

Harvard Scientist Explains what Porn does to your Brain

As [we've previously noted](#), it's difficult to get consistent answers on the alleged dangers of pornography. Scientific research on the subject varies widely.

It's safe to say that Kevin Majeres, a psychiatrist specializing in cognitive-behavioral therapy and a faculty member of Harvard Medical School, is among those who view pornography as harmful.

[Writing](#) on the blog [Purity is Possible](#), Majeres explains how the brain works and what happens to the brain during repeated exposure to pornography. He begins with mating patterns discovered in rats:

Scientists have discovered that if you place a male rat in a cage with a receptive female, they will mate; but once done, the male rat will not mate more times, even if the female is still receptive. He loses all sexual interest. But if, right after he finishes with the first female, you put in a second receptive female, he will immediately mate again; and again a third, and so on, until he nearly dies. This effect has been found in every animal studied. This is called the Coolidge effect.

Okay. The stuff about the rats having sex is disgusting and a little creepy. But what does that have to do with us?