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What Women Want: a Study of Communication, Sex and Personality

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WHAT WOMEN WANT: A STUDY OF COMMUNICATION, SEX AND PERSONALITY

by

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Abstract

Sexual communication is important in overall sexual and relationship satisfaction. Women, in particular, report lower psychological well-being when sexual dysfunction occurs (Davison, Bell, LaChina, Holden & Davis, 2009). This study was designed to uncover precisely how important sexual communication is in relation to sexual satisfaction, whether there are any discrepancies between women's desired sexual acts verses the acts they actively take part in, and to what degree personality has an effect on sexual communication and activity. Participants were 428 women from the psychology pool at University of Central Florida. The average age of the sample was 20.7 years (SD = 5.24). Approximately 56% of the sample identified as white, 14% as black, 7% as Asian and 10% as other. Communication was positively correlated to sexual satisfaction, there were no found discrepancies between sexual participation and desired sexual acts among the study participants, and personality significantly predicted levels of communication and participation in varying sexual acts, particularly regarding extraversion, agreeableness and conscientiousness. Communication about sex is strongly related to life and health satisfaction and a greater understanding of sexual desires should be continually sought to create harmony within relationships.

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Introduction

When it comes to sexuality, double standards frequently exist for men and women. Whereas men are free to exhibit a wide range of behaviors sexual; women's wants, desires and attitudes about sex are frequently judged more harshly (Matlin, 2012). Society views female sexuality more critically and this is often an impediment for women to clearly and honestly express their sexual desires. Sexual communication is an important aspect of romantic, interpersonal relationships; women's sexual desires have favorable consequences for high levels of sexual communication and unfavorable consequences for lower levels.

High levels of sexual communication have been shown to have a positive effect on sexual satisfaction (Cupach & Comstock, 1990). Individuals who communicate more about their likes and dislikes with their partners report higher levels of sexual rewards. This includes less discrepancy between their actual and expected levels of sexual rewards. Better sexual communication yields both sexual rewards and relationship satisfaction which equates to higher sexual satisfaction (Byers & Demmons, 1999). Perceived positive communication predicts a partner's likelihood of feeling emotionally and sexually intimate which results in increased relationship satisfaction (Yoo, Bartle-Haring, Day, & Gangamma, 2014) and measures of deliberate communication predict worldwide relationship and marriage satisfaction (Snyder, 1979). Conversely, both partners experience high stress when sexual dysfunction occurs (Brezsnyak, & Whisman, 2004). However, women in particular have lower psychological well-being in response to lower sexual satisfaction (Davison, Bell, LaChina, Holden & Davis, 2009).

Additionally, low levels of sexual communication can be detrimental to the overall relationship quality. Sexual desire discrepancy due to lack of sexual communication and self-disclosure is a significant obstacle to both sexual satisfaction and relationship satisfaction. One study indicated that as many as 40% of female respondents had not disclosed any sexual desires to their partners and, as a result, experienced a lower sexual quality of life than women who had disclosed sexual desires (Nagao, Tai, Saigo, Kimura, Ozaki, Tanaka, & Nakajima, 2014). Specifically, women who had not communicated their sexual desires experienced a smaller amount of foreplay and after-play than they had actually desired. Nagao and colleagues (2014) collected data from samples of Japanese women and found the communication was so poor that women did not speak to their partners about coital pain even if it was causing them marital problems. These findings demonstrate the necessity of sexual communication not only for the health of relationships but also for the physical and psychological comfort of both partners. Many women know they want to have more satisfying sex lives and are conscious of how big a role sex plays in their lives (Nagao et al., 2014). While a desired frequency of sex appears to be a significant factor in overall sexual satisfaction for both sexes, women tend to report less full satisfaction than men when both are asked to rate their overall sexual and relationship satisfaction (Smith, Lyons, Ferris, Richters, Pitts, Shelley, & Simpson, 2011).

Another important aspect to consider is the degree to which women enjoy the sexual behaviors they are participating in. There are numerous reported cases of sexual desire discrepancies in females. For instance, a study of young adult women reveals that pretending to orgasm during sexual intercourse is a common phenomenon. Of the 161 women surveyed, 90 (55.9%) of them reported pretending to orgasm during sexual intercourse (Wiederman, 1997). Another study

revealed that, despite regarding cunnilingus as intimate – and sometimes more intimate than intercourse – women had difficulty executing cunnilingus. Even for women in relationships it was viewed as challenging, requiring communication and practice, and tension-inducing especially when their preferences for cunnilingus contradicted the sexual script of the relationship context (Backstrom, Armstrong, & Puentes, 2012). In a Shanghai study, the highest proportions for lack of sexual satisfaction and lack of marital and relationship satisfaction were seen in individuals who had never had any sign of orgasm and who never experienced any foreplay, respectively (Guo, Ng, & Chan, 2004).

These findings suggest that discrepancy between desires and behaviors among women may be more common than society expects due to a lack of communication and may result in low relationship satisfaction. There is a paucity of research regarding the examination of specific sexual acts to find any overarching discrepancies among women. It is largely unknown as to whether there are sexual acts in which women are not engaging even though they may desire to do so. Alternatively, the frequency and type of sexual acts in which women may engage, without the desire to do so, is also unknown. The exploration of these issues is important to understanding relationship functioning and increasing sexual and relationship satisfaction among women. Within the context of romantic relationships, health and intimacy increases when both partners feel free to express their desires without fearing judgment of their wants. Understanding more clearly women's wants and desires and the possible correlates of their silence is an important to creating equality, not only in the boardroom but also in the bedroom.

