

MINDFULNESS AND DAILY SEXUAL FUNCTION

This study examines whether people who are generally more sexually mindful tend to report differences in their own and their partner's day-to-day sexual functioning over a four-week period.



**Scroll to see what
we found!**

Mindfulness and daily sexual function: a dyadic diary study

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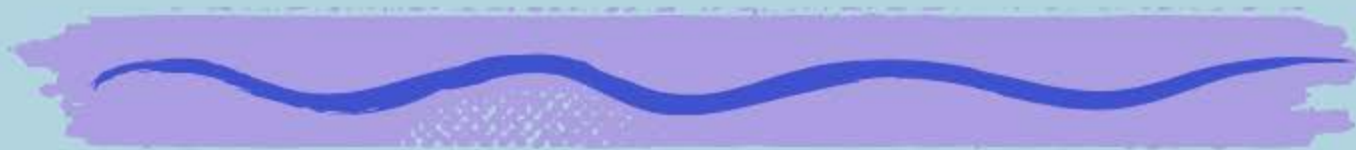
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Sexual mindfulness refers to non-judgmental, present-moment awareness during sexual activity. It involves paying attention to sexual sensations while reducing judgment and distractions during sexual experiences.

[1] Brown & Ryan (2003); [2] Leavitt et al. (2019)



Previous **research suggests that individuals with higher levels of mindfulness** tend to **report better sexual function**, and **mindfulness-based interventions have been shown to improve sexual difficulties.**

[3] Selice & Morriss (2022); [4] Brotto et al. (2019); [5] Brotto et al. (2012); [6] Brotto et al. (2008); [7] Brotto et al. (2014); [8] Mahar et al. (2025)

Within relationships, **one partner's experiences may also influence the other partner's sexual well-being.**

[9] McGill et al. (2020)

However, **little research has examined whether sexual mindfulness predicts daily sexual function for both members of a couple**, particularly in couples' everyday lives using daily diary methods.



QUESTION & HYPOTHESES

1

QUESTION: Is greater baseline sexual mindfulness associated with better daily sexual function for individuals and their partners?

2

HYPOTHESIS: Individuals with higher sexual mindfulness would report higher daily sexual function.

3

HYPOTHESIS: Their partners would also report better daily sexual function.



**N = 229
COUPLES**

Inclusive sample of couples
in committed relationships.

Participation involved:

- Completing a baseline questionnaire measuring sexual mindfulness
- Completing daily online surveys for 28 days
- Reporting daily sexual function on days when sexual activity occurred



WE FOUND THAT...

Individuals with **higher sexual mindfulness** reported:

- ↑ **higher daily sexual function**

This pattern was consistent for both **present-moment awareness and non-judgment** during sexual experiences.



WE FOUND THAT...

A person's **sexual mindfulness was *not* associated with their partner's daily sexual function.**

There were **no partner effects**, suggesting sexual mindfulness primarily benefited an individual's own daily sexual functioning.



SO, WHAT DOES ALL THIS MEAN?

Individuals who tended to be **more sexually mindful** also tended to experience **better day-to-day sexual function**.

The findings suggest sexual mindfulness may primarily operate as an **individual process**, rather than influencing a partner's daily sexual experiences.



The authors suggest that **greater sexual mindfulness may help people:**

- Focus on positive sexual sensations
- Disengage from distracting thoughts
- Be more accepting and less judgemental during sexual experiences

These findings provide further **support for mindfulness-based approaches in sex therapy** as a way to promote individuals' daily sexual functioning



THIS IS A SUMMARY OF OUR PUBLISHED ARTICLE:

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Infographic by Audrey Chu