

**Problematic Pornography Use: The Role of Delay of Gratification and ADHD Within
the Framework of Time Perspective The**

Abstract

Introduction Digital sexual environments characterized by immediate reward availability have increased concerns about problematic pornography use among emerging adults. Difficulties in self-regulation may place some individuals at greater risk in these environments. This study examined the psychological mechanisms underlying problematic pornography use, focusing on delay of gratification, Attention Deficit Hyperactivity Disorder (ADHD) symptoms, and time perspective.

Methods A total of 610 university students aged between 18 and 30 years completed self-report measures assessing ADHD symptoms, delay of gratification, time perspective, and problematic pornography use. A structural equation model was tested in which delay of gratification mediated the association between ADHD symptoms and problematic pornography use, and time perspective moderated this indirect pathway.

Results Lower delay of gratification was significantly associated with higher levels of problematic pornography use. ADHD symptoms showed an indirect relationship with problematic use through reduced self-regulation capacity. This indirect effect was stronger among individuals with a less future-oriented time perspective.

Conclusions The findings indicate that self-regulation difficulties play a central role in problematic pornography use among emerging adults. Delay of gratification represents a key psychological mechanism linking ADHD symptoms to problematic use.

Social-Policy Implications Prevention efforts should address self-regulation vulnerabilities within digitally saturated sexual environments. Programs that strengthen future-oriented decision-making and promote adaptive regulation strategies may help reduce problematic pornography use among young adults.

Keywords: Problematic pornography use, delay of gratification, ADHD, time perspective, behavioral addiction, self-regulation

Introduction

Background and Context

In the digital era, technology-mediated behaviors have significantly reshaped the way individuals engage with information, entertainment, and interpersonal relationships. While offering convenience, digital platforms have also been linked to the rise of behavioral addictions and self-regulation difficulties. Problematic pornography use is increasingly recognized as both a psychological and social concern. With the growth of digital platforms, people now have easier and faster access to explicit content online. In countries like Turkey, this material is often available instantly, anonymously, and for free—factors that may drive more frequent and potentially problematic use (Dwulit & Rzymiski, 2019; Grubbs & Perry, 2019).

Sociocultural Context of Pornography Use in Turkey

In conservative sociocultural environments such as Turkey, the usage of pornography is considered not just an emotionally sensitive issue but is also stigmatized. This environment can further enhance the conflict associated with the usage of pornography and can thus increase the negative features of the said issue. Research findings suggest that the usage of pornography has negative consequences in the form of various psychopathological issues such as depression, anxiety disorders, and various forms of sexual dysfunctions (Bibi et al., 2022; Okabe et al., 2021), as well as relationship quality and intimacy (Stewart & Szymanski, 2012; Kohut et al., 2017). Various psychosocial issues in the form of social isolation and impaired emotional functioning are also noted in the literature (Chasioti & Binnie, 2021).

Pornography Use as a Social and Health Concern

The consumption of pornography can also be an indicator that there are issues that transcend sexual discontent, such as issues relating to self-regulation. Pornography is especially

intriguing to people with low self-regulation capacity due to its high reward potential.

Pornography was also found to affect cognitive control (Laier et al., 2013), sustained attention (Cheng & Chiou, 2018), and impulsivity (Grubbs et al., 2020; Kraus et al., 2021; Wéry & Billieux, 2017). Therefore, the lack of self-regulation capacity to delay gratification is likely the product of a complex interplay of various factors.

Self-Regulation and Delay of Gratification

An integral part of self-regulation is the ability to delay gratification. It is established that the ability to delay gratification is a key contributor to adaptive behavioral functioning (Duckworth et al., 2013; Mischel & Ebbesen, 1970). The inability to delay gratification is also known to lead to issues like obesity, substance, and sexual risk-taking behaviors (Hoerger et al., 2011). In an interesting study, Negash et al. (2016) pointed out that Internet pornography is associated with increased delay discounting.

