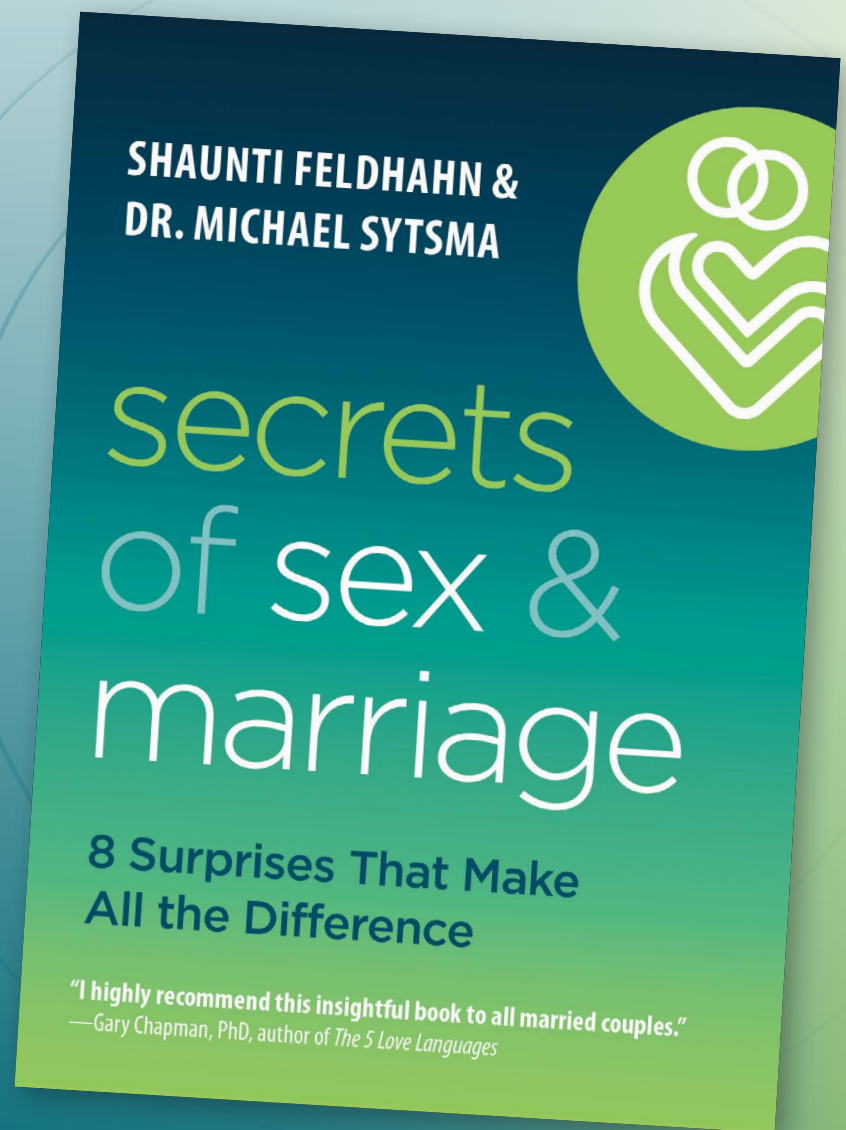




secrets of sex and marriage

Part of the Marriage Intimacy Project

Survey data and analysis current as of 1/30/2023



Detailed research methodology,
resources, and other details at
secretsofsexandmarriage.com

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About the Research:

The surveys used in the book *Secrets of Sex & Marriage* by Shaunti Feldhahn and Dr. Michael Sytsma, were conducted as a part of the Marriage Intimacy Project. **See the online [Methodology Appendix](#) for detailed methodology.**

In summary, the data presented here was collected through three key surveys:

- MPS (Matched Pair Survey) is a nationally-representative survey* of 501 married couples (1002 individuals married to each other), age 22-79. Conducted April 20 – June 7, 2021, appears to be the largest nationally-representative matched-pair survey of married couples ever conducted on the topic of sex.
- MIS (Married Individuals Survey) is a nationally-representative survey* of 1097 married individuals (data from only one spouse), age 21-75. This nationally-representative survey was conducted June 2-14, 2021 with the assistance of Dynata.
- MPS-C (Matched Pair Survey -Churchgoers) is a specialized survey of 250 church-going couples (500 individuals), age 20-80, at six diverse church events in 2021 across the United States.

A fourth specialized survey of 801 mental health professionals was also conducted October 27, 2020 through and January 31, 2021 through the American Association of Christian Counselors. (That survey asked professionals about their experience and perspective on this topic, and is not included here.)

** These surveys roughly approximate 2018 Census Bureau ratios, for multiple demographics, including gender, age, race/ethnicity, religious attendance, sexual orientation, education, and geographic region.*

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How to read this document:

All Marriage Intimacy Project survey data used in the book *Secrets of Sex & Marriage* is presented here. This document presents each survey question, and any additional analysis arising from that question, as follows.

You will see two types of data sets: The **results from the actual survey questions**, and **additional analysis** of that data. Other than pure demographics (designated by a “D-1”, “D-2” and so on), all data sets are presented in rough order as used in the book (rather than the order presented in the actual survey) and numbered based on the chapter in which they first appear (so 2-1 is the first survey data referenced in chapter 2).

Within each chapter section, a given survey question and its raw data (primarily relative frequencies, presented as a percentage) is presented first. For example, 2-1 shows relative frequencies for MPS, MIS and MPS-C, for the actual survey question “In general, how often **do** you engage in sexual activity...?”.

2-1 Frequency of sex (actual)
 In general, how often **do** you engage in sexual activity (of any kind) with your spouse?
 (Choose One Answer.)

	MPS	MIS	MPS-C
Not at all	8.7%	10.9%	2.6%
Less than once a month	14.4%	10.6%	7.6%
Subtotal: Low sex/no sex	23.1%	21.4%	10.2%
Once a month	9.4%	9.7%	8.8%
2-3 times a month ¹	18.7%	10.9%	26.0%
Subtotal: 1-3 times per month	28.0%	20.5%	34.8%
Once a week	15.9%	17.6%	23.2%
Twice a week	13.5%	16.0%	17.4%
Subtotal: 1-2 times per week	29.3%	33.5%	40.6%
3-4 times a week	11.7%	15.4%	11.6%
5-6 times a week	3.7%	5.2%	1.2%
Subtotal: 3-6 times per week	15.4%	20.6%	12.8%
Once a day	2.5%	2.2%	1.6%
More than once a day	1.7%	1.7%	0.0%
Subtotal: 1 time or more per day	4.2%	3.9%	1.6%

n=1002
n=1097
n=500

Then, where additional analysis was conducted based on that data (cross-tabulations, odds ratios, etc.), those tables are presented immediately following the primary data table on which they are based. Footnotes specify which survey the data was from (primarily MPS and/or MIS). Where analysis involved data from two or more survey questions, this document generally includes those

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following the first of those questions. For example, “Having sex (or not) by age group” is numbered as 2-2, as it shows the cross-tabulation of Chart 2-1 (frequency of sex) with Chart D-2 (age) from the MIS survey.

2-2 Having sex (or not) by age group
 Cross-tabulation of Have Sex and Low Sex/No Sex couples (Chart 2-1) with Age (Chart D-2).

AGE	HAVE SEX		LOW SEX/NO SEX	
	Percentage	Overall %	Percentage	Overall %
21-25	94.7%	94.6%	5.3%	5.4%
26-30	90.9%		9.1%	
31-35	95.3%		4.7%	
36-40	95.5%		4.5%	
41-45	83.8%	72.9%	16.2%	27.1%
46-50	77.0%		23.0%	
51-55	77.5%		22.5%	
56-60	57.3%		42.7%	
61-65	63.6%	64.2%	36.4%	35.8%
66-70	68.8%		31.3%	
71-75	61.0%		39.0%	

Survey: MIS, n=1097

Finally, footnotes present necessary analytical notes, including how various factors are categorized. For example, in 2-1, the footnote shares what is considered “have sex” versus “low sex/no sex” (based on the general categorization used by sex therapists):

Categorization Note: *In additional data analysis, these responses were categorized for cross tabulation purposes. When referenced, the terms, “Have Sex” and “Low Sex/No Sex” are defined as follows:*

Have Sex: all responses that are “Once a month” or more.

Low Sex/No Sex: responses of “Not at all” or “Less than once a month”

If you are a print publication or media representative, and would like to arrange an interview with Dr. Michael Sytsma or Shaunti Feldhahn about the book, survey, or methodology, please email webcontact@shaunti.com.

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D-1 Gender

What is your gender? (Choose One Answer)

	MPS	MIS	MPS-C
Male	48.5%	48.8%	50.0%
Female	51.5%	51.2%	50.0%
	<i>n</i> =1002	<i>n</i> =1097	<i>n</i> =500

D-2 Age

So we know your age group, which below best describes you? (Choose one.)

MPS ¹		MIS ²		MPS-C ³	
				<i>Less than 25 years old</i>	3.0%
				<i>25 to 30 years old</i>	11.4%
21-30 years old	15.0%	21-30 years old	7.8%	Up 30 years old Subtotal:	14.4%
31-40 years old	22.0%	31-40 years old	27.7%	31-40 years old	27.8%
41-50 years old	17.0%	41-50 years old	19.3%	41-50 years old	24.6%
51-60 years old	21.0%	51-60 years old	22.1%	51-60 years old	22.2%
61-70 years old	20.0%	61-70 years old	19.4%	61-70 years old	9.0%
				<i>71 to 75 years old</i>	1.8%
				<i>Over 75 years old</i>	0.2%
71+ years old	5.0%	71-75 years old	3.7%	71+ years old Subtotal:	2.0%
<i>n</i> =1002		<i>n</i> =1097		<i>n</i> =500	

¹ For MPS, respondent-provided year of birth converted to age and grouped for analysis purposes. (Under 21 and over 75 years old were disqualified during screening.)

² MIS age selection options were 21 years and older in 5 year groupings. (Under 21 were disqualified during screening.)

³ MPS-C age selection options were "less than 25 years old" through "Over 75 years old" in 5 year groupings.



