in 12 months?  
(Single choice)  
 Today -> End  
 In 12 months -> End

29. Would you rather receive \$100 today or \$176.9 in 12 months?

(Single choice)

Today -> 31

In 12 months -> 30

30. Would you rather receive \$100 today or \$172.9 in 12 months?

(Single choice)

Today -> End

In 12 months -> End

31. Would you rather receive \$100 today or \$180.9 in 12 months?

(Single choice)

Today -> End

In 12 months -> End

Participants chose on average a path where the frontier value which they preferred to \$100 now was \$150.03 (s.e. 0.8) in 12 months. Second-time participants become more “rational”: whereas they chose in the first wave an average value of \$150.03 (s.e. 2.59), they chose in the second wave an average of \$142.96 (s.e. 2.44). This difference, from a statistical point of view, is highly significant and means that *abstaining from pornography and masturbation increases the ability to delay rewards.*

## Additional preferences (Risk & Time & Social Preferences)

From here: [http://www.cesifo-group.de/de/dms/ifodoc/docs/Akad\\_Conf/CFP\\_CONF/CFP\\_CONF\\_2013/Conf-be13-Schmidt/Paper/be13\\_Sunde\\_19097413\\_en.pdf](http://www.cesifo-group.de/de/dms/ifodoc/docs/Akad_Conf/CFP_CONF/CFP_CONF_2013/Conf-be13-Schmidt/Paper/be13_Sunde_19097413_en.pdf)

### Preferences III

1. Please tell us, in general, how willing or unwilling you are to take risks. \*

Please use a scale from 0 to 10, where 0 means you are “**completely unwilling to take risks**” and a 10 means you are “**very willing to take risks**”. You can also use any numbers between 0 and 10 to indicate where you fall on the scale, like 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.

Sliders (completely unwilling to take risks)0 - 10(very willing to take risks)

*Participating in a period of abstinence renders people more willing to take risks: whereas in the first wave, participants stated an average willingness to take risks of 5.30 (s.e. 0.12) on a scale from 0 to 10, this average increased to 5.73 (s.e. 0.12) in the second wave. This difference is statistically significant.*

We now ask for your willingness to act in a certain way in four different areas.

Please again indicate your answer on a scale from 0 to 10, where 0 means you are “**completely unwilling to do so**” and a 10 means you are “**very willing to do so**”. You can also use any numbers between 0 and 10 to indicate where you fall on the scale, like 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.

2. How willing are you to give up something that is beneficial for you today in order to benefit more from that in the future? \*

Sliders (completely unwilling to do so)0 - 10(very willing to do so)

*This question confirms the results from the delay discounting task (Preferences II): *abstinence renders participants more able to delay rewards*. The average on the first wave of the survey was 6.76 (s.e. 0.12), whereas it was 7.06 (s.e. 0.12) on the second wave. This difference is statistically significant.*

3. How willing are you to punish someone who treats you unfairly, even if there may be costs for you?

Sliders (completely unwilling to do so)0 - 10(very willing to do so)

*Abstinence seems to have a small, but significant effect on this question as well. *Participants become more willing to punish if they are treated unfairly* (average wave 1: 4.10, s.e. 0.16; average wave 2: 4.36, s.e. 0.16).*

4. How willing are you to punish someone who treats others unfairly, even if there may be costs for you?

Sliders (completely unwilling to do so)0 - 10(very willing to do so)

*The effect on altruistic punishment is more pronounced than the effect on egoistic punishment (previous question): *Participants become more willing to punish at their own cost if others are treated unfairly* (average wave 1: 4.95, s.e. 0.15; average wave 2: 5.36, s.e. 0.15). *It thus seems that abstinence renders participants more altruistic.**

5. How willing are you to give to good causes without expecting anything in return?

Sliders (completely unwilling to do so)0 - 10(very willing to do so)

The willingness to contribute to good causes does not change significantly with abstinence. Yet, the values on this question were already relatively high in the initial wave (average: 6.68, s.e. 0.15) and the space to increase on the second wave was therefore smaller. (average wave 2: 6.80, s.e. 0.14).

How well do the following statements describe you as a person?

Please indicate your answer on a scale from 0 to 10. A 0 means “does not describe me at all” and a 10 means “describes me perfectly”. You can also use any numbers between 0 and 10 to indicate where you fall on the scale, like 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.

6. When someone does me a favor I am willing to return it.

Sliders (does not describe me at all)0 - 10(describes me perfectly)

The willingness to return favors does not change (average wave 1: 8.35, s.e. 0.09; average wave 2: 8.27, s.e. 0.11), yet all participants always had a very high willingness to return favors.

7. If I am treated very unjustly, I will take revenge at the first occasion, even if there is a cost to do so.

Sliders (does not describe me at all)0 - 10(describes me perfectly)

The willingness to take revenge does not change (average wave 1: 2.90, s.e. 0.14; average wave 2: 2.94, s.e. 0.14).

8. I assume that people have only the best intentions.

Sliders (does not describe me at all)0 - 10(describes me perfectly)

The assumption that people have only the best intentions does not change significantly (average wave 1: 4.79, s.e. 0.15; average wave 2: 5.00, s.e. 0.15).

9. I am good at math. \*

Sliders (does not describe me at all)0 - 10(describes me perfectly)

10. I tend to postpone tasks even if I know it would be better to do them right away. \*

Sliders (does not describe me at all)0 - 10(describes me perfectly)

This question confirms the results from the delay discounting task (Preferences II) and from question 2 of this section: *abstinence renders participants more able to delay rewards.* (average wave 1: 8.34, s.e. 0.14; average wave 2: 7.76, s.e. 0.14).

## Sexual history

These questions were adapted from the original survey on the /r/nofap subreddit (here: <https://docs.google.com/file/d/0B7q3tr4EV02wdThazmlqdzBTQ1k/edit>) or self-made if not stated otherwise

## Sexual history

11. How many sexual partners have you had in your life? \*

Sliders (Virgin) 0 - 10 (or more)

Average in the full sample of 2,363 participants: 2.26 (s.e. 0.07), with roughly 1,100 virgins.

