

One in four of the original sample had experienced unwanted exposure when file sharing or downloading internet images. The participants did not disclose or describe the effects of the unsolicited exposures upon their wellbeing. However males (in the UK) are more likely to use the internet than women (Office for National Statistics, 2013), consequently download more than women from the internet. In Wolak et al's research males had the highest unwanted exposure prevalence rate and concluded further research is required of potential impact of exposure is needed noting,

'youth with certain vulnerabilities, depression, interpersonal victimisation, and delinquent tendencies, have more exposure.'

Research by Twohig & Crosby, 2010, found not all men accepted internet pornography and that some viewers of pornography found it disrupting and problematic whereby problems impacted upon their work, personal and social relationships. This type of problematic behaviour is also termed Sexual Addiction and its treatment consists of behaviour change and utilising coping strategies. These researchers offered these treatments by way of one and a half hours per week of Acceptance & Commitment Therapy (Twohig & Crosby, 2012) to their research subjects noting an 85% reduction in pornography viewing. Relapse rate at three months was 2%. World Health Organisation define addiction as being unable to control ones behaviour without the substance which controls that behaviour. There has been a call to the Diagnostic and Statistical Manual to categorise sexual addiction as a mental illness, however, twenty years ago there was a call for internet addiction to be classified as a mental illness too. Given there are so many blogs and interactive internet sites and regular internet use is at all ages below sixteen to over seventy-fives this may categorise everyone as internet addicts and in effect defeat its dissimilarity objective.



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