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Master thesis

**The Relationship between Perceived Partner's Responsiveness and
Sexual Satisfaction: The Role of Positive Body Image**

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Abstract

Relatively few studies have evaluated how perceived partner's responsiveness during everyday communication affects sexual satisfaction. While research on positive body image and sexual experiences has been done, do not exist studies that evaluates the impact of perceived partner's responsiveness in this context. To bring new perspective to the subject, the present study examined the association between perceived partner responsiveness and sexual satisfaction, under the mediating role of the positive body image.

In the cross-sectional design, 103 Dutch female participants completed an online survey measuring perceived partner responsiveness (PRS), sexual satisfaction (NSSS-S), and positive body image (BAS-2). Results showed that higher perceived partner's responsiveness was associated with greater sexual satisfaction, and that this association was mediated by positive body image. These findings indicate that positive body image may be the aspect that explains how partner's responsiveness influence sexual experiences, and future researchers and clinicians should evaluate the importance of one's body image in the context of couple's emotional and sexual relationships.

Keywords: Perceived partner responsiveness; positive body image; sexual satisfaction

Perceived Partner's Responsiveness and Sexual Satisfaction

Sexual satisfaction is an inseparable part of individual life and relationships. It was generally defined as a self-perceived satisfaction with one's sex life (Pinney, Gerrard, & Denney, 1987), although nowadays it is understood as a complex construct attributed to relational, physical, cultural and emotional dimensions (Christopher & Sprecher, 2000). While researchers cannot agree on the precise definition (Byers, 1999), it has been clearly stated that sexual satisfaction promotes personal well-being, quality of life and is associated with relationship contentment and stability (Chao et al., 2011; Henderson-King & Veroff, 1994; Sprecher, 2002). On the other hand, sexual dissatisfaction has a high prevalence. The world-wide study showed that more than half of the women are not fully satisfied with their sex life (Mulhall, King, Glina, & Hvidsten, 2008). Therefore, investigation of promoting factors for sexual satisfaction is necessary.

As sexual activity often takes place within the context of a romantic relationship, partner-related cognitions play an important role in the evaluation of sexual experience. Particularly, as one of the main contributors to romantic relationships (Reis, 2014) and sexual experiences (Sterren & Verheij, 2009), perceived partner's responsiveness can be emphasized. Embracing various frameworks of partners' communication (e.g., emotional intimacy, self-disclosure), perceived partner's responsiveness possesses three features: 1(i) partner's *understanding* of the one's self; (ii) partner's *validation* of the one's abilities and opinions; and, (iii) partner's *caring* for one's needs (Reis, 2014). Moreover, the perception of partner's responsiveness is explained by a dual interpersonal transactional process (Reis & Shaver, 1988): during intrapersonal interaction, one reveals one's own wishes, needs, or important information about oneself to a partner; then, the interpersonal communication follows when the partner offers a supportive response. The level of responsiveness results from the subjective evaluations of how much one's partner was (*perceived* as) understanding, validating, and caring during various, repetitive interactions (Reis, 2014).

Since sexual intimacy with the partner is an inseparable part of romantic relationships, it is doubtless that perceived partner's responsiveness is manifested in the sexual context. As Muise and Impett (2016) recently reported, higher sexual communal strength (i.e., motivation to respond non-contingently to partner's sexual needs) relates to higher sexual satisfaction of one's partner. Another study by Birnbaum et al. (2016) revealed associations between higher perceived partner's responsiveness and increased sexual desire. Especially for women

subjects, they found that having an emotionally responsive partner contributed to augmented wish to engage in sexual activities. Finally, van der Sterren and Verheij (2009) revealed that perceived partner's responsiveness predicted sexual satisfaction, lower sexual fears to engage in sexual activity, and a higher motivation to be involved in sexual relations. Thus, the studies suggest that perceived partner responsiveness is an important factor in predicting sexual satisfaction.

Despite the evidence for an existing connection between responsiveness of a partner and sexual satisfaction of the other, little is known about how perceived partner's responsiveness translates into sexual satisfaction; that is, it is unclear which aspect of oneself is understood, validated and cared for that sexual satisfaction is affected. Therefore, it is valuable to understand which factors impact the association between perceived partner's responsiveness and sexual satisfaction. Identifying such determinants is important in selecting the appropriate targets for treatment intervention in the context of sexual problems, as well as improving women's sexual health and well-being.

