

No REGRETS?

THE IMPACT OF SEXUAL AROUSAL ON SEXUAL CHOICES IN WOMEN

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Introduction

- **75 % of adults regret at least one sexual activity**
- Sexual acts are often carried out in the “heat of the moment” and against one’s better judgment.
- Sexual disinhibition: greater likelihood of engaging in unsafe, morally questionable or otherwise non-preferred sexual behaviors

Research questions

1. Does sexual arousal lead to sexual disinhibition in women in general?
2. Does the degree of sexual disinhibition depend on the degree of sexual arousal?
3. Do sexual excitation, sexual inhibition and/or sexual arousal impact sexual choices?

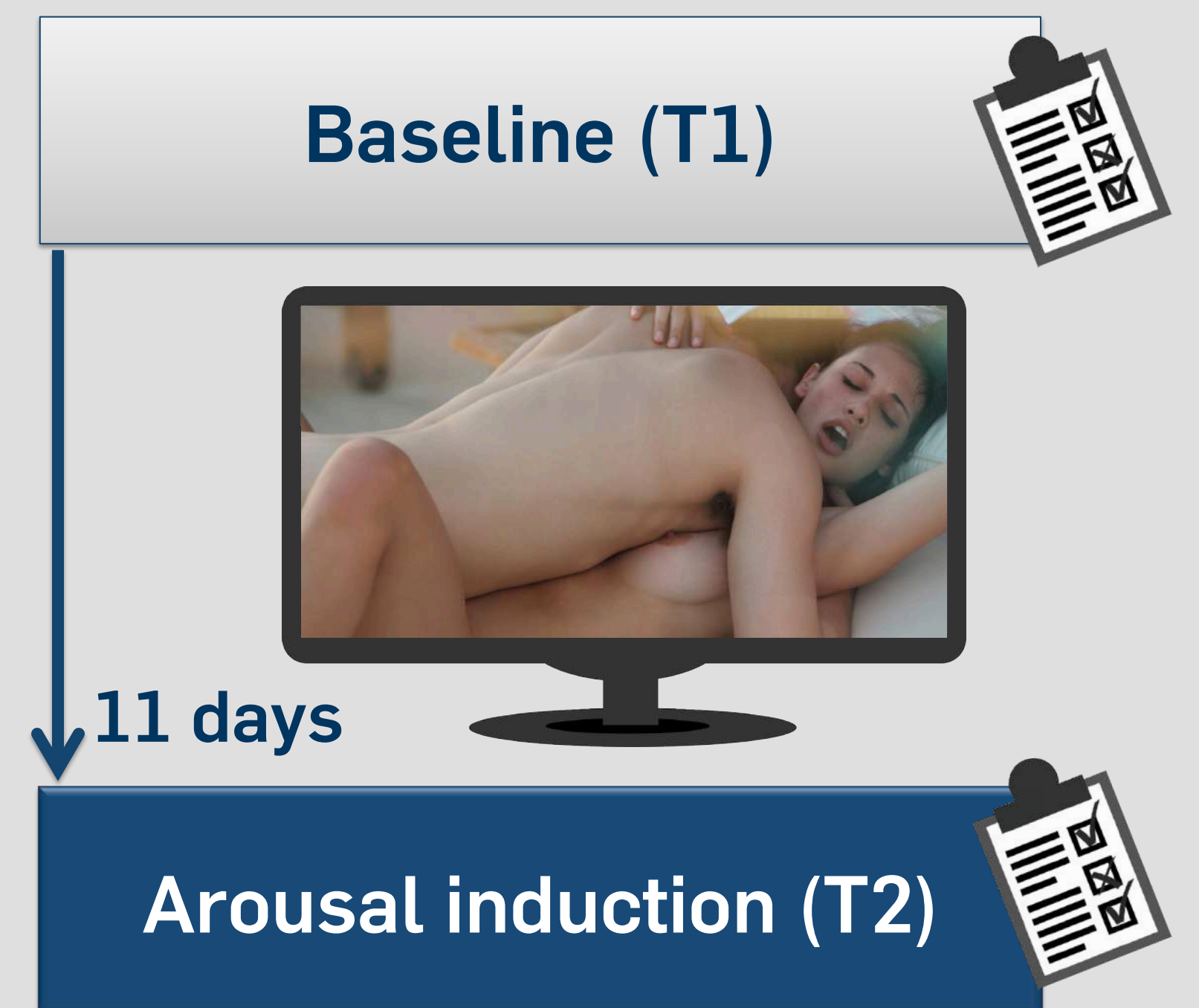
Method: Psychophysiological study

Sample description

58 androphilic women
 M age = 25.2, SD = 4.6
 60 % in steady partnership
 90 % have no children
 75 % students

