

# ON SEX, CAMS AND ANXIETY

*Does Camming Cause Relationship Stress and Anxiety?*

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## Does Camming Cause Relationship Stress and Anxiety?

Earlier this month, [we surveyed over 6300 Stripchat fans](#) about their experiences with cams, asking specifically about whether the time they spent on cams caused had caused relationship issues.

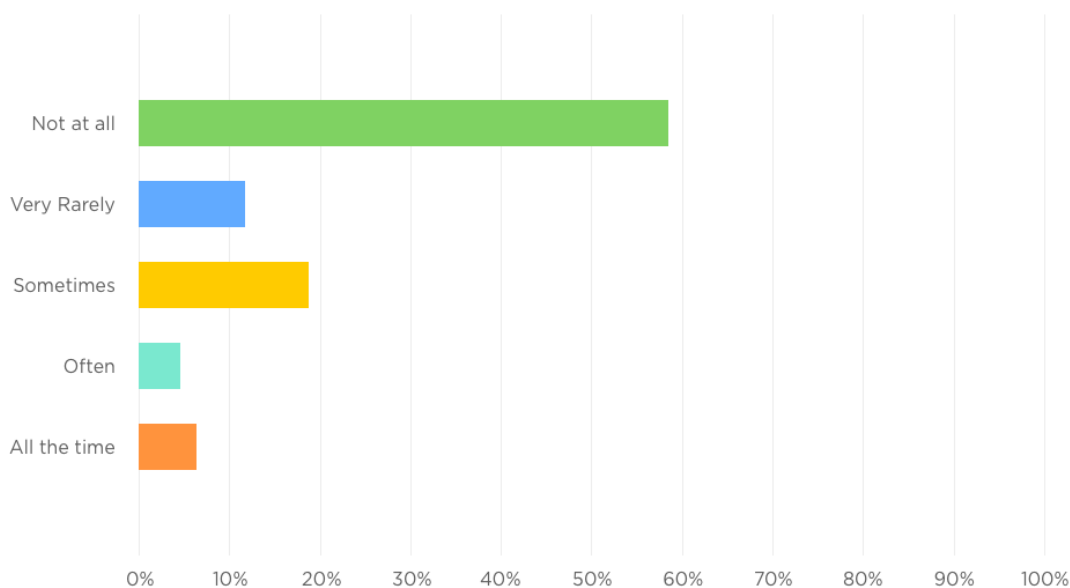
We know that cam fans can experience higher levels of anxiety than those who watch traditional porn. We also know that camming can be a source of conflict in a relationship. Certainly, cams have a more direct and emotional connection with the model, which could potentially feel like cheating. Could such a connection, coupled with relationship stress, be the source of anxiety?

The answer surprised even us.

To start, we asked our users if they ever felt anxiety about their cam viewing. Most did not, but approximately 42% of cam users said they at least experienced occasional anxiety about watching cams. And more than 11% said they felt anxiety “often” or “all the time.”

### Anxiety on Cam

“Do You Ever Worry or Have Anxiety About Your Cam Habits” (All Respondents)