One possible area of exploration in understanding challenges to sexual communication and discrepancy between sexual participation and enjoyment is understanding the stable, temperamental characteristics of the individual doing the communicating. Personality is defined broadly as a person's enduring, or characteristic, pattern of emotion, behavior and cognition (John & Donahue, 1991). Personality has been shown to predict likelihood or frequency of engaging in specific sexual acts as well as predicting levels of sexual satisfaction (Miller, Lynam, Zimmerman, Logan, Leukefeld, & Clayton, 2004). Specifically, associations among the "Big Five" personality traits and some sexual behaviors has been investigated.

Research on Big Five traits and specific sexual behaviors has shown a differential pattern of attitudes towards appropriate sexual behaviors. For example, individuals who rated low on agreeableness, low on openness, and high on extraversion tended to engage in riskier sexual behavior. This included acts like unprotected sexual intercourse both within and outside of committed, monogamous relationships (Miller et al, 2004). Additionally, individuals who rated high in extraversion, low in agreeableness, and low in openness have demonstrated high levels of short-term mating behavior such as promiscuity, infidelity, and the pursuit of other people's long-term partners (Schmitt & Shackelford, 2008). Individuals with partners low in agreeableness, emotional stability, and intellect-openness report less relationship satisfaction while individuals with partners high in agreeableness, emotional stability, and intellect-openness report higher relationship satisfaction (Botwin, Buss, & Shackelford, 1997). It stands to reason that agreeable, stable, and open partners are largely preferred because they make for less tempestuous and conflict-ridden relationships. A study pertaining to sex in married couples demonstrated that wives with

high agreeableness reported having more sex and wives with high neuroticism reported feeling lower sexual satisfaction (Meltzer, McNulty, 2016).

Although prior research has examined personality and aspects of sexuality, little research has been conducted on women's personality traits and how they relate to desire for and frequency of engagement in specific sexual acts. However, there is some previous research which suggests that these factors may be connected. For example, one study indicated that women who reported high levels of conscientiousness allot more time for fellatio on their partner (Sela, Shackelford, Pham, & Zeigler-Hill, 2015). Women who reported high agreeableness also reported greater interest in and performance of more fellatio on their partners (Sela et al., 2015). Another study in Singapore indicated that women who identified as having less confidence resisting pressured sex were more likely to engage in anal sexual intercourse (Ng, Wong, Chan, Sen, Chio, & Koh, 2015). Women who identified as more rebellious were also more likely to engage in anal sexual intercourse (Ng et al., 2012). Given the evidence that various personality traits predict sexual behaviors and levels of sexual satisfaction, it is likely that varying levels of personality traits may predict differing sexual desires for specific sexual acts and different quality of sexual communication.

The hypothesis for the present study is that high levels of sexual communication among women to their partners will have a positive effect on their sexual satisfaction and level of participation in various sexual activities whereas low levels of sexual communication will have a negative effect on their sexual satisfaction and level of participation in various sexual activities. The second hypothesis is that there will be overarching discrepancies between the specific sexual acts that women engage in verses the acts they reportedly enjoy. Finally, the final hypothesis is that

varying personality traits based off the Big Five scale will predict different levels of sexual communication and predict preferences for different sexual acts. High levels of agreeableness and openness may predict preferences for a wider variety of sexual acts.

Methods

Participants

428 participants were recruited from SONA, a system in which University of Central Florida students can take psychological surveys often for extra class credit, and Webcourses, the University of Central Florida online class platform. Participants had to be females 18 years of age or older who had been in committed, heterosexual, and sexually active relationships. The average age of the sample was 20.7 years (SD = 5.24). Approximately 56% of the sample identified as white, 14% as black, 7% as Asian and 10% as other.

Procedure

When students logged into the SONA system the study “What Women Want” was available for eligible participants to select. When the title for this study was selected they were directed to the consent/informational sheet which provided a summary of the study procedures, risks and benefits. Participants were first asked to rate their overall sexual satisfaction. Then they were asked to complete the Dyadic Sexual Communication Scale (Catania, 1998), the Big Five Inventory (John, Donahue & Kentle, 1991), a rationally derived sexual enjoyment scale, and a rationally derived sexual participation scale. Participants were again asked to rate their overall sexual satisfaction to determine if the study had affected their perception. The final questions were demographic items, such as age, gender, and college level. Completion of study measures will took approximately 36 minutes. For signing up for this study eligible students received extra credit or research credit. The specific amount or quantity of credit earned was at the discretion of the course instructor as outlined in his or her syllabus for the course.

Measures

Sexual Satisfaction. At the beginning of the survey, participants rated their sexual satisfaction on a 7 point scale (1 = extremely dissatisfied, 7 = extremely satisfied).

Sexual Communication. The Dyadic Sexual Communication Scale is a 13-point survey in which participants indicated on a six-point scale how strongly they agree or disagree (1 = Disagree Strongly, 6 = Agree Strongly) with a statement regarding sexual communication. A sum was taken across all items for a total score. The scale had a score range of 1 to 6 with 13 items in total. Reporting a 1 indicated lowest possible levels of communication while reporting a 6 indicated highest possible levels of communication. A total score of 13 is considered not all all communicative while a total score of 78 completely communicative. For this scale Cronbach's Alpha (α) was equal to .846, indicating reliability.