ADHD and Self-Regulation Difficulties

An important factor which could act as a mediator for this association is Attention Deficit/Hyperactivity Disorder, which is a neurological disorder marked by symptoms of inattention, hyperactivity, and impulsiveness. While the condition is typically a pediatric concern, it also extends into adulthood, impacting various areas of life, including the ability to exercise good time management skills, as well as emotional stability. Adults with ADHD have also shown a greater tendency towards engaging in more sexually arousing material, as well as a decrease in sexual satisfaction, along with a greater proclivity towards unhealthy coping styles.

These tendencies could be linked to the underlying symptomatology, which includes traits of impulsiveness, poor self-regulation, as well as a tendency towards a greater sensitivity towards the rewarding properties of stimuli. These traits have been highlighted in the works of

Dir et al. (2014), Privara and Bob (2023), Blum et al. (2000, 2008). However, some scholars have argued that problematic online behaviors may not solely stem from individual traits such as impulsivity or inattention. Instead, they emphasize the influence of emotional dysregulation, unmet psychological needs, or socially reinforced behavior patterns (Brand et al., 2016; Grubbs et al., 2019). These perspectives highlight the need for a more multidimensional understanding of problematic digital use.

Time Perspective and Reward Processing

However, the relationship between the use of pornography cannot be explained on the basis of behavioral processes alone. There is evidence that the emotional dysregulation that accompanies ADHD could be the underlying cause for seeking external stimuli such as internet pornography for dealing with stressful and challenging situations. This is consistent with the concept of reward deficiency syndrome, which suggests that the dysregulation of the dopaminergic system increases the vulnerability to highly rewarding events (Blum et al., 2000).

Another model that is applicable to the aforementioned domain is the concept of time perspective, which is an individual's mental outlook or orientation towards the past, the present, and the future (Zimbardo & Boyd, 1999; Fortunato & Furey, 2010). For individuals with a time perspective focused on the present, such as hedonic or fatalistic individuals, there is a tendency to place greater value on reward, while individuals with a time perspective focused on the future are likely to engage in self-control (Baird et al., 2020; Dreves & Blackhart, 2019). Moreover, studies revealed that individuals with ADHD are likely to have a time perspective focused on the present and are impulsive decision-makers (Weissenberger et al., 2016; Patros et al., 2016).

This is particularly apparent when the context is online behaviors like the consumption of pornography, where the stimuli can be direct and powerful. Factors like impulsivity have also emerged as predictors of the consumption of pornography, as well as the pattern of usage (Benucci et al., 2024). Negative past-focused time perspective can also exacerbate the risk of behaviors by creating emotional distress (Keough et al., 1999; Hodgins & Engel, 2002).

Research Gap

Notwithstanding the increasing number of research being conducted under this area of concern, there is a scarcity of literature that tackles the collective effects of ADHD, delay of gratification, and time perspective simultaneously towards problematic pornography use, especially when focusing on the Turkish cultural environment. This study seeks to fill the aforementioned gap. Although previous studies have explored the psychological and behavioral correlates of problematic pornography use—such as impulsivity, poor cognitive control, and present-oriented time perspective (Laier et al., 2013; Cheng & Chiou, 2018; Wéry & Billieux, 2017) few have examined how these factors interact with neurodevelopmental traits like ADHD. Moreover, much of the existing literature is based on Western contexts, with limited attention to cultural factors that may influence both behavior and self-regulation processes.

Study Aims and Hypotheses

Taken together, these insights highlight the need to explore how self-regulation (i.e., delay of gratification), time orientation, and ADHD symptoms collectively contribute to problematic pornography use. To address this gap, the current study examines the psychological predictors of problematic pornography use in young adulthood, specifically focusing on delay of gratification, symptoms of ADHD, and time perspective in a Turkish sample.

Based on previous findings and theoretical frameworks, the following hypotheses are formulated:

H1: Lower delay of gratification is a significant predictor of high levels of problematic pornography use.

H2: Symptoms of ADHD have an indirect effect on problematic use of pornography through delay of gratification.