D-3 Marital status

What is your current marital/romantic status? (Choose One Answer)

	MPS ¹	MIS ¹	MPS-C ²
Engaged; living with romantic partner	0.0%	0.0%	1.0%
Married, first time	77.2%	79.3%	77.8%
Married, not first time	22.8%	20.7%	21.0%

n=1002

n=1097

n=500

¹For MPS and MIS, all responses other than “Married, first time”; “Married, not first time” were disqualified during the screening process.

²For MPS-C, all responses other than “Engaged; living with romantic partner”; “Married, first time”; and “Married, not first time” were disqualified during the screening process.

D-4 Years married

How many years have you been married to your current spouse? (Choose One Answer)

	MPS ¹	MIS	MPS-C ¹
Less than 1	3.0%	1.8%	1.2%
1-5	19.4%	14.0%	28.4%
6-10	19.8%	17.5%	18.0%
11-15	11.0%	16.4%	11.6%
16-25	17.8%	18.3%	17.6%
26-40	20.6%	22.8%	18.8%
41-50	7.2%	7.9%	4.0%
51+	1.4%	1.2%	0.4%

n=1002

n=1097

n=500

¹For MPS-C and MPS, respondents were asked to provide the year in which they were married. This data was converted to number of years married for analysis purposes.



D-5 Race/Ethnicity

Please describe your race/ethnicity. (Choose One Answer)

	MPS	MIS	MPS-C
Asian or Pacific Islander	7.8%	6.8%	1.0%
Black or African American	11.0%	16.5%	19.0%
Hispanic or Latino/a	9.5%	17.7%	5.8%
White or Caucasian	69.1%	56.6%	72.6%
Multi-ethnic	1.4%	1.1%	1.0%
Other ethnic background	1.3%	1.3%	0.6%
	<i>n</i> =1002	<i>n</i> =1097	<i>n</i> =500



D-6a Church attendance

How often do you attend (either in-person or virtually) worship services or other group religious activity? (Choose One Answer)

	MPS ¹	MIS	MPS-C ¹
More than once a week	9.6%	9.9%	34.8%
Usually, every week	28.7%	25.4%	56.8%
Every few weeks/monthly	7.6%	9.8%	5.0%
Every few months/several times a year	7.9%	7.3%	1.6%
Primarily special occasions/holidays	11.7%	9.9%	0.4%
Rarely or never	34.5%	37.7%	1.4%

n=1002

n=1097

n=500

D-6b Religious belief (if any)

What is your religious belief, if any? (Choose One Answer)

	TOTAL
Christian, Protestant	41.4%
Christian, Catholic, Greek Orthodox, etc.	30.1%
Jewish	2.4%
Muslim	1.8%
Not sure	1.8%
Other	8.0%
None	14.5%

Survey: MPS, n=1002

Note: This question was not asked on MIS or MPS-C surveys.



D-7 Number of children

How many children do you and your spouse/partner have, in total, who have **not yet graduated from high school**, including any in a blended family who live with you most of the time? (Choose One Answer)

	MPS	MIS	MPS-C
0	31.7%	36.0%	28.6%
1	19.0%	15.6%	17.6%
2	21.4%	21.2%	14.4%
3+	11.4%	9.9%	25.2%
We have children, but they are all out of high school, and/or do not regularly live with us	16.6%	17.4%	14.2%

n=1002

n=1097

n=500

D-8 Sexual preference

Would you say your sexual desire is primarily... (Choose One Answer)

	MPS	MIS	MPS-C
For those of the opposite gender	94.6%	95.9%	97.4%
For those of the same gender	1.3%	1.3%	1.2%
For those of either gender	2.4%	2.0%	0.8%
Non-binary	0.6%	0.6%	0.2%
Prefer not to answer	1.1%	0.3%	0.4%

n=1002

n=1097

n=500

*Note: For the purpose of comparison to the heterosexual population, we included non-heterosexual couples and/or those with non-heterosexual preference at a somewhat higher percentage than exists in the general population. U.S. Census Bureau data documents that 0.97 percent of marriages and 1.5 percent of households were comprised of same-sex couples in 2019.**

*Laquitta Walker and Danielle Taylor, "Same-Sex Couple Households: 2019," U.S. Census Bureau, February 2021, <https://www.census.gov/content/dam/Census/library/publications/2021/acs/acsbr-005.pdf>."



D-9 Education level

What is your educational level? (Choose One Answer)

	MPS	MIS
High school or less	14.7%	16.3%
Trade/Technical/Vocational school	6.1%	4.8%
Some college, or two-year Associate's degree	27.0%	29.3%
Graduated college, Bachelor's degree	30.5%	28.8%
Attended graduate school	3.4%	2.5%
Advanced degree (Master's, Ph.D.)	18.3%	18.3%
	n=1002	n=1097

Note: This question was not asked on the MPS-C survey.



2-1 Frequency of sex (actual)

In general, how often **do** you engage in sexual activity (of any kind) with your spouse?
(Choose One Answer.)

	MPS	MIS	MPS-C
Not at all	8.7%	10.9%	2.6%
Less than once a month	14.4%	10.6%	7.6%
Subtotal: Low sex/no sex	23.1%	21.4%	10.2%
Once a month	9.4%	9.7%	8.8%
2-3 times a month ¹	18.7%	10.9%	26.0%
Subtotal: 1-3 times per month	28.0%	20.5%	34.8%
Once a week	15.9%	17.6%	23.2%
Twice a week	13.5%	16.0%	17.4%
Subtotal: 1-2 times per week	29.3%	33.5%	40.6%
3-4 times a week	11.7%	15.4%	11.6%
5-6 times a week	3.7%	5.2%	1.2%
Subtotal: 3-6 times per week	15.4%	20.6%	12.8%
Once a day	2.5%	2.2%	1.6%
More than once a day	1.7%	1.7%	0.0%
Subtotal: 1 time or more per day	4.2%	3.9%	1.6%

n=1002	n=1097	n=500
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¹ MIS response choice verbiage: Once every 2 weeks

Categorization Note: In additional data analysis, these responses were categorized for cross tabulation purposes. When referenced, the terms, "Have Sex" and "Low Sex/No Sex" are defined as follows:

Have Sex: all responses that are "Once a month" or more.

Low Sex/No Sex: responses of "Not at all" or "Less than once a month"



2-2 Having sex (or not) by age group

Cross-tabulation of Have Sex and Low Sex/No Sex couples (Chart 2-1) with Age (Chart D-2).

AGE	HAVE SEX		LOW SEX/NO SEX	
21-25	94.7%	94.6%	5.3%	5.4%
26-30	90.9%		9.1%	
31-35	95.3%		4.7%	
36-40	95.5%		4.5%	
41-45	83.8%	72.9%	16.2%	27.1%
46-50	77.0%		23.0%	
51-55	77.5%		22.5%	
56-60	57.3%		42.7%	
61-65	63.6%	64.2%	36.4%	35.8%
66-70	68.8%		31.3%	
71-75	61.0%		39.0%	

Survey: MIS, n=1097

2-3 Church attendance and sex frequency

Cross-tabulation of church attendance (Chart D-6a) and Have Sex and Low Sex/No Sex couples (Chart 2-1)

	HAVE SEX	LOW/NO SEX
WEEKLY ATTENDERS	83.9%	16.1%
More than once a week	84.4%	15.6%
Usually every week	83.7%	16.3%
Every few weeks/Monthly	92.1%	7.9%
OCCASIONAL-RARELY/NEVER ATTENDERS	69.9%	30.1%
Every few months/Several times a year	81.0%	19.0%
Primarily special occasions/holidays	68.4%	31.6%
Rarely or never	67.9%	32.1%

Survey: MPS, n= 1002 (cross-tabulation of church attendance and categorized Have Sex and Low Sex/No Sex frequency groups)



2-4a Oral sex frequency

During your sexual encounters, how often do you perform oral sex on your spouse?
(Choose One Answer)

	TOTAL	ADJUSTED TOTAL
Never/Almost Never	19.9%	15.0%
Rarely	19.7%	19.3%
Occasionally	26.1%	27.7%
Often	11.5%	12.8%
Usually	9.2%	10.9%
Almost Always/Always	13.7%	14.3%

Survey: MPS	n=1002	n=705 (heterosexuals, excluding Low Sex/No Sex individuals)
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2-4b Oral sex frequency in Matched Pair/Have Sex Couple

During your sexual encounters, how often do you perform oral sex on your spouse?
(Choose One Answer)

RESPONSE GROUPINGS ¹	TOTAL
Rarely/Never	22.4%
Some of the Time	40.3%
Most of the Time	37.3%

Survey: MPS, n=335 (heterosexual couples, excluding those declared low/no-sex by both partners)

¹ Response options were grouped based on the highest score of either spouse of a matched pair as follows:
 Most of the Time = Responses of "Always/Almost Always" and "Usually"
 Some of the Time = Responses of "Often" and "Occasionally"
 Rarely or Never = Responses of "Rarely" or "Never"

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2-5a Enjoyment of giving/receiving oral sex

		SURVEY QUESTIONS	
		Do you (would you) enjoy giving oral sex?	Do you (would you) enjoy receiving oral sex?
RESPONSES	No! Definitely not	8.4%	5.6%
	Not really	16.0%	10.3%
	It depends - sometimes yes, sometimes no	25.4%	17.2%
	Yes, most of the time	19.3%	17.7%
	Yes!	30.8%	49.2%

Survey: MPS, n=916 (heterosexuals only)

2-5b Enjoyment of giving/receiving oral sex by male/female

Cross-tabulation of 'Enjoyment for giving/receiving oral sex' (X above) of 'have sex' matched pair couples

		Male/ Enjoy Giving Oral Sex	Female/ Enjoy Receiving Oral Sex
		RESPONSES	No! Definitely not
Not really	8.4%		14.6%
It depends - sometimes yes, sometimes no	16.4%		20.6%
Yes, most of the time	22.7%		21.2%
Yes!	47.2%		38.5%

¹ Does not total 100% due to rounding.