1. Which of the following best describes your sexual orientation? \*

If you have or have had a fluid sexual self-identity, use your most recent orientation

Single choice	HETEROSEXUAL: I like to have sex with the other gender	2,053
	HOMOSEXUAL: I like to have sex with the same gender	60
	BISEXUAL: I like to have sex with people of any gender	92
	ASEXUAL: I am not particularly interested in having sex	24
	AUTOEROTIC: I only want to pleasure myself	16
	QUESTIONING: I am uncertain of my sexual identity	91
	Other:	24

The majority of the sample (2,053 participants) is heterosexual.

2. On average, how often do you currently participate in sexual activity with a partner? \*

"Sexual activity" means a lot of things, but more than just kissing and hugging

Single choice	Two or more times a day	7
	About once a day	12
	About 3 - 5 times a week	76
	About 1 - 2 times a week	175
	About every other week	130
	About once a month	119
	Less than once a month	281
	No sexual experience in last 6 months	471
	Never had any sexual experience (virgin)	1,092

3. Are you currently experiencing any of the following sexual dysfunctions on a regular basis? \*

Multiple choice	Disinterest in sex with gender of preference	412
	Inability / difficulty of orgasming during sex	358
	Decreased genital sensitivity	561
	Decreased sexual pleasure	529
	Erectile dysfunction	431
	Premature ejaculation	325
	No, I am not experiencing any of these conditions	1,185

1,178 participants are currently experiencing sexual dysfunctions. A majority of these participants experiences two or more dysfunctions.

4. Have you ever visited a prostitute or purchased sexual services? \*

Single choice	Yes	278
	No	2,085

5. How often do you believe that you performed some "risky" sexual act? \*

Scale (never) 0 - 10 (always)

Average: 1.73 (s.e. 0.05)

6. Are you currently attempting a challenge to abstain from masturbation / porn consumption? \*

Single choice Yes -> a,b,c,d  
No

a. Since how many days? \*

Number

Average: 86.17 (s.e. 4.28) days (this high average is driven by a few participants with very long challenges)

b. Before you began cutting down on masturbation, how often did you masturbate? \*

Single choice	4 or more times per day	145
	2 - 3 times per day	771
	Once per day	739
	3 - 5 times per week	496
	1 - 2 times per week	163
	About once every two weeks	26
	About once a month	6
	Less than once a month	2
	Never	15

c. To what kind of challenge did you commit? \*

Multiple choice	No masturbating to orgasm using pornography	1,807
	No masturbating to orgasm altogether	2,008
	No edging	1,568
	No viewing of pornography	1,893
	You watch pornography but are not allowed to edge or masturbate to orgasm	283
	No deliberate, vivid fantasizing	899
	No "hands free" orgasm (by fantasizing)	902
	No orgasm in the company of an actual sexual partner	308
	Other:	92

d. Before you began cutting down on pornography consumption, how many hours per week did you spend consuming porn? \*

Single choice	More than 24 hours per week	80
	16 - 23 hours per week	174
	7 - 15 hours per week	662
	4 - 7 hours per week	677
	1 - 3 hours per week	611
	less than 1 hour per week	195
	I did not regularly consume any pornography	84

7. How old were you when you first masturbated?

Number 2 - 50

Average: 12.06 (s.e. 0.05) years

8. How old were you when you started masturbating regularly? \*

Number 2 - 50

Average: 13.48 (s.e. 0.05) years

9. How old were you when you started deliberately consuming pornography? \*

Number 2 - 50

Average: 14.47 (s.e. 0.07) years

10. How long do you believe masturbation has been a problem habit for you? \*

Single choice	Less than a day	5
	Less than a month	31
	Less than six months	98
	About 1 - 2 years	384
	About 3 - 5 years	523
	More than 5 years	1,059
	I do not view it as a problem habit	263

11. How long do you believe pornography consumption has been a problem habit for you? \*

Single choice	Less than a day	5
	Less than a month	33
	Less than six months	103
	About 1 - 2 years	445
	About 3 - 5 years	588
	More than 5 years	1,040
	I do not view it as a problem habit	149

12. How many days has it been since you last masturbated to orgasm? \*

Number

Average: 15.95 (s.e. 1.14) days

13. Since you have been trying to cut down on masturbating, what is the longest number of days you have been gone without masturbating to orgasm? \*

In other words, what was your longest "streak" so far?

Number

Average: 47.73 (s.e. 1.88) days

14. **Caution: this question might be a trigger for some participants, do only answer it if you do not get triggered by reading about porn categories!**

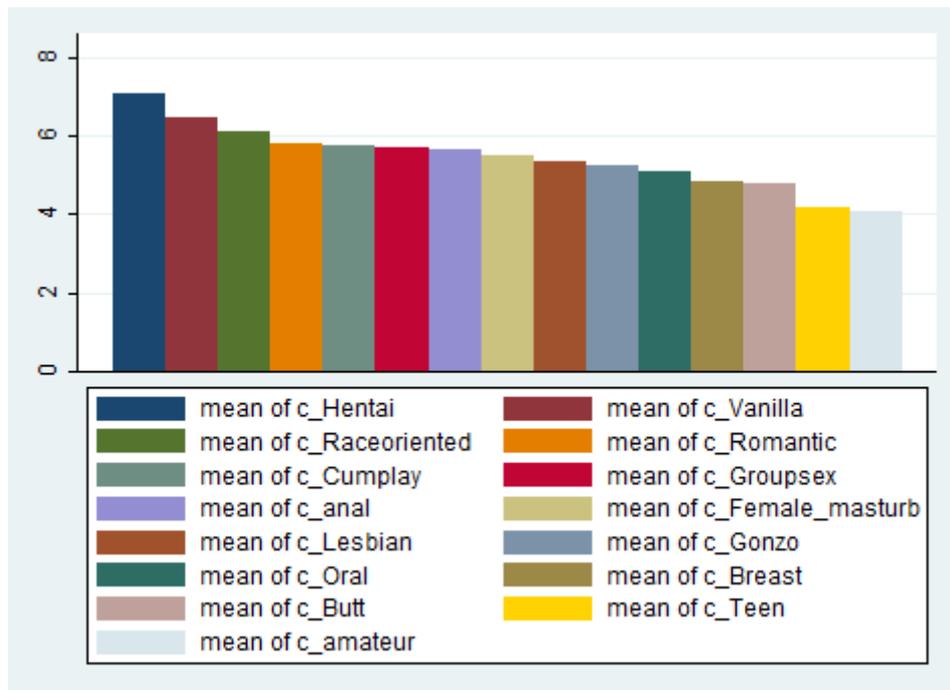
Please bring the following porn categories into an order to classify how appealing they are to you (most appealing on top):

These categories are the 15 categories that were most liked ("extremely erotic") in the 2012 poll of /r/nofap

(Interest of this question: seeing if preferences change after some faststinence)

Ordering Amateur  
Anal  
Breast-focused

Butt-focused  
 Cumplay (bukake, creampie, cumshots, facials, ...)  
 Female masturbation  
 Gonzo/POV  
 Group sex  
 Hentai  
 Lesbian  
 Oral  
 Race oriented (Asian, Black, Indian, Latina, ...)  
 Romantic  
 Teen  
 Vanilla



The higher the bar in this graph, the less a category is liked (thus Amateur is most liked, Hentai least).

