

EMOTION REGULATION AND SEXUAL WELL-BEING AMONG WOMEN

Current Status and Future Directions

REVIEW PAPER



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FEMALE SEXUAL DYSFUNCTION AND DISORDER (A STANTON, SECTION EDITOR)

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

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Check for updates



*Scroll to the next
slide, we'll
summarize some
key take-aways*



What is emotion regulation (ER)?

Emotion regulation refers to the abilities and strategies that people use to influence their experience and expression of emotion.

WHAT IS ROLE OF EMOTION REGULATION IN SEXUAL WELL-BEING ?

Even though it has been accepted as a key component of social functioning and mental health, the role of emotion regulation in sexual well-being has only recently received research attention.

So, we thought it be helpful to give an overview of the current state of this literature :)

WHAT DID WE DO?

We reviewed over **120** journal articles in the hope of shedding light on the links between emotion regulation and women's sexual well-being

3 main questions guided our review

- How are emotions and sexual well-being related to each other?
- Does emotion regulation explain the relationship between emotions and sexual well-being?
- What are the implications of our review for theory, future research, and clinical work?

WHAT DID WE FIND?

Strong evidence exists for the association between *emotional states* and sexual well-being, and negative mood seems to be worse for women's sexual well-being compared to men.

Some preliminary support exists for the emotion regulation–sexual well-being link. For example, women who struggle more to regulate their emotions appear to report lower sexual well-being.

There's a lot we **don't know!** For example:

- How does a person's emotion regulation in sexual situations influence both their own and their partners' sexual well-being over-time?
- What are the pros and cons of using sex to regulate emotion?

WHAT DOES THIS MEAN?

Emotion regulation is an area of research that has potential for improving the sexual well-being of women and couples

Incorporating emotion regulation into the assessment, understanding, and treatment of women's sexual problems could improve the quality of existing treatments

This is a summary of our published article:

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