Positive Body Image as Mediator

Sexual activities can primarily be seen as physical interaction between two individuals. Although interpersonal aspects are associated with sexual experiences (Birnbaum et al., 2016), the perceptions of own body should not be under-looked. It is possible that during intimacy, perceived partner's responsiveness result in feeling more comfortable and positive about one's body, which, in turn, influences sexual satisfaction. For example, women who perceive their partners as understanding and responsive to their needs may feel more confident with their body and, thus, more open to express their sexuality, and enjoy sexual intercourse. Therefore, positive body image might be seen as an explaining factor for the relationship between perceived partner responsiveness and sexual satisfaction.

Undoubtedly, positive body image—one's appreciation, love, and positivity about one's body (Tylka & Wood-Barcalow, 2015)—is reflected by interpersonal experiences. From parents to romantic partners, the direct and indirect messages about ideal appearance expectations are likely to be internalized and influence one's body image (Jones, 2002). Even more, perceived body acceptance by significant others, and feeling valued for one's authentic qualities are considered to be inseparable parts within one's body image perception (Tylka, 2002). Thus, in addition to childhood experiences, romantic partners can pose strong influence on one's thoughts and beliefs about own body image and the self.

The importance of the partner's influence on the perception of the self has been highlighted by Cash (2008): "their power results from the fact that we may see an intimate partner's view of us as a valid reflection of our worth—after all, our partner 'really knows us'"(p. 43). In other words, the responsiveness perceived from the partner can directly influence the perception of one's own body. Consequently, if the partner is highly responsive (i.e., understanding, validating, and caring), positive body image may increase, whereas low responsiveness can result in a decrease of positive body evaluation.

Prior empirical studies also support the influence of perceived partner responsiveness on body image. Higher levels of perceived partner's support were found to be related to lower body dissatisfaction (Weller & Dziegielewski, 2005). Similarly, perceived support and trust was associated with (lower) body dissatisfaction in women (Juarez & Pritchard, 2012). These findings underline that (perceived) support from a romantic partner can influence one's body image.

Positive body image, in turn, has been frequently associated with sexual experiences (Woertman & van den Brink, 2012). For instance, several recent studies in the Dutch population showed connections between aspects of positive body image and more sexual satisfaction (van den Brink, Smeets, Hessen, Talens, & Woertman, 2013; van den Brink, Smeets, Hessen, & Woertman, 2016). In addition, Holt and Lyness (2007) have revealed that appearance evaluation was positively related to sexual satisfaction, whereas Satinsky, Reece, Dennis, Sanders, and Bardzell (2012) indicated that body appreciation predicted sexual satisfaction. In sum, extant research suggests that perceived partner's responsiveness is associated with positive body image, which, successively, is associated with greater sexual satisfaction. As a consequence, to target a mediator role of positive body image may be a step forward in understanding the role of partner's perceived responsiveness in the context of sexual satisfaction.

Eventually, sexual intimacy with a partner is an indivisible part of romantic relationships; as a dual interaction, the partner's role is an important indicator for the satisfaction of sexual activities. The perception of partner's understanding, validation and care may be reflected in openness to feel sexual satisfaction. As sexual activities include exposure of one's body, positive body image may be the most sensitive aspect to partner's responsiveness and to influence sexual experiences. Therefore, the association of perceived partner's responsiveness and sexual satisfaction may be seen through the lenses of positive body image; analysing these associations can be helpful to define more accurate treatment goals towards promoting sexual satisfaction within romantic couples.

The Present Study

The present study focuses on the relationship between perceived partner's responsiveness (i.e., the perception of partner's understanding, validation and care) and sexual satisfaction with the mediating role¹ of positive body image in women.

Firstly, it is hypothesised that perceived partner's responsiveness will be associated with sexual satisfaction. Based on previous research (van der Sterren & Verheij, 2009), it is expected that higher perceived partner's responsiveness will be related to higher levels of sexual satisfaction.