Sexual Enjoyment Scale. A rationally derived scale was utilized to determine the prevalence of desire to engage in specific sexual acts. Participants were asked 56 questions ranging from commonly known sex acts (kissing, vaginal intercourse) to less commonly known sex acts (use of sex toys, anal intercourse) and indicated to what degree they felt they would enjoy each act. Responses were scored using a 5-point scale (1= definitely would not enjoy, 5= definitely would enjoy). The response for each item was correlated with its counterpart on the Sexual Participation Scale to discover discrepancies between the two.

Sexual Participation Scale. A second rationally derived scale was utilized to determine the prevalence of actual participation of specific sexual acts. Participants were asked 56 questions ranging from commonly known sex acts (kissing, vaginal intercourse) to less commonly

known sex acts (use of sex toys, anal intercourse) and indicated how frequently they participate in each act. Responses were scored using a 5-point scale (1= never, 5= frequently). The response for each item was correlated with its counterpart on the Sexual Enjoyment Scale to discover discrepancies between the two.

Personality Inventory. The Big Five Inventory (BFI; John et al., 1991) was a 44 question scale used to broadly assess the personality traits extraversion, agreeableness, conscientiousness, neuroticism, and openness. Responses were scored using a 5-point (1= strongly disagree, 5= strongly agree) scale. Participants indicated how well these listed characteristics described them. For example, items on the neuroticism scale include “is depressed, blue,” “worries a lot,” or “can be moody.” For extraversion $\alpha = .846$, indicating reliability with 8 items in the scale. For agreeableness $\alpha = .722$, indicating reliability with 9 items in the scale. For conscientiousness $\alpha = .766$, indicating reliability with 9 items in the scale. For neuroticism $\alpha = .769$, indicating reliability with 8 items in the scale. For openness $\alpha = .723$, indicating reliability for 10 items in the scale.

Post Sexual Survey. At the end of the survey, participants again rated their sexual satisfaction on a 7 point scale (1 = extremely dissatisfied, 7 = extremely satisfied).

Results

This is a correlational study in which statistical analysis was applied to establish whether there is a significant relationship between communication, sexual act preferences, sexual act engagement, and personality among women. The data was analyzed to detect variable correlations. In doing so means, standard deviations and ranges were computed to identify patterns and significant relationships among the answers.

Descriptive Analysis

Sexual Satisfaction. The survey answers had a range of 6 with a mean of M = 5.21 (SD = 1.602), indicating high levels of sexual satisfaction.

The Dyadic Sexual Communication Scale. The survey answers had a range of 53 with a mean of M = 59.22 (SD = 11.493), indicating overall medium-to-high levels of communication.

Sexual Participation. See Table A in the appendix for descriptive statistics.

Sexual Enjoyment. See Table B in the appendix for descriptive statistics.

The Big Five Inventory (BFI). Extraversion had a range of 32 with a mean of M = 26.50 (SD = 6.508), indicating medium levels of extraversion. Agreeableness had a range of 33 with a mean of M = 35.00 (SD = 5.867), indicating medium levels of agreeableness. Conscientiousness had a range of 30 with a mean of M = 33.34 (SD = 5.579), indicating medium levels of conscientiousness. Neuroticism had a range of 32 with a mean of M = 24.69 (SD = 5.798), indicating medium levels of neuroticism. Openness had a range of 28 with a mean of M = 36.18 (SD = 5.540), indicating medium levels of openness.

Post Sexual Survey. The survey answers had a range of 6 with a mean of M = 5.35 (SD = 1.580). There was a small increase in reported sexual satisfaction when the question was asked a second time at

the end of the survey but the increase was not significant, indicating the survey had no significant impact on how the participants felt about their sexual satisfaction.

Hypothesis Testing

To examine the first research hypothesis that higher sexual communication leads to higher sexual satisfaction, a Pearson product moment correlation analysis was used to establish the statistical relationship between of the Dyadic Sexual Communication Scale and the second reported sexual satisfaction level. The second sexual satisfaction question was selected over the first because the more recent answer accounted for attitudes toward sex after having taken the test which gave more specific information. As previously discussed, it is believed that higher levels of sexual communication lead to greater sexual satisfaction and lower levels of sexual communication lead to lower satisfaction levels. Scores on the Dyadic Communication Scale (DCS) were significantly, positively correlated with scores of reported sex satisfaction ($r = .51$, $p < .001$), indicating that sexual satisfaction increases with more communication and decreases with less communication, supporting the hypothesis.

For the second research hypothesis that discrepancy would exist between women's participation in specific acts and women's enjoyment in those acts, a Pearson product moment correlation analysis was used to establish the statistical relationship between the average score for participation in each of the 56 acts individually with the average score for enjoyment in each of the 56 acts individually. Discrepancy between enjoyment and participation would be indicated by a lack of strong correlation. Contrary to the hypothesis, significant sexual discrepancy was not found. Every item on the participation survey was correlated with its counterpart on the enjoyment survey. The significant correlations for each of the 56 items indicated discrepancy between

sexual enjoyment and sexual participation was not significant among the participants. For example, “Oral sex (to vulva), receiving” ($r = .63$, $p < .001$), “Oral sex (to penis), giving” ($r = .60$, $p < .001$), “Vaginal intercourse” ($r = .60$, $p < .001$), and “Anal intercourse” ($r = .70$, $p < .001$) were each significantly correlated. For additional correlations, see Table C in the appendix. Using Spearman’s Rho correlation analysis, each of the 56 item’s correlations between participation and enjoyment held constant with the Pearson results.