15. In your opinion, how have abstinence from porn and masturbation impacted your life?

Scale (very negatively)0 - 10(very positively)

Average: 7.22 (s.e. 0.05)

16. When it comes to pornography and masturbation, do you consider yourself an addict? \*

Single choice	Count
Yes, I am addicted to pornography -> a	421
Yes, I am addicted to masturbation -> a	298
Yes, I am addicted to pornography and masturbation -> a	1,263
No, I do not consider myself an addict	381

a. How large do you consider your addiction to be? \*

Scale (very small)0 - 10(very large)

Average: 7.18 (s.e. 0.05)

17. Do you consider yourself as being addicted to anything else and if so, to what?

Text (50 characters)

## Personality

From here:

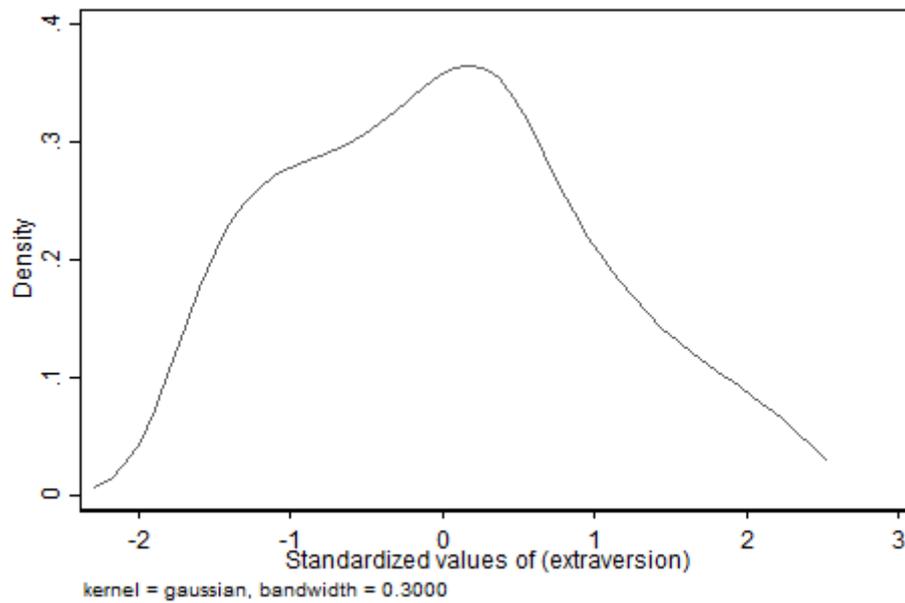
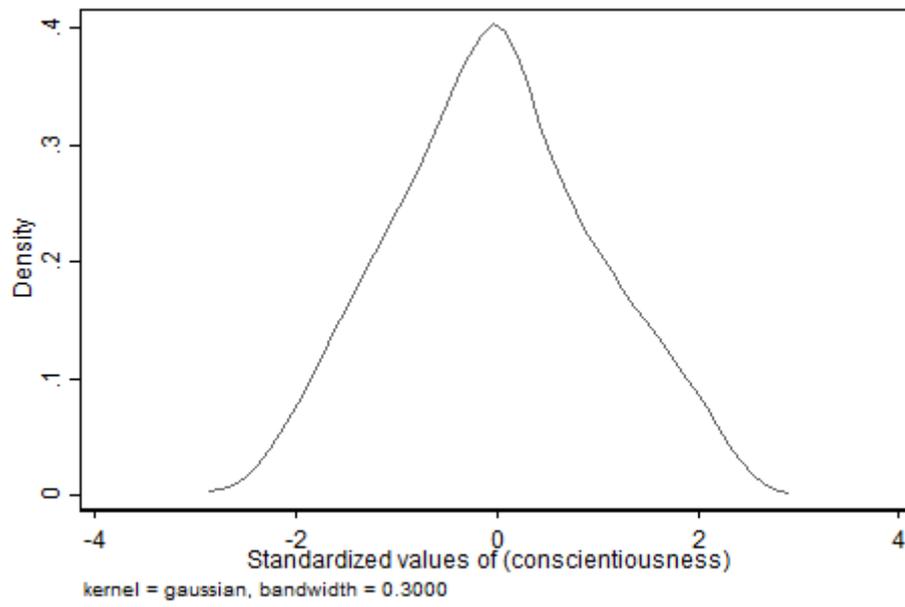
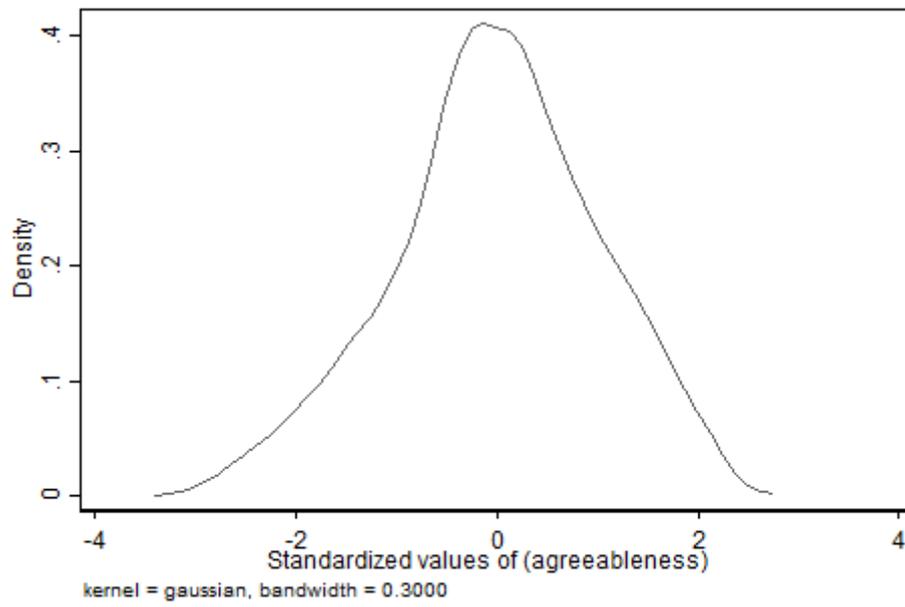
[http://www.westmont.edu/\\_academics/departments/psychology/documents/rammstedt\\_and\\_john.pdf](http://www.westmont.edu/_academics/departments/psychology/documents/rammstedt_and_john.pdf)

