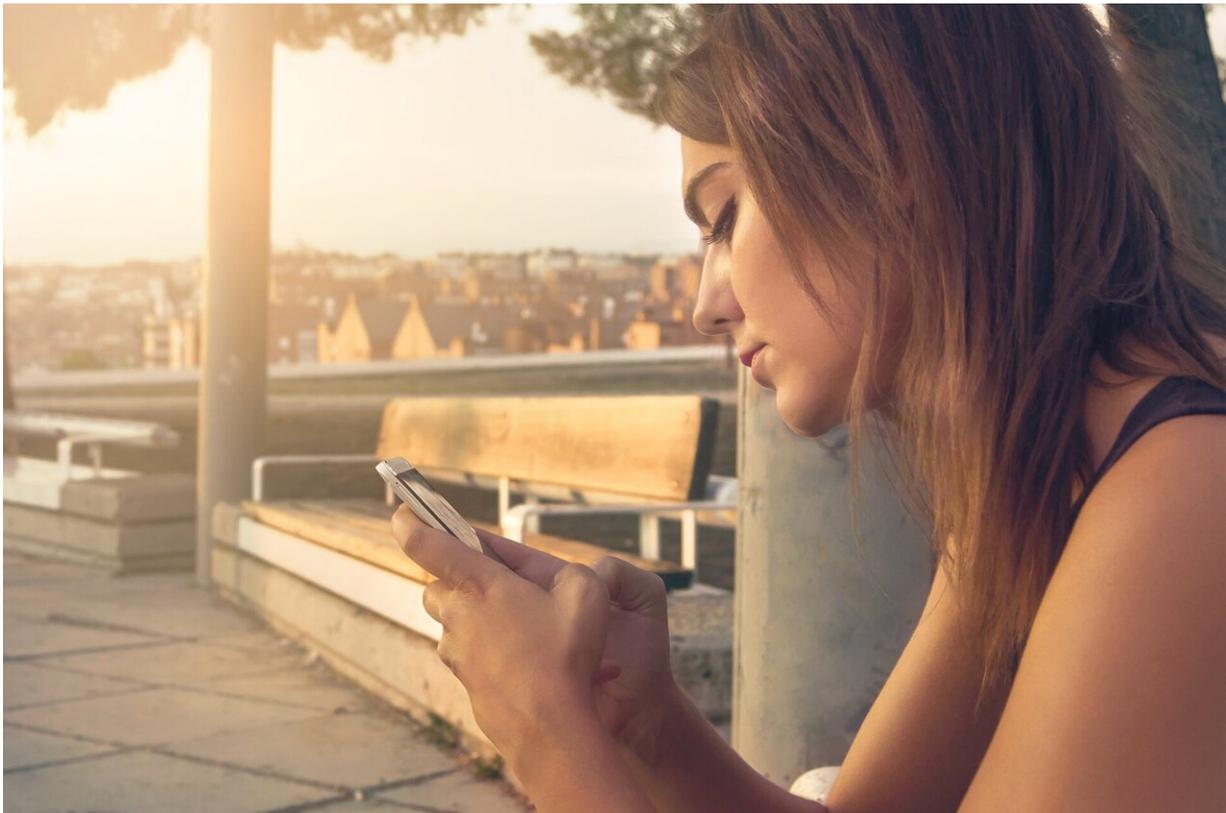


Sexting found to be associated with negative mental health

February 28 2023, by Kathryn Ryan



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A new study has shown that sexting was associated with depression, anxiety, sleep problems, and compulsive sexual behaviors. The study is published in *Cyberpsychology, Behavior, and Social Networking*.

Sexting is defined as sending a sexually explicit image of oneself over text messaging. Sexting can include sending only, receiving only or "reciprocal" (sending and receiving) use of messages.

Nicholas C. Borgogna Ph.D., from Texas Tech University, and co-authors, found that participants who had only ever sent (but not received) sexts reported more depression, anxiety, and sleep problems than the other groups. They also reported a possible connection between [sexting](#), marijuana use, and compulsive [sexual behavior](#).

"While sexting may not necessarily be a causal factor of negative mental health outcomes or substance use, some meaningful covariation clearly exists," stated the investigators.

"Over 50% of adults report sending a sext, while women are up to four times more likely than men to report having received nonconsensual sexts. Many individuals reveal they enjoy consensual sexting and feel it empowers them and builds [self-confidence](#). Nonconsensual sexts, however, can result in feelings of violation and awkwardness," says *Cyberpsychology, Behavior, and Social Networking* Editor-in-Chief Brenda K. Wiederhold,

More information: Nicholas C. Borgogna et al, Further Understanding the Correlations Between Sexting and Mental Health: Considerations for Sex and Sexual Identity, *Cyberpsychology, Behavior, and Social Networking* (2023). [DOI: 10.1089/cyber.2022.0312](https://doi.org/10.1089/cyber.2022.0312)

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