

COUC870 Literature Review Notes Assignment

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COUC870 Literature Review**References**

1.

Allison, E. J. (2021). *ChurchToo: How purity culture upholds abuse and how to find healing*.

Broadleaf Books, an imprint of 1517 Media. <https://doi.org/10.2307/j.ctv1b0fx7v>

Allison (2021) shared her story of having been groomed by an older church member (she was 16 and he was in his 30's) to be his woman. Thankfully her parents realized what was happening and cut it off. However, disgustingly, her parents braided her for her sinfulness, made her apologize to the perpetrator, and this evil use of scriptural principles unlocked an ongoing battle with bi-polar issues for Allison. In essence, this was a result of the purity culture that her parents and church had aspired to teach and enforce. This is what Allison shares as her perspective that has been reduced to her "elevator pitch". She says, "Purity culture is the spiritual corollary of rape culture created in Christian environments by theologies that teach complete sexual abstinence until legal, monogamous marriage between a cisgender, heterosexual man and a cisgender, heterosexual woman for life—or else" (pg. 31).

Brene Brown Quote—Shame vs guilt

[Allison (2021) quotes, "Brené Brown popularized a now oft-used definition distinguishing shame and guilt in which guilt is an awareness that we did something bad and shame is a belief that we are bad" (pg. 36). This will likely be a key to the components of what distinguishes those who are able to enjoy sexual intimacy with their spouses (guilt) and those who have internalized the message and are therefore unable to find joy in the act of sexual intimacy (shame).]

Who do you want to be thought to be.

[Allison (2021) quotes her therapist friend Lara as saying, “We have to do the work of determining how we want our relationship to God and spirituality to look as well as our relationship to sex and sexuality” (pg. 198). This is a key component of seeking to move forward in life when a person has been exposed to negative and burdensome ideas about life and sex. It is one hope that this research will bring about hope by giving those who have been abused or restrained in the name of doing good the insights needed to see where it is they can go on their journey and then have the option to choose the path of having a mutually satisfying sexual relationship with their spouse.]

2.

Allsop, D. B., Leavitt, C. E., Saxey, M. T., Timmons, J. E., & Carroll, J. S. (2021). Applying the developmental model of marital competence to sexual satisfaction: Associations between conflict resolution quality, forgiveness, attachment, and sexual satisfaction. *Journal of Social and Personal Relationships*, 38(4), 1216-1237. <https://doi.org/10.1177/0265407520984853>

In Allsop et al., (2021) discussion of Carroll et al., (2006) Developmental Model of Marital Competence (DMMC) there is a suggestion that counselors who are meeting with couples should bring out three key areas; communication skills, interpersonal virtues, and intrapersonal identities and help the clients to see how these can affect sexual satisfaction. Allsop et al., (2021) share that the DMMC has not been directly applied to the idea of sexual satisfaction which is a primary focus of their referenced work. This work by Allsop et al, (2021) indicates there has only been a couple of works that considered the effect of conflict resolution on sexual satisfaction with one opposing results. They speculate that with the vast indicators in many

research works that “general communication and “sexual communication” brings about positive gains that it would only be reasonable to believe that good conflict resolution that is other centered would benefit sexual satisfaction. In their work, Allsop et al., considered; Conflict resolution quality, Forgiveness, Anxious and avoidant attachment, Sexual frequency, Orgasm frequency, Sexual satisfaction, and Relationship satisfaction in an effort to delineate the appropriateness of utilizing the DMMC in regards to a couple sexual satisfaction.

3.

Aloho, D. M., & Kuruku, E. (2018). Influence of personality type on marital and sexual satisfaction among married couples in Makurdi metropolis, Benue State, Nigeria. *Gender & Behaviour, 16*(3), 12190-12199.

Aloho and Kuruku (2018) looked at the effects of personality traits on sexual satisfaction with married couples and found that personality traits are key determinant as to relationship dynamics and therefore also have direct effects on sexual satisfaction as well. Additionally, they found no variations regarding gender with the effects regarding the various personality types studied and made the suggestion that personality types be considered as important factors when a couple is considering marriage as a metric of predicting both marriage and sexual satisfaction.

4.

Altgelt, E. E., & Meltzer, A. L. (2021). Associations between premarital factors and first-married, heterosexual newlywed couples' frequency of sex and sexual satisfaction trajectories. *The Journal of Sex Research, 58*(2), 146--159.

<https://doi.org/10.1080/00224499.2019.1695722>

Altgelt and Meltzer (2021) spoke about the association of sex frequency as an indicator of marital success. In their work they specifically looked at the premarital events a couple experienced and the association this had on frequency of sexual intimacy and sexual satisfaction (pg. 146). They speculated that couples who lived together prior to marriage, had longer courtships, or who have children pre-marriage would have less frequency of sex and less sexual satisfaction in marriage. When compared to couples who went into marriage without these factors traditionally considered less desirable (pg. 147). The research conducted by Altgelt and Meltzer (2021) found that people who had longer courtships had less frequent sex at the beginning of marriage as compared to newlyweds who had shorter courtships. However, as time went on (this study covered a four-year span) the level of the shorter courtship fell off and the longer courtship group stayed consistent. Their finding that is contrary to the modern perception is couples who cohabitated prior to marriage were reported lower frequency of sex both at the start and through the course of the study period of four years and consistently reported lower levels of sexual satisfaction. Another counterintuitive finding was that couples who had children before marriage reported higher levels of sex at marriage onset and four year later reported an increase in sex (pg. 156). Altgelt and Meltzer (2021) work indicates there are precipitating affects from actions done prior to marriage the has implications on aspects of the marital relationship though it is difficult to determine which aspects will have a negative or positive correlation on any events in marriage generally and this certainly includes their effects on sex frequency and sexual satisfaction.

Ashkinazi, M., Wagner, S. A., Cunningham, K., & Mattson, R. E. (2024). Body image satisfaction and body-related partner commentary link to marital quality through sexual frequency and satisfaction: A path model. *Couple and Family Psychology, 13*(1), 31-49. <https://doi.org/10.1037/cfp0000216>

Ashkinazi et al. (2024) considered what effect body image, as viewed by self and their spouse, would have on marital quality as seen through sexual frequency and satisfaction. Positive self-perception and spousal approval of body image indicated higher levels of sexual frequency and sexual satisfaction and thus indicated a higher marital quality. Negative spousal feedback led to less sexual satisfaction and frequency of sexual encounters which pointed towards a lower marital satisfaction. This work strengthens the need to support couples in healthy living and developing a positive body image to promote a stronger marital quality that also enjoys the frequency and quality of sexual encounters together.

6.

Bagheri, R., Abolfathi Momtaz, Y., Foroughan, M., & Mohammadi Shahboulaghi, F. (2025). Determinants of older married women's sexual satisfaction: The mediating role of intimacy. *Journal of Sexual Medicine, 22*(7), 1216-1225. <https://doi.org/10.1093/jsxmed/qdaf104>

Bagheri et al. (2025) looked at 418 sexually active married women in Taran, Iran between the ages of 60-80 regarding sexual satisfaction. With the populational increase in older adults, Bagheri et al. (2025) saw the need to address the sexual satisfaction of this age group. Their work found that intimacy was a mediating factor that pointed towards sexual satisfaction among their participants. Bagheri et al. (2025) see their finding pointing mental health clinicians to help their clients' with sexual satisfaction through helping them with intimacy.

7.

Bahrami, N., Hosseini, M., Griffiths, M. D., & Alimoradi, Z. (2023). Sexual-related determinants of life satisfaction among married women: A cross-sectional study. *BMC Women's Health*, 23(1), 204-7. <https://doi.org/10.1186/s12905-023-02365-5>

Bahrami et al. (2023) looked at what effected life satisfaction from the realm of sexuality and found that marital intimacy (different than sexual intimacy) and high sexual functioning were characteristics that promoted life satisfaction among married women in the city of Qazvin City, Iran.

8.

Barrett, A. E., & Raphael, A. (2018). Housework and sex in midlife marriages: An examination of three perspectives on the association. *Social Forces*, 96(3), 1325-1350. <https://doi.org/10.1093/sf/sox088>

Barrett and Raphael (2018) research looked at heterosexual couples ages 55+ and who had been married at least 27 years and considered the effects of housework on sex frequency and satisfaction. What they found is that women who had a unbalanced workload in the home experienced lower sexual satisfaction. More specifically the felt perception of having an unfair balance caused the negative satisfaction, however, their findings indicate it affects the quality and satisfaction derived while not changing the frequency that sexual intimacy took place. These outcomes could help counselors by having the knowledge that addressing the perceived equality

of the work in the home could be a key tool to helping couples to have more satisfying sexual encounters.

9.

Blumenstock, S. M., Quinn-Nilas, C., Milhausen, R. R., & McKay, A. (2020). High emotional and sexual satisfaction among partnered midlife Canadians: Associations with relationship characteristics, sexual activity and communication, and health. *Archives of Sexual Behavior*, 49(3), 953-967. <https://doi.org/10.1007/s10508-019-01498-9>

Blumenstock et al, (2020) found that the women in their study who reported high levels of sexual satisfaction were 10 times more apt to be highly emotionally satisfied and the men who reported high levels of sexual satisfaction were 25 times more apt to be emotionally satisfied (pg. 961).

Blumenstock et al, (2020) found that the women in their study were more than twice as likely to indicate having emotional satisfaction than the women who were dating where the men in their study were twice as likely to report being emotionally satisfied when in a dating relationship (pg. 962).

When Blumenstock et al. (2022) looked at the effects of various sexual acts (i.e., penile/vaginal intercourse, giving or receiving oral) found that high frequency was indicative of higher levels of being very emotionally satisfied for both men and women (pg. 959 & 963).

An interesting finding by Blumenstock et al. (2022) was that women who participated in penile/anal intercourse in the past year were associated with being very sexually satisfied but did

not indicate emotion satisfaction where men participating in penile/anal intercourse had no rise regarding sexual or emotional satisfaction (pg. 959).