In examining the final research hypothesis that there different personalities would predict differences in communication and sexual preferences, a Pearson product moment correlation analysis was used to examine communication levels and sexual participation across the Big Five Inventory (BFI). In concurrence with the hypothesis that different personality traits would predict different levels of communication, extraversion ($r = .20$, $p < .001$), agreeableness ($r = .28$, $p < .001$) and conscientiousness ($r = .30$ $p < .001$) were significantly correlated positively with communication. Openness had a slight positive but insignificant correlation with communication ($r = .06$, $p = .261$) and neuroticism had a slight negative but insignificant correlation with communication ($r = -.08$, $p = .141$). A second Pearson product moment correlation analysis was used correlate specific actions from the Sexual Participation Scale with the Big Five Inventory (BFI). Numerous significant correlations were found verifying the hypothesis that different traits would predict preferences for different sexual acts. See table D in the appendix. Agreeableness predicted 18 of the 56 acts which was approximately what was expected. Among these acts were “Holding hands” ($r = .24$, $p < .001$), “Kissing, cheek or face” ($r = .32$, $p < .001$), “Oral sex to penis, giving” ($r = .14$, $p = .008$), and “Being slapped or spanked in the context of sexual pleasure ($r = .17$, $p = .001$). Openness predicted only 7 of the 56 acts which was lower than expected.

Such acts included “General massage, receiving” (r = .15, p = .003), “Having my chest, breasts, and/or nipples touched or rubbed” (r = .15, p = .005), “A partner putting their mouth or tongue on my breasts or chest” (r = .14, p = .006), and “Vaginal intercourse” (r = .13, p = .01). Conscientious predicted 21 of the 56 acts which was unexpected. Among these acts were “Hugging” (r = .18, p = .001), “Kissing, closed mouth” (r = .15, p = .006), “Manual sex (hands or fingers inside vagina, receiving” (r = .15, p = .004), and “Oral sex (to penis), giving” (r = .17, p = .001).

Discussion

Sexuality a very important aspect of many relationships. Those who report higher levels of sexual satisfaction also report greater relationship satisfaction (Byers & Demmons, 1999) whereas those who report lower levels of sexual satisfaction and sexual dysfunction report high stress and low psychological well-being (Brezsnyak, & Whisman, 2004). The purpose of this study was to discover how important communication is in relation to sexual satisfaction, the degree to which discrepancies exist between women's enjoyment of sexual actions and their participation in sexual actions, and how personality affects communication and sexual preferences.

The first hypothesis, that higher levels of sexual communication are related to higher levels of sexual satisfaction, was supported by the Dyadic Sexual Communication Scale and the self-reported overall sexual satisfaction. As sexual communication increases, so does sexual satisfaction. As sexual communication wanes, so too does sexual satisfaction. This is consistent with previous which evidence suggests that better communication increases overall feelings of intimacy which is a contributing factor to relationship satisfaction and may be a contributing factor to women feeling more sexually satisfied (Yoo et al., 2014). Communicating about which sexual acts one may or may not be willing to participate in is a route to establishing intimacy and trust, whereas failure to communicate may result in a partner unilaterally acting with disregard to the preferences of the other partner. The latter is likely to result in sexual dysfunction which causes both partners to experience high stress (Brezsnyak, & Whisman, 2004).

The second hypothesis was that there would be overarching discrepancies between women's participation of sexual acts and how much they enjoyed those sexual acts. The findings

did not support the hypothesis. On the survey of 56 sexual acts each act on the participation scale was significantly correlated with its counterpart on the enjoyment scale, indicating that women overall were participating in each of the 56 acts as much or as little as they desired. Reasons for the lack of support for the hypothesis may be found in the study's limitations. Participants were females whose age averaged 20.7 years (SD = 5.24). To qualify for the study they had to have been in committed, heterosexual, and sexually active relationships, and most of the participants were recruited from the University of Central Florida psychology department. Any of these factors could have contributed to a deviation from the expected results. Perhaps younger generations of women have been taught to be more assertive sexually. Perhaps college-level women are more likely to communicate with their partners more intimately than non-college level women. It could also be that younger generations of men have become more receptive to women's sexual desires. In addition, some of the prior research used to formulate the hypothesis came from other countries. The assertion that up to 40% of women had not disclosed their sexual desires to their partners (Nagao et al., 2014) was based on research conducted in Japan which may indicate a cultural difference in the treatment of women. The lack of discrepancy in our study is a hopeful indication that modern women in the United States feel more comfortable disclosing and participating in sexual actions they enjoy.

The final hypothesis was that varying personality traits from the Big Five Inventory (BFI) would predict different levels of sexual communication and preferences for sexual acts. The hypothesis was supported by both standards. Extraversion was significantly correlated with communication. This is unsurprising as extraversion measures sociability, talkativeness, and asser-

tiveness which increases likelihood of effective communication. Those who are shy and less talkative may experience difficulty communication because of their discomfort. Agreeableness was also significantly correlated with communication. Warmth, tact, and having a friendlier, less combative demeanor may increase the likelihood that quality communication can take place. Those less agreeable and more aggressive are possibly less likely to inspire their partner to communicate with them due to weariness of the impending hassle. Conscientiousness was the final personality measure significantly correlated with communication. Those high in conscientiousness are particularly vigilant about their own state of affairs and are potentially more likely to take the necessary action yielding the most beneficial long-term result. This makes communicating with their partner the most desirable option because it disarms significantly more problems in advance than not communicating would. Openness had a small correlation with communication. Openness is characterized by curiosity and appreciation for novelty which does not necessarily require communication with a partner. However, these measures do not serve as an impediment for communication which could account for why openness predicts only a mild, somewhat indifferent degree of communication. Neuroticism had a small negative correlation with communication. Unpleasant emotions like anxiety, depression and rage are likely to turn a partner away from wanting to communicate, whereas low neuroticism likely increases comfort between partners and make them more receptive to what the other has to say. From the participation perspective, extraversion was correlated with 9 of the 56 sexual acts. Interestingly, extraversion predicted women acting upon their partner rather than their partner acting upon them for some variables. For instance, “Tickling, doing the tickling” was significantly correlated with extraversion, but “Tickling, being tickled” was not. “Biting a partner”, “Scratching a partner”, and

