

NEW



PUBLICATION



NEW MOM AND NEW SEXUAL CONCERNS?

New mothers' sexual distress and sexual values in the transition to parenthood

New publication:

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Associations between New Mothers' Partner-Oriented Sexual Values and Sexual Distress in the Transition to Parenthood

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*Scroll to see
what we found!*



New parents often face new sexual concerns, including distress about sexuality, and new mothers are typically more impacted than their partners

BUT...

... not all new moms report sexual distress, and not much is known about what could **help or hinder sexual distress** in new moms



How much a woman **values** her **role as a sexual partner** could relate to her sexual distress, when facing new sexual challenges as a new mom



It might be especially helpful for new mothers to feel **successful** in **living in line with** their sexual values during this time

WE WANTED TO KNOW:



1

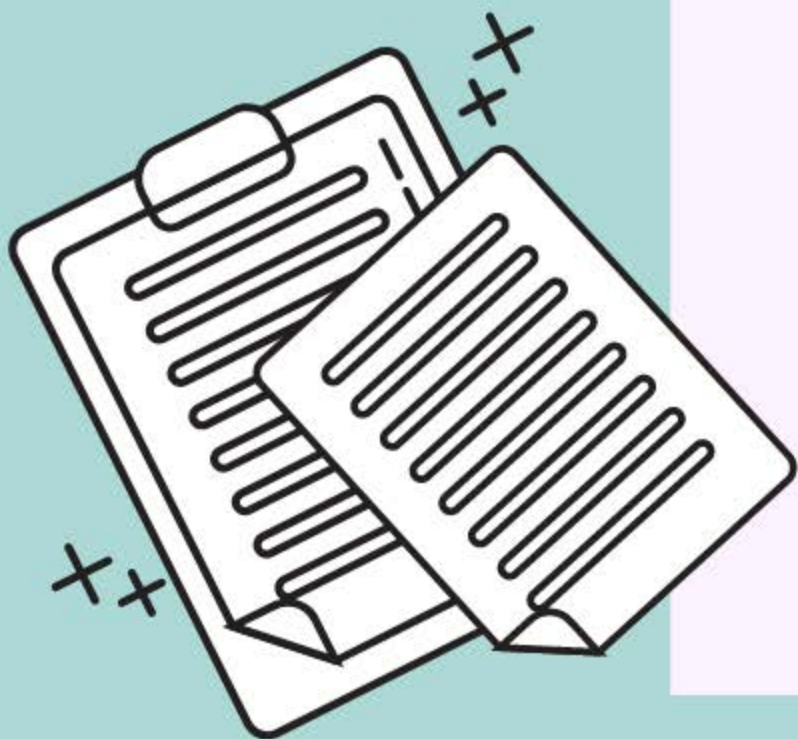
Does the extent to which new mothers value their role as a sexual partner relate to their sexual distress?

2

Does their success in living in line with this partner-focused sexual value relate to their sexual distress?

367

New mothers reported on their sexual distress and sexual values



We asked them to fill out surveys while pregnant and at 3, 6, 12, and 24-months postpartum

WE FOUND THAT...

... when new mothers placed **higher value** on their role as a sexual partner, they reported **more** distress related to sexuality

HOWEVER...

when new mothers felt more **successful living in line** with this sexual **value**, they reported **less** sexual distress



So, what does all of this mean?

New mothers who live in line with their sexual values in the transition to parenthood may have less negative sexual outcomes



For new mothers, exploring partner-focused sexual values and considering new or flexible ways to living in line with these could buffer against sexual distress during the transition to parenthood



This is a summary of our published article:

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