Both the men and women in the Blumenstock et al. (2022) study were found to experience very high sexual and emotional satisfaction when their sexual communication was frequent (pg. 959).

10.

Blyth, C. (2021). *Rape culture, purity culture, and coercive control in teen girl Bibles* (1st ed.).

Routledge. <https://doi.org/10.4324/9780429282959>

Blyth (2021) in her book *Rape culture, purity culture, and coercive control in teen girl Bibles* talks about the many ideas that are often embedded throughout the many devotional notes that accompany some of the Bibles that are marketed to teen girls. Blyth points out that, in her estimation, many of the comments made have the potential to be setting young Christian girls up for failure with relationships and self-image. Blyth describes some of the images as, “The girls always look happy and healthy, with shiny hair and perfect skin and teeth; they are also always attractive, able-bodied, and slim, reinforcing Western beauty ideals of “perfect” femininity” (pg. 6). Blyth further indicates her understanding that the information in these teen girl Bible are worded in such a manner as to harm young ladies throughout their lives. Blyth says,, “These discourses help to perpetuate the myths that a rape victim is “damaged goods” as the result of losing her chastity or “purity,” and that she was likely to blame for her assault because she “tempted” her attacker with her immodest appearance or behaviour (her “lack” of purity, as it were)” (pg. 12).

Blyth indicates that throughout these Bibles, the devotions teach that purity is the most valuable thing a female has. However, they fail to cover how these girls are not dirty rags to be

tossed aside when they suffer a horrific event such as rape or how they still have value even if they succumb to the temptation of having sex outside of marriage. Blyth also shares that these Bibles often relentlessly talk about guys being sexually driven while teaching by implication and sometimes explicitly that females are not and should not be sexually driven. Whether this is a culturally taught dynamic or a physiological dynamic present in some if not most women, it may be a general truth that men are more sexually driven, however, the women who do have a strong sex drive are apparently seen as abnormalities and have no need of encouragement in these teaching/devotional Bibles.

Though Blyth does appear to have issues with some general teachings of the Bible (male leadership, homosexuality, adultery, fornication, etc.), her work in this book has helped to bring to light some teachings, that were likely well intended (though Blyth indicates they are often taught for control), that have been taken to heart by many young ladies who then perceive they have the duty to be the guardian of the sexual purity gate to prevent themselves and the men in their lives from delving into the realm of sexual gratification (Blyth, 2021, Allison, 2021, pg. 34). An implication of Blyth's work is that this lockdown of sexual exploration and gratification develops a mental block of sorts that is perpetuated into the marriage bed and is likely to wreak havoc on the abilities of having mutually satisfied sexual intimacy between these ladies' and their future husbands.

11.

Bond, J. C., Geller, R. J., White, K. O., Hatch, E. E., Rothman, K. J., & Wise, L. A. (2022).

Concordance of self-reported sexual intercourse frequency between members of mixed-sex

couples attempting conception. *The Canadian Journal of Human Sexuality*, 31(3), 342-353.

<https://doi.org/10.3138/cjhs.2021-0059>

Bond et al. (2022) surveyed 3,015 married couples with 92% married, 43% trying to get pregnant for one month or less, and 35% trying to get pregnant for 2-5 months. 1,927 of the couples surveyed reported the same frequency of intercourse with their partners with 715 females having reported higher frequency than their partners and 373 males reported a higher frequency than their partners. Some of the female had been using a tracker app to help with ovulation tracking and had been imputing intercourse times as part of that app. Bond et al. (2022) found that even when the couple agreed on number of intercourse times that this was often contrary to the ovulation app. This led the researchers to think there is no real way to know who is correct.

12.

Brown, E. (2022). Less like magic, more like a chore: How sex for the purpose of pregnancy becomes a third shift for women in heterosexual couples. *Sociological Forum (Randolph, N.J.)*, 37(2), 465-485. <https://doi.org/10.1111/socf.12803>

Brown (2022) looked at couples who were trying to get pregnant and had been unsuccessful in getting pregnant with casual random sexual encounters and therefore had turned to timed intercourse to try to hit ideal ovulation moments to increase their probabilities of successfully conceiving. The participants discussed how timing sex became a type of work and sucked most of the fun out of having intercourse with their spouse and even made having sex a chore.

Brown's (2022) work helped shed light on the idea that stressful or forced sexual encounters

may work functionally to produce a child, but it has the likelihood of taking to excitement of spontaneity away from the encounter.

13.

Byers, E. S., & Heinlein, L. (1989). Predicting initiations and refusals of sexual activities in married and cohabiting heterosexual couples. *The Journal of Sex Research*, 26(2), 210-231. <https://doi.org/10.1080/00224498909551507>

Byers and Heinlein (1989) looked at men and women regarding sexual satisfaction as affected by initiation, responses to initiations, and times when consideration to initiate was thought about but not presented. There were 77 participants from University in New Brunswick in Canada with 22 men and 55 women. During this study they reenforced the idea that men were more apt to initiate (twice as many men had initiated in the previous week) yet made the incertion that, “when initiations were controlled, men and women did not differ in their responses to initiations” (pg. 210). Byers and Heinlein (1989) also speculated that women initiating less often than men was likely driven by societal norms. Participants reported having sex an average of 10.9 in the month prior to the study participation. The initiation of sex was more frequent when couple had been together for a shorter amount of time, were younger, living together, presented that they were satisfied with their relationship, and were sexually satisfied. When there was a disagreement about having sex, 60.5% mutually agreed to drop it, 15.8% agreed to come back together at another time, 5.3% agreed to disagree (which sounds like a not having sex answer), and 18.4% simply agreeing to have sex (pg. 224). Byers and Heinlein (1989) indicate they would not suggest generalization of these findings across all populations because their participants tended

to be younger and satisfied with their relationship. They further stated that the level of sexual satisfaction has potential to mitigate the number of positive or negative reactions to the initiation of sex. Often an acceptance of initiation was done so nonverbally where a rejection was verbalized.

14.

Carroll, J. S., Badger, S., & Yang, C. (2006). The Ability to Negotiate or the Ability to Love? Evaluating the Developmental Domains of Marital Competence. *Journal of Family Issues*, 27(7), 1001-1032. <https://doi.org/10.1177/0192513X06287248>

Carroll et al., (2006) have an excellent chart that deals with what they refer to as interpersonal competence versus intrapersonal competencies. The authors see these as being the distinction between communication skills (interpersonal) and motivation (intrapersonal). The interpersonal category is effective negotiation and the intrapersonal categories are other-centeredness (valuing others and displays characteristics like kindness, commitment, fairness, sacrifice, forgiveness), and personal security (self-worth/ love and being able to regulate characteristics like depression, anxiety, anger). The interpersonal is what the vast majority of marriage research has considered (i.e. conflict resolution, problem solving, and communication skills). Carroll et al., (2006) are helping their readers to consider the whole of the relational dynamics rather than simply focusing on one aspect that indeed is important, however, the encouragement to consider the self worth and valuing of others is also of paramount importance when seeking to take on a well balanced perspective of the complete relational dynamics.

15.

Cazzell, A. R., Rivers, A. S., Sanford, K., & Schnitker, S. A. (2022). Positive exchanges buffer negative exchanges: Associations with marital satisfaction among U.S. mixed-sex couples. *Journal of Family Psychology, 36*(7), 1050-1060. <https://doi.org/10.1037/fam0000963>

Cazzell et al., (2022) did research to test the effects of positive exchanges between mixed-sex couples on the negative exchanges that occur in relationships. Their work expected to find a plateauing of the benefit of the positive as a counteracting force of the negative. What they found was the more positive encounters that take place in a relationship, the negative is mitigated to a much lower level as compared to the absence of the previous positive encounters. This effected both male and female but with a higher level of marital satisfaction derived from the positive encounter for the female. Cazzell et al., (2022) showed the “T-tests failed to support a gender difference in the magnitude of the within-partner effect of negative exchanges... however, within-partner effects of positive exchanges on wives’ satisfaction were significantly larger than that of husbands, $t(1,746) = 2.05, p = .04$ ” (pg. 1054).

16.

Chai, H. W., Mernitz, S. E., & Umberson, D. J. (2023). Sexual motives, stress, and depressive symptoms among midlife different-sex and same-sex couples. *The Gerontologist, 63*(2), 261-273. <https://doi.org/10.1093/geront/gnac136>

Chai & Umberson researched the effects of stress and depressive attributes and their correlation with intrinsic and extrinsic sexual motivations. They state that intrinsic motivations are ideas of an individual such as “sex is for enjoyment and pleasure and for emotional closeness” (pg. 264). Extrinsic is participating in sexual encounters “to please one’s spouse, because they felt

pressured by spouse, and for the sake of the relationship” (pg. 264). Their work found that intrinsic sexual motivation reduced depressive ideation and conversely extrinsic sexual motivation increased depressive ideation (worsened for men when stress is also present while little difference was noted for women when stress is also present with the idea having been put forward that once women reach a certain “saturation” of negative issues their responses appear to flatline) (pg. 269-270). This finding could be a motivating factor for future work to help couples to develop their personal sexual confidence to gain the potential and likely benefit of utilizing sexual adventures with their partner to help reduce depressive ideation.

17.

Cruz, R. V. (2022). The role of sex guilt as a mediating variable in the association of relationship and sexual satisfaction: An intersectional approach. *Sexuality & Culture*, 26(2), 616-639.