“Kissing, or touching a partner’s neck” were also correlated with extraversion, but “Being bitten by a partner, “Being scratched by a partner”, and “Being kissed or touched the neck” were not. This is likely because extraversion is related to aggressiveness, and those high in extraversion may prefer to be more dominant. Agreeableness was associated with 18 of the 56 sexual acts. This may be because people higher in agreeableness are more likely to try new things that their partners are interested in and may find increased satisfaction in pleasing their partners. However, 6 of the correlations were negative, including “Manual sex (hands or fingers on or around anus), giving”, “Having a partner cross-dress during sex”, and “Pinching a partner or using any kind of clamp on them during sex”. The negative correlations may be due to agreeable people not wanting to cross a partner’s comfort threshold. Surprisingly, conscientiousness predicted 21 of the 56 acts which is the highest amount of all five personality measures. This was an unexpected find and the reasons for the correlations are still unclear. It could be that women high in conscientiousness are more self-aware and have taken ample time to consider which sexual actions they enjoy resulting in higher receptiveness to them. Neuroticism was correlated with participation in only 1 of the 56 sexual acts, “masturbation, alone”. This may be because those high in neuroticism experience difficulty attracting a long-term mate and are therefore less disposed to engaging in sexual acts that require a partner. Openness predicted participation in only 7 of the 56 sexual acts which was unexpected because openness is a usual predictor of being receptive to novel ideas and situations. It is possible that future studies may see different results pertaining to openness if they include a wider variety of less “vanilla” sexual actions. This study was mostly void of BDSM and extreme, perhaps deviant examples of sexual behavior and there may be an in-

crease in openness if that perspective is added. See Table D in the appendix for a full list of interactions between participation and personality.

Sexuality is an important subject that may often be considered taboo to discuss for women. However, the benefit to talking about sex is greater personal and relationship satisfaction. This study indicated that, among young American university women, communication levels between them and their partners are good. Women are feeling satisfied and not pressured in their sex lives. An understanding of women's sexual desires through the lens of personality is a useful measure for compatibility and future matching-making industries may create greater relationship satisfaction by employing similar information. Though communication and sexual quality of life among women appear to be increasing, this study only accounts for one demographic in a small section of the world. Many women in other age, education, sexual orientation, and region demographics are still experiencing lack of fulfillment and an unfortunate tendency toward silence. Future studies need to be conducted; first to discover how prevalent sexual discrepancy is among additional demographics and then to find what can be done about the problem. By identifying the causes of low-quality communication and discrepancy between sexual participation and sexual enjoyment in women on a global scale, scientists can move toward solutions for greater equality and relational harmony.

Appendix: Tables

Table A1.
Means and Standard Deviations for Participation of Sexual Acts

Variable	Mean	Standard Deviation
1. Masturbation	2.61	1.275
2. Holding Hands	3.99	1.066
3. Hugging	4.22	.958
4. Kissing, cheek or Face	4.39	.901
5. Kissing, closed mouth	4.29	.981
6. Kissing, open mouth	4.19	1.037
7. Being kissed or touched on the neck	4.17	.986
8. Kissing or touching a partner's neck	4.06	1.023
9. Giving hickeys	2.39	1.329
10: Getting hickeys	2.54	1.325
11: Tickling, doing the tickling	2.61	1.322
12: Tickling, being tickled	2.64	1.308
13: Wrestling or "play-fighting"	2.95	1.194
14: General massage, giving	3.19	1.148
15: General massage, receiving	3.19	1.200
16: Having my chest breasts and/or nipples touched or rubbed	3.94	1.109

Note: $N = 428$. Participants answered how much they would enjoy each item on a rationally derived scale from 1 to 5 (1= definitely would not enjoy, 2 = probably would not enjoy, 3 = neutral, 4 = probably would enjoy, 5= definitely would enjoy).

Table A2.
Means and Standard Deviations for Participation of Sexual Acts

Variable	Mean	Standard Deviation
17: Touching or rubbing my partner's chest and/or nipples	2.97	1.355
18: Frottage (Dry humping)	3.09	1.251
19: A partner putting their mouth or tongue on my breasts or chest	3.89	1.177
20: Putting my mouth or tongue on a partner's chest	2.70	1.363
21: Masturbating in front of/with a partner	2.13	1.222
22: A partner masturbating in front of/with me	2.22	1.248
23: Manual sex (hands or fingers to penis), giving	3.60	1.175
24: Manual sex (hands or fingers to testes), giving	3.16	1.337
25: Manual sex (hands or fingers on vulva), receiving	3.64	1.240
26: Manual sex (hands or fingers inside vagina), receiving	3.64	1.229
27: Manual sex (hands or fingers on or around anus), receiving	1.74	1.117
28: Manual sex (hands or fingers on or around anus), giving	1.36	.878
29: Manual sex (hands or fingers inside rectum), receiving	1.57	1.009
30: Manual sex (hands or fingers inside rectum), giving	1.33	.867
31: Ejaculating (coming) on a partner's body	2.48	1.375

Note: $N = 428$. Participants answered how much they would enjoy each item on a rationally derived scale from 1 to 5 (1= definitely would not enjoy, 2 = probably would not enjoy, 3 = neutral, 4 = probably would enjoy, 5= definitely would enjoy).