H3: Time perspective moderates the relationship between ADHD symptoms and problematic pornography use.

By exploring these variables simultaneously, this study aims to provide a holistic understanding of problematic pornography use as a dynamic interaction between cognitive control, temporal orientation, and neurodevelopmental traits.

2. Materials and Methods

Participants and Data Collection

This study was approved by the Ethics Committee of Istanbul Medipol University (2024/109). Informed consent from all participants was sought using an online consent form after providing them with information on the nature and anonymity procedures in this study. This study did not require personal details from participants and had high levels of confidentiality.

The total number of participants was 610 individuals aged 18 to 30 years who had consumed at least one instance of pornography in the last six months and did not have a psychiatric diagnosis. Of these, 53.8% were male ($n = 328$), 37.4% were female ($n = 228$), while 8.8% did not specify ($n = 54$). An online survey was conducted using a convenience sample of students from six universities located in Istanbul. An online form created using Google Forms was used to conduct the survey.

The date range for the collection of the data was between the 15th of January and the 22nd of March, 2025. The average time taken to complete the questionnaire was 15 minutes. A pilot test was done on 10 participants to test the technical functionality of the questionnaire.

Measurement Tools

Demographic Information Form

A demographic information form was used to collect data on gender, age, sexual orientation, and current romantic relationship status. Additional items included questions on pornography consumption rates and content preference.

Problematic Pornography Use

Problematic use of pornography was assessed through the Cyber Pornography Use Inventory (CPUI-9), which was originally developed by Grubbs et al. (2010) and adapted to Turkish by Ünübol et al. (2023). This scale consists of 9 items and three subscales. Internal consistency reliability for the scale in the current study was $\alpha = .91$.

Delay of Gratification Scale

This 33-item scale, developed by Koç et al. (2014), measures the degree to which a person is capable of delaying gratification in many different aspects of his or her life. Items on this scale use a 5-point Likert type response format. This scale has been found to have high internal consistency in this study ($\alpha = .88$).

Adult ADHD Scale

The symptoms of attention deficit/hyperactivity disorder (ADHD) in adults were assessed with the scale originally used by Turgay (1995) and adapted to Turkish by Günay et al. (2005). The scale contains a total of 30 items, which are scored using a Likert scale of 3 points. The internal consistency reliability for the study was $\alpha = .84$.

Time Perspective Inventory

The measurement of time perspective used in this study is the Zimbardo Time Perspective Inventory (ZTPI). It was created by Zimbardo and Boyd (1999) and adapted to Turkish by Akırmak (2021). It has 56 items in total, consisting of five subscales. The value of α in this study for the scale is .87.

Data Analysis

Before conducting any statistical analysis on the data, missing observations and outliers were checked. Observations with missing data above 25% were removed from analysis. Missing observations were replaced using mean substitution methods. Outliers in the observations were detected using the Z-score method and deleted from analysis. Normality tests on variables were conducted using the Kolmogorov-Smirnov Test.

All data analysis was carried out in SPSS 26.0 and AMOS 24.0. Correlation analysis and descriptive statistics were used to find the relationship between variables.

For testing the hypotheses, Structural Equation Modeling (SEM) was used. Fit statistics for the model were estimated by employing the conventional goodness-of-fit measures such as RMSEA, CFI, TLI, and SRMR. Mediation analysis was carried out by bootstrapping with resample sizes of 1000, and moderation analysis was carried out within the SEM framework.

Results

Sample Characteristics

The demographic traits and online consumption behaviors of the participants are shown in Table 1.

Among the participants, 53.8% were male ($n = 328$), and 46.2% were female ($n = 282$). The vast majority identified as heterosexual (98.2%). With regard to relationship status, 60.7%

participants were not in a romantic relationship. For the frequency of consumption of pornographic material, 42% participants consumed daily, 30% consumed several times a week, and 28% consumed several times a month. The most preferred content was the heterosexual one (95.4%).