<https://doi.org/10.1007/s12119-021-09912-y>

Cruz (2022) looked at 630 Filipino individuals (60% women and 40% men) in heterosexual relationships (67% unmarried and 32% married for at least one month to fifty years). The study only included those who were Roman Catholics. The heavy influence of the Catholic faith on the Filipino culture may be a contributing factor to sexual shame and guilt. Cruz (2022) considered the mediating effect of sexual guilt and found it does affect unmarried women (expected) and married men (not expected). To be sexually active outside of marriage violates their Catholic standards and is thus thought to affect sexual and relationship satisfaction. Cruz (2022) speculated that the feelings of being close to their boyfriend may be a driving force to have sex even though it violates their Catholic faith practices. In contrast, married women had the highest levels of relationship satisfaction. In essence the Filipino wife is looked down on for her

enjoyment of sex. Sex is considered part of a women's duty to her husband that fall under the same umbrella as household duties and being a mother. For men, sexual urges are innate and natural, and much like many other cultures around the world do not see the unmarried males' sexual escapades to be as damning as it would be for women. The married men on the other hand were found to experience sexual guilt over their extramarital affairs. Due to the strict rule of the Catholic church, sex in marriage is pretty much considered to be limited to penile-vaginal intercourse with many men considering fellatio and cunnilingus to be proper but only with prostitutes and not with their wives. Cruz (2022) stated that the Filipino women need to be taught and encouraged to consider "the importance of their sexual health, rights, and pleasure and put forth their relationship and sexual satisfaction" (pg. 634-635).

18.

Curtis, Y., Eddy, L., Ashdown, B. K., Feder, H., & Lower, T. (2012). Prelude to a coitus: Sexual initiation cues among heterosexual married couples. *Sexual and Relationship Therapy, 27*(4), 322-334. <https://doi.org/10.1080/14681994.2012.734604>

Curtis et al. (2012) looked at cues among heterosexual married couples that were intended to lead to intercourse or sexual closeness. Their work found that both men and women play the game of being flirtatious, but men are more likely to make suggestive innuendos such as arriving naked unexpectedly or to begin removing their partner's clothing. These actions led to successfully achieving the goal each time used during the study. Another successful flirtation was a suggestive comment such as describing verbally what they hoped to be doing with their partner sexually.

19.

DeLamater, J., & Koepsel, E. (2015). Relationships and sexual expression in later life: A

biopsychosocial perspective. *Sexual and Relationship Therapy*, 30(1), 37-59.

<https://doi.org/10.1080/14681994.2014.939506>

When looking at sexual activities in older adult from the biopsychosocial perspective, DeLamater and Koepse (2015) find there are many factors that affect the frequency of sexual activities (e.g., erectile dysfunction, loss of partner due to death, perception of sex as only being for procreation, etc.). However, many older individuals have found they can either continue to enjoy intercourse or change up what it means to be having sex to experience the satisfaction of being sexual beings. The older population DeLamater and Koepse (2015) were considering may even swap to other sexually motivated action (e.g., cuddling, kissing, etc.) and forgo intercourse altogether while remaining sexually satisfied. Intimacy appears to be the key to relational and sexual satisfaction.

20.

DeVisser, R. O., Smith, A. M. A., Rissel, C. E., Richters, J., & Grulich, A. E. (2003). Sex in

Australia: Heterosexual experience and recent heterosexual encounters among a

representative sample of adults. *Australian and New Zealand Journal of Public Health*,

27(2), 146-154. <https://doi.org/10.1111/j.1467-842X.2003.tb00802.x>

DeVisser et al. (2003) looked at sex habits among heterosexuals. They found that men were far more apt to report having more than one sexual partner in the past year. They speculated this could be accurate or may be the result of societal norms cause men to inflate and women to

understate the facts. The respondents had nearly all had vaginal intercourse during their last sexual encounter. It was almost equally reported by both men and women that vaginal intercourse, the female masturbating the male, anal sex of the female, and oral stimulation of the male by the female were commonplace, where it was not reported by the females that they received male masturbation or oral stimulation of their vaginas. DeVisser et al. (2003) shared that the majority of respondents indicated intercourse with one person over the past year whether they were married or single. Most of the intercourse reported in this study was taking place among married couples or those in “de facto relationships” (pg. 153). A very small number of married men or women reported more than one sexual partner over the past year. Of the 8,549 men and 8,274 women who participated in the computer assisted phone interviews, only 214 men and 66 women indicated they were married and had multiple sex partners.

21.

Dew, J. P., Uecker, J. E., & Willoughby, B. J. (2020). Joint religiosity and married couples' sexual satisfaction. *Psychology of Religion and Spirituality*, 12(2), 201–212.

<https://doi.org/10.1037/rel0000243>

Dew et al., (2020) has a take on sexual satisfaction that is well reasoned and strive to take in multiple perspectives. They show that indeed couples who are involved in religiosity both publicly and privately are far more prone to enjoying sexual satisfaction. Dew et al., (2020) goes on to make clear that there were no factors to scale if sexual satisfaction lead to high levels of religiosity or if high levels of religiosity leads to higher levels of sexual satisfaction. Further it is unclear if their efforts point specifically to religiosity as causality or simply the convergence of the couples participating in extracurriculars that increase mutual participation. Though my

intention is to be neutral, I am unavoidably biased as a Christian myself to personally understand the religiosity as being a unique advantage to increased sexual satisfaction, however I am unaware of specific research that has sought to provide clarity regarding these dynamics. I will certainly consider some research questions to glean the perspectives of my participants to at least broach the subject of their perceived reality regarding these dynamics.

22.

Dwarica, D. S., Collins, G. G., Fitzgerald, C. M., Joyce, C., Brincat, C., & Lynn, M. (2019). Pregnancy and sexual relationships study involving wOmen and meN (PASSION study). *Journal of Sexual Medicine, 16*(7), 975-980. <https://doi.org/10.1016/j.jsxm.2019.04.014>

Dwarica et al. (2019) looked at 52 couples and their sexual patterns during pregnancy. They found that the women indicated a lower level of communication regarding sex, higher levels of vaginismus, and a lower frequency of intercourse. The idea that these couples reported lower frequency was interesting because 65% of the couples reported having intercourse more than weekly. Dwarica et al. (2019) assessed for sexual satisfaction and found that it remained within the range of being sexually satisfied.

23.

Fallis, E. E., Rehman, U. S., Woody, E. Z., & Purdon, C. (2016). The longitudinal association of relationship satisfaction and sexual satisfaction in long-term relationships. *Journal of Family Psychology, 30*(7), 822-831. <https://doi.org/10.1037/fam0000205>

Fallis et al., (2016) did a study where they tested a group of 113 heterosexual couples and then retested two years later regarding the association between relationship satisfaction and sexual satisfaction. They found that the longitudinal effects of sexual satisfaction on relationship satisfaction were greater for men than it was for women while positive for each. Interestingly, their study showed no significant partner effects. Fallis et al., (2016) found sexual satisfaction to be a predictor of relationship satisfaction but the inverse was not found to be reality. A takeaway would be for clinicians to consider the idea of looking at couples' sexual health as a potential door to relationship satisfaction.

24.

Ferreira, J. S., Rigby, R. A., & Cobb, R. J. (2020). Self-compassion moderates associations between distress about sexual problems and sexual satisfaction in a daily diary study of married couples. *The Canadian Journal of Human Sexuality*, 29(2), 182-196.

<https://doi.org/10.3138/cjhs.2020-0009>

Ferrira et al., (2020) research regarding the effects of sexual problems on the sexual satisfaction of married couples. They found that when men would self-sooth through self-compassion that their efforts helped them individually while their partner still had lower sexual satisfaction due to the female's awareness of the man's sexual problem being a concern of his even though he had been able to self-sooth to self-sooth (pg. 183). They found that what effected men's sexual satisfaction was women's sexual functioning where women's satisfaction was less concerned with function but was more so affected by a man's sexual distress (pg. 183).

25.

Finzi-Dottan, R. (2023). The role of fear of intimacy as mediator between self-differentiation and marital relationship satisfaction: A dyadic model. *The Family Journal (Alexandria, Va.)*, 31(3), 392-398. <https://doi.org/10.1177/10664807231163254>

Finzi-Dottan (2023) had an interesting finding that indicated males fear of intimacy had little to no effect on the female's relationship satisfaction, where the female's fear of intimacy did indeed affect the male's relationship satisfaction. When wives had a better sense of self, this attribute led to lower fear of intimacy and there also increased the male's sense of relational satisfaction. The study by Finzi-Dottan (2023) supports Bowen's Family Systems idea that individuals who are self-actualized are better equipped to be successful in relationships with this being evidenced through the forming of intimate relations by those who better understand and have a sense of self.

26.

Floyd, C. G., Landa, S., Saunders, M. A., & Volk, F. (2020). The moderating influence of moral disapproval of pornography on couples' sexual and relationship satisfaction. *Journal of Sex & Marital Therapy*, 46(7), 660-682. <https://doi.org/10.1080/0092623X.2020.1783409>

Floyd et al. (2020) looked at 493 participants (220 male, 273 female), with 66% married and 34% in a monogamous dating relationship and had intentionally used pornography in the last 6 months. 79% of the respondents were Caucasians with the remaining 21% being mixed race indicating finding may be different if other ethnic groups were in the majority. This work looked at variations of the effects of pornography use and correlations with sexual shame, sexual satisfaction, relationship satisfaction, self-forgiveness, and moral disapproval. Floyd et al. (2020)

did not find support for their hypothesis regarding relationship satisfaction being negatively moderated by the moral disapproval of pornography use (H1). The use of pornography with moral disapproval of pornography did increase sexual shame (H2a). The use of pornography with moral disapproval of pornography did decrease sexual satisfaction (H2b). Sexual shame was found to decrease sexual satisfaction (H3a). Sexual shame was found to decrease couple's satisfaction (H4a). Sexual satisfaction was found to positively affect couple's satisfaction (H4b). There was no evidence to promote the idea of self-forgiveness effecting sexual shame due to pornography use (H5). Support was found to indicate that "a potential sequence may exist in which pornography use, amongst those high in moral disapproval of pornography, is associated with increased sexual shame, which is associated with decreased sexual satisfaction, leading to a subsequent reduction in couples' satisfaction" (H6)(discussion).

27.

Garcia, L. T., & Markey, C. (2007). Matching in sexual experience for married, cohabitating, and dating couples. *The Journal of Sex Research*, 44(3), 250-255.

