

# Orgasm Consistency in Mixed-Gender Couples: Actor, Partner, and Discrepancy Effects from Dyadic Response Surface Analysis

How can orgasm consistency and differences in orgasm consistency between partners predict either partner's sexual satisfaction?

## METHODS

725 couples from the United States, each with one man and one woman, reported the consistency of their orgasms (e.g., what % of their experiences being sexual with their partner over the past year include an orgasm), and how sexually satisfied they felt with their partner.

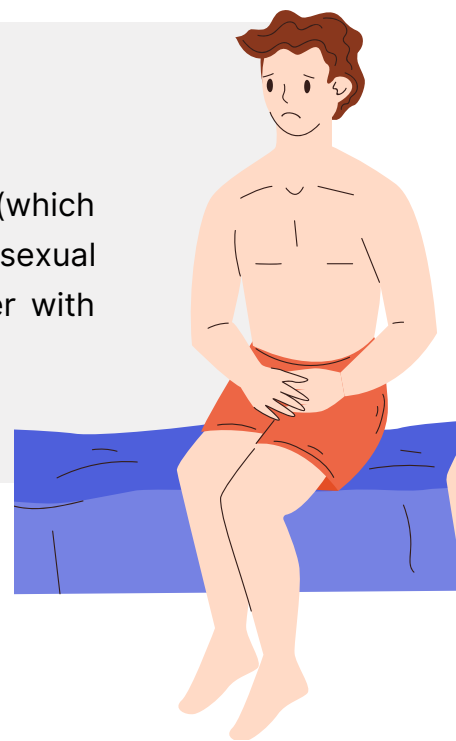


## RESULTS SHOWED THAT...

Whether the couples were experiencing an equal consistency of orgasms between partners was not associated with sexual satisfaction for men or women. But couples who were experiencing greater consistency (e.g., both partners with moderate or greater orgasm consistency) reported greater sexual satisfaction than those couples who were experiencing less orgasm consistency,

## AND THAT...

If the woman had greater orgasm consistency than the man (which occurred in 6% of the couples), the man would report lower sexual satisfaction compared to those men who did not have a partner with greater orgasm consistency than himself.



## IN CONCLUSION...

The findings of this study suggest that some scripts about sex (e.g., men should always orgasm) may reduce the expected increase in a couples' sexual satisfaction from having a high consistency of orgasm within the couple.

As such, we hope that in helping couples deconstruct sexual scripts pertaining to orgasms in heterosexual couples, they can overcome this obstacle, and appreciate a greater level of sexual satisfaction as a couple.