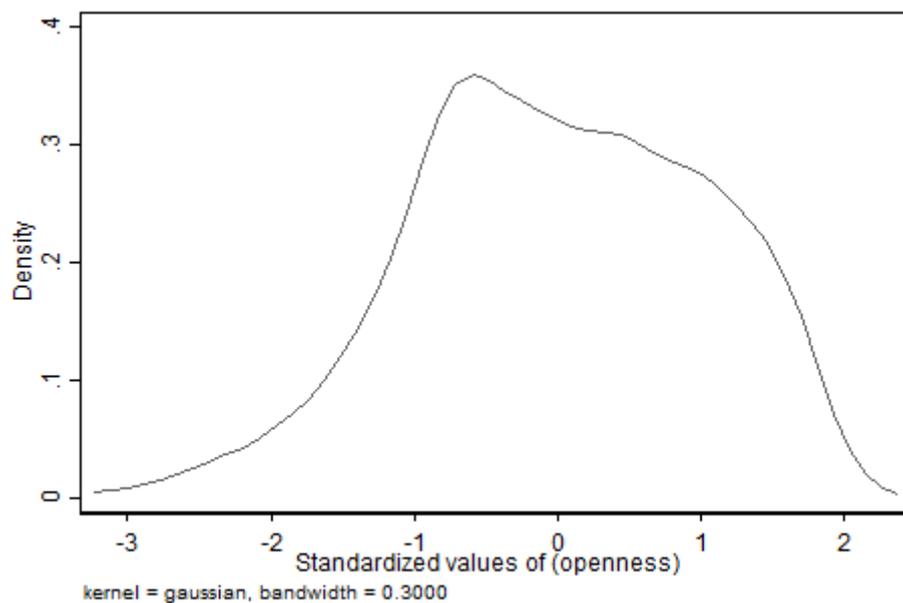
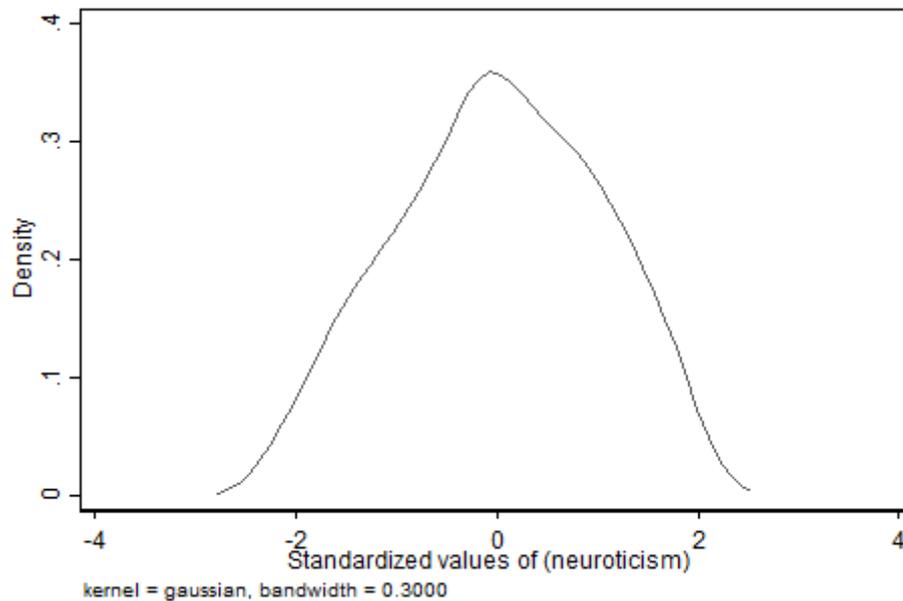
## Personality

18. How well do the following statements describe your personality?

I see myself as someone who...

...is reserved	Scale (disagree strongly)1 – 5(agree strongly)
...is generally trusting	Scale (disagree strongly)1 – 5(agree strongly)
...tends to be lazy	Scale (disagree strongly)1 – 5(agree strongly)
...is relaxed, handles stress well	Scale (disagree strongly)1 – 5(agree strongly)
...has few artistic interests	Scale (disagree strongly)1 – 5(agree strongly)
...is outgoing, sociable	Scale (disagree strongly)1 – 5(agree strongly)
...tends to find fault with others	Scale (disagree strongly)1 – 5(agree strongly)
...does a thorough job	Scale (disagree strongly)1 – 5(agree strongly)
...gets nervous easily	Scale (disagree strongly)1 – 5(agree strongly)
...has an active imagination	Scale (disagree strongly)1 – 5(agree strongly)
...is impulsive	Scale (disagree strongly)1 – 5(agree strongly)





Standardized values should be symmetric and peak around 0. Values above 2 or below -2 can be considered extreme cases. For example the openness personality dimension can be considered as abnormal distribution. Relatively many participants score rather high on the openness to new experiences dimension, yet a few participants also score extremely low. Similarly for extraversion: most participants are rather introverted, but a few are extremely extroverted. The values for neuroticism, conscientiousness and agreeableness are however distributed normally.

