

# ZEPHYR PROJECT

## Emotions and couples' sexual and relational well-being

This project aimed to better understand how childhood experiences and emotions within romantic relationships contribute to the sexual and marital well-being of couples.

Time 1

### WHERE ARE WE IN DATA COLLECTION?

Time 1: battery of online questionnaires - DONE

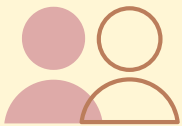
Daily surveys: surveys every day for 35 days - DONE

Longitudinal follow-up: battery of questionnaires every six months for 2 years - IN PROGRESS

### WHO ARE OUR PARTICIPANTS?

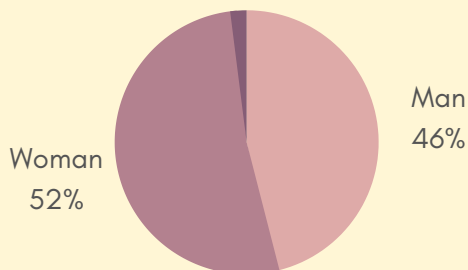
Between December 2020 and June 2021: 354 couples participated in Time 1

#### Average age

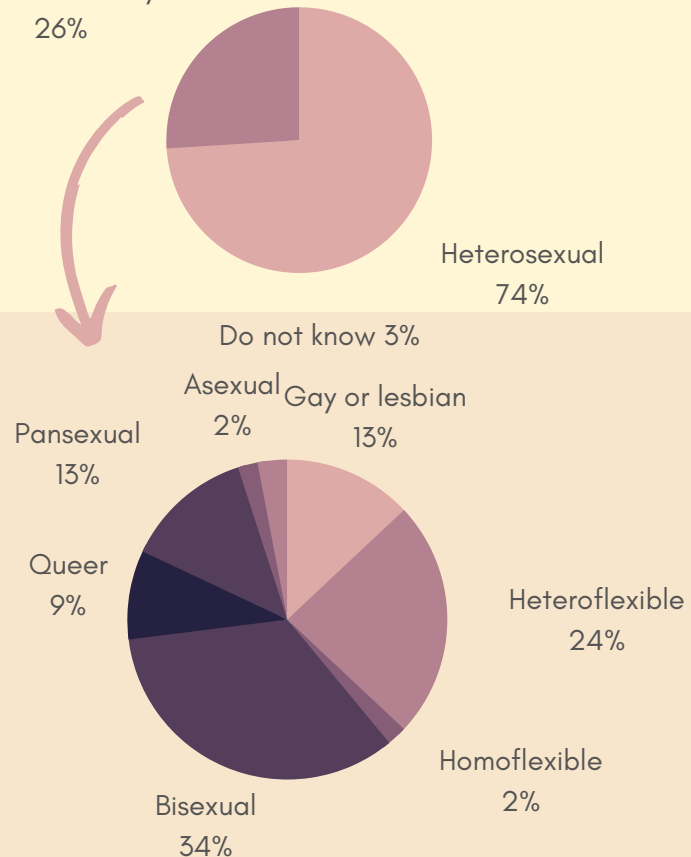


32 years old  
(18 to 69 years old)

#### Gender diversity



#### Sexual diversity



41% of couples had between 1 and 5 children.



In the relationship for an average of 6 years (0.50 to 35 years)

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Université du Québec  
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SAIL LAB  
Sexual and Intimate Life Research Lab  
Laboratoire de recherche de la vie sexuelle et intime



TEAM  
SCOUP  
Sexuality & Couples

Learn more?

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Time 1

## HOW ARE THE COUPLES DOING?

87% are satisfied with their relationship.

80% got angry with their partner at least once in the last three months.

68% had a fight at least once in the last three months.

## Romantic attachment styles

### Secure

Positive view of self, partner and relationships. Comfortable with privacy and independence.

### Fearful

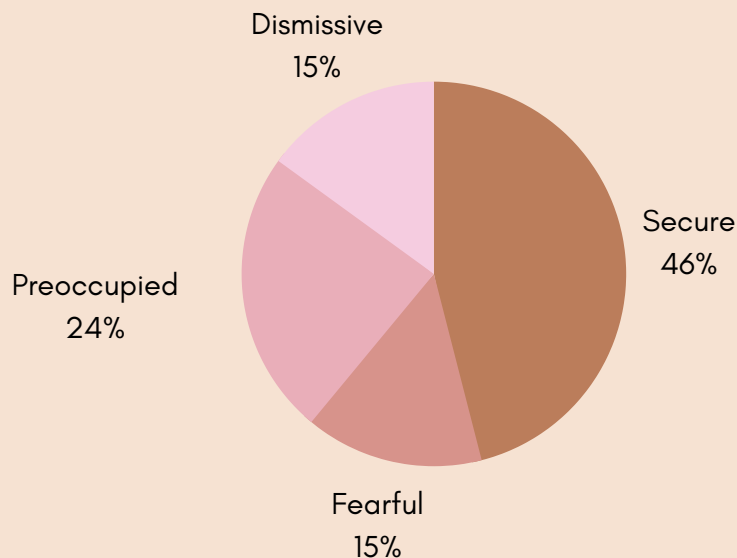
Negative view of self and partner. Distrust of the other. Avoid becoming emotionally attached.

