

# CAN WE GET NO SATISFACTION?!

## Predictors of sexual satisfaction in a representative survey of 950 German couples

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### Introduction

#### Sexual satisfaction

- is more than the absence of sexual problems
- is influenced by individual, relationship, and partner-related factors
- Couple's data is needed to identify which factors contribute most to a satisfying sexual life

*Which individual, relationship, and partner-related factors predict sexual satisfaction within partnerships?*

### Method and Sample Description

950 mixed-sex couples (age:  $M = 51.4$ ,  $SD = 12.7$ )

- Representative of the German adult population
- Telephone recruitment; online or paper-pencil participation

#### Descriptive values on sex-related measures

|  | $M$ ( $SD$ ) |             |
|--|--------------|-------------|
|  | women        | men         |
| Range: 0 – 100   |              |             |
| Partnership satisfaction                                     | 81.5 (17.9)  | 81.2 (17.4) |
| Partnership satisfaction (partner)                           | 78.0 (18.5)  | 77.4 (17.4) |
| Sexual satisfaction***                                       | 70.0 (25.7)  | 65.6 (26.1) |
| Sexual satisfaction (partner)***                             | 62.5 (26.4)  | 67.9 (24.7) |
| Sexual function <sup>a</sup><br>(Range w: 2 – 36, m: 5 – 75) | 24.1 (9.8)   | 55.1 (18.2) |
| Sexual communication <sup>b</sup> (1 – 6)***                 | 4.3 (1.1)    | 4.0 (1.1)   |

t-tests:  $p^* < .05$ ;  $^{**} p < .01$ ;  $^{***} p < .001$

### Results

Significant predictors for sexual satisfaction  
(Actor-Partner Interdependence Model)

|                                   | Gender | Effect  | $\beta$ |
|-----------------------------------|--------|---------|---------|
| Partnership satisfaction          | Women  | Actor   | .37***  |
|                                   |        | Partner | .05     |
|                                   | Men    | Actor   | .33***  |
|                                   |        | Partner | .04*    |
| Sexual function <sup>a</sup>      | Women  | Actor   | .22***  |
|                                   |        | Partner | -.03    |
|                                   | Men    | Actor   | .29***  |
|                                   |        | Partner | .05     |
| Distress by sexual problems       | Women  | Actor   | -.18*** |
|                                   |        | Partner | -.07*** |
|                                   | Men    | Actor   | -.14*** |
|                                   |        | Partner | -.03    |
| Frequency of sexual activity      | Women  |         | .20***  |
|                                   | Men    |         | .17***  |
| Desire discrepancy                | Women  |         | -.07**  |
|                                   | Men    |         | -.12*** |
| Sexual communication <sup>b</sup> | Women  |         | .08***  |
|                                   | Men    |         | .10***  |
| Relationship duration             | Women  |         | -.09*   |
|                                   | Men    |         | -.02    |

Not significant: Age  
 $^* p < .05$ ,  $^{**} p < .01$ ,  $^{***} p < .001$

Explained variance ( $R^2$ )  
64 % for men  
60 % for women

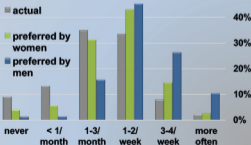
#### Sexually satisfied individuals

- are **more satisfied** with their partnership
- have **higher sexual function**
- are **less distressed** by sexual problems
- have **more frequent sex** with their partner
- do **not wish sex more often** than their partner
- have **better sexual communication**

#### Sexually satisfied women

- have a **partner that is not distressed** by sexual problems
- are in **longer relationships**

### Frequency of sexual activity with a partner



### Conclusion

- ✓ Age has no direct impact on sexual satisfaction
- ✓ Sexual function is important for sexual satisfaction
- ✓ To want more sex than a partner reduces sexual satisfaction
- ✓ Satisfied couples have sex more often
- ✓ Satisfied sexual partners talk openly about sexual concerns and wishes

<sup>a</sup> Female Sexual Function Index (Rosen et al., 2004), International Index of Erectile Function (Rosen et al., 2000)

<sup>b</sup> Dyadic Sexual Communication Scale (Catalano et al., 1989)