

To spice it up or not to spice it up: Investigating perceptions of sexual novelty use in heterosexual romantic relationships.

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Introduction

f Novelty may combat sexual

Methods

- f* Couples (N = 7) were primarily White, mixed-sex, and cohabiting
- f* Mean age = 26 years
- f* Mean relationship length = 4 years
- f* Couples discussed a sexual problem for 10 minutes and we conducted a thematic analysis informed by Braun and Clarke (2006)

Results & Discussion

Couples considered sexual novelty to either spice up their already satisfying sex life or to fix sexual problems

... and barriers preventing couples from implementing novelty

Motivation Themes

Participant 3F proposed allowing furniture to dictate sexual positions as a solution to the couple's dissatisfaction due to overthinking.

Barrier Themes