

Emotion Regulation and Sexual and Relationship Satisfaction.

Difficulties regulating emotions have been identified as vulnerabilities for a number of psychopathologies and dysfunctional behaviors. Given that childhood maltreatment has been associated with emotion dysregulation and that individuals with a history of childhood maltreatment report high levels of sexual and relational difficulties, it is feasible that sexual and relational difficulties may be affected by emotion dysregulation as well. This study aims to address the gap in the literature by looking at the relationship between childhood maltreatment, emotional regulation and sexual and relationship satisfaction in a sample of women recruited from the community. Findings from a sample of 181 women (M age = 21.7, $SD = 3.17$) showed that the clarity of emotional experiences predicted sexual satisfaction, intimacy, and affection. Moreover, clarity of emotional experiences predicted sexual satisfaction above and beyond severity of childhood maltreatment. These findings have relevant implications for the treatment of sexual dysfunction in women with a history of childhood maltreatment.