Secondly, the mediating role of positive body image will be tested. Based on prior research (Satinsky et al., 2012; Weller & Dziegielewski, 2005), it is hypothesised that positive body image will be an explaining factor between perceived partner's responsiveness and sexual satisfaction. More specifically, it is expected that higher perceived partner's responsiveness will be associated with a more positive body image, which in turn will be associated with higher levels of sexual satisfaction.

The proposed hypotheses are schematically summarized in Figure 1.

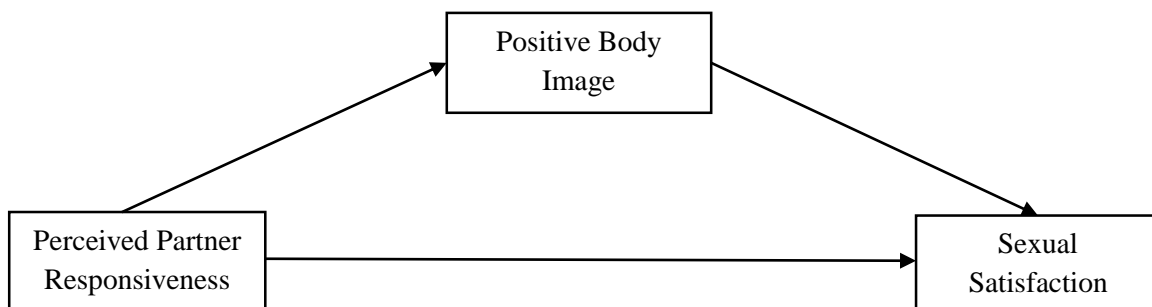


Figure 1. Schematic summary of the hypothesised relationship between perceived partner's responsiveness and sexual satisfaction, through positive body image.

¹ "a **mediation** model is one that seeks to identify and explain the mechanism or process that underlies a relationship between an independent variable and a dependent variable via the inclusion of a third explanatory variable, known as a mediator variable. Rather than hypothesizing a direct causal relationship, a mediation model hypothesizes that the independent variable influences the mediator variable, which in turn influences the dependent variable. Thus, the mediator serves to clarify the nature of the relationship between independent and dependent variables" (MacKinnon, 2008, p.1)

Method

Procedure and Participants

For the present work, female participants were invited, aged 18 years or older, who have had at least one sexual experience with a partner in the lifetime. Participants were invited to take part in an online study, created using the Lime Survey infrastructure, and the online address (URL) to the study was distributed through several media, including posters, social media and students' website of Utrecht University.

After accessing the survey's URL, participants were provided with information about the questionnaires and were asked to give informed consent in order to proceed. The anonymity on the collection of the answers and voluntary participation on the survey was guaranteed. Next, seven demographic questions² were asked, followed by the questionnaires about body image, perceived partner's responsiveness, and sexual satisfaction. Finally, social science students from Utrecht University were given the option to provide their student number in order to receive course credits; other participants were exempted of any kind of compensation for participation. It was estimated 45 minutes to fully complete the survey.

A total of 103 females (age range 18-31, $M = 21.76$, $SD = 2.39$) fully completed the survey. The highest finished education of 50.5 % ($n = 52$) respondents was university, followed by 19.4 % ($n = 20$) as university of applied sciences, whereas the remainder 30.1 % ($n = 31$) was secondary school. The average Body Mass Index was 22.63 ($SD = 3.41$). Concerning personal relationships, 68.9 % ($n = 71$) reported currently having a partner and the length of the relationship was reflected in categories as follows: 3.88 % ($n = 4$), less than a month; 5.83 % ($n = 6$) between 2 and 6 months; 5.83 % ($n = 6$), 6 months and one year; 20.4 % ($n = 21$) between one and two years, and; 33.0 % ($n = 34$), more than two years. Ultimately, sexual orientation of the participants was largely heterosexual (91.3 %, $n = 94$), whereas a small number of participants reported being bisexual (7.77 %, $n = 8$) or homosexual (0.971 %, $n = 1$).

Measures

Perceived partner's responsiveness. The Perceived Responsiveness Scale (Reis, 2006) was used to assess how responsive and understanding the partner is perceived. This scale was translated from English to Dutch using the translate-retranslate method (re-

² The demographic questions were: age, education level, height, weight, presence of current partner, length of romantic relationship, and sexual orientation

translation by a native speaker). Respondents were asked to evaluate 10 items (e.g., “My partner sees the real me,”) and rate them on a 7-point Likert scale, ranging from 1 = *not at all true* to 7 = *completely true*. Items were averaged so that higher scores indicate greater perceived partner responsiveness. In previous studies, high reliability has been found ($\alpha = .96$; Carson, 2015). In the current study, Cronbach’s alpha was $\alpha = .94$.