<https://doi.org/10.1080/00224490701443817>

Garcia and Markey (2007) looked at the effect of previous sexual partners to consider if this had an influence on cohabitating couples or who a person would marry. Their work indicated limited effects on the cohabitating couple but did in fact influence who a person would marry. They found that people tend to marry people with similar sexual histories as themselves. It was unclear if this was an asked and answered factor with the couples or if the similarity in the number of previous sexual partners was a natural coming together of people with similar mindsets that were

able to connect without directly enquiring. Regardless of how they determined this, the alignment of similarity in past partners who they had intercourse with was found to lead to greater love, relationship satisfaction, and greater commitment to each other when compared to couples whose number of previous partners of intercourse was not similar.

28.

Gillespie, B. J. (2017). Correlates of sex frequency and sexual satisfaction among partnered older adults. *Journal of Sex & Marital Therapy*, 43(5), 403-423.

<https://doi.org/10.1080/0092623X.2016.1176608>

Gillespie (2017) considered the connections between frequency of sexual encounters and sexual satisfaction among older couples. Gillespie (2017) found that older couples are more prone to use open sexual communication and to create an atmosphere that is conducive to sexual experiences. Those couples who had higher sexual desires, found a synchronized timing of coming together for sexual encounters, had variety in sexual experiences (e.g., variety), were significantly linked to higher frequency of sexual encounters and high sexual satisfaction, as well as the use of sexual self-help books and materials. Gillespie (2017) found through this research that many older adults remain sexually active which is contrary to many commonly held ideas regarding older couples and their sexual activity, finding that many are remaining engaged in active and emotionally satisfying sex. This work points clinicians towards helping older couples to continue to be intentional regarding communication, emotional alignment, and variety in sexual novelty to help this population to benefit from sexual satisfaction.

29.

Gregoire, S. W., Lindenbach, R. G., & Sawatsky, J. (2021). *The great sex rescue: The lies you've been taught and how to recover what God intended* (1st ed.). Baker Books.

Gregoire et al., (2021) shared “If men understood women’s need for intimacy and women’s need to experience pleasure, and if churches started talking about mutuality, we would awaken women’s libidos and sexual response” (pg. 155).

Gregoire, S. W., Lindenbach, R. G., & Sawatsky, J. (2023). *She deserves better: Raising girls to resist toxic teachings on sex, self, and speaking up* (1st ed.). Baker Books, a division of Baker Publishing Group.

Gregoire et al., (2023) shared a story of Vera who had been taken home from school by her boyfriend (Colton) because she had a migraine. Colton raped Vera. This led her to seek advice from her youth leader at church who said, “it takes two to tango”. Vera was crushed because she did not want to tango! Gregorie says the church must do a better job of making clear what consent means. The church, Gregorie says, has been so intent to teach abstinence that they skipped right past consent. Gregoire et al., (2023) did a survey that said 44% of those who responded could not give a clear answer of what date rape is and only 11.8% said they could clearly identify date rape (pg. 156). This is a clear indication of a real problem!

The teachings of the church are often leading young ladies to believe they have the mandate to control how far is to far and when they must take the reigns to stop the progression of a make-out session. In essence, the church is teaching that men get so horny and excited that they simply will not be able to think about needing to stop. In another survey done by Gregoire et al (2023) the following conclusion was indicated, “Not only is being a sexual gatekeeper in high

school associated with poor self-esteem in high school, it also inhibits women's later sexual function and marital happiness" (pg. 166). This information points a spotlight on the immense need for the research being proposed in the paper. Many couples are suffering from teachings that put undue burdens on young ladies who are now adults and living as wives and mothers. A major hope of this proposed work is being able to share some of the various ideas and practices that couples who report having mutually satisfied sexual intimacy may share through our data gathering process may be a tool that helps another couple to move in the direction of experiencing mutually satisfied sexual intimacy. If this work helps just one couple, then it would have been extremely successful!

30.

Hernandez-Kane, K. M., & Mahoney, A. (2018). Sex through a sacred lens: Longitudinal effects of sanctification of marital sexuality. *Journal of Family Psychology*, 32(4), 425-434.

<https://doi.org/10.1037/fam0000392>

Hernandez-Kane and Mahoney (2018) looked at the Spiritual implications of sanctification on sex between spouses and found that higher levels of perceived sanctification of sex led to higher frequency of engagement in having sex together and experiencing both marital and sexual satisfaction.

31.

Hindin, M. J., & Muntifering, C. J. (2011). Women's autonomy and timing of most recent sexual intercourse in Sub-Saharan Africa: A multi-country analysis. *The Journal of Sex Research*, 48(6), 511-519. <https://doi.org/10.1080/00224499.2011.554918>

Hindin and Muntifering (2011) considered the autonomy of women in Sub-Saharan Africa to see what, if any effect this had on frequency of sex. They found that when women were the primary decision maker in the home, it had been a longer period since last intercourse (as much as a 100-fold difference). Hindin and Muntifering (2011) did not dive into the specific nuance to try to understand this dynamic better. However, they did suggest that future research consider whether the female being the decision maker affected her marital, sexual, emotional satisfaction and if it lessened the amount of pain or increased enjoyment with intercourse.

32.

Hirsch, J. S., & Nathanson, C. A. (2001). Some traditional methods are more modern than others: Rhythm, withdrawal and the changing meanings of sexual intimacy in Mexican companionate marriage. *Culture, Health & Sexuality*, 3(4), 413-428. <https://doi.org/10.1080/13691050110074228>

Hirsch and Nathanson (2001) looked at a group of 26 Mexican women with half of the respondents being in Atlanta, GA and the other half (sisters or sisters-in-law) (age 40 and under) residing in Mexico to consider attitudes about sex with their husbands. This work found that older women were apt to have a service or obligation to be performed using phraseology such as “when he uses me” to discuss intercourse where younger ladies desire enjoyment, fulfillment, and attempting to feels sensual for themselves and their husbands (e.g., wear lingerie), and use

terms like “making love”, “being together”, and “having relations” (pgs. 416-417). A thought was shared by one of the older respondents that stated that women used to go into marriage not knowing about sex but focused on cooking and taking care of the children whereas modern females have the advantage of having seen sexual activities in some form or hearing about sexual experiences via TV and Movies allowing them to go into marriage with a much higher understanding of sex and the potential for the enjoyment and pleasure they can also experience. The ladies in Atlanta also had neighbors who were also more informed, aid from the government or the ability to earn their own income, and access to contraceptive tools that empowered them to have a self-identity where the ladies in Mexico, though advanced from previous generations, were held more so to traditional ideas about sex and the women’s role in marriage. Rather than using modern contraceptives, the women (especially in Mexico) were taught to coitus interruptus (pulling out before ejaculation) or avoiding sex when being fertile as the means of birth control. One of the interviewees stated that this is the best part for both and to interrupt at that point is difficult to do in the moment. One lady said I now have seven children and if we keep using this method, I will have twelve. Hirsch and Nathanson (2001) also shared how important and influential the Catholic church is in Mexico and how Sunday is the only day both spouses are not working from sunup to sundown and may be able to enjoy a meal out, shopping, and attending church services where the Atlanta participants typically have many other opportunities for entertainment.

33.

Impett, E. A., Muise, A., & Peragine, D. (2014). Sexuality in the context of relationships. In D. L. Tolman, L. M. Diamond, J. A. Bauermeister, W. H. George, J. G. Pfaus, & L. M. Ward

(Eds.), *APA handbook of sexuality and psychology, Vol. 1. Person-based approaches* (pp. 269–315). American Psychological Association. <https://doi.org/10.1037/14193-010>

Impett et al., (2014) stated that securely attached people typically enjoy the blessings of having quality relationships and the enjoyment of great sex with their partners (pg. 278).

Impett et al., (2014) says that sexual desire is an important characteristic of the level of enjoyment that spouses will receive. This may be for a variety of reasons from physical attraction to thoughtfulness by a spouse (pg. 280).

Impett et al., (2014) understands that couples who are in sink and desire one another are less likely to find themselves considering separation. Desire is a force that draws people in towards one another (pg. 281).

Impett et al., (2014) find that women who struggled with a “desire discrepancy” were shown as having sex less frequently and were less satisfied with their sexual encounters (pg. 283).

Impett et al., (2014) work indicated that engaging in activities together that have an element of excitement are likely to help to increase the potential for increased satisfaction and keeping a couple from the traditional waning that often occurs in their passion towards one another (pg. 283).

Impett et al., (2014) quotes Kleinplatz regarding her research on optimal sexuality as saying, (2006; Kleinplatz et al., 2009) “...that great sex has little to do with physical function but instead involves the critical factors of being present, connection, deep sexual and erotic intimacy, extraordinary communication, interpersonal risk taking and exploration, authenticity, vulnerability, and transcendence” (pg. 286).

Jocz, P., Stolarski, M., & Jankowski, K. S. (2018). Similarity in chronotype and preferred time for sex and its role in relationship quality and sexual satisfaction. *Frontiers in Psychology, 9*, 443-443. <https://doi.org/10.3389/fpsyg.2018.00443>

Jocz et al. (2018) looked at the “chronotype” (preference to sleep or are more alert) regarding males and females preferred times to have sex. They found that regardless of the preferences for nighttime or daytime sex, the women was the determining factor for when sex typically takes place. Interestingly, a person having sex at their preferred time does influence their relationship and sexual satisfaction. With men their preference for when to have sex was directly associated with their chronotype where the women in their study, regardless of chronotype preference, wanted to have sex at night. Sexual satisfaction was higher for both couples when they adhered to the woman’s time to have sex, and the woman had higher levels of relationship satisfaction.

35.