Table A3.
Means and Standard Deviations for Participation of Sexual Act

Variable	Mean	Standard Deviation
33: Using sex toys (like vibrators, dildos or masturbation sleeves), alone	1.84	1.207
34: Using sex toys (like vibrators, dildos or masturbation sleeves), with a partner	1.83	1.213
35: Oral sex (to vulva), receiving	3.40	1.257
36: Oral sex (to penis), giving	3.56	1.288
37: Oral sex (to testes), giving	2.73	1.368
38: Oral sex (to anus), receiving	1.53	1.041
39: Oral sex (to anus), giving	1.27	.772
40: Vaginal intercourse	3.93	1.372
41: Anal intercourse	1.55	.996
42: Using food items as a part of sex	1.61	.914
43: Cross-dressing during sex	1.22	.668
44: Having a partner cross-dress during sex	1.21	.654
45: Biting a partner	2.76	1.282
46: Being bitten by a partner	2.70	1.299
47: Scratching a partner	2.88	1.331

Note: $N = 428$. Participants answered how much they participate in each item on a rationally derived scale from 1 to 5 (1= never, 2 = rarely, 3 = neutral, 4 = often, 5= always).

Table A4.
Means and Standard Deviations for Participation of Sexual Acts

Variable	Mean	Standard Deviation
48: Being scratched by a partner	2.20	1.266
49: Wearing something that covers my eyes	1.77	1.053
50: A partner wearing something that covers their eyes	1.62	1.010
51: Having my movement restricted	2.28	1.231
52: Restricting the movement of my partner	1.85	1.107
53: Being slapped or spanked in the context of sexual pleasure	2.92	1.387
54: Slapping or spanking someone in the context of sexual pleasure	1.86	1.189
55: Pinching or having any kind of clamp used on my body during sex	1.51	.986
56: Pinching a partner of using any kind of clamp on them during sex	1.36	.870

Note: N = 428. Participants answered how much they participate in each item on a rationally derived scale from 1 to 5 (1= never, 2 = rarely, 3 = neutral, 4 = often, 5= always).

Table B1.

Means and Standard Deviations for Enjoyment of Sexual Acts

Variable	Mean	Standard Deviation
1. Masturbation	3.49	1.316
2. Holding Hands	4.59	.775
3. Hugging	4.64	.725
4. Kissing, cheek or Face	4.74	.631
5. Kissing, closed mouth	4.55	.798
6. Kissing, open mouth	4.59	.778
7. Being kissed or touched on the neck	4.70	.727
8. Kissing or touching a partner's neck	4.65	.683
9. Giving hickeys	3.38	1.340
10: Getting hickeys	3.22	1.480
11: Tickling, doing the tickling	3.30	1.348
12: Tickling, being tickled	2.90	1.406
13: Wrestling or "play-fighting"	3.94	1.090
14: General massage, giving	4.2	.909
15: General massage, receiving	4.5	.834
16: Having my chest breasts and/or nipples touched or rubbed	4.38	.957

Note: $N = 428$. Participants answered how much they would enjoy each item on a rationally derived scale from 1 to 5 (1= definitely would not enjoy, 2 = probably would not enjoy, 3 = neutral, 4 = probably would enjoy, 5= definitely would enjoy).

Table B2.
Means and Standard Deviations for Enjoyment of Sexual Acts

Variable	Mean	Standard Deviation
17: Touching or rubbing my partner's chest and/or nipples	3.66	1.281
18: Frottage (Dry humping)	3.98	1.093
19: A partner putting their mouth or tongue on my breasts or chest	4.42	.909
20: Putting my mouth or tongue on a partner's chest	3.72	1.222
21: Masturbating in front of/with a partner	3.09	1.409
22: A partner masturbating in front of/with me	3.22	1.390
23: Manual sex (hands or fingers to penis), giving	4.08	1.038
24: Manual sex (hands or fingers to testes), giving	3.82	1.179
25: Manual sex (hands or fingers on vulva), receiving	4.23	1.031
26: Manual sex (hands or fingers inside vagina), receiving	4.32	.976
27: Manual sex (hands or fingers on or around anus), receiving	2.41	1.434
28: Manual sex (hands or fingers on or around anus), giving	1.90	1.186
29: Manual sex (hands or fingers inside rectum), receiving	2.12	1.350
30: Manual sex (hands or fingers inside rectum), giving	1.78	1.117
31: Ejaculating (coming) on a partner's body	3.42	1.286

Note: $N = 428$. Participants answered how much they would enjoy each item on a rationally derived scale from 1 to 5 (1= definitely would not enjoy, 2 = probably would not enjoy, 3 = neutral, 4 = probably would enjoy, 5= definitely would enjoy).

