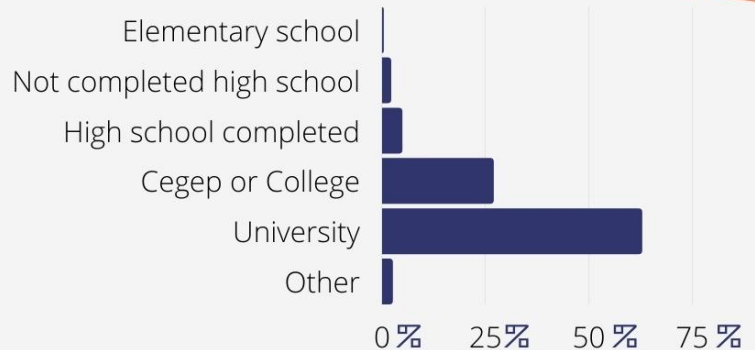


Sexual Well-Being among Long-Term Couples

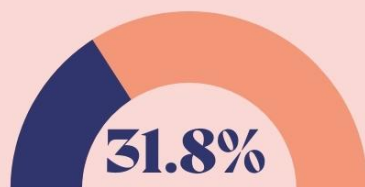
309 couples (Average age: 32.67 years, in a relationship for an average of 7.15 years) completed 3 surveys between January 2020 and December 2021

LEVEL OF EDUCATION

Participants completed an average of **16.16** academic years.



PARENTHOOD



31.8% are parents and have **1.91** (SD : 0.99) children, on average.



GENDER IDENTITY

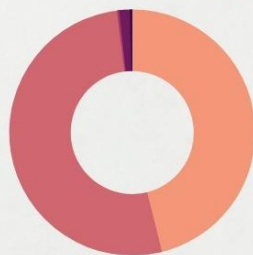
Non-binary or gender fluid

1.4 %

Bi-spiritual

0.3 %

Women
51.9 %



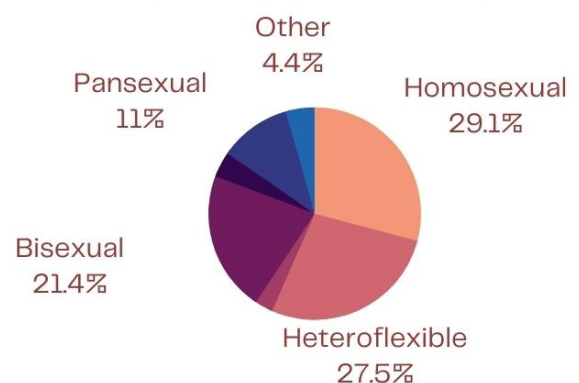
Men
46.1 %

1.6% of participants reported being **trans** or questioning their gender identity.

SEXUAL ORIENTATION

73.8% are heterosexual.

26.2% are part of sexual diversity:



Sexual Well-Being among Long-Term Couples

TIME 1
INITIAL SURVEY

TIME 2
6 MONTHS LATER

TIME 3
12 MONTHS LATER

NUMBER OF SEXUAL ACTIVITIES PER MONTH

The couples from the sample had an average...

8.64

7.10

6.91

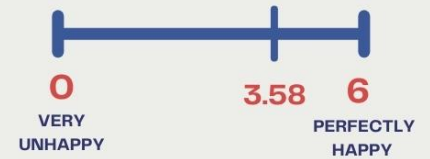
...sexual activities per month.

RELATIONSHIP SATISFACTION

TIME 1

TIME 2

TIME 3



SEXUAL SATISFACTION

TIME 1

TIME 2

TIME 3



Pornography use among Long-Term Couples

TIME 1
INITIAL SURVEY

TIME 2
6 MONTHS LATER

TIME 3
12 MONTHS LATER

TOP 5 MOTIVATIONS FOR WATCHING PORNOGRAPHY

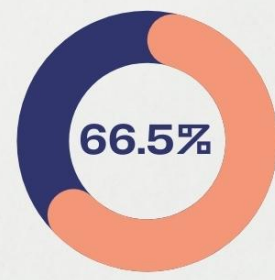
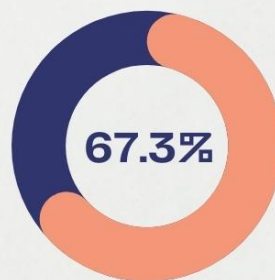
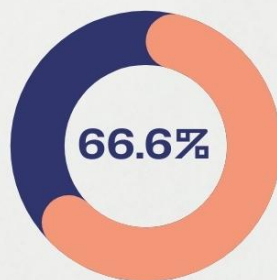
FOR THE 3 MEASUREMENT TIMES...

- 1 **Sexual Pleasure**
- 2 **Self-Exploration**
- 3 **Fantasy**
- 4 **Stress Reduction**
- 5 **Sexual Curiosity**

FREQUENCY OF USE IN THE LAST 3 MONTHS



HONESTY WITH PARTNER ABOUT PORNOGRAPHY USE



...are generally honest with their partner about their pornography use.