		Female/ Enjoy Giving Oral Sex	Male/ Enjoy Receiving Oral Sex
		RESPONSES	No! Definitely not
Not really	19.7%		3.3%
It depends - sometimes yes, sometimes no	33.4%		10.4%
Yes, most of the time	17.9%		14.3%
Yes!	20.0%		67.5%

Survey: MPS, n=335 (heterosexual couples, excludes those declared low/no sex by both partners)



2-6 Frequency of orgasm (by male/female)

Regarding sexual pleasure in your sexual relationship, how frequently:

Do you have an orgasm during sex? (Choose One Answer On Each Row Below.)¹

	TOTAL	MALES	FEMALES
Never/Almost Never	4.5%	1.6%	7.2%
Rarely	4.4%	1.0%	7.6%
Occasionally	11.4%	6.0%	16.5%
Often	9.5%	7.4%	11.4%
Usually	20.0%	18.5%	21.3%
Always/Almost Always	50.3%	65.4%	36.0%

Survey: MPS, n=1002 (Cross-tabulation by male/female)

¹ This “Regarding sexual pleasure in your sexual relationship, how frequently” survey question included multiple sub-questions. The answer choices for this “Do you have an orgasm during sex?” sub-question are as listed above.)

2-7a Percentage of females who can orgasm from intercourse alone (guess)

If you had to guess, what percent of females can have an orgasm from sexual intercourse alone (after an appropriate level of foreplay)? Please move the slider on the scale below.¹

Average % Guessed	57.1%
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Survey: MIS, n=1097

¹ Allowed responses were 0-100%

2-7b Grouping of guesses on percentage of females who can orgasm from intercourse alone^{1,2}

Underestimating (guesses of 0-59 percent of females can orgasm from intercourse alone)	47.5%
Correct (guesses of 60 percent of females can orgasm from intercourse alone)	3.0%
Overestimating (guesses of 61-100 percent of females can orgasm from intercourse alone.)	49.5%

Survey: MIS, n=1097

¹ Allowed responses were 0-100%

² As noted, research indicates that 40% of females cannot orgasm by intercourse alone. (Thus, approximately 60% can.)

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2-8a Reasons for not having much/any sex

What are the reasons for not having much/any sex in your marriage – for you and your spouse?
(Choose all that apply.)

	TOTAL	CATEGORIZATION (FOR ANALYSIS PUPOSES)
Erectile dysfunction, sexual pain, or other sexual disorder.	28.5%	Non-willful
Physical issues (such as fallout from cancer or other chronic illness) that makes it physically impossible to engage in sex.	13.2%	Non-willful
Physical issues for which there is a solution but it is too expensive or not physically feasible for some other reason.	5.5%	Non-willful
Physical issues for which there is a solution, but which my spouse and/or I are not interested in pursuing.	4.3%	Willful / avoidable
Lack of desire for sex due to physical issues (such as the impact of medicine, menopause symptoms, etc.)	43.4%	Non-willful
Lack of desire for sex due to emotional issues, relationship issues, and/or lack of attraction.	24.7%	Willful / avoidable
Lack of desire for sex due to not expecting it to be pleasurable.	13.6%	Willful / avoidable
Trauma gets in the way.	4.3%	Non-willful
Life situations are keeping us physically apart (such as military deployment).	1.3%	Non-willful
Life situations get in the way (such as opposite work schedules, exhausted from kids, etc.)	18.3%	Willful / avoidable
One or more of the above, but the situation is purely temporary	5.5%	Temporary
Other Reasons (Please identify)	11.1%	Assigned to applicable category above

Survey: MIS, $n=235$ (Question only shown to participants who responded “Not at all” or “Less than once a month” to “Frequency of sex (actual)” question (Chart 2-1 above). Responses do not total to 100%: multiple answers allowed.

2-8b Reasons for not having much/any sex, categorized

Summary of individual’s categorized “Willful” and Not-Willfull” reasons for not having much/any sex (Chart 2-8a)

REASON CATEGORY ¹	TOTAL
Willful (non-physical/avoidable)	23.4%
Not Willful (physical/unavoidable)	76.6%

Survey: MIS $n=222$, Low sex/No Sex responses excluding those with Temporary reasons

¹ Categorized Responses to “Reasons for not having much/any sex” (Chart 2-8a)



2-9 Pain frequency

How often do you experience physical pain in your genitals during or right after sexual activity?

	MALE	FEMALE
Never	66.2%	42.1%
Rarely (<10%)	21.4%	26.1%
Seldom (about 1/3 of the time)	4.3%	12.5%
Sometimes (around 1/2 of the time)	2.7%	9.5%
Usually (about 2/3 of the time)	2.5%	5.0%
Always	2.9%	4.8%

Survey: MIS, n=1052 (heterosexuals only, cross-tabulated for male/female)



2-10 Marital satisfaction

On a scale of 1-10, what is your overall marital satisfaction right now?
(Choose one answer on the row below.)

		MPS	MIS	MPS-C
Extremely Unsatisfied	1	0.8%	1.0%	0.6%
	2	0.6%	0.7%	1.8%
	3	1.1%	2.5%	2.0%
	4	1.4%	1.9%	3.6%
	5	3.3%	4.5%	3.2%
	6	4.3%	4.8%	6.4%
	7	11.1%	12.3%	13.2%
	8	19.2%	21.7%	28.4%
	9	27.1%	18.8%	20.6%
Extremely Satisfied	10	31.1%	31.8%	20.2%
		n=1002	n=1097	n=500

¹On the MPS-C survey, this question began with: "This is a similar question, but..." referencing the prior question on the survey.

Categorization Note: In additional data analysis, these responses were categorized for cross tabulation purposes. When referenced, the terms, "Have Sex" and "Low Sex/No Sex" are defined as follows:

Have Sex: all responses that are "Once a month" or more

Low Sex/No Sex: responses of "Not at all" or "Less than once a month"



2-11 Mental/emotional health conditions

Which of the following condition(s), if any, have you been diagnosed with by a medical professional, for which you are currently being treated and/or symptoms have been present within the past 3 months? (Choose all that apply.)

	TOTAL ¹
Depression	17.1%
Anxiety disorder	16.1%
Trauma-related condition (i.e., PTSD or other trauma disorder)	5.2%
Obsessive-compulsive disorder	2.8%
Bipolar disorder	2.6%
General mood disorder	3.7%
Other mental/emotional health condition not listed above	2.6%
None of the above	72.5%
Prefer not to answer	0.4%

Survey: MIS, n=1097

¹ Multiple answers allowed, therefore response tally is greater than 100%.

Categorization Note: In additional data analysis, these responses were categorized for cross-tabulation purposes. When referenced, the term, "Categorized Mental/Emotional Health Conditions" is defined as:

Mood Disorders include the following responses: Depression, Anxiety disorder, Bipolar disorder, General mood disorder

Other Disorders include the following responses: Trauma-related condition (i.e., PTSD or other trauma disorder), Obsessive-compulsive disorder, Other mental/emotional health condition not listed above, Prefer not to answer

No Mental Health Condition Reported includes the following response: None of the above



2-12 Mental health and marital satisfaction levels

Cross-tabulation of Categorized Marital Satisfaction Levels (Chart 2-10) and Categorized Mental/Emotional Health Conditions (Chart 2-11)

		MOOD DISORDERS	OTHER DISORDERS	NO MENTAL HEALTH CONDITION REPORTED
Categorized Marital Satisfaction Levels ¹	Unhappy	7.1%	6.1%	3.1%
	Moderate	26.4%	36.4%	22.0%
	Very Happy	66.5%	57.6%	74.8%

Survey: MIS, n=1097

¹Due to rounding, some percentages do not total 100 percent.



2-13 Relationship of mood disorders and sex to marital satisfaction

Cross-tabulation comparing marital satisfaction, mood disorders/no mental health issues, and sexual frequency categories

		HAVE SEX COUPLES		LOW SEX/NO SEX COUPLES	
		Report Mood Disorder	Report No Mental Health Issue	Report Mood Disorder	Report No Mental Health Issue
Categorized Marital Satisfaction Levels ¹	Unhappy	2.0%	1.6%	23.4%	9.3%
	Moderate	21.5%	17.0%	42.2%	41.6%
	Very Happy	76.6%	81.4%	34.4%	49.1%

Survey: MIS, $n=1064$ as follows: Mood Disorders only: $n=269$ and No mental health condition reported: $n=795$

Cross-tabulated Categorized Marital Satisfaction Levels, Categorized Mental/Emotional Health Conditions (Mood Disorders and No mental health condition reported only), and Have sex, low/no sex responses

¹Due to rounding, some percentages do not total 100 percent.



2-14 Personally happy with frequency

Right now, are **you** generally happy with the frequency of sexual activity in your marriage?
(Choose One Answer On The Row Below)¹

		MPS	MIS	MPS-C
Definitely No	1	10.1%	8.8%	9.8%
	2	3.4%	2.7%	5.2%
	3	5.4%	5.6%	11.0%
	4	5.6%	4.2%	6.8%
	5	9.8%	7.8%	10.6%
	6	8.5%	6.1%	9.4%
	7	12.9%	10.4%	11.8%
	8	13.5%	14.6%	12.0%
	9	11.7%	14.9%	9.6%
Definitely Yes	10	19.3%	25.0%	13.8%
		n=1002	n=1097	n=500

¹The word “you” was not in boldface type on the MPS-C or MIS surveys.

Categorized Frequency Satisfaction Levels (Self): In additional data analysis, these responses were categorized for cross-tabulation purposes. When referenced, the term, “Categorized Frequency Satisfaction Levels” is defined as:

- Unhappy (responses of 1-3);
- Moderate (responses of 4-7);
- Happy (responses of 8-10).



2-15 Spouse happy with frequency

Right now, do you think your **spouse** is generally happy with the frequency of sexual activity in your marriage? (Choose One Answer On The Row Below) ¹

		MPS	MIS	MPS-C
Definitely No	1	11.4%	7.1%	13.6%
	2	3.7%	2.9%	7.0%
	3	4.6%	4.4%	8.8%
	4	5.4%	4.9%	8.0%
	5	9.7%	9.3%	8.4%
	6	7.7%	6.0%	6.6%
	7	11.4%	9.6%	11.8%
	8	15.3%	16.4%	13.0%
	9	11.7%	14.4%	13.6%
Definitely Yes	10	19.3%	25.0%	9.2%

n=1002

n=1097

n=500

¹The word "spouse" was not in boldface type on the MPS-C or MIS surveys.

