

Relationships at a Distance Study Summary

challenging! Despite the challenges, long-distance relationships geographically close relationships in many important ways. For example, couples who are long-distance are as happy and stable as couples who live in the same location. This is a bit surprising, given the negative stereotypes and the very real challenges that long-distance couples experience. We asked how do couples who are long-distance keep their relationships happy and secure? We speculated that one way that long-distance couples keep their relationships vital and interesting is through sharing exciting, novel, and self-expanding experiences with each other. In other words, partners who expand their sense of self by learning new skills, having new and exciting experiences, or developing new roles in their community may benefit their relationship by sharing these experiences in a meaningful way with each other.

Who participated in the study?

Participants were 201 mixed sex (84.1%) and same sex (4.5%) couples in long-distance relationships who were recruited through SFU travel programs, print and online news media, social media, websites, and averaged 2.52 years (*SD*