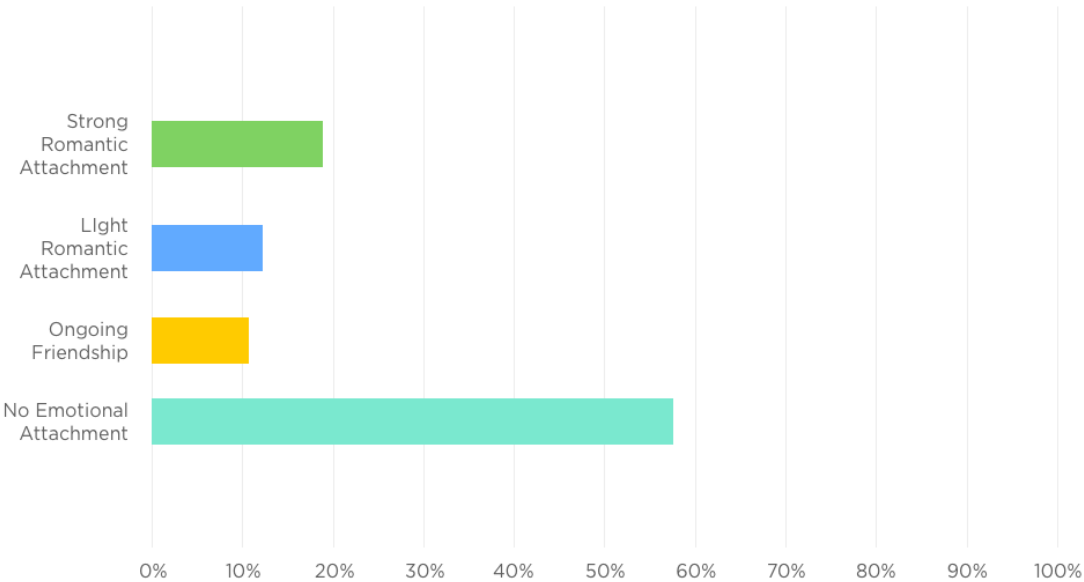


Source: Stripchat 2019 Survey of 5k US visitors

We then asked respondents if they had ever developed significant feelings for a cam model, ranging from an “ongoing friendship” to a “strong emotional attachment.” More than 42% of respondents said they had — and nearly 1 in 5 (18.8%) said they had developed a strong emotional attachment to one or more cam models.

## Love Online

“Have You Ever Developed a Romantic Attachment to a Cam Performer (All Respondents)”



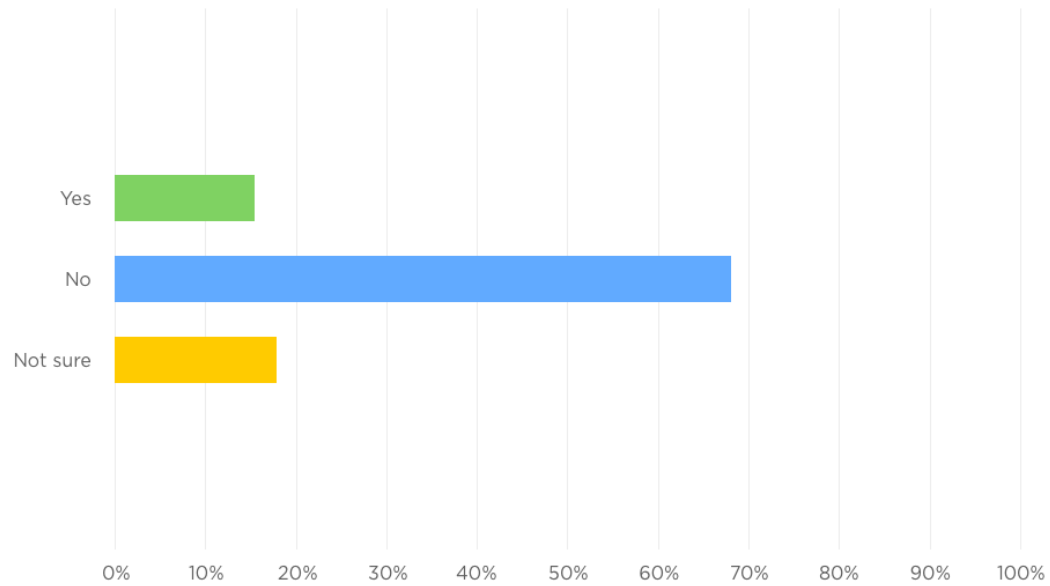
Source: Stripchat 2019 Survey of 5k US visitors



We also asked about infidelity — whether or not the respondents ever worried that they were cheating on a partner by watching cams. About 15% said yes, and another 17% weren’t sure.

## Online Infidelity

"Have You Ever Felt Like You Are Cheating on Partner By Watching Cams (All Respondents)"



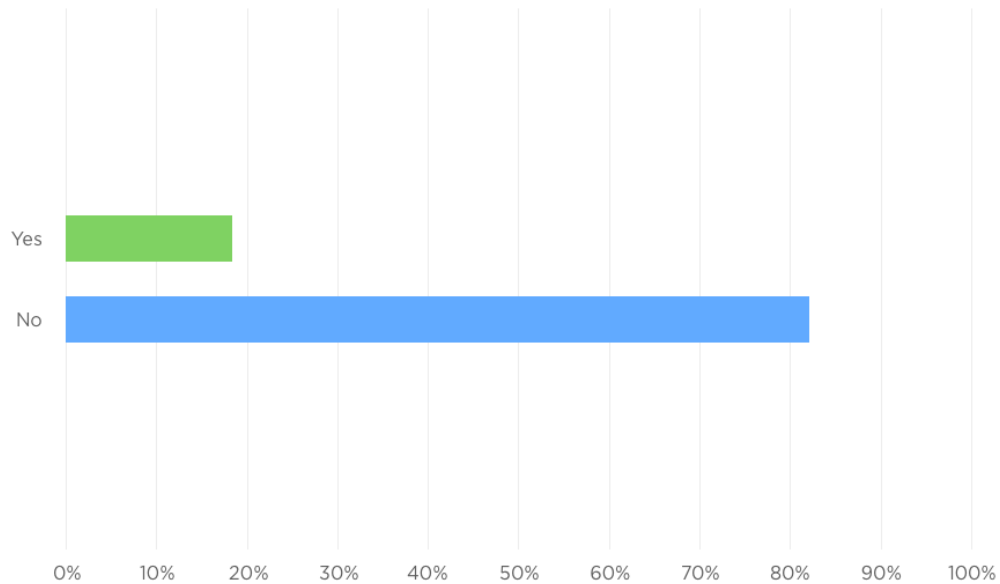
Source: Stripchat 2019 Survey of 5k US visitors