Table B3.
Means and Standard Deviations for Enjoyment of Sexual Acts

Variable	Mean	Standard Deviation
33: Using sex toys (like vibrators, dildos or masturbation sleeves), alone	3.50	1.339
34: Using sex toys (like vibrators, dildos or masturbation sleeves), with a partner	3.44	1.272
35: Oral sex (to vulva), receiving	4.29	1.053
36: Oral sex (to penis), giving	3.91	1.154
37: Oral sex (to testes), giving	3.33	1.309
38: Oral sex (to anus), receiving	2.18	1.346
39: Oral sex (to anus), giving	1.63	1.069
40: Vaginal intercourse	4.56	.864
41: Anal intercourse	2.07	1.279
42: Using food items as a part of sex	2.82	1.350
43: Cross-dressing during sex	1.80	1.116
44: Having a partner cross-dress during sex	1.75	1.081
45: Biting a partner	3.73	1.248
46: Being bitten by a partner	3.77	1.283
47: Scratching a partner	3.74	1.324

Note: $N = 428$. Participants answered how much they would enjoy each item on a rationally derived scale from 1 to 5 (1= definitely would not enjoy, 2 = probably would not enjoy, 3 = neutral, 4 = probably would enjoy, 5= definitely would enjoy).

Table B4.
Means and Standard Deviations for Enjoyment of Sexual Acts

Variable	Mean	Standard Deviation
48: Being scratched by a partner	3.22	1.406
49: Wearing something that covers my eyes	3.52	1.372
50: A partner wearing something that covers their eyes	3.43	1.385
51: Having my movement restricted	3.54	1.443
52: Restricting the movement of my partner	3.27	1.434
53: Being slapped or spanked in the context of sexual pleasure	3.74	1.360
54: Slapping or spanking someone in the context of sexual pleasure	2.89	1.465
55: Pinching or having any kind of clamp used on my body during sex	2.42	1.399
56: Pinching a partner of using any kind of clamp on them during sex	2.20	1.291

Note: $N = 428$. Participants answered how much they would enjoy each item on a rationally derived scale from 1 to 5 (1= definitely would not enjoy, 2 = probably would not enjoy, 3 = neutral, 4 = probably would enjoy, 5= definitely would enjoy).

Table C1.
Correlation between enjoyment and participation of sexual actions

Variable	Correlation between enjoyment and participation
1. Masturbation	.532**
2. Holding Hands	.458**
3. Hugging	.452**
4. Kissing, cheek or Face	.458**
5. Kissing, closed mouth	.593**
6. Kissing, open mouth	.598**
7. Being kissed or touched on the neck	.531**
8. Kissing or touching a partner's neck	.507**
9. Giving hickeys	.620**
10: Getting hickeys	.604**
11: Tickling, doing the tickling	.609**
12: Tickling, being tickled	.592**
13: Wrestling or "play-fighting"	.561**
14: General massage, giving	.418**
15: General massage, receiving	.360**
16: Having my chest breasts and/or nipples touched or rubbed	.586**

Note: $N = 428$, $p < .01$. An item with a significant correlation does *not* indicate frequent participation, rather it indicates participation in so far as the participant enjoys the act.

Table C2.

Correlation between enjoyment and participation of sexual actions

Variable	Correlation between enjoyment and participation
17: Touching or rubbing my partner's chest and/or nipples	.614**
18: Frottage (Dry humping)	.616**
19: A partner putting their mouth or tongue on my breasts or chest	.611**
20: Putting my mouth or tongue on a partner's chest	.565**
21: Masturbating in front of/with a partner	.669**
22: A partner masturbating in front of/with me	.598**
23: Manual sex (hands or fingers to penis), giving	.591**
24: Manual sex (hands or fingers to testes), giving	.655**
25: Manual sex (hands or fingers on vulva), receiving	.635**
26: Manual sex (hands or fingers inside vagina), receiving	.631**
27: Manual sex (hands or fingers on or around anus), receiving	.666**
28: Manual sex (hands or fingers on or around anus), giving	.591**
29: Manual sex (hands or fingers inside rectum), receiving	.696**

Note: $N = 428$, $p < .01$. An item with a significant correlation does *not* indicate frequent participation, rather it indicates participation in so far as the participant enjoys the act.

Table C3.
Correlation between enjoyment and participation of sexual actions

Variable	Correlation between enjoyment and participation
30: Manual sex (hands or fingers inside rectum), giving	.607**
31: Ejaculating (coming) on a partner's body	.596**
32: A partner ejaculating (coming) on or in my body	.622**
33:Using sex toys (like vibrators, dildos or masturbation sleeves), alone	.406**
34: Using sex toys (like vibrators, dildos or masturbation sleeves), with a partner	.459**
35: Oral sex (to vulva), receiving	.625**
36: Oral sex (to penis), giving	.592**
37: Oral sex (to testes), giving	.668**
38: Oral sex (to anus), receiving	.595**
39: Oral sex (to anus), giving	.493**
40: Vaginal intercourse	.601**
41: Anal intercourse	.698**
42: Using food items as a part of sex	.492**

Note: $N = 428$, $p < .01$. An item with a significant correlation does *not* indicate frequent participation, rather it indicates participation in so far as the participant enjoys the act.

Table C4.
Correlation between enjoyment and participation of sexual actions

Variable	Correlation between enjoyment and participation
43: Cross-dressing during sex	.531**
44: Having a partner cross-dress during sex	.508**
45: Biting a partner	.643**
46: Being bitten by a partner	.557**
47: Scratching a partner	.695**
48: Being scratched by a partner	.575**
49: Wearing something that covers my eyes	.450**
50: A partner wearing something that covers their eyes	.355**
51: Having my movement restricted	.576**
52: Restricting the movement of my partner	.507**
53: Being slapped or spanked in the context of sexual pleasure	.650**
54: Slapping or spanking someone in the context of sexual pleasure	.674**

Note: $N = 428$, $p < .01$. An item with a significant correlation does *not* indicate frequent participation, rather it indicates participation in so far as the participant enjoys the act.

