

Public Abstract

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Body satisfaction has been shown to have an important effect on the nature and quality of sexual experiences. However, past research has focused almost exclusively on women, and indeed no study has examined the role of body satisfaction from both partners or the effects of the satisfaction with the body of partner on sexual functioning. Moreover, almost all past studies have relied on cross-sectional self-report data; few have examined the effects of body satisfaction on day-to-day sexual experiences. To address these shortcomings, the current study used data from two daily studies to investigate the impacts of body satisfaction from both partners and satisfaction with the body of partner on daily sexual functioning. Results showed a complex picture of effects that were often dependent on multiple factors. Satisfaction with the body of partner was showed to be the strongest predictor of sexual functioning. In contrast, satisfaction with his or her own body had negative effect on the sexual quality of the other partner. Furthermore, sexual functioning of women was more likely to be impacted by satisfaction of their partner with her body as expected. And finally, couples had more frequent intercourse when both partners were matched on perceived body attractiveness but only individuals who were satisfied with body of their own and their partner experienced the lowest level of negative mood during sex. In sum, these results suggests body satisfaction and satisfaction with the body of partner have significant influences on daily sexual functioning of both couple members.