Finally, we asked if that cam viewing had caused any conflicts with a partner. Nearly 1 in 5 (18.9%) said it had.

## Battle Cams

"Have You Ever Had a Conflict with a Romantic Partner Over Cams?" (All Respondents)



Source: Stripchat 2019 Survey of 5k US visitors

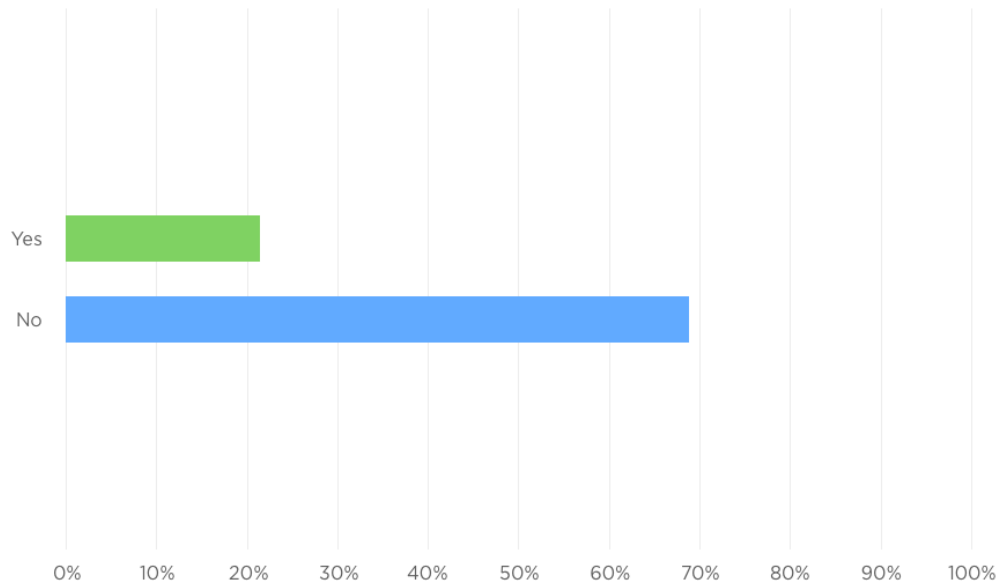


Even on their own, those are significant numbers. But we also knew those numbers included people who were single, as well as those who were just dating casually. Presumably, relationship stress and anxiety would more likely affect people in serious relationships.

To get a better idea, we decided to look at only respondents who were *married or in a civil union*. As we expected, the number of married respondents who reported relationship conflicts was higher than average (31% vs 18.9%). About twice the average said they worried they were being unfaithful by watching cams (28.8% vs 15%).

## Lust and Marriage

"Have You Ever Had a Conflict with a Romantic Partner Over Cams?" (Married Respondents)

