

Dyadic coping and sexual well-being in couples seeking assisted reproductive technology

How coping strategies and interpretations impact sexual well-being in couples seeking assisted reproductive technology (ART).



Dyadic coping and sexual well-being in couples seeking assisted reproductive technology

March 2023 · [Family Relations](#) 72(2)

DOI:[10.1111/fare.12874](#)

License · [CC BY-NC-ND 4.0](#)

Authors:



Sawsane El Amiri
Université de Montréal



Natalie Rosen
Dalhousie University



Audrey Brassard
Université de Sherbrooke



Meghan Rossi
Dalhousie University

*Scroll to see
what we found!*



some definitions...

Dyadic coping: The interaction between one partner's signs of stress and the reactionary coping behaviours (positive or negative) of the other.

Common dyadic coping: The efforts of both partners together when handling a stressful situation.

Sexual Well-Being: Encompassing sexual satisfaction, distress, and concerns.

Infertility is experienced by couples worldwide, presenting significant emotional, physical, and relational stress.

Couples experiencing clinical infertility who are seeking ART may experience shifts in their sexual well-being.

AND

Our study wanted to investigate how the perception of or efforts towards dyadic coping, which includes positive, negative, and common coping, would impact these couple's sexual well-being.

we wanted to know:

1

How does dyadic coping impact sexual well-being in couples seeking ART for infertility?

2

How do these impacts change based on perceptions of their partner's coping efforts or efforts for joint coping?



232

couples experiencing medical infertility were recruited.



We asked them to complete online questionnaires about dyadic coping and their sexual well-being.

we found that...

Individuals **perceiving higher negative coping by their partner** reported **increased infertility-related sexual concerns and higher sexual distress.**

Higher levels of **shared common dyadic coping were associated with** overall more **positive sexual well-being.**

Positive coping by a partner was **linked to higher sexual satisfaction for men.**

However, **for women, positive coping from their partner** was associated with **more infertility-related sexual concerns.**

Women reported significantly **higher levels of infertility-related sexual concerns and sexual distress than men.**



so, what does all of this mean?



Common dyadic coping emerged as a key predictor of mutual sexual well-being, fostering intimacy, shared understanding, and a sense of partnership in managing infertility stress.

Our study suggests that sexual well-being should be discussed frequently with couples to encourage proper strategies (common dyadic coping) for navigating sexual difficulties, ART, and infertility concerns.

Handling infertility struggles as a compassionate unit can help couples build compassion, lessen stress, and improve sexual well-being.



This is a summary of our published article:

El Amiri, S., Rosen, N. O., Brassard, A., Rossi, M. A.g, Bergeron, S. & Péloquin, K. (2023). Dyadic coping and sexual well-being in couples seeking assisted reproductive technology. *Family Relations* , 72, 3134-51. [10.1111/fare.12874](https://doi.org/10.1111/fare.12874)



Infographic by Audrey Chu