### Preoccupied

Negative self-view and seeks partner's approval. Fear of being abandoned by the other.

### Dismissive

Negative vision of the partner and discomfort in intimacy. Seeks a high level of independence.

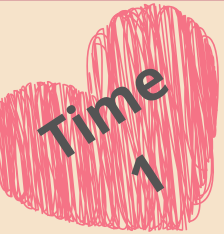




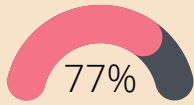
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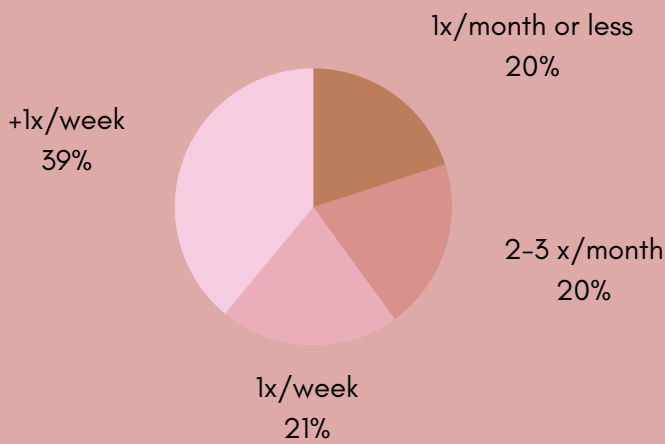
### HOW IS THEIR SEXUALITY DOING?



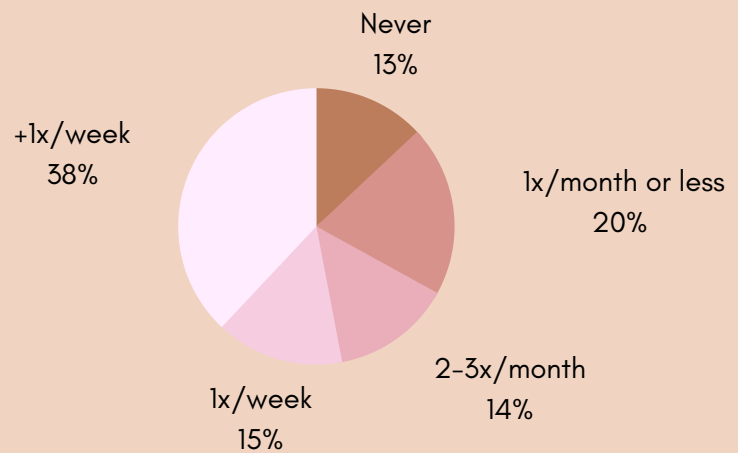
77% are sexually satisfied.

### IN THE LAST THREE MONTHS...

#### Frequency of sexual activities

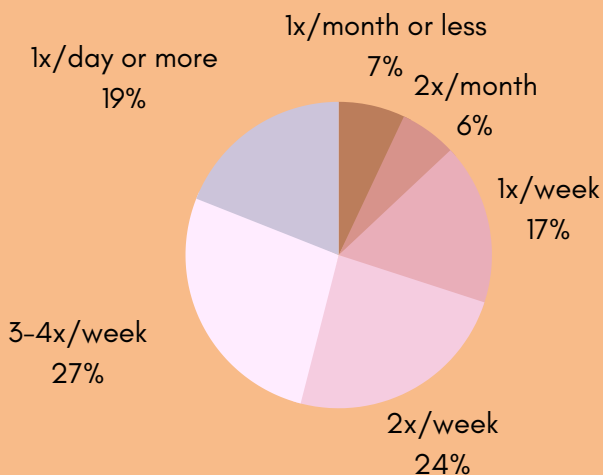


#### Frequency of masturbation

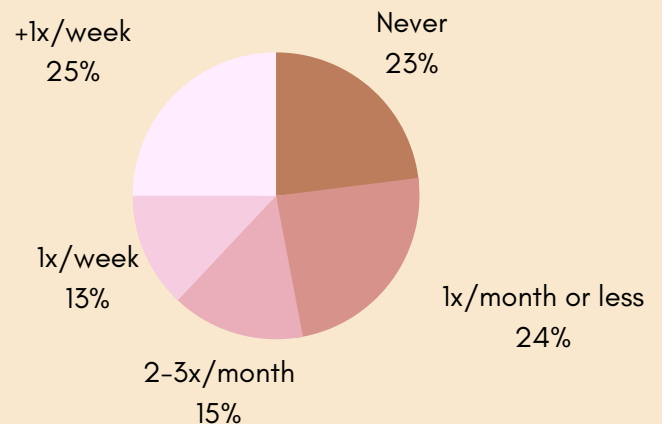


#### Sexual desire

*Desire to engage in sexual activity with their partner.*



#### Pornography use



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