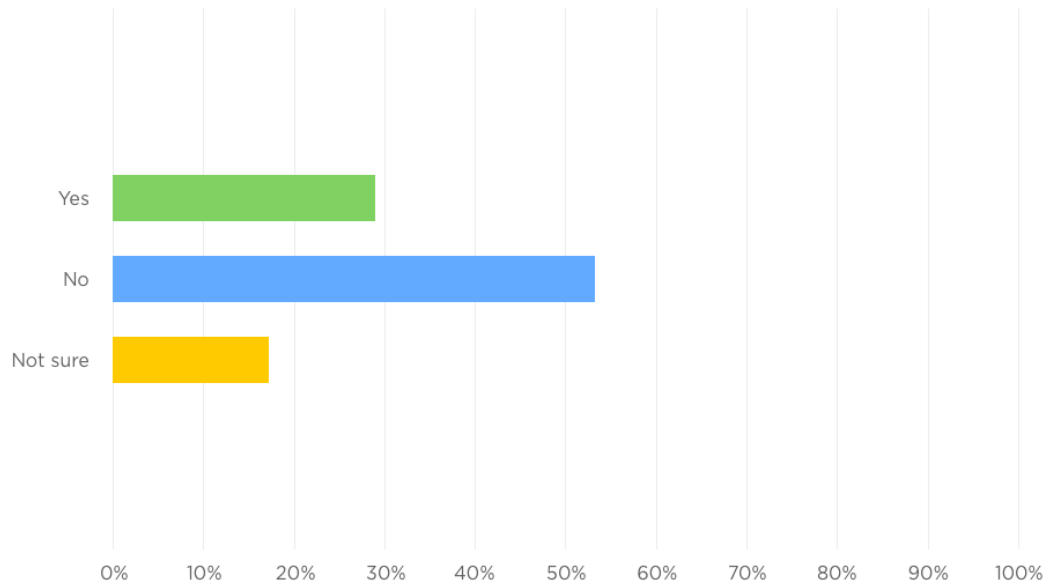


Source: Stripchat 2019 Survey of 5k US visitors



## Cheating Hearts

"Have You Ever Felt Like You Are Cheating on Partner By Watching Cams?" (Married Respondents)



Source: Stripchat 2019 Survey of 5k US visitors

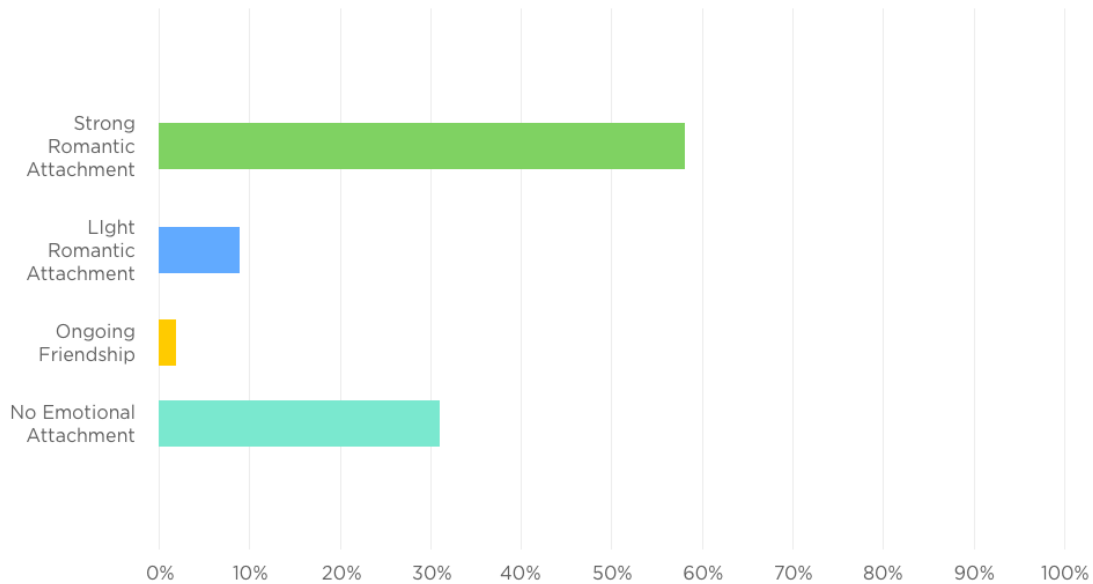


Over a third of married respondents (34.3%) said they had developed a romantic or emotional attachment to a cam model, and nearly a quarter (23.7%) described that romantic attachment as “strong.”

Married women, in particular, who used were highly likely to report developing strong emotional attachments to cam models — 57.1% said they had developed such a relationship online.

## Women in Love

"Have You Ever Developed a Romantic Attachment to a Cam Performer (Married Women)"



Source: Stripchat 2019 Survey of 5k US visitors



Additionally, married women were overwhelming more likely to say they worried they were cheating (64.5%) by watching cams, and nearly 70% said they experienced conflict in their marriage over cams.