## Demographics

19. Age\*

Number 3-99

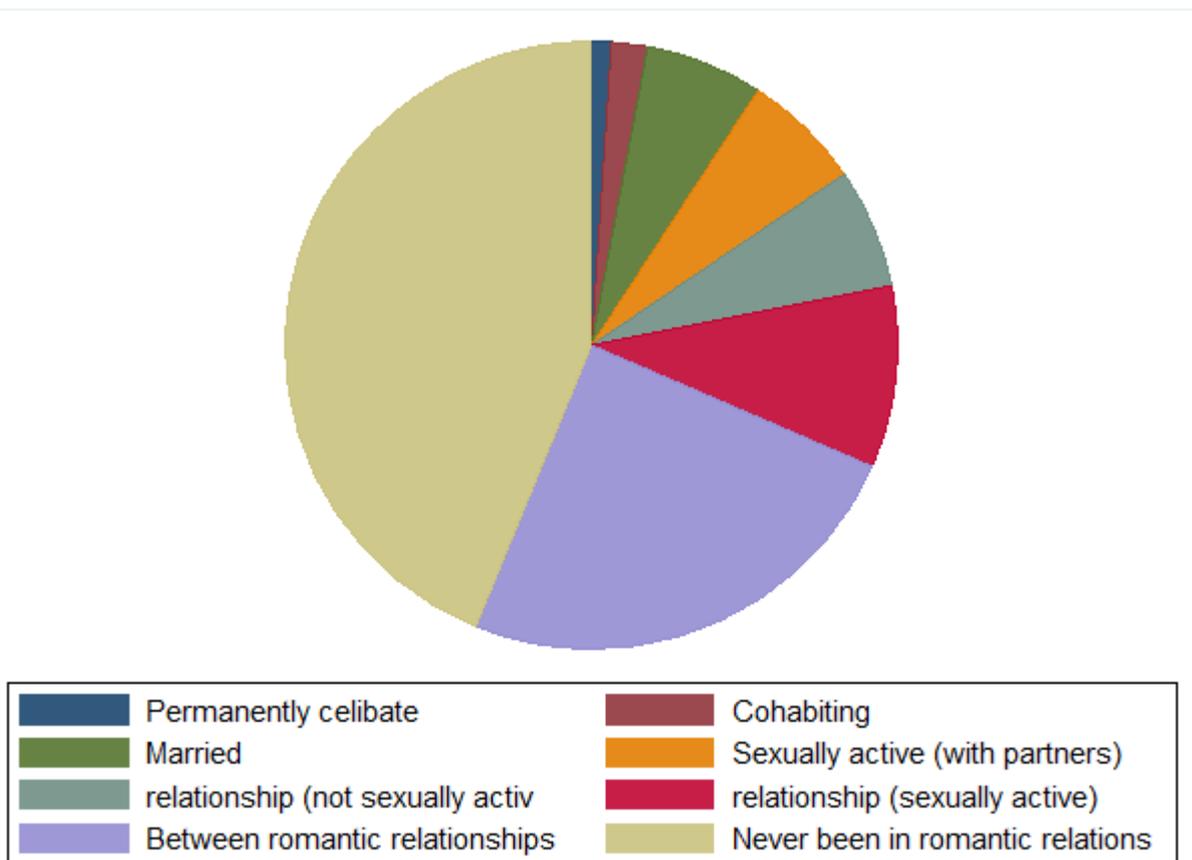
Average: 23.51 (s.e. 0.14)

20. Sex and Gender\*

Single choice	Male	2,324
	Female	33
	Transgender male to female (post-op)	1
	Transgender female to male (post-op)	0
	Transgender male to female (pre-op/no op)	4
	Transgender female to male (pre-op/no op)	1

21. Relationship status\*

Single choice	Married ->a, b
	Cohabiting ->a, b
	In a relationship (sexually active) ->a, b
	In a relationship (not sexually active) ->a, b
	Between romantic relationships->a, b
	Never been in a romantic relationship
	Sexually active (with partners) but not in a relationship->a, b
	Permanently celibate (monk / ascetic / Catholic priest / etc.)



a. Since when are you in your current relationship?

Single choice	less than 1 month	30
	1 month to 3 months	46
	3 months to 6 months	44
	6 months to 1 year	61
	1 year to 2 years	90

2 years to 5 years  
more than 5 years

145  
148

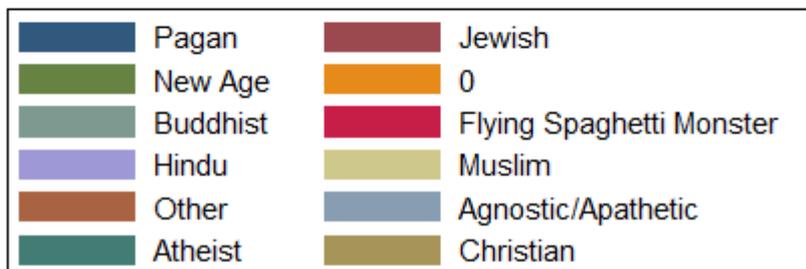
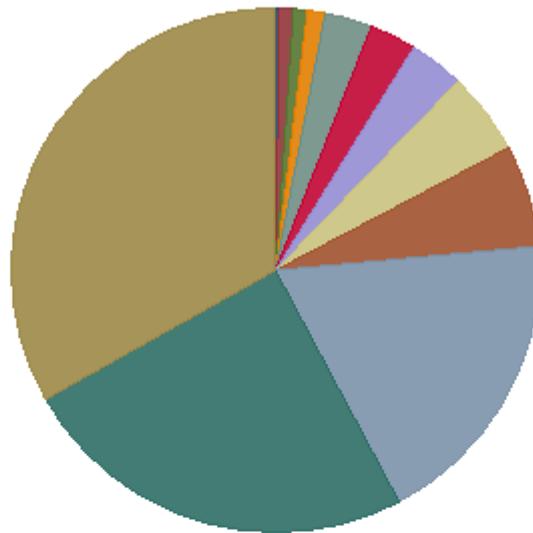
b. How many children do you have?

