

DON'T HESITATE, ***JUST REGULATE!***

Emotion regulation and sexual well-being
among women

New publication:

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Emotion Regulation and Sexual Well-being Among Women: Current Status and Future Directions

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*Scroll to the next slide,
we'll break down the
findings!*



What is emotion regulation, and why is it important?



Emotion regulation is someone's ability to influence their own experience and expression of emotion, and the strategies they use to do so.

This ability is widely considered to be related to almost **every aspect of life!**

We wanted to know:

How are emotions and sexual well-being related to each other?

Does emotion regulation explain the relationship between emotions and sexual well-being?



What we did:

We conducted a literature review using more than 120 articles related to sex, emotion, and emotion regulation.



We found...

that there is strong evidence of an association between emotion and sexual well-being.

In particular:

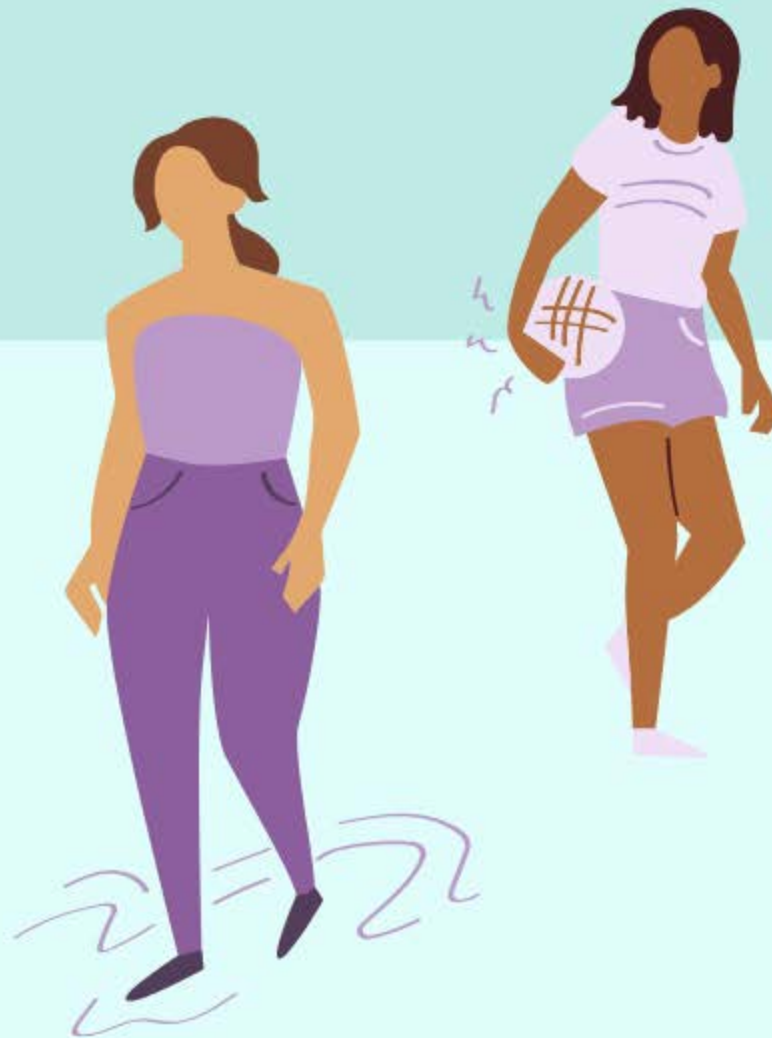
- Low mood was linked with lower sexual satisfaction for women and men.
- The relationship between mood and satisfaction was stronger for women than for men.



We also found...

Support for a link between emotion-regulation and sexual well-being!

In particular, a **lower ability** to regulate mood and **increased use** of strategies like avoidance were related to lower sexual well-being.



On the other hand...

The use of **active strategies** to manage emotion was also associated with **better sexual well-being.**



What does all of this mean?

There is still a lot that we don't know, but these results indicate that this is a **worth-while area of study**. Understanding the role between emotion regulation and sexual well-being could lead to **better clinical interventions** for women's sexual problems!



This is a summary of our published article:

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