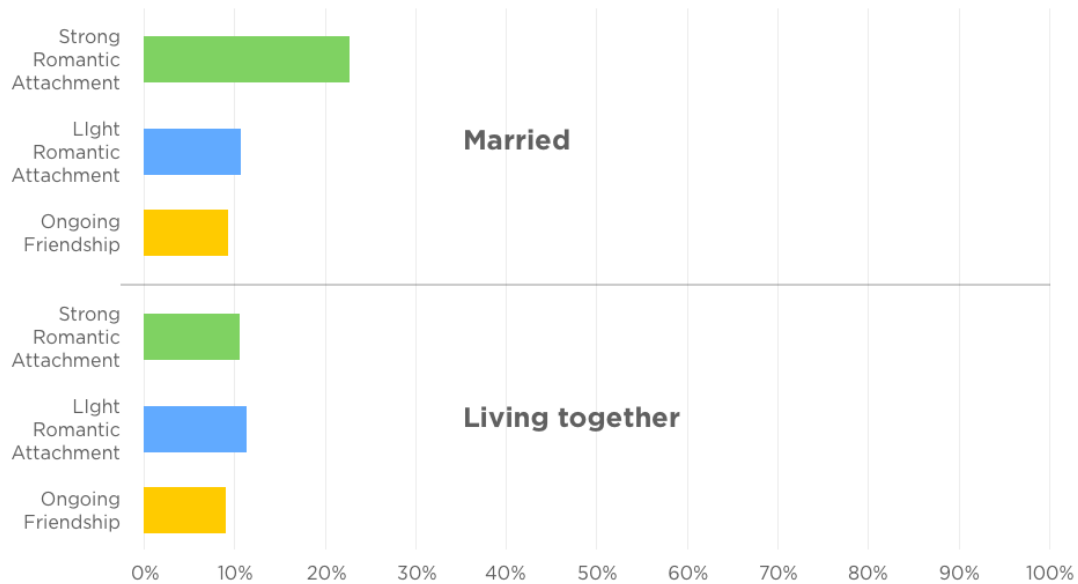
And yet, oddly, married people did not necessarily report significantly greater amounts of anxiety regarding their cam habits. They were experiencing *more relationships stress* than other groups, but it did not seem to correlate to more anxiety or shame about their cam use.

We also looked at a similar group — those who were living together or dating seriously, but not married. Only 10.4% of respondents in serious, non-marital relationships reported having developed a strong romantic attachment to a cam model — falling in love at less than half the rate of their married counterparts.



## Marital Bed Death

"Have You Ever Developed a Romantic Attachment to a Cam Performer (Married vs Living Together)"



Source: Stripchat 2019 Survey of 5k US visitors



And yet, there was little difference in their anxiety levels either.

Could it be that the cause of anxiety was less about viewers' relationships and more about the state of their sex lives?

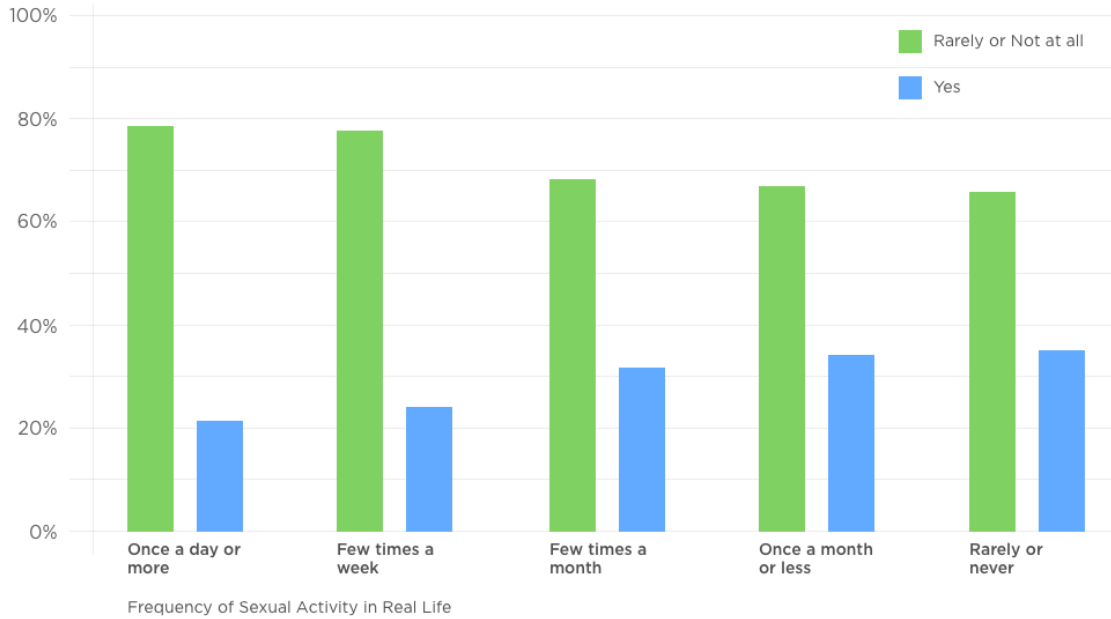
To find out, we looked at how often the respondents said they were having sex with a partner in real-life.

