



# Early Maladaptive Schemas and Online Pornography Use



15 min(s) to complete

Prize draw

Online Questionnaire

Online

Nottingham Trent University

Often developed in childhood, early maladaptive schemas (EMS) are the lenses through which we see the world. They inform the way we understand ourselves, our relationships with others, and our emotional experiences. The activation of EMS is related to relationship problems, anxiety/mood difficulties, and patterns of problematic behaviours. This study aims to understand the relationship between EMS and online pornography use, and which EMS have the strongest association with pornography viewing.

Find out more online

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## More info

by scanning the QR code  
or visiting the URL

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