Positive body image. Positive body image was measured using the Dutch version (Bone, van Elst, & Schijf, 2016) of Body Appreciation Scale-2 (BAS-2; Tylka & Wood-Barcalow, 2015). The 10-item scale assess respect and appreciation of one’s body and attention to its needs (e.g., „I feel good about my body“). Participants’ responses were measured on a 5-point Likert scale, where 1 = *never* and 7 = *always*. Item scores were averaged with higher score indicating a more positive body image. The BAS-2 has been reported to have high reliability ($\alpha = .97$) and validity (Tylka & Wood-Barcalow, 2015). In the current study, Cronbach’s alpha was $\alpha = .93$.

Sexual satisfaction. The translated Dutch version (Schlaman, 2015) of the 12-item New Sexual Satisfaction Scale-Short (NSSS-S, Štulhofer, Buško, & Brouillard, 2011) was used to measure sexual satisfaction. According to the five-point Likert-type scale (1 = *not at all satisfied*; 5 = *extremely satisfied*), respondents were asked to rate their level of sexual satisfaction in their present sexual relationship. The evaluated aspects included intensity of self and partner’s orgasms, sexual variety, emotional openness, and others. Item scores were summed, with higher scores indicating greater sexual satisfaction. The scale is shown to have high reliability ($\alpha = .90$) and validity (Štulhofer, Buško, & Brouillard, 2010). In this study, Cronbach’s alpha was $\alpha = .88$

Statistical Analysis

All statistical analyses were performed with IBM SPSS Statistics Version 21. First, bivariate associations between the study variables (i.e., partner’s responsiveness, positive body image, and sexual satisfaction) were analyzed using Pearson correlation coefficients.

Second, the mediating role of positive body image was analysed using Hayes’ Process Macro plug-in for SPSS (Model 4; Hayes, 2013), with perceived partner’s responsiveness as independent variable, positive body image as mediator, and sexual satisfaction as dependent variable. The mediation analysis comprises a number of sub-analyses that estimate the total, direct and indirect effects of perceived partner’s responsiveness on sexual satisfaction. The *total* effect refers to the relationship between perceived partner’s responsiveness and sexual satisfaction. The *direct* effect refers to the association between perceived partner’s

responsiveness and sexual satisfaction while controlling for positive body image. The *indirect* effect refers to the relationship between perceived partner's responsiveness and sexual satisfaction through positive body image. The direct and total effects were estimated by stepwise multiple regression analysis, whereas the indirect effect was estimated using bootstrap analysis with 5000 bootstrap samples. The significance of the indirect effect (i.e., the mediating role of positive body image) was based on bias-corrected 95% confidence intervals (i.e., the absence of value 0 within the confidence intervals indicates the existence of the indirect effect).

Results

Bivariate associations between perceived partner's responsiveness, positive body image, and sexual satisfaction

The means (and standard deviations) as well as correlations were estimated between study variables, and are presented in Table 1. As expected, perceived partner's responsiveness was related to sexual satisfaction: higher scores of perceived partner's responsiveness were associated with higher levels of sexual satisfaction. Also, perceived partner's responsiveness was related to more positive body image, which, in turn, was associated with higher levels of sexual satisfaction.

Table 1. Means, standard deviations and bivariate associations between study variables

<i>Variable</i>	1	2	3	<i>M</i>	<i>SD</i>
1. Perceived Partner Responsiveness	-	.38***	.35***	5.37	1.10
2. Positive Body Image		-	.39***	3.57	0.64
3. Sexual Satisfaction			-	40.88	8.07

Note. *** $p < .001$.

Total, direct and indirect effects of perceived partner's responsiveness and sexual satisfaction through the mediation of positive body image

The results of total and direct effects of perceived partner's responsiveness and positive body image on sexual satisfaction are displayed at Table 2. Regression analysis revealed that perceived partner's responsiveness had a total effect, as well as a direct one, on sexual satisfaction. In addition, positive body image had a direct effect on sexual satisfaction.