Descriptive Statistics and Reliability

Descriptive statistics (mean, standard deviation, skewness, and kurtosis values) as well as reliability coefficients for the primary study variables are shown in Table 2.

The descriptive statistics of the main study variables are shown in Table 2. For every variable, the following statistics were determined: the mean (M), standard deviation (SD), skewness, kurtosis, and coefficients of Cronbach's alpha (α). The skewness and kurtosis coefficients of all the variables were within the ± 1 range, which indicated an approximation of normal distribution. The coefficients of Cronbach's alpha ranged between .76 and .86, which indicated acceptable internal consistency of the used scales.

Correlation Analysis

Pearson correlation analysis was employed to determine the associations between the various variables. The findings appear in Table 3.

As shown in Table 3, ADHD symptoms were positively correlated with problematic pornography use ($r = .41, p < .01$). Conversely, delay of gratification ($r = -.35, p < .01$) and future-oriented time perspective ($r = -.26, p < .01$) were negatively associated with problematic pornography use.

Measurement Model

Before testing the structural model, a Confirmatory Factor Analysis (CFA) was conducted to evaluate the fit of the measurement model (Table 4).

All values of the factor loadings were above the recommended value of 0.70, with significant t-values at $p < .001$. The relatively small values of the error terms also provided support for the reliability of the measurement model. Taken together, these findings provided support to proceed with testing the structural model.

The fit statistics revealed that the model had a good fit with the data. A χ^2/df ratio of less than 3, RMSEA values less than .06, and SRMR values less than .08 signify good model fit.

Further, CFI and TLI values greater than .90 indicate good structural validity. Taken together, these findings confirmed that the model was suitable for structural equation modeling.

Structural Model Fit

For testing the overall fit of the model, several fit indices were evaluated (Table 5).

The fit statistics revealed that the model had a good fit with the data. A χ^2/df ratio of less than 3, RMSEA values less than .06, and SRMR values less than .08 signify good model fit.

Further, CFI and TLI values greater than .90 indicate good structural validity. Taken together, these findings confirmed that the model was suitable for structural equation modeling.

To visually illustrate the hypothesized relationships among the study variables, the structural equation model is presented in Figure 1.

Structural Path Analysis

Structural equation modeling was used to test the direct and interaction effects of the key variables, as presented in Table 6.

The path analysis results revealed the following:

- Increased ADHD symptoms were significantly associated with lower delay of gratification ($\beta = -.38, p < .001$).
- Lower delay of gratification significantly predicted higher problematic pornography use ($\beta = .32, p < .001$).
- Time perspective demonstrated a moderating effect on the relationship between ADHD symptoms and problematic pornography use ($\beta = .17, p = .002$).

Mediation Analysis

To determine the indirect effect of ADHD symptoms on problematic pornography use through delay of gratification, a bootstrap analysis was conducted (Table 7).

The mediation analysis used 1,000 bootstrapped samples. The indirect effect ($a \times b$) reflected the pathway from ADHD symptoms to problematic pornography use via delay of gratification. The 95% confidence interval ($CI = -0.180, -0.060$) did not include zero, indicating a statistically significant mediation effect.

Discussion

This study investigated the relationship between the symptomatology of attention deficit/hyperactivity disorder (ADHD) and the concepts of delay of gratification and time perspective, as it relates to the problem of pornography use. This study made use of structural equation modeling, which is a methodology that is not commonly employed in previous studies on the topic.

The findings showed that the lower the delay of gratification, the greater the levels of problematic use of pornography, thus underlining the very close relationship between the tendency toward immediate reward and the ability to regulate behavior. It was also found that the symptoms of ADHD had an indirect relationship with problematic pornography use through reduced delay of gratification capacity.

The results confirm the hypotheses derived from behavioral addiction models (Brand et al., 2016; Laier et al., 2014), which emphasize impairments in cognitive control, heightened motivation for immediate reward, and alterations in time perception as potential risk factors for compulsive engagement with digital content. Such mechanisms have been associated with underlying psychological dimensions including impulsivity and compulsivity (Sassover & Weinstein, 2024). These processes appear particularly relevant in understanding problematic pornography use among individuals displaying ADHD-related symptomatology (Zhang et al., 2022).