Lazar, A. (2016). The moderating effect of religiousness and spirituality on the relation between dyadic sexual and non-sexual communication with sexual and marital satisfaction among married Jewish women. *Archive for the Psychology of Religion, 38*(3), 353-377. <https://doi.org/10.1163/15736121-12341321>

Lazar (2016) considered the responses of 342 Jewish married women to think about how spirituality and religiosity moderated the sexual and nonsexual communications and how these interacted with marital and sexual satisfaction. Lazar (2016) stated that, “strong associations between all of these variables were found (pg. 366). This work found evidence that the non-religious had higher effects of sexual and nonsexual communication on their marital satisfaction. Sexual communication was found to have a strong effect on sexual satisfaction which Lazar

(2016) took as an indication that sexual satisfaction may be more easily interpreted and understood than marital communication for the outcomes of marital communication were less distinct. Lazar (2016) did not find that religiosity mediated sexual satisfaction speculating that this is the case because both religious and non-religious people typically enjoy sex. A flaw I see with quantitative research is statements like this one made by Lazar (2016), “After controlling for sexual communication, non-sexual communication has no special contribution to sexual satisfaction” which is what the data said while no reasonable person would believe this to be factual. Anyone who has ever been in a marriage knows that nonsexual communication (e.g., conversations around household chores, finances, hobbies etc.) absolutely affects sexual satisfaction.

36.

Leavitt, C. E., Maurer, T. F., Clyde, T. L., Clarke, R. W., Busby, D. M., Yorgason, J. B., Holmes, E. K., & James, S. (2021). Linking sexual mindfulness to mixed-sex couples’ relational flourishing, sexual harmony, and orgasm. *Archives of Sexual Behavior*, 50(6), 2589-2602. <https://doi.org/10.1007/s10508-021-02054-0>

Leavitt et al. (2021) looked at the potential that utilization of mindfulness in sexual encounters may have on a married couple’s sexual satisfaction. Much like the benefits of mindfulness techniques to help slow life down to experience the intricacies of life, their work indicates utilization of mindfulness techniques in sexual encounters has the probability of increasing sexual orgasm for each and especially increasing the consistency for the female. Helping each partner to be in the nonjudgmental and to be present and using their senses to make the encounter

focused and intense has the propensity to enhance the experience for the male (who is typically achieving organism with sexual intercourse) and hopefully exponentially increase the likelihood of more consistent orgasms for the female. Leavitt et al. (2021) state, “We found that both husband’s and wives’ ability to be present, aware, and accepting during a sexual experience was linked to relational flourishing both for themselves and for their partner” (pg. 2599).

37.

Leavitt, C. E., & Willoughby, B. J. (2015). Associations between attempts at physical intimacy and relational outcomes among cohabiting and married couples. *Journal of Social and Personal Relationships*, 32(2), 241-262. <https://doi.org/10.1177/0265407514529067>

When reading the work by Leavitt and Willoughby (2015) it appeared there is a fine line between having positive effects of sexual initiation and the negative effects of the perception of sexual coercion. Men were found to be more likely to be the actors of sexual coercion and women the partner being coerced and was viewed negatively by the partner. When the table was turned and the woman were the coercers, the men did not perceive the interaction negatively. Couples who had more frequent initiation were found to have higher levels of relational satisfaction often regardless of if intercourse resulted from the initiation. There appeared to be a correlation between making efforts to be sexually intimate and sexual desire leading Leavitt and Willoughby (2015) to believe the attempt at intimacy (regardless of sex occurring) was signaling the desire aspect of the couples in their study. Leavitt and Willoughby (2015) also found evidence to support the idea that when each partner initiates sexual intimacy, their relationship satisfaction and positive communication were improved and that conflict was lessened.

38.

Legkauskas, V., & Stankevičienė, D. (2009). Premarital sex and marital satisfaction of middle aged men and women: A study of married Lithuanian couples. *Sex Roles, 60*(1-2), 21-32.

<https://doi.org/10.1007/s11199-008-9497-0>

Legkauskas & Stankevičienė (2009) did research with the Lithuanian population where there had been heavy influence from Russian communism which had a very conservative view of what was appropriate when it comes to sexuality. Legkauskas & Stankevičienė (2009) quote Zalytis (1985) (a Soviet-era writer) as stating that men were not able to resist the temptations of a women so females would have to be the resistance and saw it as the women's fault when sex occurred outside of marriage (pg. 22). Writers of Zalytis's type believed sex outside of marriage was increasing and blamed it on the morals were waning, more readily available contraceptives, and the medias influence (pg. 22). Legkauskas & Stankevičienė (2009) goes on to speculate that those who participate in sex outside of marriage may have other characteristics that lend them to also not have relationship satisfaction when married (e.g., poor impulse control, inability to resist peer pressure, rebellious against tradition, sensation seeking etc.), or it may be that participating in premarital sex may skew the perception of sex and cause contention between the couple (pg. 24). Legkauskas & Stankevičienė (2009) found a positive correlation between the age of first sexual experience and the level of marital satisfaction in women (i.e., the later a female began having sexual intercourse the more satisfied she is in her marital relationship), but this was not found in men. An odd finding was that premarital sex partners did not indicate a significant impact on marriage satisfaction. Their work also found that men who had cohabitated prior to

marriage had significantly lower levels of marital satisfaction, where this was not found to be the case with women.

39.

Lesch, E., & Adams, A. R. (2016). Sexual intimacy constructions of heterosexual couples living in a low-income, "colored," farmworker community in south Africa. *The Journal of Sex Research*, 53(9), 1082-1095. <https://doi.org/10.1080/00224499.2016.1144170>

Lesch and Adams (2016) looked at sexual habits among colored low-income farm workers in South Africa. This population has typically been observed for negative attributes that lead to the spread of HIV and other STDs. Lesch and Adams (2016) decided to look at the positive aspects of the sexual experiences of this population. Their work helped to see the heavy influence of the Christian faith on what is constituted as right and good. Unfortunately, males are often overlooked for sexual intercourse with those who are not their spouse. One participant said her husband had sex with other women early in their marriage and she took him in the bushes and beat him. He later said he does not do that anymore because she would hurt the other women. There were many respectable ideas shared such as being hindered from having sex together as often as they wished due to their living in one room with their children or other family members. The couple would either have to wait until everyone was asleep or find another place where they could be sexually intimate. They shared some interesting phrase that referenced having sex like "are we going to Cape Town tonight". AN unfortunate idea that seemed to be present from the Christian perspective was the idea that the woman is somehow responsible to satisfy her husband in a type of gatekeeping role to keep him from wondering to other females. Though it is true the Bible refers to the man and woman giving sexual rights to one another, it should not be inferred

that the man is without his own moral duty to remain faithful to his spouse. One participant referred to a room in the backyard where they would go to be sexually intimate. He stated that often he would give her the look, and she would come with him to the room while at other occasions she would give him the look. What a great picture of a husband and wife desiring one another and having a special way to communicate that desire to one another.

40.

Li, L., Huang, X., Zheng, Q., Xiao, J., Shan, X., Chen, H., & Duan, X. (2025). Similarity or complementarity? Understanding marital relationships in terms of sexual dimorphism in brain morphometry and gender roles. *Neuro Image (Orlando, Fla.)*, 305, 120974.

<https://doi.org/10.1016/j.neuroimage.2024.120974>

Li et al., (2025) looked at attributes of brain function in heterosexual married couples in consideration of relationship and sexual outcomes. They found that when higher male attributes are found in a male, they tend to have higher marital satisfaction where these attributes were found to cause a negative response in women when of the same type of masculine traits, while variations of masculine traits were found to be far more harmonious. When higher female attributes were present, this led to positive results for both males and female. Li et al., (2025) go on to say that a couple may benefit from more “diversification” between personality types with the reasoning being they will potentially be more well-rounded and able to better divide the task associated with a marriage and get more accomplished with such a plan (section 4.2).

41.

Mallory, A. B. (2022). Dimensions of couples' sexual communication, relationship satisfaction, and sexual satisfaction: A meta-analysis. *Journal of Family Psychology*, 36(3), 358-371.

<https://doi.org/10.1037/fam0000946>

How does communication regarding sexuality affect the sexual satisfaction in a marriage?

Mallory (2022) says that sexual satisfaction is enhanced by sexual communication. This then has a positive effect on the overall relationship. Mallory's research also indicated that there is a fine balance between speaking about sex too early in a relationship and giving the relationship enough time to be comfortable with the topic. Their efforts did not offer a specific time frame of when the sweet spot to begin a sexual communication effort would be, however, the idea to have open sexual communication opens the door to explore fantasies and various aspects about sexual partnership to improve the experience for both male and female alike.

42.

Mark, K.P., Leistner, C.E. & Dai, M. (2019). Daily Sexual Desire and Its Impact on Next-Day Desire and Behavior in Mixed Sex Couples. *Arch Sex Behavior*, 48, 795–801 (2019).

<https://doi.org/10.1007/s10508-018-1320-6>

Mark et al., (2019) demonstrated found that the female participants in their study were more apt to have higher levels of next day sexual desire when their male partner demonstrated a higher level of sexual desire on the previous day. They theorize that this may be impart due to a large number of women tend to indicate a higher level of sexual desire when they feel attractive. Their thought is that the man's showing a higher level of desire towards the female enhances her felt attractiveness and thus increases her sexual desire. The work being proposed hopes to see if this idea holds true for the Christian married couples or if there are some differing nuances present.

The perception is that there will be very similar and different aspects of relational nuances that will promote or detract from either the male or female's individual and possibly combined sexual desires for one another.

43.

Mark, K.P., Vowels, L. M., Leistner, C.E. (2020). "Not Tonight, Honey:" Reasons Couples Do Not Engage in Sex and Their Impact on Satisfaction and Desire. *The Journal of Sexual Medicine*. Volume 17, Issue 3, March 2020, Pages 431–441.

<https://doi.org/10.1016/j.jsxm.2019.12.011>

Kristen et al., (2020) chose to do their research from the opposite perspective. Where I aim to find the things that promote a mutually satisfying sexual intimacy, they looked at some of the problems that may hinder it. They found many things of interest with one being the women are apt to take responsibility for not engaging in sexual intimacy where men are more likely to give credit to their mate. As a man myself, I would tend to say this is a statement of fact rather than a shifting of the blame. My perspective seems to be a general truth while not being an absolute. Another interesting outcome of Kristen et al., (2020) is the finding that men who are generally more likely to seek "physical closeness" to enhance relationship satisfaction. The higher the general relationship satisfaction of both the male and female, the more agreeable the couple tended to be with a mutual alignment to not engage in sexual intimacy. The speculation was that closeness may have already been achieved and therefore the sexual encounter was not necessary to accomplish it. This is so interesting to consider that a couple who has higher relationship satisfaction may be in agreement to not have sexual intimacy because they have fed one another through other aspects of their relationship. It will be interesting to see if my research participants

point to similar attributes being present in their relationship overall satisfaction regardless of actual engagement in the act of sexual intimacy. This article has helped me to think of additional questions that had not previously been in my thoughts.