Furthermore, the bootstrap analyses revealed an indirect effect of perceived partner's responsiveness on sexual satisfaction via positive body image (completely standardized effect size = .11, BCa 95% CI [.037, .237]). This finding is in line with the expectation that perceived partner's responsiveness was connected to sexual satisfaction through positive body image.

Table 2. Results of the stepwise regression analysis with sexual satisfaction as outcome: Total and direct effects of perceived partner's responsiveness and positive body image on sexual satisfaction

Predictors	β step 1	β step 2
Step 1: adj. $R^2 = .12$, $F(1, 101) = 14.16^{***}$		
Perceived partner's responsiveness	.35***	.24*
Step 2: $\Delta R^2 = .08$, $F(1,100) = 9.41^{**}$; adj. $R^2 = .20$, $F(2, 100) = 12.37^{***}$		
Positive body image		.45**

Note. β 's in step 1 represent total effects of perceived partner's responsiveness on sexual satisfaction. β 's in step 2 represent direct effects of the perceived partner's responsiveness on sexual satisfaction.

*** $p < .001$, ** $p < .01$, * $p < .05$.

Discussion

Since issues with sexual satisfaction is highly prevalent among women worldwide (Mulhall et al., 2008), more research is needed to clearly define the determinants that influence sexual experiences. To support the knowledge on this field with new information, the current study focused on the relationship between perceived partner responsiveness and sexual satisfaction, as well as the mediating role of positive body image. And although previous research has found that partner's role is important for body image (Muisse & Impett, 2016) and body image is influential aspect for sexual experiences (Satinsky et al., 2012), the current work was the first known study that evaluated positive body image as an intermediating variable between partner's responsiveness and sexual satisfaction.

In line with the hypothesis and results of prior studies (Birnbaum et al., 2016; van der Sterren & Verheij, 2009), an association between perceived partner's responsiveness and sexual satisfaction was found. It was confirmed that the more the partner was perceived as responsive, the higher the level of sexual satisfaction reported, which converges with the dynamics of long-term romantic relationships.

As romantic relationships develop, couples' sexual life stabilizes and daily interpersonal encounters, rather than spontaneous intimacy events, begin to alter their sexual experiences (Basson, 2000). In other words, sexual satisfaction is more than a reflection of sexual disclosure during the intimate moments, but it is a result of an ongoing interpersonal communication between partners. Thus, the study results suggest that feeling understood, validated and cared for during daily communication influence experienced sexual satisfaction. Moreover, this study extends the literature by concluding that perceived partner's responsiveness may not only promote a wish to engage in sexual activities (Birnbaum et al., 2016) but also strengthen the experienced satisfaction of sexual intercourse. Therefore, in the committed relationship, perceived partner's responsiveness plays a key role in fostering sexual satisfaction and should be considered in future research.

In order to understand how perceived partner's responsiveness translates into sexual satisfaction, the role of positive body image was evaluated. In accordance with the hypothesis, positive body image in women was an explaining variable in the relationship between perceived partner's responsiveness and sexual satisfaction. It was revealed that higher perceived partner responsiveness was associated with a more positive body image, which, in turn, was related to a higher sexual satisfaction. It implies that a more responsive partner can assist feeling more positively about one's body and, thus, open oneself to greater sexual

experiences. In a romantic couple, appearance concerns are more frequent within females than males (Meana & Nunnink, 2006) and are experienced by around one-third of the women during the sexual activity (Woertman & van den Brink, 2012). Also, people having body image concerns are more vigilant for their partner's reactions and constantly try to "read" their thoughts and understand their feelings (Wiederman & Sarin, 2014). Thus, in the context of sexual activities, bodily concerns are prevalent and partner's responsiveness can be crucial for promoting a more positive body image and, consequently, increasing the satisfaction of women's sexual experiences.

