

# EXPLORING DIFFERENCES IN SEXUAL TALK BY COUPLE TYPE

Understanding how couples communicate during sexual intimacy.

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## Few Differences in Sexual Talk by Gender/Sex and Dyad Type: A Retrospective and Daily Diary Study with Couples

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*Swipe to see  
what we found!*



# WHAT IS SEXUAL TALK?

**Sexual talk** occurs **exclusively** during sex and is specific to the current activity. There are **two** types:

- **Individualistic** - focuses on dominance & sexual fantasy.
- **Mutualistic**- includes exclamations of pleasure, compliments & statements of intimacy.

**Sexual script theory** suggests that men and women think about sex differently, establishing **men** as the **initiators** of sex and **women** as more concerned with **emotional intimacy** than pleasure.



# WE WANTED TO KNOW:



1

Is there a difference in what type and how often **different gender/sexes** use sexual talk?

2

Is there a difference in what type and how often **different couples** use sexual talk?

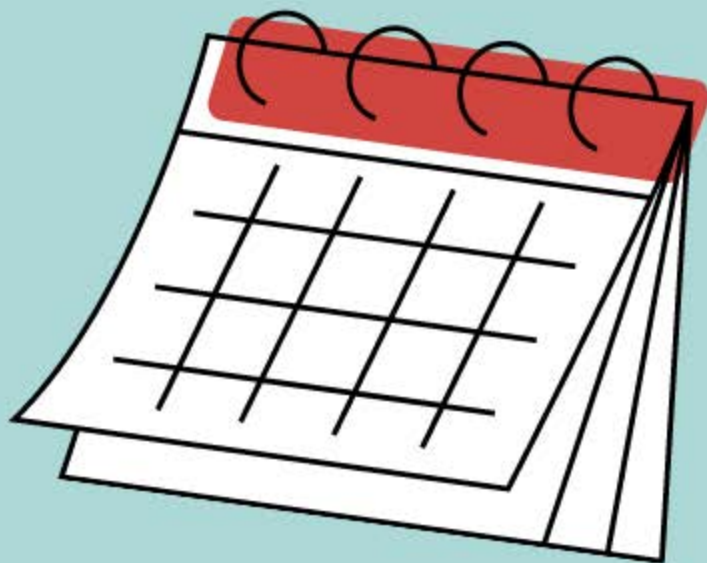
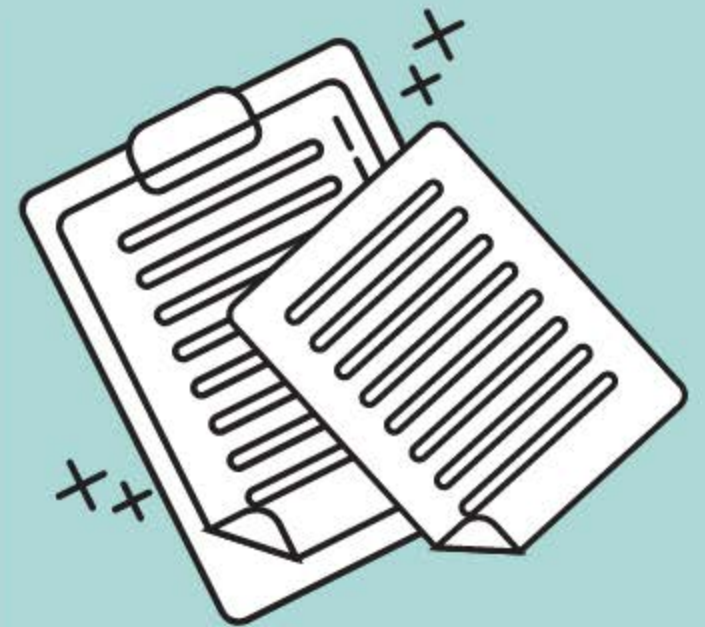
3

Is there a difference in what type and how often **gender/sex diverse (GSD) individuals and men or women** use sexual talk?

# WHAT WE DID:

We recruited **160** mixed-gender/sex long-term couples and conducted a **two-part** study:

**Part 1:** Participants completed a self-report measure about their **retrospective use** of sexual talk in their **current** relationship.



**Part 2:** 35-day **daily diary.**

Couples reported on their partnered sexual activity, including sexual talk type and frequency.

# WHAT WE FOUND:



There were **no significant** gender/sex or dyad type differences in use of **individualistic** talk retrospectively *or* daily.

## However,

**Women retrospectively** reported using more **mutualistic** talk than men, especially when partnered with a woman, but this was not true when reported in daily diaries.

## And,

**For GSD couples**, there may be gender/sex & dyad type differences retrospectively & daily, for **individualistic and not mutualistic** talk.

**Our findings were contrary to previous research,** suggesting that further research is needed to understand factors which impact sexual talk type and frequency among couples.

## FUTURE RESEARCH ...

- May explore how **other factors** may be affected by sexual talk, such as **sexual wellbeing.**
- Should continue to include **GSD couples** in their sample to conduct a more robust analysis of potential difference.



# So, what does all of this mean?

**Women** may be **reporting more** mutualistic talk than men because women are more likely to remember sexual talk **focusing on intimacy**, consistent with **gendered roles** in sexual script.



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

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