

Are Couples More Satisfied When They Match in Sexual Desire? New Insights From Response Surface Analyses.

Are couples more satisfied when they match in sexual desire?

Methods

We merged data from 3 studies on romantic relationships where partners from 366 mixed-sex heterosexual couples were asked how satisfied they were with their relationship, their levels of sexual desire, and their sexual satisfaction.



Results Showed That...

Couples who had more similar levels of sexual desire were no more or less satisfied with their relationship or sex life than couples who were more discrepant in their levels of desire (i.e., there were no unique benefits of matching versus mismatching).



However...

It was partners' overall levels of sexual desire that was associated with relationship and sexual satisfaction.

In Short.

These findings suggest that whether partners correspond in their levels of sexual desire is less important for sexual and relationship satisfaction than having high sexual desire overall.

Findings highlight the need to focus on how couples can sustain desire and successfully navigate potential differences rather than promoting matching in desire.