Over 18% of our survey population said they had real-life sex once a day or more — about 1100 respondents. And we noticed a significant correlation:

Respondents who had sex more frequently in real life were *significantly less likely* to feel anxiety about their cam viewing, even as they were *significantly more likely* to have worried about infidelity or have conflicts in their relationships.

## More Sex, Less Anxiety

"Do You Ever Worry or Have Anxiety About Your Cam Habits?" (Respondents by Sexual Activity)



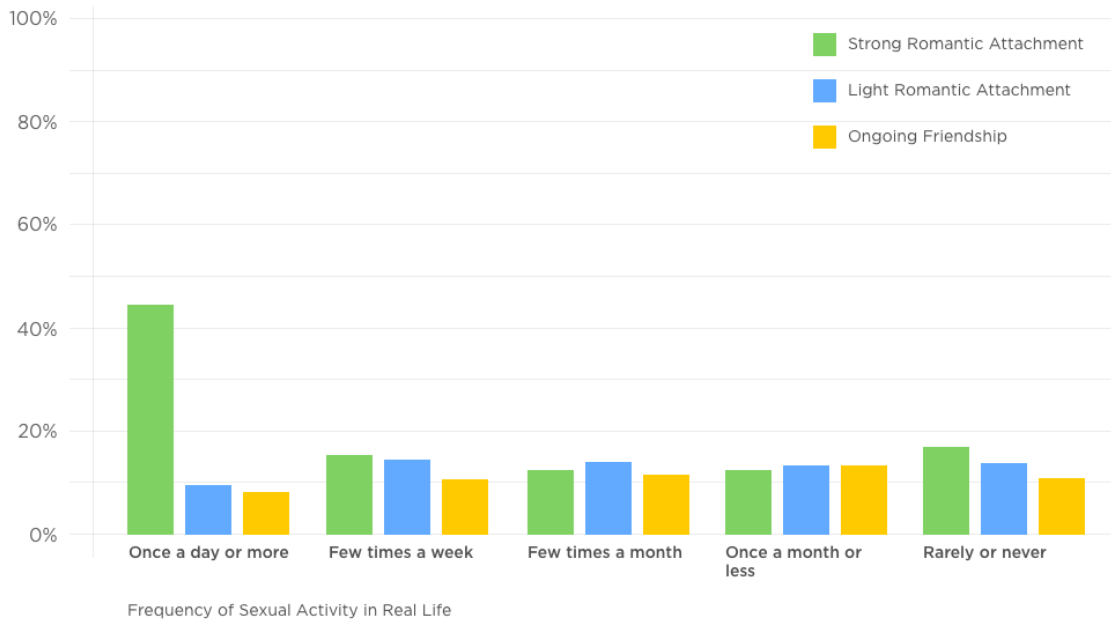
Source: Stripchat 2019 Survey of 5k US visitors



Nearly 44% of these highly sexual respondents said they'd developed a strong romantic relationship with a cam model, compared with less than 30% of those who had sex once a month or less.

## Love Tokens

“Have You Ever Developed a Romantic Attachment to a Cam Performer?” (Respondents by Sexual Activity)