Categorized Frequency Satisfaction Levels (Spouse): In additional data analysis, these responses were categorized for cross-tabulation purposes. When referenced, the term, "Categorized Frequency Satisfaction Levels" is defined as:

Unhappy (responses of 1-3)

Moderate (responses of 4-7)

Happy (responses of 8-10)



2-16 Couple Frequency Satisfaction (Total, Have Sex and Low/No Sex groups)

Computed cross-tabulation of Frequency of sex/actual (Chart 2-1) and Couple Frequency Satisfaction Level¹

		GRAND TOTAL	HAVE SEX COUPLES	ONCE A WEEK OR MORE	1-3 TIMES/MONTH	LOW SEX/NO SEX COUPLES
CATEGORIZED COUPLE FREQUENCY SATISFACTION ¹	Happy	43.3%	52.6%	62.2%	25.3%	9.4%
	Moderate	33.0%	34.5%	30.9%	44.4%	27.7%
	Unhappy	23.7%	13.0%	6.9%	30.2%	63.0%
Survey: MIS		n=1097	n=862 ^{2&3}		n=235	

¹ **Categorization Note:** "Categorized Couple Frequency Satisfaction" created using Chart 2-14 and Chart 2-15 responses as follows:

Happy: If rated as 8-10 for both self and spouse

Unhappy: If rated either self or spouse as 1-3

Moderate: All other self and spouse response combinations (where most said 4-7)

This Categorized Couple Frequency Satisfaction is used for all discussions of frequency satisfaction on the MIS Survey.

² In the original edition of the book, the chart 'Those have sex once per week or more are more satisfied' erroneously stated n=782; correct n=862 as reflected above.

³ Due to rounding, some totals do not equal 100%.



2-17 Marital satisfaction by couple frequency satisfaction

Computed cross-tabulation of Categorized Marital Satisfaction Levels (Chart 2-10) and Categorized Frequency Satisfaction Levels (Chart 2-14)

		HAPPINESS WITH FREQUENCY ¹		
		CATEGORIZED FREQUENCY SATISFACTION LEVELS		
Categorized Marital Satisfaction Levels ¹		Unhappy	Moderate	Happy
	Unhappy	16.2%	0.6%	0.4%
	Moderate	48.5%	29.0%	5.7%
	Very Happy	35.4%	70.4%	93.9%

Survey: MIS , n=1097

¹ Due to rounding, some percentages do not total 100 percent.



2-18 Frequency satisfaction of self and spouse (heterosexuals)

		SURVEY QUESTIONS	
		Right now, are you generally happy with the <i>frequency</i> of sexual activity in your marriage? (Choose One Answer On The Row Below)	Right now, do you think your spouse is generally happy with the frequency of sexual activity in your marriage? (Choose One Answer On The Row Below)
Definitely No	1	10.5%	11.6%
	2	3.5%	4.0%
	3	5.3%	4.6%
	4	5.9%	5.6%
	5	9.5%	9.7%
	6	8.8%	7.4%
	7	13.4%	11.5%
	8	13.9%	15.2%
	9	10.7%	11.5%
Definitely Yes	10	18.4%	19.0%

Survey: MPS, n=916, heterosexual couples

2-19a Comparing self and spouse reported frequency satisfaction levels

Binary cross-tabulation computation of categorized frequency satisfaction levels of both spouses in matched pair couples.

		Spouse	
		Moderate or Unhappy with Frequency	Happy with Frequency
Self	Moderate or Unhappy with Frequency	74.1%	25.9%
	Happy with Frequency	28.2%	71.8%

Survey: MPS, n=458, heterosexual matched pairs

Note: Footnote #22 of original print version of book erroneously stated 76 percent instead of 74 percent.



2-19b Frequency satisfaction when both partners have roughly same desire level

Computed cross-tabulation of Desired Frequency (Chart 5-3/MPS) and Frequency Satisfaction Levels (Chart 2-14/MPS)

		DESIRED FREQUENCY	
		SIMILAR ¹ DESIRE LEVELS	DISSIMILAR ¹ DESIRE LEVELS
FREQUENCY SATISFACTION	Both Happy with Frequency (8-10) ²	82.0%	18.0%
	At least one spouse is Moderate or Unhappy with Frequency (1-7)	64.9%	35.1%

Survey: MPS, n=458, matched pair, heterosexual couples

¹ Responses by each spouse (of matched pairs) to Desired Frequency (Chart 5-3/MPS above) that were less than two time-categories apart on frequency scale were grouped as "Similar Desire Level." All others categorized as "Dissimilar Desire Level."

² Responses by each spouse (of matched pairs) to Frequency Satisfaction (Chart 2-14/MPS above) of 8-10 were categorized as "Both Happy." All other responses grouped as "All Others."



2-20a Holding back to avoid hurting spouse's feelings

Is this sentence true or not true for you? "I wish I could share certain things with my spouse about what would satisfy me sexually, but I have avoided doing so because I'm worried their ego/self-esteem would take a hit, it would cause them pain, or they wouldn't handle it well." (Choose one.)

	TOTAL	ADJUSTED TOTAL EXCLUDING "DOES NOT APPLY"
That has been true at times.	39.4%	55.2%
That is not true.	31.9%	44.8%
This doesn't apply, because my spouse always satisfies me sexually.	28.7%	--

Survey: MIS, n=1097

2-20b Perceived receptiveness by spouse to your ideas

Think about something that is important to you, sexually (for example, a particular sexual practice, a type of sexual play, etc.). Does your spouse generally ask you about those things and/or what you do like and don't like, sexually? (Choose one.)

	TOTAL
Yes, they ask, and they have generally listened to me/ incorporated what I have told them.	43.2%
Yes, they ask, but they don't seem to have listened or incorporated what I have told them.	10.5%
No, it doesn't seem to have occurred to them to ask; we are in a routine and they are not really thinking about it.	22.2%
No, they don't really ask; it seems like their focus is on what they want and how they want it.	10.3%
Honestly, they have never needed to ask; my spouse is very good at figuring out what I want sexually without asking.	13.9%

Survey: MIS, n=1097



2-21a Difficult to tell spouse like/dislikes

Do you find that it is easy for you to tell your spouse what you do or do not like to do during sex? (Even if you do not say anything “in the moment”.)¹

	MPS	MIS	MPS-C
Definitely no 1	7.3%	6.2%	8.0%
2	9.8%	6.6%	14.8%
3	12.9%	8.2%	15.2%
4	18.0%	15.9%	17.4%
5	21.3%	23.2%	22.0%
Definitely yes 6	30.8%	40.0%	22.6%

n=1002	n=1097	n=500
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¹ The response option values of “Definitely no-1 through Definitely yes-6” were consistent on MPS, MIS, MPS-C; however the options were listed in descending order on MPS. For comparison purposes, all results are presented in ascending order.

2-21b Receptiveness (self) to spouse’s ideas

Suppose your spouse has certain things that they may want to try sexually (acting out a certain fantasy, trying different positions or locations, etc.), but they don’t mention it or try it because they are worried about doing it right, being rejected, or being embarrassed. Would you want them to go ahead and mention it/try it with you? (Choose one.)

	TOTAL
Yes, I definitely would want them to.	60.3%
Yes, I probably would want them to.	31.4%
No, I would probably not want them to.	8.4%

Survey: MIS, n=1097



2-22a Difficult to discuss sex (self) - MPS, MPS-C

Do you find some sexual matters too difficult to discuss with your spouse? (Choose one.)

	MPS ¹	MPS-C
Definitely no 1	38.7%	27.0%
2	20.6%	23.8%
3	11.8%	11.8%
4	11.9%	15.6%
5	8.0%	14.2%
Definitely yes 6	9.1%	7.6%

n=1002 n=500

¹The response options values of “Definitely no-1 through Definitely yes-6” were consistent on MPS and MPS-C; however the options were listed in descending order on MPS. For comparison purposes, all results are presented in ascending order.

2-22b Difficult to discuss sex (self) - MIS

Every couple is different in how and whether they communicate about sexual issues in their relationship. Which sentence most closely describes how it works with the two of you? (Choose one.)

	TOTAL
We talk about sexual issues whenever we need to, without any awkwardness or difficulty.	48.6%
We talk about sexual issues whenever we need to, but it still can be awkward or difficult at times.	23.9%
We probably avoid talking about sexual issues at times, when we think it might be awkward, difficult, or won't get us anywhere.	13.2%
We generally avoid talking about sexual issues because it is awkward, difficult, or won't get us anywhere.	14.3%

Survey: MIS, n=1097

Categorization Note: In additional data analysis, these responses were categorized for cross-tabulation purposes. When referenced, the term, “Categorized Communication Levels” is defined as:

Talk Well: Responses of “We talk about sexual issues whenever we need to, without any awkwardness or difficulty.”

Talk Awkward: Responses of “We talk about sexual issues whenever we need to, but it still can be awkward or difficult at times.”

Avoid Talking: Responses of “We probably avoid talking about sexual issues at times, when we think it might be awkward, difficult, or won't get us anywhere.” and “We generally avoid talking about sexual issues because it is awkward, difficult, or won't get us anywhere.”

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2-22c Communicate Well - ADJUSTED

Analysis and adjustment of the “Talk Well”¹ grouping (Chart 2-22b) and contra-indicative responses of those participants to other questions.

