We investigated how couples discuss sexual novelty, which may combat sexual boredom in longterm couples

Couples (N = 28) were mixed-gender, cohabiting, and primarily White Mean age = 26 years
Mean relationship length = 4 years
Couples discussed a sexual problem for 10 minutes and we conducted a thematic analysis informed by Braun and Clarke (2006)

We identified two overarching themes: motives for exploring sexual novelty and barriers to implementing novelty

Couples considered sexual novelty a positive addition to their sex lives regardless of whether or not they aimed to solve a sexual problem