44.

McCann, J. T., & Biaggio, M. K. (1989). Sexual satisfaction in marriage as a function of life meaning. *Archives of Sexual Behavior*, 18(1), 59-72. <https://doi.org/10.1007/BF01579292>

McCann and Biaggio (1989) used the Sexual Interaction Inventory (created by Lopiccolo and Steger (1974)) to gauge the level of sexual enjoyment of their participants by having them to go through the 17-item scale that covers seeing their partner nude to having intercourse (pg. 62). Further they utilized five scales (Frequency Dissatisfaction Scale, Self-Acceptance Scale, Pleasure Mean Scale, Perceptual Accuracy Scale, and the Mate Acceptance Scale) that all had the oddity of scoring the “dissatisfaction” of the participants sexual encounters (except for the Pleasure Mean) (pg. 63). They also utilized a two item religiosity scale to factor in the implications this may have on their findings. McCann and Biaggio (1989) found that higher levels of purpose, higher levels of inner directedness, and “time competence aspects of self-actualization”, in the lives of their participants typically had indications of areas of their sex life as well (pg. 65). Conversely, high levels of selfism and egocentrism were found to be associated with higher levels of dissatisfaction with frequency, amount of personal pleasure, and the overall level of pleasure gained from their sexual activities (pg. 65). Another intriguing finding was that the women were often found to have higher levels of sexual pleasure when their partners had higher levels of egocentrism while being lower when their male partner was self-actualized (pg. 69).

45.

Miller, A. J., & Worthington, E. L. (2010). Sex differences in forgiveness and mental health in recently married couples. *The Journal of Positive Psychology, 5*(1), 12-23.

<https://doi.org/10.1080/17439760903271140>

Miller and Worthington, (2010) in their study with 311 community-based newlywed couples found that men were more apt to portray empathy and be more forgiving for a perceived wrong against them by their spouse that had not been resolved fully. This idea was indicated to be an accurate perception that men are more forgiving by the females while men did not reciprocate this as reality for women. These perceptions were different by gender, the level of the offense, and the level of satisfaction with the marriage generally. Miller and Worthington, (2010) put forward the thought that couples need to be helped to learn to forgive as it has a direct association with a higher potential for mental health issues when issues are not addressed.

46.

Perry, S. L., & Snawder, K. J. (2017). Pornography, religion, and Parent–Child relationship quality. *Archives of Sexual Behavior, 46*(6), 1747-1761. [https://doi.org/10.1007/s10508-016-](https://doi.org/10.1007/s10508-016-0927-8)

[0927-8](https://doi.org/10.1007/s10508-016-0927-8)

Perry & Snawder (2017), “[A]s pornography consumption increased, parents who attended religious services more frequently showed declining communication with their children, compared to those who attended religious services less often.”

47.

Perry, S. L., & Whitehead, A. L. (2019). Only bad for believers? Religion, pornography use, and sexual satisfaction among American men. *The Journal of Sex Research*, 56(1), 50- 61.

<https://doi.org/10.1080/00224499.2017.1423017>

Perry & Whitehead (2019), “Those who attended church weekly or more and viewed an X-rated movie were more likely to report a divorce, have an extramarital affair, and report lower marital happiness compared to those who did not attend weekly.”

Perry & Whitehead (2019), “...[M]en who attended services regularly but also reported more frequent pornography consumption reported the lowest levels of sexual satisfaction.

Perry & Whitehead (2019), “...[I]t is likely that men who attend worship services more often (indicating greater attachment to a religious community) or have a higher opinion of the Bible (indicating it serves as a source of moral authority in their lives) but also view pornography fairly regularly are more likely to experience guilt and shame that potentially colors their evaluation of their own sex lives.”

48.

Phillips, L. C., Moen, C. E., DiLella, N. M., & Volk, F. A. (2019). The moderating influence of self-compassion on the relationship between shame tendency and hypersexuality. *Sexual*

Addiction & Compulsivity, 26(1-2), 103-125.

<https://doi.org/10.1080/10720162.2019.1608878>

Phillip et al., (2019), “[W]hen people have low levels of shame, and frequently engage in judging themselves, over-identifying with their thoughts and feelings, and seeing themselves as

alone with their problems, they tend to have greater hypersexual behavior compared to those who did not judge themselves, over-identify, or perceive that they were alone.”

49.

Pierce, L., Dahl, M. S., & Nielsen, J. (2013). In sickness and in wealth: Psychological and sexual costs of income comparison in marriage. *Personality & Social Psychology Bulletin*, 39(3), 359-374. <https://doi.org/10.1177/0146167212475321>

Pierce et al. (2013) were able to gather an incredible amount of public data in Denmark due to the way that nation tracks income and medical information. They looked to see if erectile dysfunction (ed) medication was being taken at higher levels by men whose wife out earned them financially. Their work indeed noted a 10% increase in the number of men taking ed medication when their wives even slightly out earned them financially. Pierce et al. (2013) also noted increased stress and insomnia among wives who earned nearly equal or greater incomes as their male spouses. An interesting thought is regarding a comment made in this work regarding Denmark’s progressive mindset towards the roles of women in society. If this dynamic is present there where traditional norms have been challenged and often ignored, then what affect would be seen if the same data could be gather in a more traditionally minded nation?

50.

Rasmussen, K. R., & Kohut, T. (2019). Does religious attendance moderate the connection between pornography consumption and attitudes toward women? *The Journal of Sex Research*, 56(1), 38-49. <https://doi.org/10.1080/00224499.2017.1396571>

Nothing Used—Basically it wants us to believe that men develop a more egalitarian view of women by watch pornography.

51.

Regnerus, M., Gordon, D., & Price, J. (2016). Documenting pornography use in America: A comparative analysis of methodological approaches. *The Journal of Sex Research*, 53(7), 873-881. <https://doi.org/10.1080/00224499.2015.1096886>

Regnerus (2016) were considering why four studies showed different levels of pornography consumption among US citizens. They found that longer term frames of time rather than shorter time frames may have caused recall bias. Their suggestion was to use shorter more specific time recalling especially when sensitive topics are being reviewed and the utilization of more specific survey methods. Additionally, it was found that individuals being interviewed in person were found to report lower pornography use than those respondents answering survey questions via a computer where a greater perception of anonymity was present.

52.

Reid, R. C., Carpenter, B. N., & Hook, J. N. (2016). Investigating correlates of hypersexual behavior in religious patients. *Sexual Addiction & Compulsivity*, 23(2-3), 296-312.

<https://doi.org/10.1080/10720162.2015.1130002>

Reid et al. (2016) looked at the occurrence of hypersexual behaviors, psychological behaviors and religious ideals in a religious clinical setting to see the interaction of religiosity with these issues. Minimal effects were found while there was a lower instance of anxiety and substance use

found among this population as compared to hypersexual patients in a typical clinical settings causing the authors to speculate there may be something within the religious framework that helped in these areas. Conversely, the religious group that were hypersexual had higher occurrences of depression and very similar levels of shame, life satisfaction, impulsivity, or stress proneness as the non-religious participants. Reid et al. (2016) did find that though the religious group had similar hypersexual encounters as the non-religious the religious group was had far less lifetime sexual partners and were more likely to handle the urges individually.

53.

Rigo, C., & Saroglou, V. (2018). Religiosity and sexual behavior: Tense relationships and underlying affects and cognitions in samples of Christian and Muslim traditions. *Archive for the Psychology of Religion*, 40(2-3), 176-201. <https://doi.org/10.1163/15736121-12341359>

Rigo and Saroglou (2018) seem to have a skewed view of religious groups, namely the Christian and Islamic ideas they propose to be studying. It is possible that their pool of participants was from very conservative sects of each. Rigo and Saroglou (2018) indicate that both Christian and Islamic views are similar when it comes to sexuality, and each scored almost identically on the questions asked during the study. Rigo and Saroglou (2018) have arrived at the understanding that both religious groups find sex to be more utilitarian and frown upon seeking pleasure or engaging in fantasies. According to Rigo and Saroglou (2018) both religious groups are less likely to engage in intercourse or masturbation due to the guilt associated with such actions. Their study even goes as far stating that the “similarities between the two studies underline the fact that religion’s suspicion of sexuality is not restricted to Christianity, whose theology is perceived as having amplified sexual guilt, but extends to the second major world religion,

Islam” (pg. 193). Clearer a statement of bias to say, “...whose theology is perceived as having amplified sexual guilt...” (pg. 193). I know it is not the purpose of this review to criticize authors, but the Christian faith has verses such as 1 Corinthians 7:3—“A husband should give to his wife her sexual rights, and likewise a wife to her husband” (NET). This seems to be a bit more involved than procreating. Also, you can read in Song of Solomon verses such as 7:7-9—“Your stature is like a palm tree, and your breasts are like clusters of grapes. I want to climb the palm tree and take hold of its fruit stalks. May your breasts be like the clusters of grapes and may the fragrance of your breath be like apricots! May your mouth be like the best wine, flowing smoothly for my beloved, gliding gently over our lips as we sleep together” (NET). These verses indicate that Solomon had some sensually motivated plans for his lady. There are many more verses that could be used to illustrate the Christian faith is pro pleasure and fantasy when directed at one’s spouse.

54.