	ORIGINAL TOTAL	“GROUPING ADJUSTED RESPONSES”	ADJUSTED COMMUNICATION GROUP	COMMUNICATION GROUP
We talk about sexual issues whenever we need to, without any awkwardness or difficulty.	48.6%	-241	26.6%	Talk Well
We talk about sexual issues whenever we need to, but it still can be awkward or difficult at times.	23.9%	27	26.3%	Talk awkward
We probably avoid talking about sexual issues at times, when we think it might be awkward, difficult, or won’t get us anywhere.	13.2%	214	33.0%	Avoid talking
We generally avoid talking about sexual issues because it is awkward, difficult, or won’t get us anywhere.	14.3%		14.0%	

Survey: MIS, n=1097

Of the 533 participants who answered “We talk about sexual issues whenever we need to, without any awkwardness or difficulty”, 241 were adjusted out of that category based on their responses to other questions that did not match that description of themselves. The methodology was as follows:

If respondent answered “We talk about sexual issues whenever we need to, without any awkwardness or difficulty”, their response to survey questions shown in Chart 2-20a, Chart 2-20b, Chart 2-21a, Chart 2-21b, and Chart 7-1 were further reviewed to determine if those survey question responses were consistent or contraindicative of the respondent’s “Talk Well” characterization. If the responses were contraindicative of “Talk Well”, the response was reallocated to either the “Talk Awkward” or the “Avoid Talking” group based on the following rules:

Chart details of survey questions reviewed:

Chart 2-20a: Holding back to avoid hurting spouse’s feelings	If response of “That has been true at times” was given, the respondent was moved from “Talk Well” to “Avoid Talking” group.
Chart 2-20b: Perceived receptiveness by spouse to your ideas	If participant response was either “No, it doesn’t seem to have occurred to them to ask; we are in a routine and they are not really thinking about it.” or “No, they don’t really ask; it seems like their focus is on what they want and how they want it.”, the respondent was moved from the “Talk Well” to “Avoid Talking” group.
Chart 2-21a: Difficult to tell spouse like/dislikes	If response of either a 1 or 2, the respondent was moved from “Talk Well” to “Avoid Talking” group. If response of either a 3 or 4, the respondent was moved from “Talk Well” to “Talk Awkward” group.
Chart 2-21b: Receptiveness (self) to spouse’s ideas	If response of “No, I would probably not want them to” was given, the respondent was moved from “Talk Well” to “Avoid Talking” group.
Chart 7-1: Spouse curiosity	If response of “No, it seems like my spouse’s focus is on what they want and they don’t tend to explore what i would like.” or “No, they seem to believe that their way is right (or mine is wrong), so there is no need to ask.” was given, the respondent was moved from “Talk Well” to “Avoid Talking” group.



2-23a Communication level (adjusted) and marital satisfaction

Cross-tabulation of the “Communicate Well - ADJUSTED” (Chart 2-22c) Categorized Communication Levels and Categorized Marital Satisfaction Levels (Chart 2-10).

		CATEGORIZED MARITAL SATISFACTION LEVELS		
		Very Happy	Moderate	Unhappy
Categorized Communication Levels (Adjusted)	Talk Well	89.4%	9.6%	1.0%
	Talk Awkward	74.0%	24.2%	1.7%
	Avoid Talking	61.6%	31.0%	7.4%

MIS n=1097

2-23b Communication level (adjusted) and marital satisfaction by Have Sex and Low Sex/No Sex couples

Cross-tabulation of the “Communicate Well - ADJUSTED” (Chart 2-22c) Categorized Communication Levels and Categorized Marital Satisfaction Levels (Chart 2-10).

		CATEGORIZED MARITAL SATISFACTION LEVELS					
		VERY HAPPY		MODERATE		UNHAPPY	
		HAVE SEX	LOW SEX/NO SEX	HAVE SEX	LOW SEX/NO SEX	HAVE SEX	LOW SEX/NO SEX
CATEGORIZED COMMUNICATION LEVELS (ADJUSTED)	Talk easily	91.4%	66.7%	7.8%	29.2%	0.7%	4.2%
	Talk awkward	78.6%	50.0%	20.2%	45.7%	1.2%	4.3%
	Avoid Talking	72.1%	39.4%	25.4%	43.0%	2.6%	17.6%

MIS n=862 Have Sex, n=235 low sex/no sex



2-24 Unhappy with frequency respondents: Marital satisfaction and communication levels (adjusted)

Cross-tabulation of the “Unhappy” Categorized Couple Frequency Satisfaction” (Chart 2-16) respondents and “Communicate Well - ADJUSTED” Categorized Communication Levels (Chart 2-22c) and Categorized Marital Satisfaction Levels (Chart 2-10).

		CATEGORIZED MARITAL SATISFACTION LEVELS		
		VERY HAPPY	MODERATE	UNHAPPY
CATEGORIZED COMMUNICATION LEVELS (ADJUSTED)	Talk well	17.4%	6.3%	4.8%
	Talk awkward	23.9%	21.4%	9.5%
	Avoid Talking	58.7%	72.2%	85.7%

MIS n=260 (Respondents who responded to Frequency Satisfaction (Chart 2-16) as 1-3 on 10-point scale)



2-25 Communication level and frequency (MPS, matched pair couple responses)

FREQUENCY (ACTUAL) ²	COMMUNICATION GROUPING ¹		
	GREAT	GOOD	POOR
Less than once/month	7.3%	22.4%	46.1%
1-3 times/month	19.2%	32.4%	32.2%
At least once/week subtotal:	73.5%	45.2%	21.7%
1-2 times/week	39.6%	27.5%	16.7%
3-6 times/week	24.5%	15.7%	3.9%
Daily	9.4%	2.0%	1.1%
Communication standard deviation grouping ¹ :	> 1 s.d. below mean	within 1 s.d. to mean	> 1 s.d. above mean
MPS, n=916 ³ , heterosexual couples only			

¹ Communication Grouping based on couple Dyadic Sexual Communication Scale score, based on self-reported communication rating (Chart 2-22a/MPS), where:

Great: <1 s.d. below the sample mean

Good: Average sample score + / - 1 s.d.

Poor: >1 s.d. above the sample mean

² Frequency: Based on highest reported by husband or wife to frequency survey question (Chart 2-1/MPS)

³ Original edition of book erroneously stated n=1002.



2-26 Communication level and frequency satisfaction (MPS, matched pair couple responses)

Cross-tabulation of “Communication Grouping Levels” (Chart 2-22a/MPS and Chart 2-25) and Couple Frequency Satisfaction Level (Chart 2-14) in matched pairs.

		COMMUNICATION GROUPING ¹		
		GREAT	GOOD	POOR
COUPLE FREQUENCY SATISFACTION LEVEL ²	Happy with Frequency	60.7%	38.0%	0.9%
	Moderate with Frequency	26.0%	65.3%	8.7%
	Unhappy with Frequency	6.0%	68.7%	25.3%
Communication standard deviation grouping ¹ :		< 1 s.d. below sample mean	Average sample score + - 1 s.d.	> 1 s.d. above sample mean
MPS, n=458 couples (916 individuals)				

¹ Communication Grouping Levels defined at Chart 2-22a/MPS.

² Couple Frequency Satisfaction Level determined using matched pair couple's responses to frequency satisfaction survey question (Chart 2-18/MPS) where:

Happy: Both spouses rated 8-10

Moderate: All other couples not in Happy or Unhappy level group

Unhappy: One or both spouses rated 1-3



2-27 Female orgasm frequency by couple communication level (MPS, matched pair couple responses)

Crosstabulation of female frequency of orgasm (Chart 2-26/MPS) and couple Communication Grouping (Chart 2-25)

		FREQUENCY OF ORGASM					
		Never/ Almost Never	Rarely	Occasionally	Often	Usually	Always/ Almost Always
Communication Grouping ¹	Great	3.0%	5.9%	10.1%	20.4%	27.0%	32.9%
	Good	51.5%	76.5%	70.9%	66.7%	58.0%	53.2%
	Poor	45.5%	17.6%	19.0%	13.0%	15.0%	13.9%

Survey: MPS, n=458 (heterosexual female only)



3-1 Importance of orgasm for self and spouse

		SURVEY QUESTIONS	
		How important is it to you that you have an orgasm during sex?	How important is it to you that your spouse has an orgasm during sex?
SURVEY RESPONSES	Very Important	33.1%	55.4%
	Quite Important	23.9%	22.6%
	<i>Subtotal: Very/Quite Important</i>	<i>57.0%</i>	<i>77.9%</i>
	Important	19.4%	14.6%
	Somewhat Important	15.4%	6.0%
	Not At All Important	7.6%	1.0%
	Would Rather Not	0.7%	0.5%

Survey: MPS, n=1002



3-2 Self-consciousness about body

Is this statement true or false? “Either currently or in the past, I have been a bit self-conscious about my body/my spouse seeing me naked (for example, with the lights on during sex, or getting out of the shower). I subconsciously think that my spouse might even be a bit turned off if they see me as I truly am, with all my imperfections.” (Choose one.)

	TOTAL	MALE	FEMALE
That statement is definitely true.	20.0%	12.8%	26.8%
That statement is somewhat true.	28.0%	24.5%	31.3%
That statement is not very true.	18.0%	21.0%	15.1%
That statement is not at all true.	34.1%	41.8%	26.8%

Survey: MIS, n=1052 (heterosexuals only; cross-tabulated by male/female)

3-3 Seeing your spouse naked

Conversely, what do you think about seeing your spouse fully naked (for example, with the lights on during sex, or getting out of the shower)? Which statement is most true of you? (Choose one.)

	TOTAL	MALE	FEMALE
I take great delight in seeing my spouse naked, and I don't even see their imperfections.	38.1%	45.4%	31.1%
I want to see my spouse naked, even with their imperfections.	35.3%	40.0%	30.7%
I don't really care whether or not I see my spouse naked, but I am not turned off by seeing their imperfections.	20.7%	10.1%	30.9%
I would probably prefer not to see my spouse naked, but it isn't because of their imperfections.	3.5%	1.8%	5.2%
I would probably prefer not to see my spouse naked, because of their imperfections.	2.4%	2.7%	2.1%

Survey: MIS, n=1052 (heterosexuals only; cross-tabulated by male/female)



3-4 Perception of spouse’s fumbling/awkward pursuits

Some spouses feel unsure about how to pursue sex with their mate. How do you feel when your spouse does something to pursue sex that is fumbling or awkward, and isn’t what really turns you on? (Choose one.)

	TOTAL ¹	ADJUSTED TO EXCLUDE ‘NOT APPLICABLE’ RESPONSES
I actually find their efforts endearing, sweet or kind – that they would be willing to feel awkward for me.	30.3%	43.4%
I find their efforts endearing as long as what they are doing isn’t something I’ve repeatedly said I don’t like.	20.3%	29.2%
I don’t find those efforts endearing, but they don’t really bother me, either.	12.7%	18.2%
I find those efforts annoying or frustrating.	6.5%	9.3%
This does not apply, because my spouse never pursues sex.	9.5%	
This does not apply, because my spouse knows what works, and isn’t awkward.	20.8%	

Survey: MIS, n=1097 of which 332 were “Not Applicable Responses”

After excluding “Not Applicable Responses”, n=765

¹Due to rounding, percentages do not total 100 percent.