While discussing the influence of positive body image, it is important to distinguish it from the negative body image. Until recently, body image has been investigated mostly in negative terms, with the focus on negative body image (e.g., body *dissatisfaction*, Weller & Dziegielewski, 2005; Woertman & van den Brink, 2012). Positive body image, on the other hand, is not on the continuum of negative body image. That is, the absence of a negative body image does not imply a positive image per se. Positive body image stands as a distinct concept, consisting of the absence of negative body image *and* the presence of appreciation, love, and inner positivity about one's body (Tylka & Wood-Barcalow, 2015). Focussing on negative aspects can only be helpful in discovering symptoms that should be reduced, which can only result in intermediate mental health (i.e. lack of pathology; Tylka, 2011). In order to promote appreciation and satisfaction with one's body, focussing on positive body image is essential.

Therefore, not only intervening with body disturbances but also encouraging love and acceptance of one's body would help to increase perceived body image and promote other associated aspects. And given that positive body image is significant in the relationship between perceived partner's responsiveness and sexual satisfaction, increasing inner positivity about one's body can also reflect in a more positive and less vigilant evaluation of one's partner, and, as a result, greatly alter sexual satisfaction.

The results of this study may have potential implications for clinical practice. Found associations between perceived partner's responsiveness and sexual satisfaction suggest that improvements in perceived partner's responsiveness could encourage positive change in sexual experiences. Thus, addressing the role of the partner—his disclosed understanding, validation and care—might be an essential part in clinical treatment. Moreover, clinicians treating couples with sexual dysfunctions could benefit from the exploration of the existence of bodily concerns and the perceived support of the partner: discussing the daily communication patterns would help to understand and correct the maladaptive responses of

the partner, which would assist in increasing positive body image, and, consequently, sexual satisfaction.

While addressing partner's responsiveness, it is important for clinicians to understand the subjective nature of this concept. That is, even if partner is understanding and valuing the female, she might not accept these responses as valid and rather perceive them as polite or conflict avoidant (Wiederman & Sarin, 2014). Hence, it is important to distinguish between the actual and perceived responsiveness of the partner and help women to accept the positive input from the partner. In addition to partner's role, clinicians may benefit from discussing women's bodily concerns, considering that encouraging one's body appreciation may increase women's confidence about oneself and help trusting partner's positive responses.

Limitations

This study is constrained by few limitations. The present sample consisted of university female Dutch students, thus the homogeneity of respondents may not be a clear representative of the Dutch population or other women around the world. In addition, due to a limited sample, the length of the romantic relationship was not accounted for. As length of the relationship was found to be a significant factor for the association between perceived partner's responsiveness and sexual motivation (van der Sterren & Verheij, 2009), it is possible that partner's role in long-lasting relationships could be more influential to sexual experiences as well as body image. Thus, more heterogeneous sample in long-term relationships would be beneficial in future research.

Moreover, this study's design did not account for dyadic nature of romantic relationships. Since partners mutually affect each other's emotions and behaviour through social interaction (Back et al., 2011), sexual aspects, as well as communication ones, could be interdependent between couple members. Future studies should focus on dyadic design to better understand the influence of partner to study variables.

Finally, cross-correlational design of this study does not allow one to draw conclusions about causality. That is, it is not possible to assume that perceived partner's responsiveness causes positive body image, which, in turn, causes sexual satisfaction. As other studies, for instance, conclude that sexual satisfaction can affect positive body image (Tantleff-Dunn & Lindner, 2002), the directions of the relationships between study variables may also be reversed. Longitudinal future research is needed to better understand these interactions.

Conclusion

In conclusion, this study targeted positive body image as the mediator in the relationship between perceived partner's responsiveness and sexual satisfaction. The results revealed that perceived understanding behaviour, validation of one's opinion and caring for one's needs by the partner reflect into an increased positive body image which, in turn, develop stronger sexual satisfaction. As an implication, positive body image is an important aspect affected by perceived partner's responsiveness for women when it comes to sexual satisfaction. Finally, a new scope for research studies and clinical applications emerge from this study, with a focus on one's positive body image in the emotional and sexual context of romantic partnership.

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Appendixes

Introduction and Informed Consent

Welkom bij dit online vragenlijstonderzoek naar lichaamsbeeld en seksuele ervaringen. Dit onderzoek wordt uitgevoerd door de Universiteit Utrecht in het kader van een masteronderzoek.

Let op: voor deze studie zijn wij alleen op zoek naar vrouwen van 18 jaar en ouder die in het verleden minimaal één seksuele partner hebben gehad.