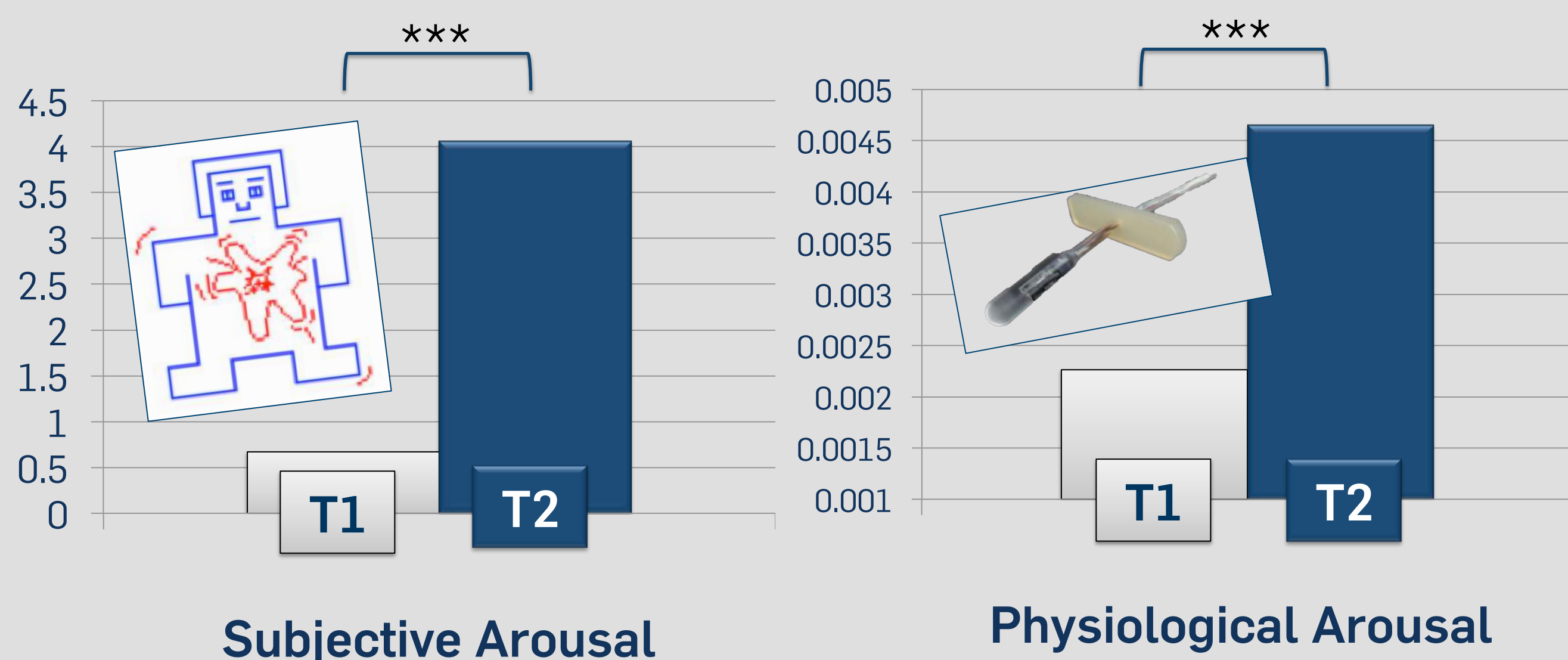
Assessment of sexual choices

Unusual Sexual Behavior Inventory (USBI, 20 items, $\alpha = .77$)
 Items from different sources (e.g., Ariely, 2006) that include unusual or socially sanctioned sexual behaviors, e.g., sleeping with your friend’s boyfriend, sex with a very unattractive person, spanking, anal sex



Results

Manipulation check



Sexual disinhibition?