Table C5.
Correlation between enjoyment and participation of sexual actions

Variable	Correlation between enjoyment and participation
55: Pinching or having any kind of clamp used on my body during sex	.593**
56: Pinching a partner of using any kind of clamp on them during sex	.607**

Note: $N = 428$, $p < .01$. An item with a significant correlation does *not* indicate frequent participation, rather it indicates participation in so far as the participant enjoys the act.

Table D1.

Significant interactions between participation of sexual actions and BFI Extraversion.

Variable	Correlation between participation and BFI Extraversion
1. Holding Hands	.151**
2. Hugging	.204**
3. Kissing, cheek or face	.176**
4. Kissing or touching a partner's neck	.173**
5. Tickling, doing the tickling	.175**
6. Wrestling or "play-fighting"	.150**
7. Vaginal intercourse	.139**
8. Biting a partner	.202**
9. Scratching a partner	.137**

Note: $N = 428$, $p < .01$. BFI = Big Five Inventory from John, O. P., Donahue, E. M., & Kentle, R. L. (1991). *The Big Five Inventory-Versions 4a and 54.*

Table D2. *Significant interactions between participation of sexual actions and BFI Agreeableness.*

Variable	Correlation between participation and BFI Agreeableness
1. Holding Hands	.240**
2. Hugging	.267**
3. Kissing, cheek or face	.315**
4. Kissing, closed mouth	.270**
5. Kissing, open mouth	.232**
6. Being kissed or touched on the neck	.215**
7. General massage, receiving	.140**
8. Having my chest, breasts and/or nipples touched or rubbed	.156**
9. A partner putting their mouth or tongue on my breasts or chest	.188**
10. Manual sex (hands of fingers on vulva), receiving	.156**
11. Manual sex (hands of fingers on or around anus), giving	-.178**
12: Manual sex (hands of fingers inside rectum), giving	-.183**
13: Oral sex (to penis), giving	.136**
14: Oral sex (to anus), giving	-.136**
15: Cross-dressing during sex	-.188**
16: Having a partner cross-dress during sex	-.194**
17: Being slapped or spanked in the context of sexual pleasure	.168**
18: Pinching a partner or using any kind of clamp on them during sex	-.145**

Note: $N = 428$, $p < .01$. BFI = Big Five Inventory from John, O. P., Donahue, E. M., & Kentle, R. L. (1991). *The Big Five Inventory-Versions 4a and 54.*

Table D3.1. *Significant interactions between participation of sexual actions and BFI Conscientiousness.*

Variable	Correlation between participation and BFI Conscientiousness
1. Holding Hands	.156**
2. Hugging	.169**
3. Kissing, cheek or face	.180**
4. Kissing, closed mouth	.142**
5. Kissing, open mouth	.161**
6. Kissing or touching a partner's neck	.146**
7. Having my chest, breasts and/or nipples touched or rubbed	.158**
8. Touching or rubbing a partner's chest and/or nipples	.199**
9. A partner putting their mouth or tongue on my breasts or chest	.169**
10. Putting my mouth or tongue on a partner's chest	.158**
11. Manual sex (hands or fingers to penis), giving	.173**
12: Manual sex (hands or fingers to testes), giving	.158**
13: Manual sex (hands or fingers on vulva), receiving	.135**
14: Manual sex (hands or fingers inside vagina), receiving	.151**
15: Manual sex (hands or fingers on or around anus), giving	-.168**
16: Manual sex (hands or fingers inside rectum), giving	-.151**
17: Oral sex (to penis), giving	.168**

Note: $N = 428$, $p < .01$. BFI = Big Five Inventory from John, O. P., Donahue, E. M., & Kentle, R. L. (1991). *The Big Five Inventory-Versions 4a and 54.*

Table D3.2. *Significant interactions between participation of sexual actions and BFI Conscientiousness (continued).*

Variable	Correlation between participation and BFI Conscientiousness
18. Vaginal intercourse	.162**
19. Cross-dressing during sex	-.206**
20. Having a partner cross-dress during sex	-.212**
21. Pinching or using any kind of clamp on them during sex	-.155**

Note: $N = 428$, $p < .01$. BFI = Big Five Inventory from John, O. P., Donahue, E. M., & Kentle, R. L. (1991). *The Big Five Inventory-Versions 4a and 54.*

Table D4. *Significant interactions between participation of sexual actions and BFI Neuroticism.*

Variable	Correlation between participation and BFI Neuroticism
1. Masturbation	.140**

Note: $N = 428$, $p < .01$. BFI = Big Five Inventory from John, O. P., Donahue, E. M., & Kentle, R. L. (1991). *The Big Five Inventory-Versions 4a and 54.*

Table D5. *Significant interactions between participation of sexual actions and BFI Openness.*

Variable	Correlation between participation and BFI Openness
1. Hugging	.160**
2: Kissing, cheek or face	.162**
3: Kissing or touching a partner's neck	.154**
4: General massage, receiving	.153**
5: Having my chest, breasts, and/or nipples touched or rubbed	.147**
6. A partner putting their mouth or tongue on my breasts or chest	.142**
7: Vaginal intercourse	.134**

Note: $N = 428$, $p < .01$. BFI = Big Five Inventory from John, O. P., Donahue, E. M., & Kentle, R. L. (1991). *The Big Five Inventory-Versions 4a and 54.*

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