


Love in the Face of Loss

The study explored **whether self-compassion and compassionate love positively influenced sexual and relationship satisfaction** after a recent pregnancy loss.



Love in the Face of Loss: Associations Between Self-Compassion, Compassionate Love, and Sexual and Relationship Satisfaction in Couples Experiencing a Recent Pregnancy Loss

 Journal of Happiness Studies

February 2025 · 26(3)

DOI:[10.1007/s10902-025-00880-w](https://doi.org/10.1007/s10902-025-00880-w)

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*Scroll to see
what we found!*



The experience of a **pregnancy loss** is a very distressing event and may lead to an **adjustment period for couples**. During this experience, couples may **experience strain on their sexual and relationship**.



we wanted to know:

How **compassion**, a mental health promotion tool, **may help couples going through this adjustment period**. We specifically looked at **how self-compassion and compassionate love impact sexual and relationship satisfaction** in couples who are experiencing pregnancy loss.



138 couples

who had **experienced a pregnancy loss** in the previous 4 months



The couples were tasked with **completing various surveys** about their **self-compassion, compassion for their partner,** and their **sexual and relationship satisfaction.**



we found that...

Self-compassion was not significantly linked to sexual or relationship satisfaction for either partner after controlling for other factors.

However, **compassionate love**—especially when **expressed by the person who had been pregnant**—was **linked to higher sexual and relationship satisfaction for both partners**. For non-pregnant partners, compassionate love was only associated with their own relationship satisfaction.



so, what does all of this mean?

Compassionate love, more than self-compassion, seems to be **more helpful for staying close and connected** after pregnancy loss. The results suggest that showing **care and kindness toward a partner** could be a **good way to help couples heal emotionally and strengthen their relationship**, especially during this difficult time.



This is a summary of our published article:

Hill, T. G., Allsop, D. B., Bagnell, K.B., & Rosen, N. O. (2025). Love in the face of loss: Associations between self-compassion, compassionate love, and sexual and relationship satisfaction in couples experiencing a recent pregnancy loss. *Journal of Happiness Studies*. 26.
doi:10.1007/s10902-025-00880-w



Blog post and infographic by Audrey Chu