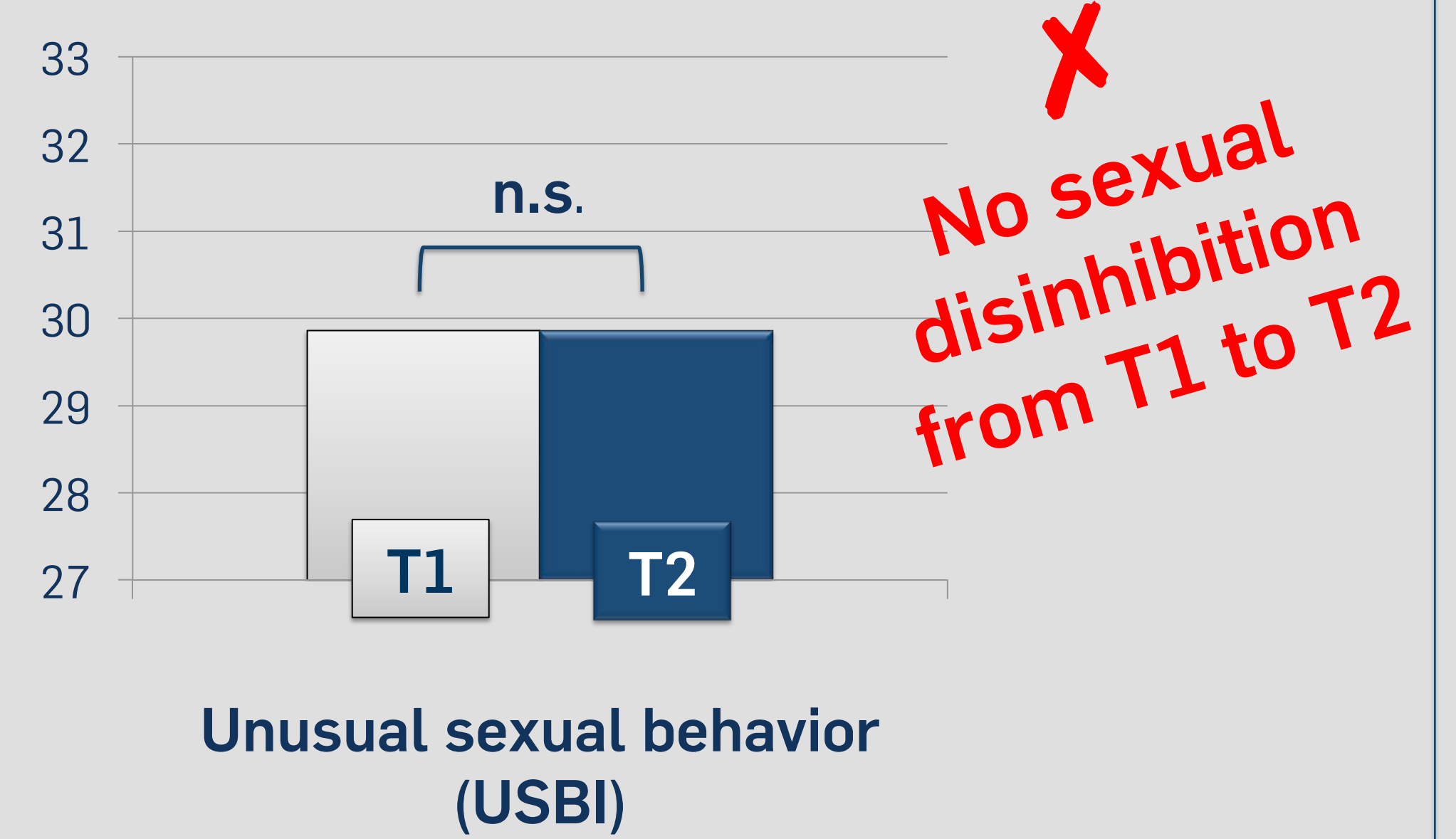


Table 1. Results of the multiple regression analyses of sexual choices

	USBI Baseline (T1)		USBI Arousal (T2)		USBI Change (T2 - T1)	
	β	t (sig.)	β	t (sig.)	β	t (sig.)
Subjective sexual arousal			-.08	0.10 (n.s.)	-.08	-0.49 (n.s.)
Physiological sexual arousal			-.01	-0.04 (n.s.)	.31	1.90 (*)
Sexual excitation	.32	2.57 *	.29	2.06 *	-.08	-0.54 (n.s.)
Sexual inhibition	-.16	-1.25 (n.s.)	-.20	-1.44 (n.s.)	-.16	-1.11 (n.s.)

The following predictors had no impact on sexual choices

- sexual function
- body image
- age
- porn exposure
- depressive symptoms
- general health
- hormonal contraception
- partnership status
- ...

Answers to our research questions

1. **No.** Our sample showed no general sexual disinhibition in the sexual arousal condition.
2. **Maybe.** There is a trend towards more sexual disinhibition with increased physiological sexual arousal.
3. **Yes.** Sexual excitation is a positive predictor of sexual choices regarding non-preferred sexual activities.