4-1 Initiate/Receptive/Resistant desires (MPS)

Different people may experience sexual desire/being “in the mood” at different stages of the process. Which statement is more true of you? (Choose One Answer)

	TOTAL	MALE	FEMALE
<i>Patterns characteristic of Initiating Desire:</i>			
I tend to be in the mood for sex and want to pursue it with my spouse	41.0%	58.5%	23.6%
<i>Patterns characteristic of Receptive Desire:</i>			
If my spouse initiates or mentions sex, or if something happens to make me think about sex (like a scene in a movie), that is when I am in the mood for it	14.8%	13.3%	16.4%
If my spouse initiates sex, I am willing to get in the mood and eventually will be in the mood once we get going	27.1%	17.9%	36.2%
If my spouse initiates sex, I am willing to try but I still may not end up in the mood. (Even if we keep going for my spouse’s sake)	13.4%	6.3%	20.5%
<i>Pattern characteristic of Resistant Desire:</i>			
If my spouse initiates sex, I’m really not that willing to try	3.6%	3.9%	3.3%

MPS, n=916 (excludes ‘low sex/no sex’ couples)

4-2 Initiate/Receptive/Resistant desires (MIS)

Which of the following is most characteristic of you? (Choose one.)

	TOTAL
I initiate sexual activity with my spouse because I’m in the mood.	40.5%
I am receptive to my spouse’s sexual advances and get in the mood as we become sexually active.	50.7%
I try to avoid having sex with my partner or situations that might cause them to want sex.	8.8%

Survey: MIS, n=1097



4-3 Initiate/Receptive/Resistant to sex (by role adopted/actions demonstrated)

If you had to choose, which statement is most true of you?

	TOTAL	MALE	FEMALE
If we have sex, I tend to be the one who initiated it	35.0%	53.9%	16.2%
I naturally want to initiate, but I tend to wait for my spouse to initiate in order to be sure it is the right time for them	25.4%	26.6%	24.2%
My spouse tends to initiate sex and I am generally receptive to it	25.0%	11.1%	38.9%
My spouse would probably naturally be the one to initiate (and I would generally be receptive to it), but I tend to initiate instead because I know they are waiting for that	7.9%	3.3%	12.4%
I tend to be resistant to sex and avoid it even if my spouse initiates it	6.7%	5.0%	8.3%

Survey: MPS, n=916 (heterosexuals only, cross-tabulated male/female)



4-4 Initiator/Receptive/Resistant to sex (by *feelings of desire*)

Cross-tabulated matched pair couples: husbands and wives initiating/receptive/resistant desire type based on *feelings of desire*

		TOTAL	WIFE		
			Initiating	Receptive	Resistant
			23.6%	73.2%	3.3%
HUSBAND	Initiating	58.5%	10.0%	46.1%	2.4%
	Receptive	37.6%	12.4%	24.5%	0.7%
	Resistant	3.9%	1.1%	2.6%	0.2%

Survey: MPS, n=458 couples/916 individuals; heterosexuals only

4-5 Desire combinations among married couples

Cross-tabulation to identify the following desire combinations in matched pairs: i) Both have initiating desire; ii) both have receptive desire; iii) one has Receptive and one has Initiating desire; iv) at least one has Resistant desire

Both spouses have initiating desire	5.2%
One spouse has initiating desire, one has receptive desire	52.6%
Both spouses have receptive desire	29.3%
One or both have resistant desire	13.3%

Survey: MPS, n=916 (heterosexual couples only; cross-tabulated matched pair couples by their categorized desire type.)

4-6 What is the desire type of each spouse expressed by their *actions*?

	TOTAL	WIFE INITIATING 16.2%	WIFE RECEPTIVE 75.5%	WIFE RESISTANT 8.3%
HUSBAND INITIATING	53.9%	5.2%	43.0%	5.7%
HUSBAND RECEPTIVE	41.0%	9.6%	29.3%	2.2%
HUSBAND RESISTANT	5.0%	1.3%	3.3%	0.4%

Survey: MPS, n=916 (heterosexual couples only; cross-tabulated matched pair couples: husbands and wives initiating/receptive/resistant desire type)

Husband totals do not equal 100% due to rounding.



5-1 Frequency desire levels in couples (who is higher?)

Matched Pair calculated desire levels¹

		TOTAL
Equal desire level		21.4%
Wife has higher desire level	24.5%	
Husband has higher desire level	54.1%	
<i>Subtotal of Couples that do not have equal desire</i>		78.6%

Survey: MPS, n=458, matched pair heterosexual couples

¹ Calculated desire was determined by calculating a discrepancy score (Spouse1 desire - Spouse2 desire). If discrepancy score was <0 then Spouse1 was higher desire. If discrepancy score was >0 then Spouse2 was higher desire. If discrepancy score was =0 then spouses had equal desire.

5-2 Who has higher desire?

Thinking about you and your spouse, which one of you generally has the highest level of sexual desire? (Choose one.)

	SURVEY: MPS			SURVEY: MIS			SURVEY: MPS-C		
	TOTAL	MALE	FEMALE	TOTAL	MALE	FEMALE	TOTAL	MALE	FEMALE
Me, definitely	31.1%	46.7%	16.5%	30.0%	46.0%	14.8%	32.4%	49.2%	15.6%
Me, somewhat	14.6%	15.6%	13.6%	12.1%	17.8%	6.8%	13.8%	19.2%	8.4%
We're exactly equal	14.7%	15.8%	13.6%	23.7%	22.1%	25.3%	8.2%	8.8%	7.6%
My spouse, somewhat	15.1%	11.7%	18.2%	14.5%	7.7%	21.0%	17.0%	12.8%	21.2%
My spouse, definitely	24.6%	10.1%	38.2%	19.7%	6.5%	32.2%	28.6%	10.0%	47.2%
	n=1002			n=1097			n=500		

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5-3 Desired frequency

How often would you like sex?

		SURVEY: MPS			SURVEY: MIS			SURVEY: MPS-C		
		Total	Male	Female	Total	Male	Female	Total	Male	Female
SURVEY RESPONSES	Not at all	2.4%	1.7%	3.1%	4.2%	1.8%	6.5%	0.4%	0.0%	0.8%
	Less than once a month	2.2%	1.1%	3.3%	3.4%	1.2%	5.6%	0.6%	0.4%	0.8%
	Once a month	4.9%	2.0%	7.9%	6.3%	3.5%	8.9%	2.5%	0.8%	4.1%
	2-3 times a month ¹	11.6%	9.6%	13.5%	6.5%	5.1%	7.8%	9.2%	4.6%	13.8%
	Once a week	15.2%	13.1%	17.2%	13.7%	9.3%	17.9%	16.0%	13.3%	18.7%
	Twice a week	19.9%	20.5%	19.2%	21.9%	22.9%	20.9%	29.2%	28.2%	30.1%
	3-4 times a week	21.2%	22.5%	19.9%	24.5%	29.5%	19.7%	28.3%	35.7%	21.1%
	5-6 times a week	8.2%	9.8%	6.6%	7.1%	10.7%	3.7%	6.2%	8.3%	4.1%
	Once a day	9.5%	12.0%	7.0%	7.0%	8.9%	5.2%	5.1%	5.4%	4.9%
	More than once a day	5.0%	7.6%	2.4%	5.4%	7.2%	3.7%	2.5%	3.3%	1.6%
		n=916 (heterosexuals only; cross-tabulated by male, female)			n=1052 (heterosexuals only; cross-tabulated by male, female)			n=487 (heterosexuals only; cross-tabulated by male, female)		

¹Response option was "Once every 2 weeks" on MIS Survey

5-4 Calculated couples' desire match/mismatch

Computation of how close (or not) the desired frequency levels are of each spouse in a matched pair.

		NUMBER	PERCENTAGE
COMPARISON OF COUPLES OF DESIRED FREQUENCY CATEGORIES	Within +/- 2 frequency categories of each other	320	69.9%
	More than +/- 2 frequency desire categories of each other	138	30.1%

MPS, n=458, heterosexual matched pair couples



5-5 How often would you like sex versus how often is it happening?

	HUSBAND'S DESIRED FREQUENCY	HUSBAND'S ACTUAL FREQUENCY	WIFE'S DESIRED FREQUENCY	WIFE'S ACTUAL FREQUENCY
Not at all	1.7%	9.0%	3.1%	9.0%
Less than once a month	1.1%	15.0%	3.3%	13.0%
Once a month	2.0%	9.0%	7.9%	11.0%
2-3 times a month	9.6%	20.0%	13.5%	19.0%
Once a week	13.1%	15.0%	17.2%	16.0%
Twice a week	20.5%	13.0%	19.2%	13.0%
3-4 times a week	22.5%	11.0%	19.9%	12.0%
5-6 times a week	9.8%	4.0%	6.6%	4.0%
Once a day	12.0%	2.0%	7.0%	2.0%
More than once a day	7.6%	2.0%	2.4%	1.0%

Survey: MPS, n=916 (heterosexuals only, cross-tabulated by male, female)



5-6 Less than satisfied with frequency: self and spouse

Matched pair analysis of frequency satisfaction

		WIVES				
FREQUENCY SATISFACTION LEVEL		Dissatisfied (1-3)	Moderate (4-7)	Less than Satisfied Subtotals	Satisfied (8-10)	TOTAL
HUSBANDS	Dissatisfied (1-3)	45	45	90	13	103
	Moderate (4-7)	21	86	107	68	175
	Less than Satisfied Subtotals (1-7)	66	131	197	81	278
	Satisfied (8-10)	8	39	47	133	180
	TOTAL	74	170	244	214	458

Less than satisfied computed results:

Husbands: **70.9%**

Wives: **80.7%**

Survey: MPS, n=458 couples, heterosexual only

Matched pair analysis of responses to 'Personally happy with frequency' (# above) based on the following categorizations: Ratings of 1-3 were categorized as Dissatisfied; ratings of 4-7 as Meh; ratings 8-10 as Satisfied.