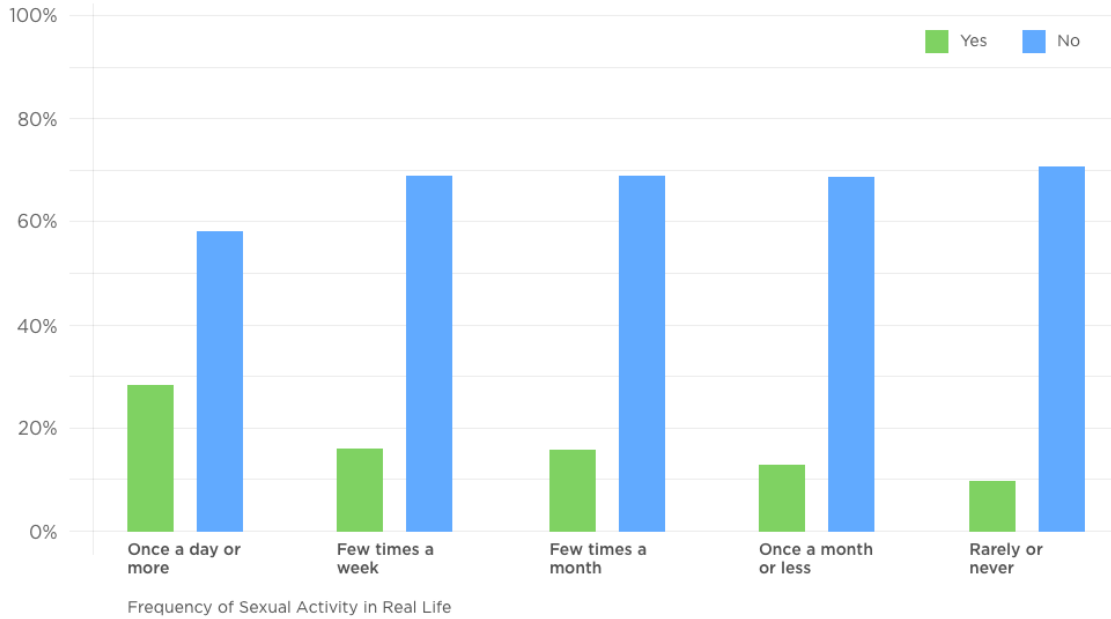
Source: Stripchat 2019 Survey of 5k US visitors



These same highly sexual respondents were different from the rest of the groups in other metrics. A full 28% of respondents who had sex in real life once a day or more worried that cams counted as cheating (compared to just about 15% of those who have sex a few times a week).

## Low Fidelity

“Have You Ever Felt Like You Are Cheating on Partner By Watching Cams?” (Respondents by Sexual Activity)



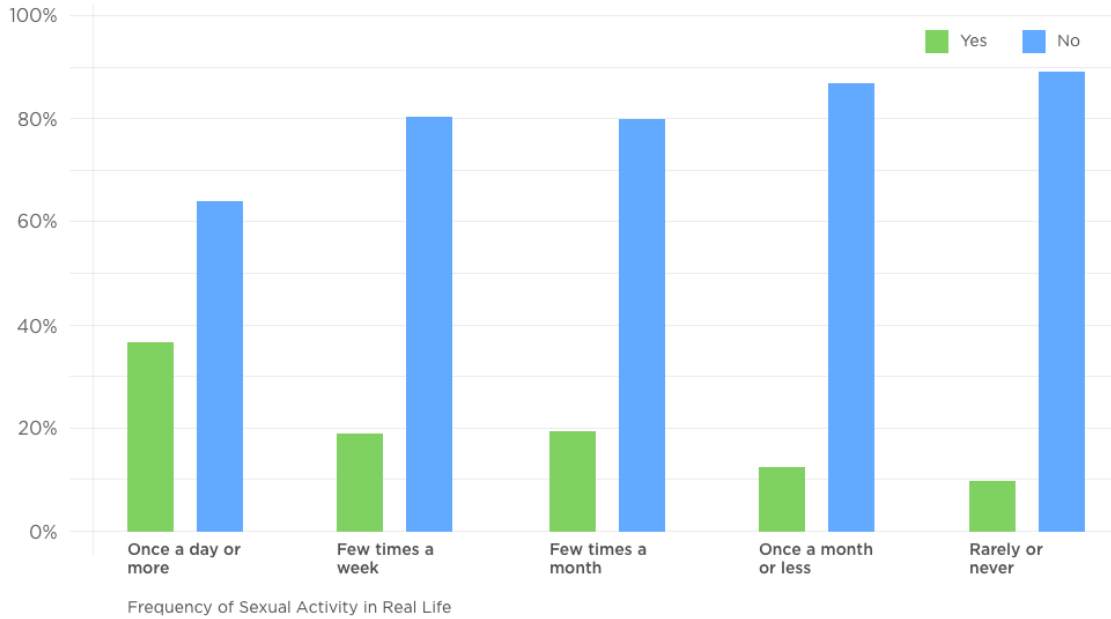
Source: Stripchat 2019 Survey of 5k US visitors



And 35.4% of the “once-a-day-or more” said they had experienced relationship conflicts as a result of cams (compared to just 18.9% of those who had sex slightly less regularly — “a few times a week”). It’s almost as if they were in their own category.

