HIGHS AND LOWS: SEXUAL DISTRESS IN COUPLES WITH DIFFERENT LEVELS OF SEXUAL DESIRE

Discrepancy in Dyadic Sexual Desire Predicts Sexual Distress over Time in a Community Sample of Committed Couples: A Daily Diary and Longitudinal Study

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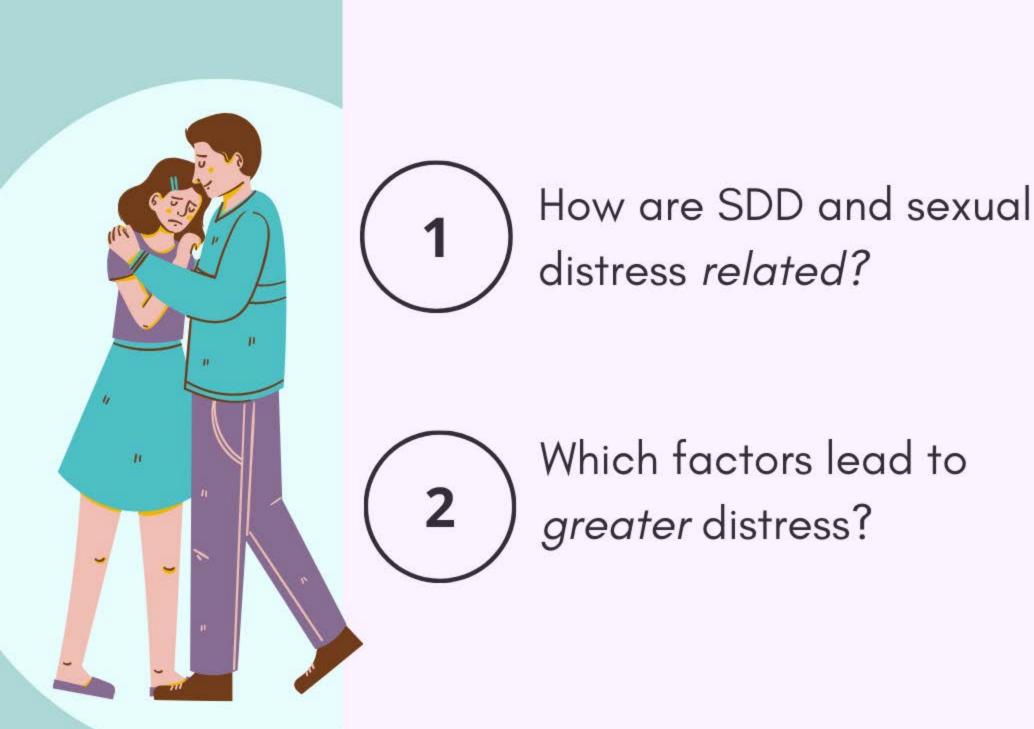
Scroll to see what we found!

Even though sex is known to be beneficial to romantic relationships, many couples in report that they are **unsatisfied** with their sex lives.

Even though sexual distress is common for couples who experience sexual issues and that SDD is the most frequently reported issue, there is little research examining how they are related.



WE WANTED TO KNOW:



n=217

We recruited diverse couples in committed relationships





We asked couples to report on their **own** sexual desire and sexual distress daily, for 35 days, and again 12-months after they enrolled in the study

WE FOUND THAT...

When couples had higher than average SDD on one day it predicted higher than average sexual distress on the next day for both partners



AND.....

..... They found the **same association** when comparing SDD at the beginning of the study with sexual distress 12
months later

So, what does all of this mean?



These findings may contribute to interventions and education for couples who experience SDD.



Interpersonal Emotion Regulation Model (IERM) suggests that when couples experience sexual difficulties, they may use less-optimal strategies to deal with their negative emotions: which can result in negative outcomes like sexual distress

When applying the IERM, SDD may result in couples using strategies like conflict instead of greater communication. Our findings can be applied to treatments that focus on increasing emotion communication for couples coping with SDD instead of increasing sexual desire or aligning desire for the couple



This is a summary of our published article:

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