ADHD, Delay of Gratification, and Problematic Pornography Use

The present findings indicate that poor delay of gratification is a significant predictor of problematic pornography use. Individuals who show a stronger tendency toward immediate reward appear more vulnerable to highly stimulating digital sexual content, which can be accessed easily, anonymously, and repeatedly.

These results are consistent with prior literature suggesting that deficits in self-control and executive functioning are core mechanisms underlying addictive behaviors. Love et al. (2015) proposed that impaired inhibitory control may contribute to excessive engagement with online sexual material. Similarly, Duckworth et al. (2016) emphasized that reduced self-control limits effective coping strategies, thereby increasing susceptibility to maladaptive behaviors.

Research focusing specifically on pornography use also supports these findings. Müller and Antons (2023) suggested that the strong arousal elicited by erotic stimuli may intensify compulsive tendencies in individuals with poor cognitive control. Likewise, Binnie and Reavey (2020) and Zhang et al. (2022) reported that impulsivity and diminished delay of gratification are associated with more frequent and uncontrolled pornography consumption.

Taken together, these findings reinforce the view that problematic pornography use cannot be attributed solely to the nature of the content but is deeply embedded in individual self-regulatory capacities.

The Mediating Role of Delay of Gratification

The present study further demonstrated that ADHD symptoms were not directly associated with problematic pornography use; rather, their influence operated indirectly through reduced delay of gratification.

This pattern suggests that executive functioning impairments—rather than behavioral symptoms alone—may explain vulnerability to problematic digital behaviors. ADHD-related difficulties in attention regulation, impulse inhibition, and goal-directed planning are well documented (Barkley, 2022) and are known to compromise long-term decision-making.

Billieux et al. (2024) highlighted substantial overlap between impulsivity-related mechanisms involved in both impulse-control disorders and behavioral addictions as classified in ICD-11. Similarly, Weissenberger et al. (2016) reported strong associations between ADHD symptoms and present-focused decision-making styles, which increase susceptibility to immediate rewards.

These findings support the conceptualization of problematic pornography use as a behavioral outcome emerging from executive dysfunction rather than solely from sexual motivation or content exposure.

The Moderating Role of Time Perspective

A central contribution of the present study is the identification of time perspective as a significant moderator in the relationship between ADHD symptoms, delay of gratification, and problematic pornography use.

Individuals with a less future-oriented time perspective exhibited a stronger association between poor delay of gratification and problematic use patterns. This finding indicates that temporal orientation plays a critical role in self-regulatory processes.

Previous studies have shown that present-hedonistic and fatalistic time perspectives are associated with impulsivity and risk-taking behaviors, whereas a future-oriented perspective promotes planning, behavioral control, and goal-directed actions (Zimbardo & Boyd, 1999; Boniwell et al., 2010; Stolarski et al., 2015).

Time perspective has also been linked to psychological flexibility and resilience against immediate temptation (Carelli et al., 2011; Kooij et al., 2018). In digital environments characterized by intense sensory stimulation—such as online pornography—future-oriented cognition may function as a protective mechanism by enabling individuals to evaluate long-term consequences over immediate pleasure.

Integration with Behavioral Addiction Frameworks

The current findings align with contemporary theoretical models of behavioral addiction, particularly the Interaction of Person–Affect–Cognition–Execution (I-PACE) model (Brand et al., 2016).

According to this framework, problematic digital behaviors arise from interactions between neurodevelopmental traits (e.g., ADHD), affective dysregulation, cognitive control deficits, and situational reinforcements. The present study supports this model by demonstrating that

ADHD-related vulnerabilities influence pornography use indirectly through impaired delay of gratification, while time perspective shapes the strength of this relationship.