## High Sex Drive, High Conflict

"Have You Ever Had a Conflict with a Romantic Partner Over Cams?" (Respondents by Sexual Activity)



Source: Stripchat 2019 Survey of 5k US visitors

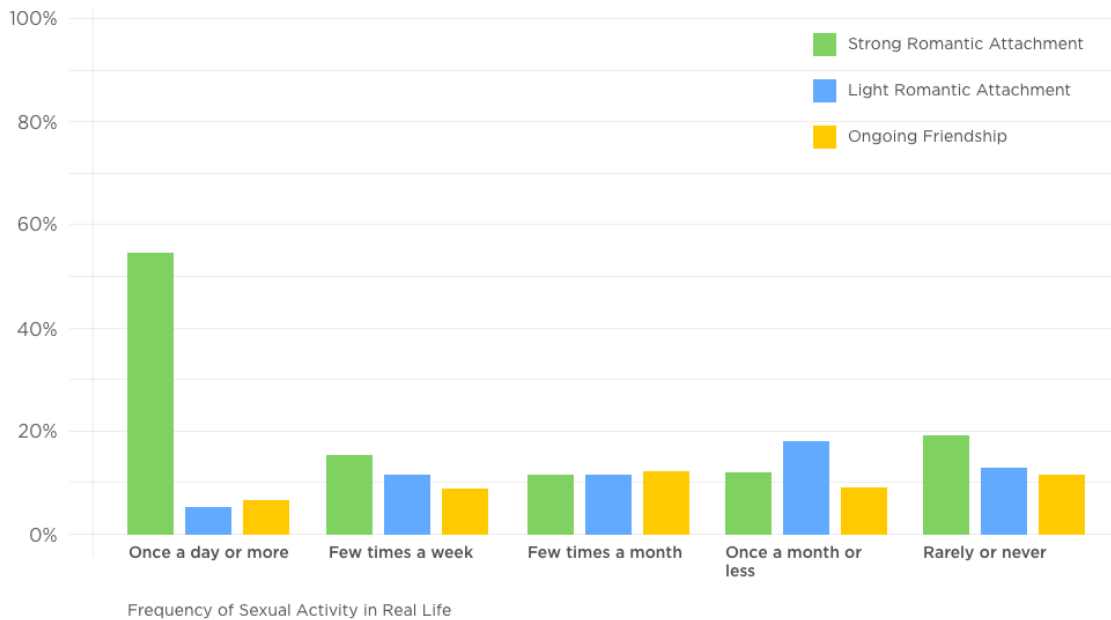


Yet, these highly sexual respondents *were also the least likely of any group to report anxiety about their cam habits.*

For married people who had a lot of sex, the numbers were even more dramatic. Nearly 60% of these respondents said they'd developed a romantic attachment to a cam model, 50% worried about cheating, and 58% said they've had a conflict over it. In each case, the numbers are roughly double what a married person who has sex rarely or never reports (33.1%, 23.4% and 25.8%, respectively).

## Married with a High Sex Drive

"Have You Ever Developed a Romantic Attachment to a Cam Performer?" (Married Respondents by Sexual Activity)



Source: Stripchat 2019 Survey of 5k US visitors



Many, including us, have theorized that anxiety about cam use is tied to relationship issues — an upset partner, guilt about cheating — but the two could actually be at odds. Those who feel the most anxiety about their cam use seem to be those who are not in relationships, or those in relatively sexless relationships.

And at least on the surface, this does not seem to be related to media stereotypes about compulsive masturbators or sex addicts, either. These same people who reported higher anxiety and low frequency of sex offline also reported low sex drives and low frequency of masturbation. We'll have to look more into these respondents in the future — they still spend a good amount of time watching cams. Those of us in the cam world know that, contrary to people's assumptions, camming is not always about sex.

While correlation doesn't equal causation, it is interesting to note that heavily engaged cam users are more likely to be incredibly sexual people. Perhaps they just need more than one outlet. The data would seem to refute the media stereotype — that those who watch cams are lonely single people who can't get laid. In fact, it seems like it could be the opposite.

We'll look to this more in a future report.

*Regardless of the cause, anxiety and relationship stress are serious issues.*

*Camming should be a source of pleasure and refuge from the stress of daily life — not something that adds to it. That's why Stripchat is making a commitment to be a leader in mental and emotional well-being for its users.*

*We've partnered with the Sexual Health Alliance to help Stripchat users better understand the medical and scientific basis of sex, to help alleviate the shame, stigma and misconceptions about our sex lives. That's why we're sponsoring a cam session with Dr. David Ley on Stripchat to answer your questions about sex, sexuality and adult entertainment, and to discuss ways these can be balanced in your own life.*

*Dr. Ley will make his on Stripchat's network on August 1, 2019 at 5PM ET. If you have questions for Dr. Ley, send them to [max.bennet@stripchat.com](mailto:max.bennet@stripchat.com).*