5-7 Desire discrepancies in couples and sexual satisfaction (statistical relationship)

Overall, higher-desire spouses are more distressed than their lower-desire or equal-desire counterparts. As we analyzed the data, we saw a consistent pattern. First, there is a statistically significant relationship[*] between how often someone wants sex, compared with how often their spouse wants it, and the level of satisfaction (or dissatisfaction) they tend to experience in the sexual relationship. Those with the most tension and disappointment tended to be the spouse with a higher desire than their mate.

* $R=.312, p<.001$



6-1 Prefer sex or talk by desire levels and male/female

Suppose you've had a few hard days. If you had to choose, which would touch your heart more?
(Choose one.)

		RESPONSE OPTIONS			
		My spouse says, "Tell me all about it," asks questions about how I'm feeling, and listens well.		My spouse says, "Let's get naked," shows me how desirable I am, and how much they enjoy being sexual with me.	
		MALE	FEMALE	MALE	FEMALE
DESIRE LEVEL CATEGORY	Higher Desire	57.2%	77.7%	42.8%	22.3%
	Equal Desire	72.0%	83.8%	28.0%	16.2%
	Lower Desire	68.4%	88.3%	31.6%	11.7%
	All desire levels	62.1%	84.9%	37.9%	15.1%

Survey: MIS, n=1097; cross-tabulation of "Who has higher desire" and this "Prefer sex or talk" survey question by male/female responses.



7-1 Spouse curiosity

Do you believe your spouse is generally curious about what you do and don't enjoy, sexually?
(Choose one.)

	TOTAL	MALE	FEMALE
Yes, my spouse generally stays open, inviting and curious about my preferences.	52.0%	46.7%	56.9%
My spouse is sometimes open, sometimes not so much.	26.6%	33.3%	20.3%
I think my spouse is sometimes just clueless.	9.3%	7.9%	10.7%
No, it seems like my spouse's focus is on what they want and they don't tend to explore what i would like.	7.9%	7.5%	8.4%
No, they seem to believe that their way is right (or mine is wrong), so there is no need to ask.	4.2%	4.7%	3.7%

Survey: MIS, n=1097 (cross-tabulated by male/female responses)

Categorization Note: In additional data analysis, these responses were categorized for cross tabulation purposes. When referenced, the term, "Categorized Spouse Curiosity Levels" is defined as:

Believes spouse is curious: "Yes, my spouse generally stays open, inviting and curious about my preferences." responses.

Believes spouse is not curious: "My spouse is sometimes open, sometimes not so much."; "I think my spouse is sometimes just clueless." responses.

Believes spouse is selfish: "No, it seems like my spouse's focus is on what they want and they don't tend to explore what i would like."; "No, they seem to believe that their way is right (or mine is wrong), so there is no need to ask." responses.



7-2 Curiosity and marital satisfaction

Cross-tabulation of Categorized Spouse Curiosity Levels (Chart 7-1) and Categorized Marital Satisfaction Levels (Chart 2-10)

	MARITAL SATISFACTION ¹		
	UNHAPPY	MODERATE	VERY HAPPY
Believes spouse is curious	17.4%	34.5%	59.6%
Believes spouse is not curious	32.6%	43.8%	33.5%
Believes spouse is selfish	50.0%	21.7%	6.8%

Survey: MIS, *n*=1097

7-3a Odds ratio comparing Categorized Marital Satisfaction Levels and perception of spousal curiosity

Comparing responses of Very Happy in Categorized Marital Satisfaction Levels (ratings of 8-10) to all other levels (ratings of 1-7) on Chart 7-1 and perception of spousal curiosity.

Odds Ratio: 3.154, with a 95% Confidence Interval [2.384, 4.173]

Survey: MIS, *n*=1097

7-3b Odds ratio comparing Categorized Frequency Satisfaction Levels and perception of spousal curiosity

Comparing responses of Happy in Categorized Frequency Satisfaction (ratings of 8-10) to all other levels (ratings of 1-7) on Chart 2-14 and perception of spousal curiosity.

Odds Ratio: 3.349, with a 95% Confidence Interval Level [2.612, 4.294]

Survey: MIS, *n*=1097



7-3c Odds Ratio if spouse is viewed as curious that couples are more likely to have sex at least weekly

Comparing the levels of spousal curiosity (Chart 7-1) as categorized and those having sex at least once per week or not (Chart 2-1).

Odds Ratio: 3.121 with a 95% Confidence Interval [2.431, 4.006]

Survey: MIS, $n=1097$

7-3d Odds Ratio if spouse is viewed as not curious that couples are more likely to be low sex/no sex marriage.

Comparing the levels of spousal curiosity (Chart 7-1) as categorized and those having sex less than once per month or not at all (Chart 2-1).

Odds Ratio: 3.513 with a 95% Confidence Interval [2.567, 4.809]

Survey: MIS, $n=1097$



7-4 Frequency levels by spouse's level of curiosity

Computed cross tabulation of Frequency (Chart 2-1) and spouse's categorized curiosity level (Chart 7-1)

	SPOUSE CURIOUS	SPOUSE NOT CURIOUS	SPOUSE SELFISH
Not at all	24.4%	44.5%	31.1%
Less than once a month	32.8%	41.4%	25.9%
Once a month	39.6%	50.0%	10.4%
Once every 2 weeks	47.1%	34.5%	18.5%
Once a week	53.4%	38.9%	7.8%
Twice a week	56.0%	38.9%	5.1%
3-4 times a week	71.6%	24.9%	3.6%
5-6 times a week	77.2%	17.5%	5.3%
Once a day	83.3%	16.7%	0.0%
More than once a day	100.0%	0.0%	0.0%

Survey: MIS, n=1097



7-5 Sexual frequency and curiosity

Cross-tabulation of Frequency of sex (Chart 2-1) and Spouse's Curiosity (Chart 7-1)

		RESPONSE OPTIONS TO SPOUSAL CURIOSITY QUESTION (CHART 7-1)				
		No, they seem to believe that their way is right (or mine is wrong), so there is no need to ask.	No, it seems like my spouse's focus is on what they want and they don't tend to explore what I would like.	I think my spouse is sometimes just clueless.	My spouse is sometimes open, sometimes not so much.	Yes, my spouse generally stays open, inviting and curious about my preferences.
GROUPED RESPONSES TO FREQUENCY QUESTION (CHART 2-1)	Twice a week +	0.7%	0.9%	2.0%	9.3%	27.5%
	Once a week	0.6%	0.7%	1.3%	5.6%	9.4%
	Once every 2 weeks	0.7%	1.3%	0.8%	2.9%	5.1%
	Once a month	0.3%	0.7%	1.3%	3.6%	3.8%
	Less than once a month/ not at all	1.8%	4.3%	3.9%	5.3%	6.1%

Survey: MIS, n=1097

7-6 Spouse playfulness

Does it increase your enjoyment of sex when your spouse is playful? (Choose one.)

	TOTAL
Yes, it definitely adds to the experience.	79.8%
No - either because being playful is awkward, or because sex is better when it is serious.	7.8%
I can't answer this question because my spouse is never playful.	8.1%
I can't answer this question because my spouse is never playful - but I wish they would be.	4.4%

Survey: MIS, n=1097



8-1a Signaling interest to spouse

If you are doing something you don't usually do (giving your spouse a neck massage, picking up after the kids, etc.) because you are hoping to get lucky later, what is going through your mind? (Choose all that apply.)

	TOTAL
This will get my spouse in the mood/thinking about sex.	19.5%
This will signal to my spouse what I would love to happen later, without having to ask.	22.2%
Because we are probably having sex later, I need to do something nice for my spouse now.	9.9%
This will take a load off my spouse's plate/make them feel good, which will make it easier for them to want to have sex later.	19.7%
I probably should do this supportive stuff for my spouse even more than I do, but at least the thought of sex sort of acts like a trigger to help me remember to do it for them.	9.2%
Actually, I sometimes don't do those things because I don't want to give my spouse the idea of something happening later.	5.8%
This doesn't apply to me. Whether I do nice things for my spouse has nothing to do with the hope of getting lucky later.	44.8%
What else is going through your mind? ¹	1.3%

Survey: MIS, n=1097 (responses do not total 100%; multiple responses were allowed)

¹ This was open-ended question that allowed participants to provide own response.

Categorization Note: In additional data analysis, these responses were categorized for cross-tabulation purposes. When referenced, the term, "Signaling Interest to Spouse Categorization" is defined as:

Not Selfish responses: "This will signal to my spouse what I would love to happen later, without having to ask."; "This will take a load off my spouse's plate/make them feel good, which will make it easier for them to want to have sex later."

Selfish responses: "This will get my spouse in the mood/thinking about sex."; "Because we are probably having sex later, I need to do something nice for my spouse now."; "I probably should do this supportive stuff for my spouse even more than I do, but at least the thought of sex sort of acts like a trigger to help me remember to do it for them."

NA does not apply response: "This doesn't apply to me. Whether I do nice things for my spouse has nothing to do with the hope of getting lucky later."

NA don't give idea response: Actually, I sometimes don't do those things because I don't want to give my spouse the idea of something happening later.



8-1b Spouse is signaling interest

If you suspect your spouse is doing something they don't usually do (giving you a neck massage, picking up after the kids, etc.) because they are hoping to get lucky later, how do you feel about that? (Choose all that apply.)

	TOTAL
We both know what's happening here! And that's okay; it gives me time to anticipate our time together later.	34.2%
I know what my spouse wants, but that's okay. I'm glad the kitchen is clean!	17.9%
Hey, all is fair in love and sex! I'm glad the thought of sex gets my spouse to pay attention to me outside the bedroom.	18.4%
I am okay with those efforts, as long as those actions don't ONLY happen when my spouse wants to get lucky.	21.0%
I am okay with those efforts, as long as my spouse doesn't pout if I don't want to have sex later.	11.6%
I feel that those actions mostly/only happen when my spouse wants to get lucky.	5.8%
I am not okay with it; those efforts are off-putting because I feel like my spouse isn't really interested in what I need or really wanting to help me - they just want sex.	3.6%
This doesn't apply to me. My spouse would never have in mind the idea of getting lucky later.	17.1%
This doesn't apply to me. My spouse never does nice things like that.	5.7%
What else is going through your mind? ¹	2.2%

Survey: MIS, n=1097 (responses do not total 100%; multiple responses were allowed)

¹This was open-ended question that allowed participants to provide own response.