Scale (none)0 - 10(10 or more)

Average: 0.40 (s.e. 0.04)

22. Religion

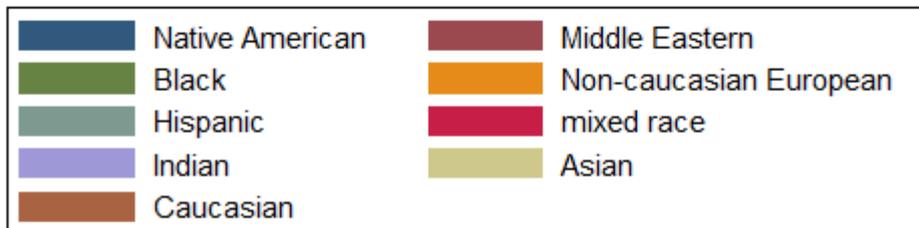
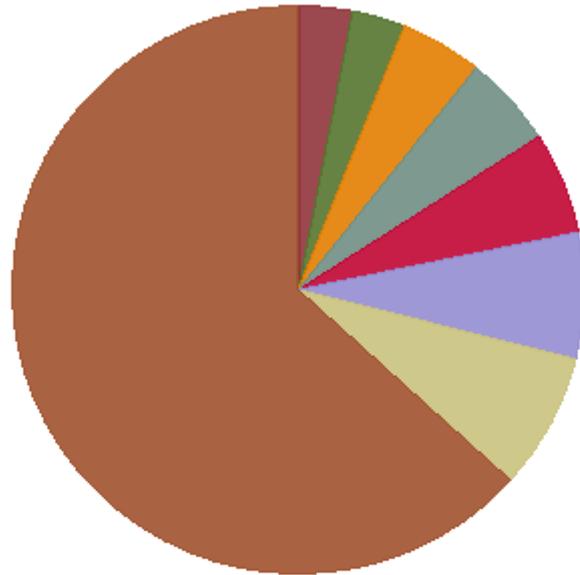
Single choice  
Atheist  
Agnostic / Apathetic  
Jewish  
Christian  
Muslim  
Hindu  
Buddhist  
Pagan  
New Age  
Flying Spaghetti Monster  
Other:



23. Race / Ethnicity

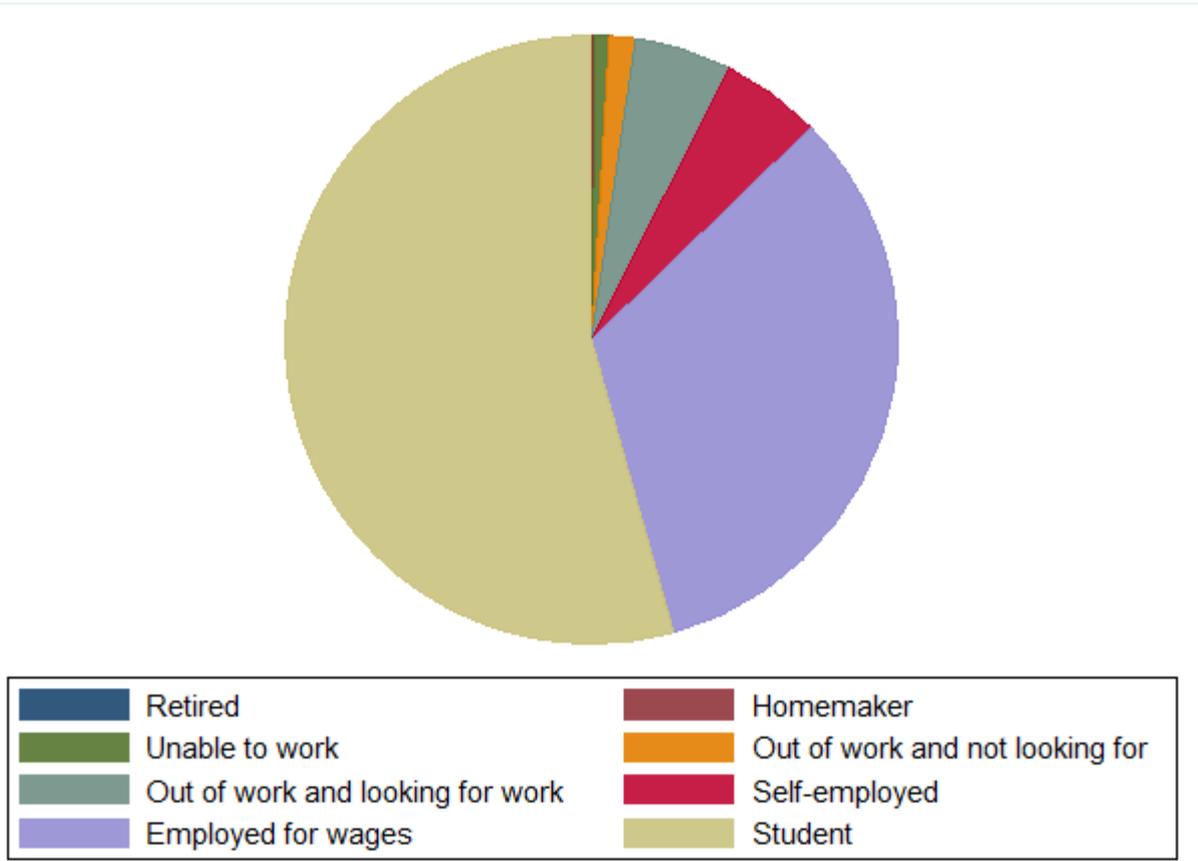
Single choice  
Asian  
Black  
Caucasian  
Hispanic  
Indian

Middle Eastern  
Native American  
Non-caucasian European  
No predominant ethnicity (mixed race)  
Other:



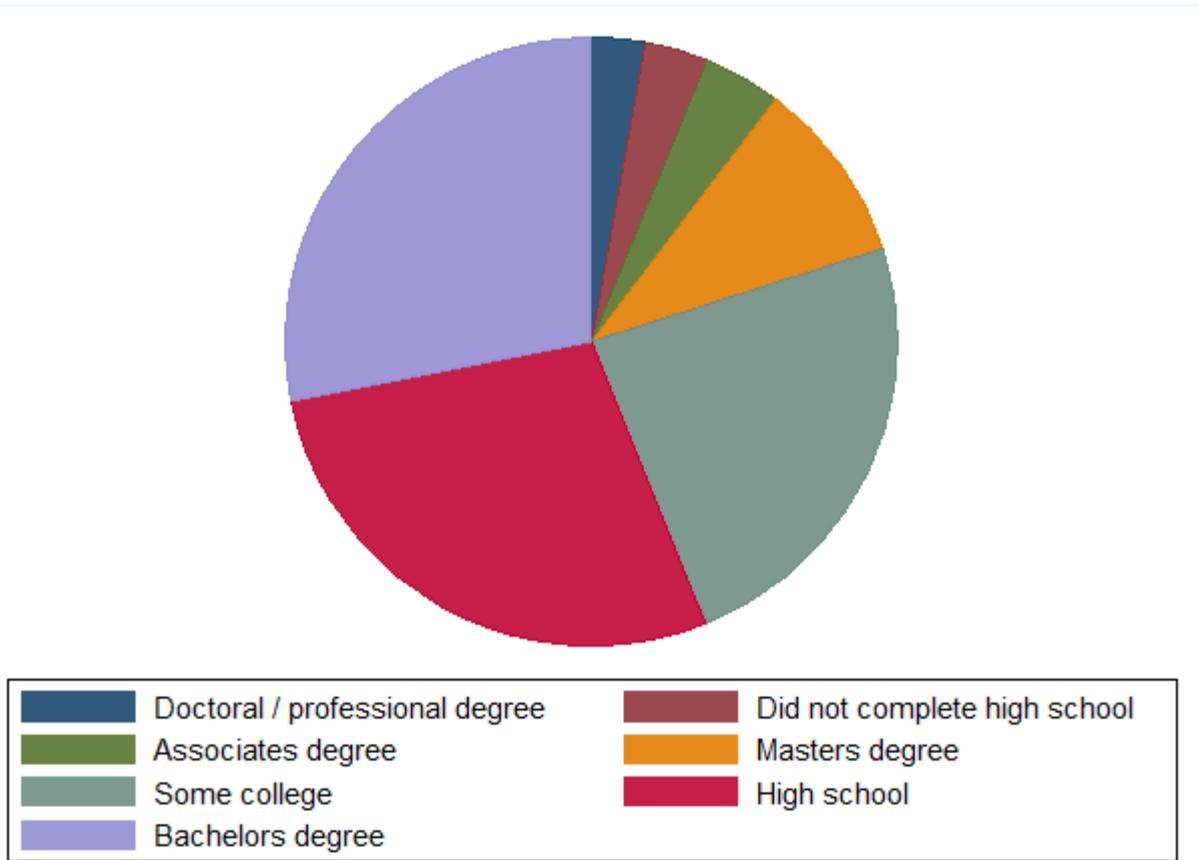
#### 24. Employment status

Single choice  
Employed for wages  
Self-employed  
Out of work and looking for work  
Out of work and not looking for work  
Homemaker  
Student  
Retired  
Unable to work



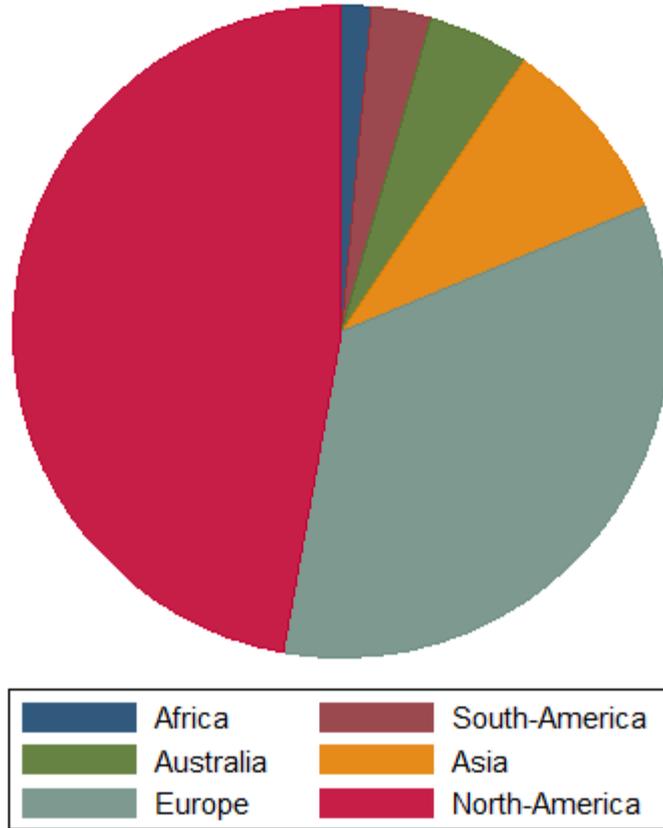
25. Educational attainment\*

- Single choice
- High school
- Some college
- Associates degree
- Bachelors degree
- Masters degree
- Doctoral / professional degree (PhD, MD, JD, etc.)
- Did not complete high school



26. On which continent do you live?

- Single choice
- Africa
  - Antarctica
  - America (North)
  - America (South)
  - Asia
  - Australia
  - Europe



27. What is your total annual household income? \*

Single choice	Less than \$25,000	581
	\$25,000 to \$49,999	413
	\$50,000 to \$74,999	273
	\$75,000 to \$99,999	205
	\$100,000 to \$124,999	160
	\$125,000 to \$149,999	76
	\$150,000 or more	156
	I do not know	499