Consistent with Wéry and Billieux (2017) and Kraus et al. (2021), the accessibility, anonymity, and constant novelty of online sexual material may create conditions conducive to compulsive engagement, particularly among individuals with elevated reward sensitivity and reduced executive control.

Policy and Clinical Implications

The findings underscore the importance of addressing problematic pornography use within broader frameworks of self-regulation, executive functioning, and temporal cognition rather than focusing exclusively on sexual behavior.

University students represent a population with high digital exposure and developmental vulnerability in executive functioning. Preventive interventions may benefit from incorporating training modules that enhance delay of gratification, future-oriented thinking, and impulse regulation.

From a clinical perspective, individuals presenting with ADHD symptoms may benefit from psychoeducational and therapeutic approaches that strengthen time management skills, planning capacity, and awareness of reward-driven decision-making patterns.

At the policy level, these findings highlight the need for university-based mental health strategies that integrate digital well-being, self-regulation training, and early risk screening within student support services. Programs addressing digital behaviors should move beyond content-focused regulation and emphasize cognitive and developmental mechanisms underlying compulsive use patterns.

Public mental health policies may benefit from incorporating executive functioning and temporal orientation as core components of behavioral addiction prevention frameworks, particularly in young adult populations. Such approaches may contribute to early identification of vulnerability and reduce the long-term psychological burden associated with problematic digital behaviors.

These implications extend beyond clinical psychology, informing public mental health strategies aimed at digital well-being and behavioral addiction prevention.

Limitations and Future Directions

Several limitations should be acknowledged. First, ADHD symptomatology was assessed through self-report measures rather than clinical diagnosis, limiting diagnostic interpretation. Second, the length of the questionnaire and online administration may have introduced inattentive responding.

Additionally, pornography use remains a socially sensitive topic in conservative cultural contexts such as Turkey, which may have increased socially desirable responding. The sample consisted exclusively of university students aged 18–30, restricting generalizability.

Future research should examine pornography use patterns across different content types and situational contexts, and employ comparative designs including clinically diagnosed ADHD samples. Longitudinal approaches would further clarify causal pathways among executive functioning, time perception, and digital behaviors.

Conclusion

This study demonstrates that self-regulatory deficits—particularly reduced delay of gratification—play a central role in problematic pornography use. ADHD symptoms exert

their influence primarily through impaired self-regulation, while time perspective functions as a significant moderating mechanism.

Together, these findings highlight that problematic pornography use is best understood as a multidimensional behavioral phenomenon shaped by executive control, temporal orientation, and neurodevelopmental vulnerability rather than content exposure alone.

Declarations

Funding

This research received no external funding.

Competing Interests

The authors declare that they have no conflicts of interest.

Ethics Approval

The study was conducted in accordance with the Declaration of Helsinki and was approved by the Ethics Committee of Istanbul Medipol University (protocol code: 2024/109; date of approval: 10 January 2024).

Consent to Participate

Informed consent was obtained from all individual participants included in the study.

Data Availability

The data supporting the findings of this study are not publicly available due to privacy and ethical restrictions but are available from the corresponding author upon reasonable request.

Authors' Contributions

All authors contributed to the study conception and design. Material preparation, data collection, and data analysis were performed by the authors. All authors commented on previous versions of the manuscript and approved the final version.

Compliance with Ethical Standards

All procedures performed in studies involving human participants were in accordance with the ethical standards of the institutional research committee and with the 1964 Declaration of Helsinki and its later amendments or comparable ethical standards. Informed consent was obtained from all participants prior to participation in the study.

