

# REGULATE & COMMUNICATE

Emotion regulation and sexual communication strategies for adjusting to Hypoactive Sexual Desire Disorder (HSDD)

## New Publication:


**Regulate and Communicate: Associations between Emotion Regulation and Sexual Communication among Men with Hypoactive Sexual Desire Disorder and their Partners**

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*Scroll to see  
what we found!*



Men affected by HSDD report lower sexual well-being resulting from a persistent and distressing lack of sexual desire.

**BUT...**



...how couples handle their emotions regarding sexual issues may help or hinder sexual communication amongst affected men and their partners.

**Emotion regulation**, or how someone manages their emotions, can happen in two ways:

## Suppression

inhibiting or hiding outward signs of your inner feelings



## Reappraisal

positively reframing or reinterpreting an emotionally-provoking event



# WE WANTED TO KNOW:



1

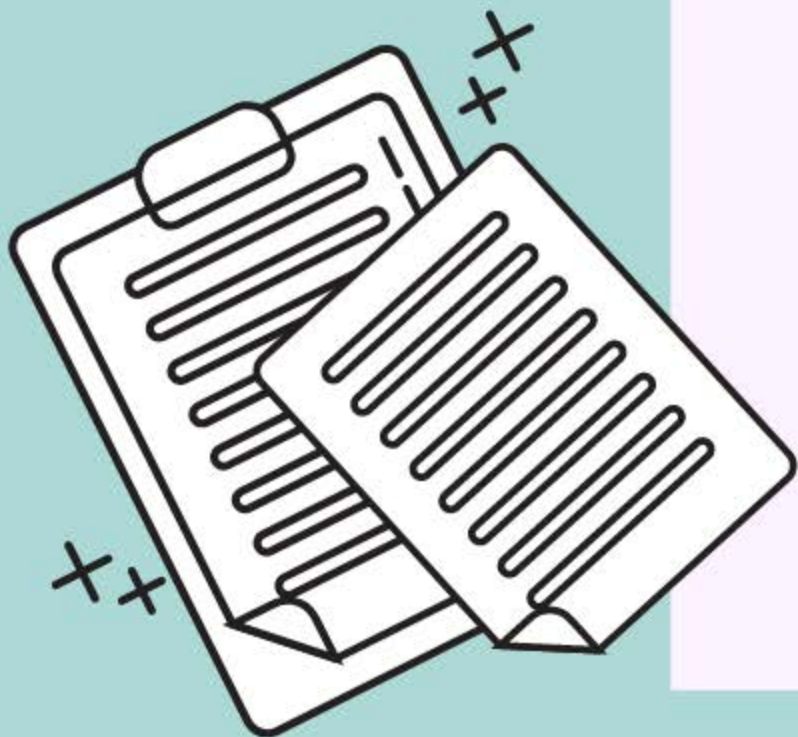
Does the type of emotion regulation strategy impact couples' communication about their sexual relationship differently?

2

Do reappraisal and suppression help or hinder sexual communication?

**$n = 64$**

Couples were assessed on their emotion regulation strategies, sexual communication, and sexual assertiveness.



We asked them to fill out various self-report questionnaires.

# WE FOUND THAT...

Men with HSDD who reported **greater suppression** reported **lower sexual assertiveness** and both partners reported **poorer sexual communication.**



## *In contrast...*

...Men with HSDD who employed **more reappraisal** were **more sexually assertive.**

# So, what does all of this mean?

Suppression may hinder sexual communication, while reappraisal may help men with HSDD better express their sexual needs.



For men with HSDD and their partners, employing emotion regulation strategies may enhance communication interventions for HSDD, helping couples better communicate about their sexual relationship and adjust to HSDD.





## **This is a summary of our published article:**

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