Roza, T. H., Noronha, L. T., Shintani, A. O., Massuda, R., Lobato, M. I. R., Kessler, F. H. P., & Passos, I. C. (2024). Treatment approaches for problematic pornography use: A systematic review. *Archives of Sexual Behavior*, 53(2), 645-672. <https://doi.org/10.1007/s10508-023-02699-z>

Roza et al. (2024) looked at treatments for problematic porn use (PPU) with Cognitive Behavioral Therapy being found useful by affecting impulse control, emotional regulation, and behavioral change. Some studies found discussed the use of **opioid antagonists** (e.g., *naltrexone*) and **antidepressants** with one mentioning the use of **repetitive transcranial**

magnetic stimulation. None of these were seen by Roza et al. (2024) to be strongly supported curative modalities.

55.

Sayyadi, F., Golmakani, N., Ebrahimi, M., & Saki, A. (2018). The relationship between sexual assertiveness and positive feelings towards spouse in married women. *Journal of Midwifery and Reproductive Health*, 6(3), 1305-1310. <https://doi.org/10.22038/jmrh.2018.21276.1225>

Sayyadi et al. (2018) considered the role of sexual assertiveness and its effects on how one feels about their spouse. They interviewed 60 women who came into Imam Reza Medical Center in Mashhad, Iran. Sayyadi et al. (2018) state, “sexual assertiveness is considered as a person's ability to have intercourse to meet his/her sexual needs and promote sexual relationships with the spouse” (pg. 1314). This may be better explained as the value of sexual communication. Sayyadi et al. (2018) find there is evidence to support the idea that sexual assertiveness does indeed build positive feeling towards their spouse, develops positively effects sexual and emotional stability in the relationship. Their work adds to the literature in support of helping couples to improve upon their sexual communication skills to be able to move towards mutually satisfying sexual experiences together.

56.

Short, M. B., Kasper, T. E., & Wetterneck, C. T. (2015). The relationship between religiosity and internet pornography use. *Journal of Religion and Health*, 54(2), 571-583.

<https://doi.org/10.1007/s10943-014-9849-8>

Short et al., (2015), Of 223 participants ages 18 to 53 indicated, “When asked whether IP interfered in certain life domains, participants reported that IP interfered with their relationship with God the most (16.1 %), their spirituality second (14.3 %), while sleep and religious participation came next (6.3 %) and (4.9 %), respectively. Interference in other life domains was reported <4 % in the remaining areas; this included marriage, other relationships, job/school, finances, health, belief in God, and membership to religious affiliation.”

Short et al., (2015), “With regard to frequency of use (minutes/week), at t test was conducted to examine the effects of the absence or presence of religiosity (religious and non-religious) on frequency of IP use. Overall, there was no difference between religiosity and frequency of use ($t(140) = 1.69, p = .09$); however, on average, non-religious individuals viewed IP more often (97.82 min/week) than religious individuals (61.60).”

Short et al., (2015), “...[I]t appears that when individuals do not adhere or behave according to their spiritual values, they are more likely to engage in IP use. In another way, it could be that increasing IP use leads to one feeling like religion is either less important or they are less committed to behaviors in that domain.”

57.

Skoblow, H. F., Drewelies, J., & Proulx, C. M. (2023). Sexual activity and satisfaction in older adult dyads: The role of perceptions of aging. *The Gerontologist*, 63(2), 251-260.

<https://doi.org/10.1093/geront/gnac099>

Skoblow et al., (2023) looked at older couples and the attributes that effected their sexual activity frequency and enjoyment. They found that the individuals who had a more positive view of aging (what they refer to as perception of aging) were far more likely to be engaged in and enjoying sexual activity. A finding that seems counterintuitive was that the actor's attitude towards aging did not show to have a significant effect on the partner's attitude and outcomes. Skoblow et al., (2023) see the value of being sexually active and make the suggestion that counselors who work with older people help them to work toward a better perception of aging and break the no sex in old age stereotype.

58.

Slosarz, W. J. (2000). Frequency of sexual behaviour and associated pleasure in a population of married polish students. *Sexual and Relationship Therapy*, 15(1), 59-65.

<https://doi.org/10.1080/14681990050001565>

Slosarz, W. J. (2000) surveyed 200 married people between the ages of 25-40 and looked at sexual encounters to see what was consider as having brought the highest levels of pleasure. The most frequently reported was penal-vaginal intercourse followed by male mouth on breast, male hand on vagina, hand on breast, intercourse with both achieving orgasm. Intercourse with mutual orgasm was noted to be considered the most pleasurable where hand and oral stimulation were ranked much lower while still inducing pleasure. Slosarz, W. J. (2000) describe these encounters as being low in adventure which is implied to be associated with the large Catholic influence. The men were far more apt to reporting sexual pleasure as compared with the women in the study.

59.

Smith, A., Lyons, A., Ferris, J., Richters, J., Pitts, M., & Shelley, J. (2010). Are sexual problems more common in women who have had a tubal ligation? A population-based study of Australian women. *BJOG: An International Journal of Obstetrics and Gynaecology*, *117*(4), 463-468. <https://doi.org/10.1111/j.1471-0528.2009.02469.x>

Smith et al. (2010) spoke with 447 women who had the tubes tied and found they had desire for sex at higher rates, reached orgasm more quickly, enjoyed sex more, and enjoyed naturally occurring sexual wetness during intercourse, report higher levels of relationship satisfaction, as compared with women who had not had their tubes tied. Smith et al. (2010) thought increased pleasure and satisfaction may be in part due to lower stress over the potential for pregnancy and potentially a result of having been on birth control which has the potential to lower libido.

60.

Smith, A. G., Bardach, S. H., Barber, J. M., Williams, A., Rhodus, E. K., Parsons, K. K., & Jicha, G. A. (2021). Associations of future cognitive decline with sexual satisfaction among married older adults. *Clinical Gerontologist*, *44*(3), 345-353. <https://doi.org/10.1080/07317115.2021.1887420>

Smith et al. (2021) looked at the association between cognitive decline and sexual satisfaction and found that a higher level of sexual satisfaction had a significant association with a lower likelihood of cognitive impairment where other areas such as romance and emotional intimacy were not found to indicate a positive or negative effect. With the evidence pointing towards a

lower likelihood of dementia with higher levels of sexual satisfaction, it was suggested that clinicians assess older individuals for levels of sexual satisfaction and make referrals to help lead to improvements with their sexual satisfaction. Smith et al. (2021) conclude with by telling their readers that their effort has added to the girth of information that points to the importance of relational quality and intimate wellbeing to promote longer term sustainability cognitive abilities.

61.

Tan, P. L. (2021). Stress, fatigue, and sexual spontaneity among married couples in a high-stress society: Evidence from sex diary data from Singapore. *Archives of Sexual Behavior*, 50(6), 2579-2588. <https://doi.org/10.1007/s10508-020-01848-y>

Tan (2021) found the married women in Singapore they surveyed were far more likely to have sex during weekends with the age group of 25-29 having a higher frequency than did the 30-34 age group. Women who were not stressed or had average stress and women were not tired also indicated higher levels of sexual intercourse within the previous two weeks of the study (pg.2584).

62.

Tan, S., Goh, Y. S., Mohd Zaharim, N., Gan, S. W., Yap, C. C., Nainee, S., & Lee, L. K. (2022). Problematic internet pornography use and psychological distress among emerging adults in Malaysia: Gender as a moderator. *International Journal of Environmental Research and Public Health*, 19(6), 3682. <https://doi.org/10.3390/ijerph19063682>

Tan et al. (2022) looked at problematic internet pornography use (PIPU) and found that persons with higher PIPU were also found to have higher incidence of depression, anxiety, and stress. These effects were seen in both sexes, but the levels of distress were stronger in females. Tan et al. (2022) saw this as being an effect of conservative cultural norms. Their work points the counseling field to consider ways to educate individuals regarding the use of porn with a gender specific perspective of the potentiality of negative outcomes being associated with its use.

63.

Volk, F., Floyd, C. G., Bohannon, K. E., Cole, S. M., McNichol, K. M., Schott, E. A., & Williams, Z. D. R. (2019). The moderating role of the tendency to blame others in the development of perceived addiction, shame, and depression in pornography users. *Sexual Addiction & Compulsivity*, 26(3-4), 239-261.

<https://doi.org/10.1080/10720162.2019.1670301>

Volk et al., (2019), "...there has been little work understanding the factors that may attenuate or exacerbate the relationship between pornography users' moral incongruence and developing negative psychological functioning." Volk et al., (2019) looked at the moderating effect of blaming others where the present work is looking at the moderation effect of relationship satisfaction on moral incongruence.

64.

Volk, F., Thomas, J., Sosin, L., Jacob, V., & Moen, C. (2016). Religiosity, developmental context, and sexual shame in pornography users: A serial mediation model. *Sexual Addiction & Compulsivity*, 23(2-3), 244–259. <https://doi.org/10.1080/10720162.2016.1151391>

“Sexual shame generates a high level of self-consciousness. While perceiving and ruminating on the fear that deficiencies in the sexual self will be exposed, a hiding process is activated to prevent others from knowing the true self” (Volk et al., 2016). Just as with ‘sexual shame’, we are thinking that We are proposing this level of angst is lessened when there is relationship dissatisfaction. When a person’s primary relationship is diminished, their felt need to take to moral high ground may be diminished as well.

65.

Vowels, L. M., & Mark, K. P. (2020). Partners’ Daily Love and Desire as Predictors of Engagement in and Enjoyment of Sexual Activity. *Journal of Sex & Marital Therapy*, 46(4), 330–342. <https://doi.org/10.1080/0092623X.2019.1711274>

Vowels & Mark (2020) share that the studies they have reviewed indicate various outcome with some indicating the love and desire are different realities that are induced by different areas of the brain with other studies indicating they are of the same brain function while some indicate a middle ground and say it depends on the circumstances. Ultimately their work found the desire and love are factors of significance for both men and women with relationship satisfaction being a predictor for women. Works like Laura & Kristen help to bring to light some of the general differences between men and women that are thought to be obvious to some while completely overlooked by others. Similarly, the research being proposed hopes to bring to the fore various ideas regarding having mutually satisfying sexual intimacy that is apparent to some while

seemingly undiscoverable by others due to various aspects present for individuals that range from genetics to cultural influences. My desire is the couples being interviewed will bring to life some dynamics of their mutually satisfying sexual intimacy that has the potential to help other couples to awaken this gift from God (Proverbs 5:19 (NET)—“may you rejoice in your young wife—a loving doe, a graceful deer; may her breasts satisfy you at all times, may you be captivated by her love always.”) that often gets degraded by life and all that goes with being individuals in a busy world of distractions (e.g. “stress and fatigue, sexual confidence, health issues, alcohol use, exhaustion, busy schedules” Kristen et al., 2020).