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Tables

Table 1. Descriptive Statistics

Variable	Category	n	%
Gender	Male	328	53.8
	Female	282	46.2
Sexual Orientation	Heterosexual	599	98.2
	Homosexual	3	0.5
	Asexual	1	0.2
Romantic Relationship	Yes	220	36.1
	No	370	60.7
	Other	20	3.3
Pornography	Daily (1+ times)	256	42.0
Frequency			

Preferred Content Type	Several times a week	183	30.0
	Several times a month	171	28.0
	Heterosexual	582	95.4
	Homosexual	5	0.8
	Romantic	10	1.6
	Fetish	8	1.3
	Other	5	0.8

Table 2 Descriptive Statistics and Reliability Values

Variables	Mean	SD	Skewness	Kurtosis	Cronbach's α
Delay of Gratification	3.09	0.76	0.06	-0.10	.88
ADHD Symptoms	3.18	0.81	0.07	-0.22	.84
Time Perspective	3.26	0.81	0.03	-0.08	.87
Problematic Pornography Use	3.28	0.80	0.33	-0.15	.91

Note. All scales demonstrated acceptable internal consistency; skewness and kurtosis values indicated normal distribution.

Table 3 Correlation Matrix

Variables	1	2	3	4
1. Delay of Gratification	-			
2. ADHD Symptoms	$r = -0.38$	-		
3. Time Perspective	$r = 0.31$	$r = -0.29$	-	
4. Problematic Pornography Use	$r = -0.35$	$r = 0.41$	$r = -0.26$	

Note. Pearson correlation coefficients between main study variables are presented; all values are statistically significant at $p < .01$.

Table 4 Confirmatory Factor Analysis Results

Latent Constructs	Factor Loading (λ)	Error (ϵ)	t-value
Delay of Gratification	0.85	0.28	9.25
ADHD Symptoms	0.81	0.34	8.85
Time Perspective	0.87	0.24	9.50

Problematic	0.83	0.30	9.10
Pornography			
Use			

Table 5 Model Fit Indices

• $\chi^2/\text{df} = 2.10$
• RMSEA = 0.035
• CFI = 0.914
• TLI = 0.907
• SRMR = 0.038

Table 6 Path Analysis Coefficients

Path	Standartize Beta (β)	SE	t- value	p- value	Significance
Delay of Gratification → Problematic Porn Use	0.32	0.06	4.10	<0.001	Significant
ADHD Symptoms → Delay of Gratification	-0.38	0.07	-5.00	<0.001	Significant
Time Perspective × ADHD → Problematic Porn Use	0.17	0.05	3.00	0.002	Significant

- Note: Both mediating and moderating effects were found to be statistically significant.

Table 7 Bootstrapped Indirect Effect

Effect	Lower CI	Upper CI
a*b (Dolaylı Etki)	-0.180	-0.060

- Note. Confidence intervals were calculated using 1,000 bootstrap samples; the indirect effect was statistically significant.

Figures

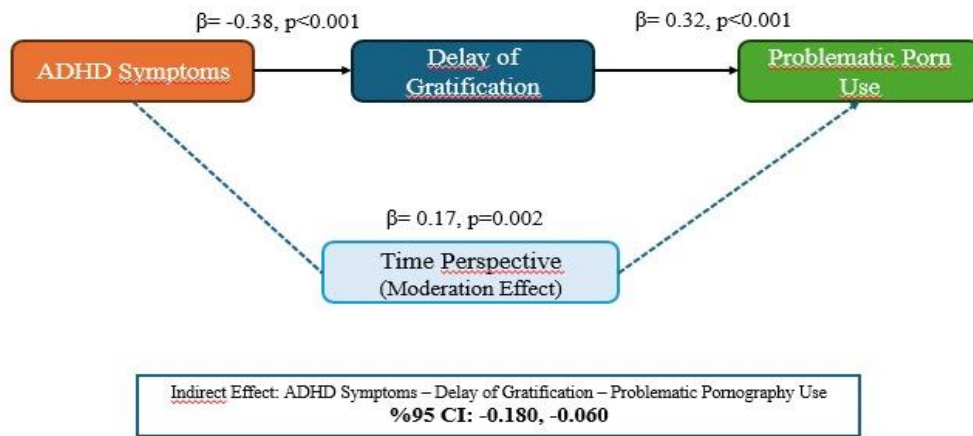


Figure 1 Structural model of the relationships among study variables.