De vragen zullen gaan over bepaalde aspecten van seksualiteit, en gedachten en gevoelens die je hebt over jezelf en over jouw lichaam. Er bestaan geen goede of foute antwoorden. Het invullen van de vragenlijsten zal maximaal 45 minuten van je tijd in beslag nemen. FSW studenten van de Universiteit Utrecht krijgen één proefpersoonuur toegekend wanneer zij aan het eind hun studentnummer en solis e-mailadres invullen. Het meedoen aan dit onderzoek is op vrijwillige basis en deelname kan op ieder moment beëindigd worden. Wanneer deelname vervroegd wordt beëindigd, wordt er geen proefpersoonuur toegekend en zal de gegeven informatie direct worden verwijderd. De informatie die je verschaft blijft geheel anoniem en zal enkel en alleen gebruikt worden voor wetenschappelijke doeleinden.

Alvast bedankt voor je deelname!

Deelname aan dit onderzoek is vrijwillig en je kunt op ieder moment stoppen. Er wordt op vertrouwelijke wijze met je gegevens omgegaan en de anonimiteit van je gegevens is gewaarborgd. De resultaten zullen niet voor andere doeleinden dan dit onderzoek worden gebruikt en jouw gegevens zullen niet aan derden worden verstrekt.

Ik ga akkoord met deelname aan dit onderzoek.

Ja

Demographics

1. Wat is je leeftijd?

Open answer

2. Wat is je huidige opleidingsniveau?

Answer choices: Basisonderwijs/ Vmbo/ Mbo/ Hbo/ Wo

3. Wat is je lengte (in cm)?

Open answer

4. Wat is je gewicht (in kg)?

Open answer

5. Heb je ooit een vaste relatie gehad?

Answer choices: Ja/ Nee*

*6. Hoelang ben je op dit moment in een vaste relatie?

Answer choices: Minder dan één maand/ Tussen één en zes maanden/ Tussen zes maanden en één jaar/ Tussen één en twee jaar/ Langer dan twee jaar

7. Wat is je seksuele geaardheid?

Answer choices: Heteroseksueel / Homoseksueel / Biseksueel / Niet gespecificeerd

New Sexual Satisfaction Scale-Short (NSSS-S)

Geef aan in hoeverre u tevreden bent met de volgende eigenschappen van uw seksuele relatie. Als je op dit moment geen seksuele relatie hebt, verwijst dan naar je laatste seksuele relatie.

	Helemaal niet tevreden	Een beetje tevreden	Tevreden	Erg tevreden	Extreem tevreden
De kwaliteit van mijn orgasmes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mijn 'loslaten' en overgave aan seksueel genot tijdens de seks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
De manier waarop ik seksueel reageer op mijn partner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Het seksueel functioneren van mijn lichaam.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mijn stemming na seksuele activiteiten.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Het genot dat ik mijn partner geef.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
De balans tussen wat ik geef en wat ik krijg tijdens de seks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Het emotioneel openstellen van mijn partner tijdens de seks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Het vermogen van mijn partner om orgasmes te krijgen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
De seksuele creativiteit van mijn partner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
De verscheidenheid van mijn seksuele activiteiten.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
De frequentie van mijn seksuele activiteiten.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Body Appreciation Scale 2 (BAS-2)

Geef aan in hoeverre deze stelling waar is voor jou in nooit, zelden, soms, vaak of altijd.

	Nooit	Zelden	Soms	Vaak	Altijd
Ik respecteer mijn lichaam.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ik voel me goed over mijn lichaam.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ik heb het gevoel dat mijn lichaam op z'n minst een aantal goede kwaliteiten heeft.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ik heb een positieve houding tegenover mijn lichaam.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ik schenk aandacht aan de behoeften van mijn lichaam.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ik voel liefde voor mijn lichaam.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ik waardeer de verschillende en unieke karakteristieken van mijn lichaam.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mijn gedrag onthult mijn positieve houding tegenover mijn lichaam, bijvoorbeeld 'Ik houd mijn kin omhoog en lach'.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ik voel me comfortabel in mijn lichaam.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ik voel me mooi, ook al ben ik anders dan de media-beelden van aantrekkelijke mensen (bijvoorbeeld modellen of actrices).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>