66.

Wagner, S. A., Mattson, R. E., Davila, J., Johnson, M. D., & Cameron, N. M. (2020). Touch me just enough: The intersection of adult attachment, intimate touch, and marital satisfaction. *Journal of Social and Personal Relationships*, 37(6), 1945-1967.

<https://doi.org/10.1177/0265407520910791>

Wagner et al., (2020) looked at touch and its relationship with marital satisfaction. Their work found that touch is a critical part of marital satisfaction. A powerful finding was those who are hesitant or even touch avoidant can mitigate this by regular affectionate touch (e.g., for men cuddling, kissing). Infrequent touch brought about higher levels of dissatisfaction. Wives with avoidant touch had a negative effect on the husbands while they themselves did not experience significantly lower levels of touch satisfaction.

67.

Wallin, P., & Clark, A. L. (1964). Religiosity, sexual gratification, and marital satisfaction in the middle years of marriage. *Social Forces*, 42(3), 303-309. <https://doi.org/10.1093/sf/42.3.303>

Wallin and Clark (1964) found that higher levels of religiosity in women mitigated the impact of sexual satisfaction on the overall relationship satisfaction, while this was not found to be the case for the men (pg. 303). In an earlier study they used orgasm frequency as a measure of sexual satisfaction where in this study they determined that having the respondents report their level of enjoyment with their sexual encounters was a more reliable metric. Wallin and Clark (1964) shared data from their earlier work in 1963 in *Human Biology* regarding A Study of Orgasms as a Condition of Women's Enjoyment of Coitus in the Middle Years of Marriage to support this by showing that women reporting frequent orgasms fall into both categories of satisfied and unsatisfied with their sexual encounters (pg. 305).

68.

Whisman, M. A., Gordon, K. C., & Chatav, Y. (2007). Predicting sexual infidelity in a population-based sample of married individuals. *Journal of Family Psychology*, 21(2), 320-324. <https://doi.org/10.1037/0893-3200.21.2.320>

Whitman et al. (2007) looked at 2,291 married individuals and found that higher levels of neuroticism and lower religiosity were increased indicators of sexual infidelity as well as a heightened level of cheating during pregnancy by the males was present.

69.

Whisman, M. A., & Sanchez, L. (2024). "I know what you did": Associations between relationship satisfaction and reported and suspected extramarital sex. *Family Process*, 63(3), 1217-1230. <https://doi.org/10.1111/famp.12974>

Whisman and Sanchez (2024) looked at 236 married couples with 12% of men and 9% of women indicating extramarital affairs (this was a bit confusing because later in the article it stated that only couples who remained together after infidelity were included in the study). Couples were an average of 30 years old and married an average of five years. When husbands cheated, the wife knew 62% of the time and when women cheated the men knew about it 57% of the time. Of the spouses who reported no cheating, 9% of the men and 7% of the women were suspected of cheating. Whisman and Sanchez (2024) found that husbands and wives were less "less satisfied" if their spouse reported, was believed to have or believed their partner had engaged in extramarital sex. They further concluded that those who have had an affair but are keeping it a secret experience lower relationship satisfaction and fear their spouse finding out and are also conflicted about whether to tell their spouse or continue to keep it from them. Whisman and Sanchez (2024) found that hearing from their spouse of their own fruition regarding infidelity was better received than hearing from a third party about the infidelity.

70.

Willoughby, B.J., Busby, D.M. & Young-Petersen, B. Understanding Associations between Personal Definitions of Pornography, Using Pornography, and Depression. *Sexual Research Social Policy* 16, 342–356 (2019). <https://doi.org/10.1007/s13178-018-0345-x>

Dew et al., (2020) has a take on sexual satisfaction that is well reasoned and strive to take in multiple perspectives. They show that indeed couples who are involved in religiosity both publicly and privately are far more prone to enjoying sexual satisfaction. Dew et al., (2020) goes on to make clear that there were no factors to scale if sexual satisfaction lead to high levels of religiosity or if high levels of religiosity lead to higher levels of sexual satisfaction. Further it is unclear if their efforts point specifically to religiosity as causality or simply the convergence of the couples participating in extracurriculars that increase mutual participation. Though my intention is to be neutral, I am unavoidably biased as a Christian myself to personally understand the religiosity as being a unique advantage to increased sexual satisfaction, however I am unaware of specific research that has sought to provide clarity regarding these dynamics. I will certainly consider some research questions to glean the perspectives of my participants to at least broach the subject of their perceived reality regarding these dynamics.

71.

Wilt, J. A., Cooper, E. B., Grubbs, J. B., Exline, J. J., & Pargament, K. I. (2016). Associations of perceived addiction to internet pornography with religious/spiritual and psychological functioning. *Sexual Addiction & Compulsivity*, 23(2-3), 260-278.

<https://doi.org/10.1080/10720162.2016.1140604>

Referring to (Grubbs, Exline, Pargament, Volk, & Lindberg, 2014) and (Exline & Rose, 2013)“...[S]tudies showed that perceived addiction to IP was concurrently related to divine struggle (perceived conflict with a deity), moral struggle (perceived conflict between one's behavior and r/s values) and interpersonal struggle (conflicts with others regarding r/s issues) in large samples of adults and college students” (Wilt et al., 2016).

Among religious participants, “moral disapproval of pornography relates uniquely to distress resulting from using pornography but not to one's perceived compulsions regarding pornography or efforts to access pornography” (Wilt et al., 2016).

This work seemed to attempt to separate out “moral disapproval” from “religious/spiritual” as if to indicate one is not a direct correlation to the other.

72.

Witherow, M. P., Chandraiah, S., Seals, S. R., & Bugan, A. (2016). Relational intimacy and sexual frequency: A correlation or a cause? A clinical study of heterosexual married women.

Journal of Sex & Marital Therapy, 42(3), 277-286.

<https://doi.org/10.1080/0092623X.2015.1033574>

Witherow et al. (2016) did work that indicated marital intimacy is a crucial component in how frequently a couple will engage in sexual activities while they did not find evidence to support the inverse. However, much of their findings seem to be skewed by allowing multiple participants who met the criterion or were at the threshold to meet the criterion for sexual dysfunction.

73.

Wright, P. J., & Herbenick, D. (2022). Pornography and relational satisfaction: Exploring potential boundary conditions. *Archives of Sexual Behavior*, 51(8), 3839-3846.

<https://doi.org/10.1007/s10508-022-02406-4>

“Planned two-way interaction analysis indicated that this association was moderated by gender, however. More frequent pornography use was associated with lower relational satisfaction for men but not for women (for whom there was no relationship)” (Wright et al., 2022, pg. 3843).

“...[P]lanned two-way interaction effect analyses indicated that neither sexual orientation, race, relational length, religious participation, nor moral disapproval of pornography moderated the association between higher pornography use and lower relational satisfaction” (Wright et al., 2022, pg. 3844).

“Once more, neither sexual orientation, relational length, religious participation, nor moral disapproval of pornography emerged as a boundary condition. Race did, on the other hand. Specifically, the interaction between pornography consumption frequency and gender was moderated by race, such that pornography consumption was related to lower relational satisfaction for White men, but not White women or men or women of color” (Wright et al., 2022, pg. 3844).

“A reviewer also suggested that sexual guilt among the religious and those who morally disprove of pornography could intensify the link between pornography use and lower relational satisfaction through an increased likelihood of relational withdrawal” (Footnote; Wright et al., 2022, pg. 3840).

74.

Yucel, D., & Gassanov, M. A. (2010). Exploring actor and partner correlates of sexual satisfaction among married couples. *Social Science Research*, 39(5), 725-738.

<https://doi.org/10.1016/j.ssresearch.2009.09.002>

Yucel and Gassanov did work to consider the effects of one spouse's actions (the actor) on the other (the partner) in heterosexual couples. They considered factors like cohabitation and sex with each other before marriage and infidelity and porn use regarding how these variants affect the sexual frequency and satisfaction of the couple (pg. 725). Their results indicated that couples were found to be having sex at an average of six times in the previous month, 8 % of wives and 10% of husbands had ever cheated, 12% of husbands and 30% of wives reported their spouse viewed pornography, one in five couples waited until marriage to have sex with each other, over half cohabitated before marriage, and 25% of husbands and 21% of wives had cohabitated with someone other than their spouse (pg. 732). They found infidelity to be negatively correlated with sexual satisfaction. Women were negatively affected by their husband's porn use, the inverse was not found, while when both partners consumed porn no significant association was found. When one spouse is sexually satisfied the other is typically satisfied as well. A slightly positive correlation was found with those couples who waited until marriage to have sex, while a slightly negative correlation was found with those who cohabitated before marriage. Cohabitation with someone else had a significantly negative correlation on sexual satisfaction for both men and women. An unexpected finding was that infidelity had no significant actor effect on men or women (pg. 733). However, if the partner reported lower levels of sexual satisfaction. Those reporting sexual satisfaction were found to be having sex more often than the dissatisfied participants (pg. 735).

Zhang, H., Fan, S., & Yip, P. (2016). The association between female sexual dysfunction and the husband's erectile dysfunction: Evidence from married couples in Hong Kong. *Journal of Sex & Marital Therapy*, 42(3), 214-222. <https://doi.org/10.1080/0092623X.2014.996931>

Zhang et al. (2016) looked to see if female sexual dysfunction causal effect on the males' erectile dysfunction. While surveying 944 couples in Hong Kong, they found no evidence to support this idea. The only effect they realized was that the males' issues had causative traits regarding pain with intercourse (dyspareunia) and delayed orgasms for the females.