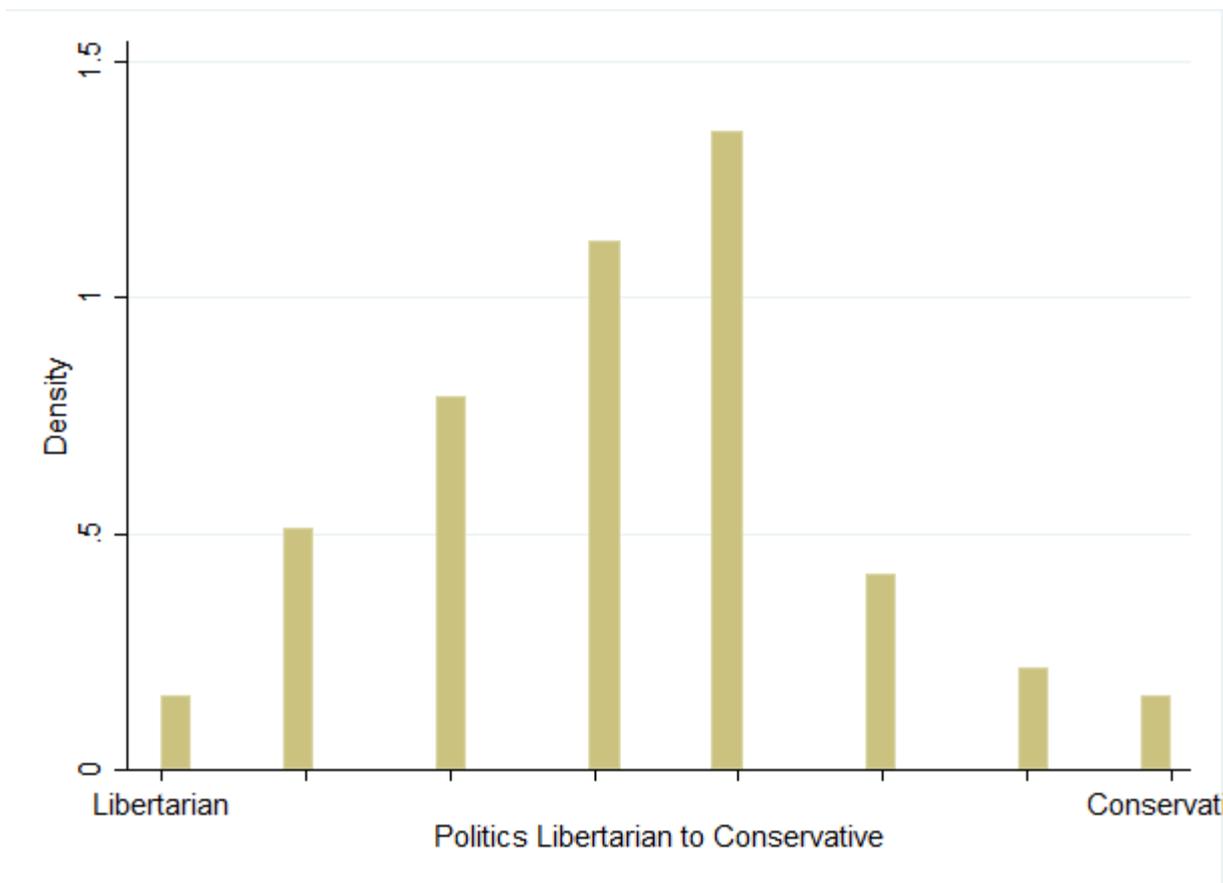
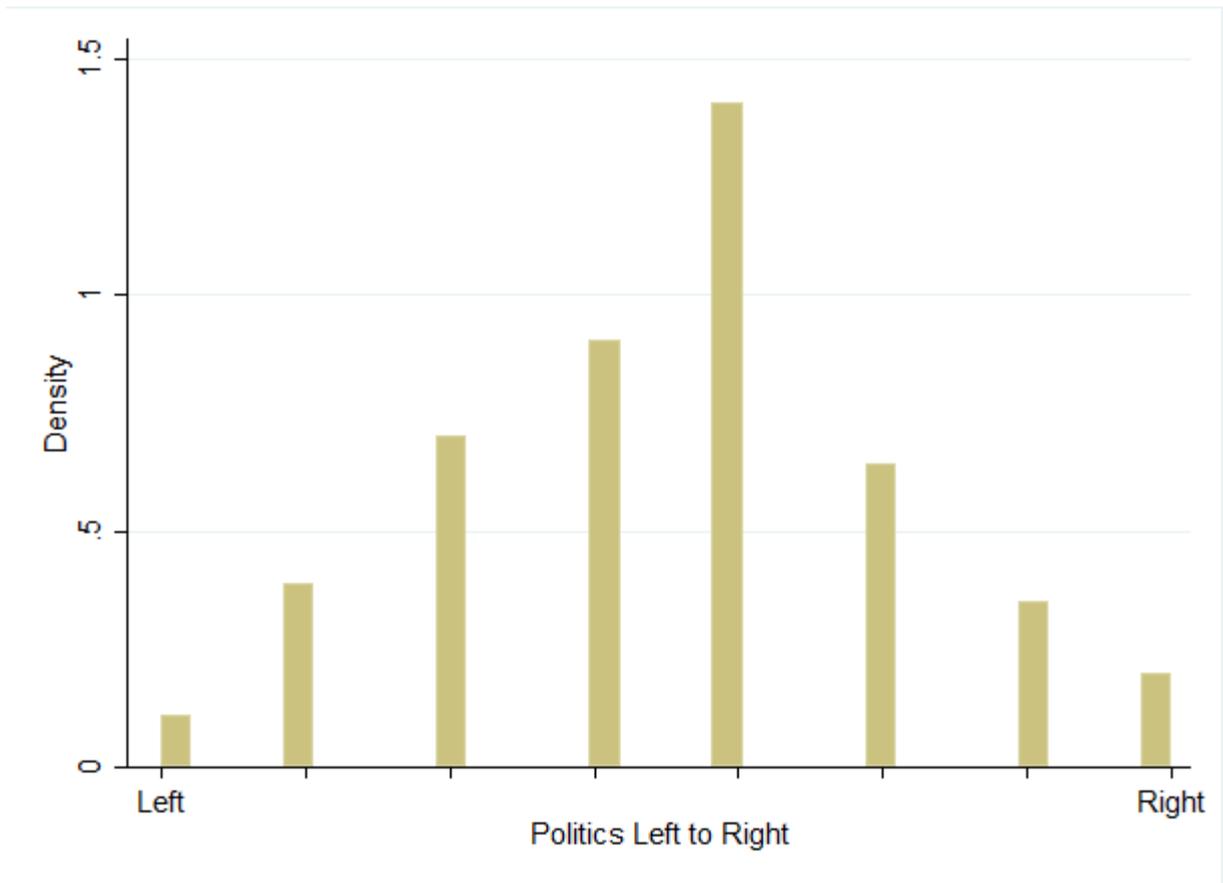
28. How many people live in your household?

Number 1-99

Average: 3.24 (s.e. 0.05)

29. Where would you consider yourself on the political spectrum?

Sliders Left wing - right wing  
Libertarian - conservative



30. Is there anything you want to add? (600 characters max.)

Text



Thank you for your participation!

We truly appreciate the time and effort you put into answering this questionnaire.

The results of the survey will be posted on the nofap.com forum after the data of the second wave has been collected.

If you have any comments, please contact [masturbation.abstinence.study@gmail.com](mailto:masturbation.abstinence.study@gmail.com)

You can now close this window.