



CAN LESS BE MORE? COMPARING DURATION VS. FREQUENCY OF SEXUAL ENCOUNTERS IN SAME-SEX AND MIXED-SEX RELATIONSHIPS



INTRODUCTION TO THE STUDY

To assess a romantic couple's sexual well-being and satisfaction, researchers often look at the frequency with which they engage in sexual activity, or more specifically, sexual intercourse.



This is not an appropriate measure for some couples. For example, same-sex couples involving women report levels of *lower sexual frequencies* than other couples, yet also report *similar sexual well-being and satisfaction* as mixed-sex couples engaging in frequent intercourse.



This means that we must explore other dimensions of sexuality beyond frequency of intercourse to measure sexual well-being and satisfaction. So, we measured the duration of the encounter.



WHAT DID WE WANT TO LEARN?

We wanted to examine another way of assessing a couple's sexual well-being and satisfaction outside of how often a couple engages in sexual activity.



Is length of sexual encounter a predictor of sexual well-being and satisfaction?

HOW DID WE COLLECT DATA?

In an online survey of people in relationships, a sample of 822 participants reported both length of sexual encounters and frequency of sexual activity.

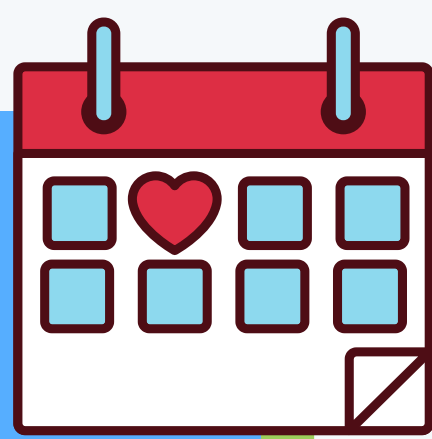


Participants included same-sex couples and mixed-sex couples.

WHAT DID WE LEARN?

Compared to men and women in mixed-sex relationships or men in same-sex relationships, **women in same-sex relationships** reported:

Lower frequencies of sexual encounters



Significantly longer time spent on individual sexual encounters



Similar levels of sexual well-being and satisfaction

HOW IS THIS RESEARCH IMPACTFUL?

To better understand the nature of a specific couple's sexual relationship, it is important to examine not just sexual frequency, but also the amount of time spent on individual sexual encounters.