Categorization Note: In additional data analysis, these responses were categorized for cross-tabulation purposes. When referenced, the term, "Spouse Signaling Interest Categorization" is defined as:

Ok with it, no conditions responses: "We both know what's happening here! And that's okay; it gives me time to anticipate our time together later."; "I know what my spouse wants, but that's okay. I'm glad the kitchen is clean!"; "Hey, all is fair in love and sex!"; "I'm glad the thought of sex gets my spouse to pay attention to me outside the bedroom."

Ok, but with conditions responses: "I am okay with those efforts, as long as those actions don't ONLY happen when my spouse wants to get lucky."; "I am okay with those efforts, as long as my spouse doesn't pout if I don't want to have sex later."

Not ok with it response: "I am not okay with it; those efforts are off-putting because I feel like my spouse isn't really interested in what I need or really wanting to help me - they just want sex."

Views as selfish response: "I feel that those actions mostly/only happen when my spouse wants to get lucky."

NA would not do that response: "This doesn't apply to me. My spouse would never have in mind the idea of getting lucky later."

NA does not do that response: "This doesn't apply to me. My spouse never does nice things like that."



8-1c Response to spouse signaling interest (categorized)

Cross-tabulation of Signaling Interest to Spouse Categorization and Spouse Signaling Interest Categorization

	TOTAL
I'm okay with it!	43.8%
I'm okay with it, with conditions (such as that my spouse doesn't pout if they don't get sex)	27.1%
<i>Subtotal</i>	<i>70.8%</i>
I view it as selfish/only happening when my spouse wants to get lucky	3.7%
I am NOT okay with it- my spouse doesn't care about me, they just want sex	3.7%
Does not apply; my spouse does not do nice things like that	5.2%
<i>Subtotal</i>	<i>12.7%</i>
Does not apply; my spouse would not be thinking about getting lucky later	16.5%

Survey: MIS, n=1097



8-2a Showing interest

Whether or not you are likely to “initiate” sex, think about what happens when you are open to sex. Do you do anything differently to show that you are feeling open, even if it is a bit subtle? (For example, using flirty language, dressing in a certain way, touching your spouse a bit differently, etc.) (Choose one.)

	TOTAL
Yes, I think I do things a bit differently to try to show that I am open.	42.5%
There’s actually no need to do things differently, because I’m usually pretty clear when I am interested and open.	35.2%
No, even when I am open to sex, I don’t do things differently to show it.	12.9%
I don’t know; I don’t think about showing whether I’m open or not.	9.5%

Survey: MIS, n=1097

Categorization Note: In additional data analysis, these responses were categorized for cross tabulation purposes as follows:

Showing Interest/Signal Poorly Group: “No, even when I am open to sex, I don’t do things differently to show it.” or “I don’t know; I don’t think about showing whether I’m open or not.” responses.

8-2b Spouse’s response to signaling

As you think about the things you do that show you are open to sex, does your spouse know to take those things as a signal? (Choose one.)

	TOTAL
Yes, definitely.	61.4%
Yes, maybe, although I’m not entirely sure.	29.2%
No, I don’t think my spouse ‘sees’ my actions that way.	7.3%
I don’t know; I have never really thought about this.	2.1%

Survey: MIS, n=852¹

¹ This question was not asked of the 245 respondents who answered “No . . . I don’t do things differently” or “I don’t know...” to “Showing interest” (The Showing Interest/Signal Poorly Group in Chart 8-2a above).

Categorization Note: In additional data analysis, these responses were categorized for cross tabulation purposes as follows:

Spouse Response/Signal Poorly Group: “No, I don’t think my spouse ‘sees’ my actions that way.” or “I don’t know; I have never really thought about this.” responses



8-2c Signaling Well or Poorly and Spouse’s Response in Have Sex and Low Sex/No Sex Couples

Cross-tabulation of Signaling (Chart 8-2a), Spouse’s response (Chart 8-2b) by Frequency groups of Have Sex and Low Sex/No Sex Couples

		HAVING SEX COUPLES		LOW SEX/NO SEX COUPLES	
Signal Well	Yes, definitely.	52.6%		29.8%	
Showing Interest/ Signal Poorly Group	Yes, maybe, although I’m not entirely sure.	23.2%	47.4%	20.9%	70.2%
	No, I don’t think my spouse ‘sees’ my actions that way.	4.6%		9.4%	
	I don’t know; I have never really thought about this.	1.7%		1.3%	
	<i>Subtotal: Showing Interest/Signal Poorly Group</i>	29.6%		31.5%	
Spouse Response/ Signal Poorly Group	No, even when I am open to sex, I don’t do things differently to show it.	11.1%	17.9%	19.1%	38.7%
	I don’t know; I don’t think about showing whether I’m open or not.	6.7%		19.6%	
	<i>Subtotal: Spouse Response/Signal Poorly Group</i>	17.9%		38.7%	

Survey: MIS, n=1097, combined categories from two survey questions (Charts 8-2a and 8-2b)

Note: Original print edition of book stated “Only about half of all respondents (52 percent) were signaling well and knew their spouse took it as such.” Due to rounding, the number should be 53 percent and is shown correctly on chart on page 184.



9-1 Coming to terms with partner ideal and reality

Many people start out with an ideal picture of what they want in a spouse and a sexual partner. And over time they find out that there is a gap: their spouse is different from their ideal in a particular way (in their physical appearance, way of handling arguments, sexual frequency or practices, etc.) and they probably won't change that much. To what degree have you come to terms with that particular gap between ideal and real? (Choose one.)

	TOTAL
I've largely/entirely come to terms with it.	67.0%
I've somewhat come to terms with it, but I still struggle a bit.	27.4%
I haven't yet come to terms with it well.	5.6%

Survey: MIS, n=1097

Categorization Note: In additional data analysis, these responses were categorized for cross-tabulation purposes. When referenced, the term, "Categorized Acceptance Levels" is defined as:

Accepting: Responses of "I've largely/entirely come to terms with it."

Not Fully Accepted: Responses of "I've somewhat come to terms with it, but I still struggle a bit" and "I haven't yet come to terms with it well"

9-2 How you came to terms with ideal/reality gap

What has most allowed you to come to terms with it? (Choose one.)

	TOTAL
I worked to change my mind and accept and even appreciate my spouse.	32.4%
Over time, I simply accepted the reality and/or even appreciated my spouse.	57.3%
I worked to change my spouse/encourage my spouse to change and he/she has done so.	4.2%
Over time, my spouse changed.	6.1%

Survey: MIS, n=1036

Note: Survey participants who responded with "I haven't yet come to terms with it well" to the "Coming to terms with partner ideal and reality" question (Chart 9-1) were not asked this question.



9-3 Acceptance of original ideal of spouse and sex life and reality

When you think about your spouse and your sex life, and how it differs from your original ideal, which statement most rings true for you? (Choose one.)

	TOTAL
I find myself sad or even angry that my spouse hasn't changed.	4.0%
I find myself disappointed with/sad about what I'm missing, and wishing it was different.	14.2%
I am accepting of what I have and what I don't have.	28.4%
I am generally enjoying what I've got, and mostly not missing what I don't have.	24.5%
I am fully enjoying what I've got, and not missing what I don't have.	28.8%

Survey: MIS, n=1097

9-4 Coming to terms with ideal/reality and marital satisfaction

Cross-tabulation of Categorized Marital Satisfaction Levels (Chart 2-10) and Categorized Acceptance Level (Chart 9-1):

		ACCEPTANCE CATEGORIES ²	
		ACCEPTING	NOT FULLY ACCEPTED
MARITAL SATISFACTION LEVEL CATEGORIES	Unhappy	3.7%	13.1%
	Moderate or Happy in marriage	96.3%	86.9%

Survey: MIS, n=1097

9-5 Odds Ratio of those who had largely/entirely come to terms with ideal versus reality and marital satisfaction

Computed based on responses to Categorized Acceptance Levels (Chart 9-1) and Categorized Marital Satisfaction Level (Chart 2-10)

Odds Ratio: 2.88, with a 95% Confidence Interval Level [2.193, 3.801]

Survey: MIS, n=1097



9-6 As you think about your spouse and your sex life, how does your situation differ from your original ideal?

ACCEPTANCE CATEGORY	TOTAL	CROSS-TABULATION OF ACCEPTANCE AND MARITAL SATISFACTION		
		VERY HAPPY	MODERATE	UNHAPPY
ACCEPTING/ ENJOYING	I've accepted the situation and am enjoying what I've got and not missing what I don't have 41.4%	89.4%	9.5%	1.1%
IN THE MIDDLE	I'm in the middle - I'm accepting of what I have and what I don't have 36.6%	67.2%	30.3%	2.5%
NOT ACCEPTING/ DISAP- POINTED	Category I haven't come to terms with it and/or am disappointed/sad/angry about what I'm missing 22.0%	48.5%	38.6%	12.9%

MIS n=1097: Questions and answers are paraphrased and combined from three questions as detailed below:

i. Marital Satisfaction responses to Marital satisfaction (# above) were categorized as: Unhappy (responses of 1-3), Meh (responses of 4-7), Happy (responses of 8-10).

ii. Acceptance categories grouped from answers to survey questions 9-1 (Coming to terms with partner ideal and reality) and 9-3 (Acceptance of original ideal of spouse and sex life, and reality) as follows:

- "Accepted-Enjoying" Category: are those who answered 9-1 with "I've largely come to terms with it" and 9-3 with either "I am generally enjoying what I've got, and mostly not missing what I don't have." or "I am fully enjoying what I've got, and not missing what I don't have."
- "In the middle" Category: All responses that are not included in the "Accepting-Enjoying" or "Not Accepting-Disappointed" categories.
- "Not Accepting-Disappointed" Category: are those who answered 9-1 with "I haven't yet come to terms with it well." or 9-3 with "I find myself sad or even angry that my spouse hasn't changed." or "I find myself disappointed with/sad about what I'm missing, and wishing it was different."

For more information:

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