

Good morning,

On behalf of the research team, we would like to thank you again for participating in our study, Daily Goals in Couples with Vulvodynia! The valuable contribution of your time and energy as a couple has allowed us to learn more about Provoked Vestibulodynia (PVD) and how couples can navigate the challenges of this common and disruptive pain. You may remember that you requested a summary of the results from the study when you enrolled. We are pleased to provide that information, below!

Our main research question asked how couples' goals or reasons for having sex affects their sexual and relationship well-being. Our [blog post here](#) summarizes our findings using the daily diary portion of the study.

We also looked at how a person's mood each day might influence sexuality for both members of the couples, and the pain experience of women with PVD. You can find the summary of these results [from the paper's first author here](#), as well as a blog post summarizing the research [here](#).

We also assessed participants "sexual contingent self-worth", which means self-esteem that is based on maintaining a successful sexual relationship, and how this type of self-worth is related to sexual well-being, mood and anxiety, and women's pain during sex. You can find the [first author's summary of her findings with the longitudinal data here](#), and her recent blog post about the findings on [our web site here](#).

Lastly, we used the daily diary data to look at how a person's motivation to meet their partner's sexual needs is related to the couples' sexual, relationship, and psychological well-being. You can find the [first author's summary of her findings here](#).

If you have any questions or feedback, please do not hesitate to contact us at rosenlab@dal.ca. If you would like to keep up with our research, feel free to follow us on [Facebook](#) or [Twitter](#), or check out our [website](#).

We wish you all the best in the future!
The Research Team for the Goals Study