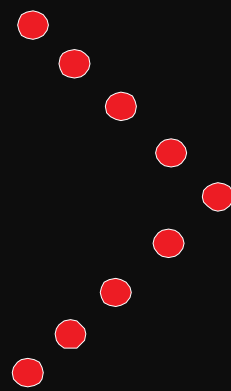
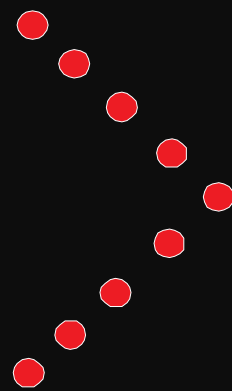
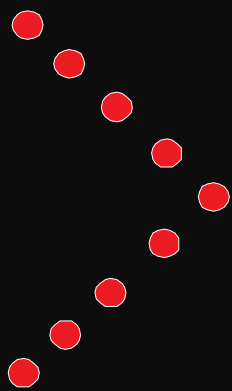
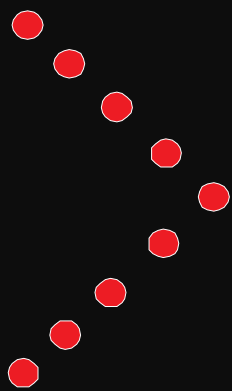
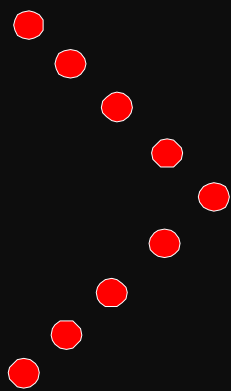


EXTRA-DYADIC ENCOUNTERS: A PUBLIC HEALTH NIGHTMARE?

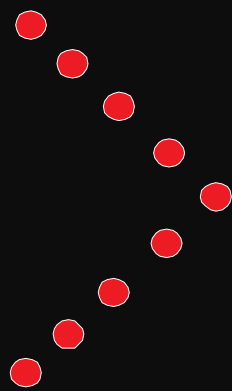
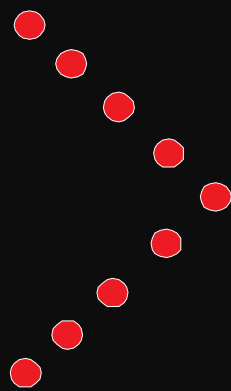
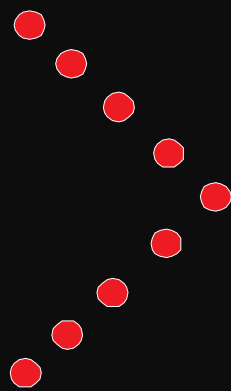
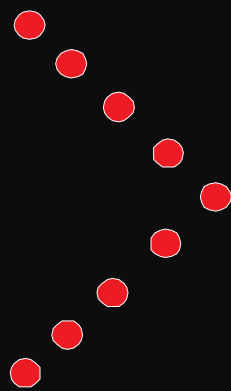
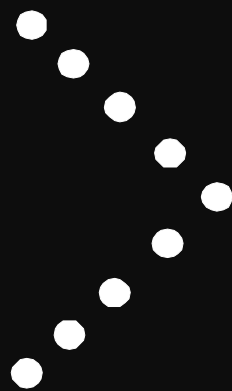
MORGAN PERRY, BS, MPH
UNIVERSITY OF MICHIGAN-FLINT

OUTLINE OF PRESENTATION



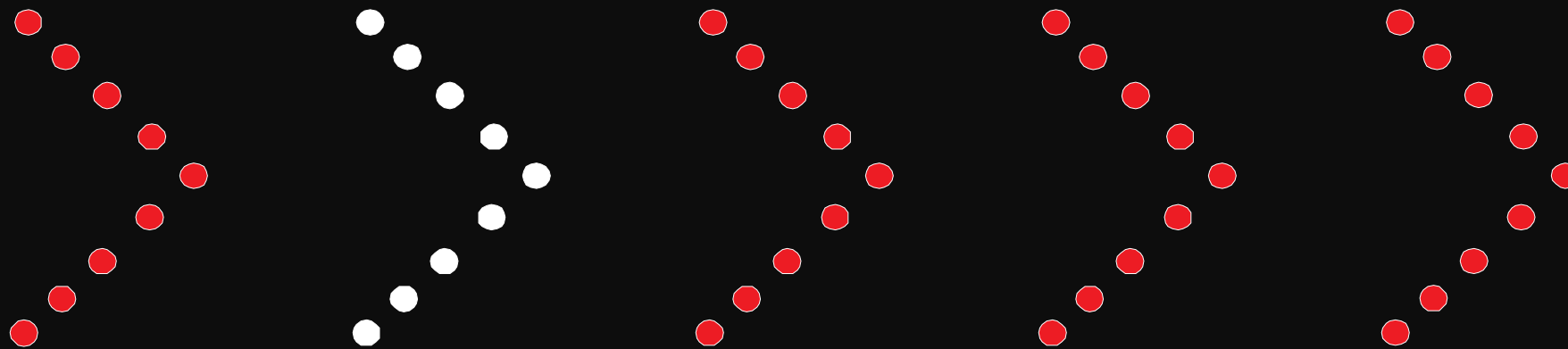
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DEFINITIONS



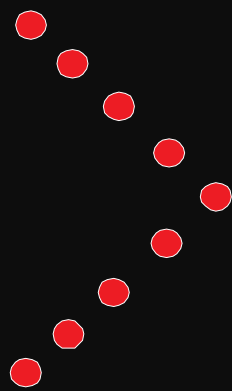
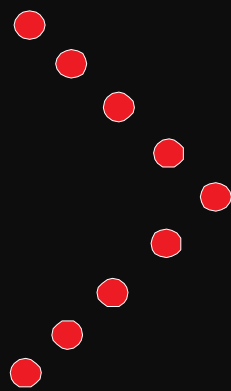
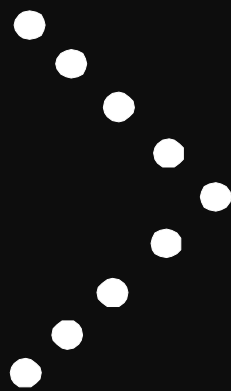
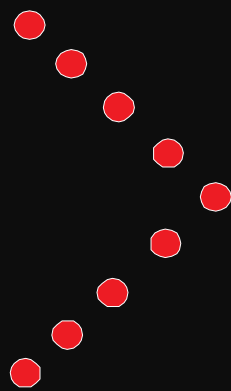
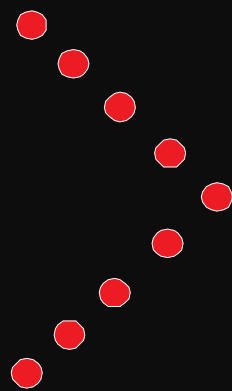
OUTLINE OF PRESENTATION

INTRODUCTION



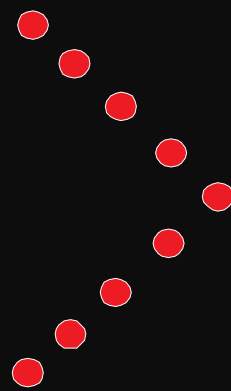
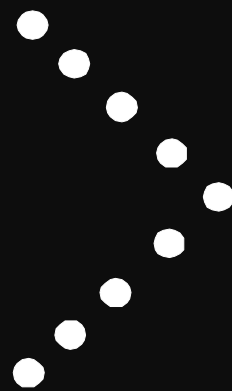
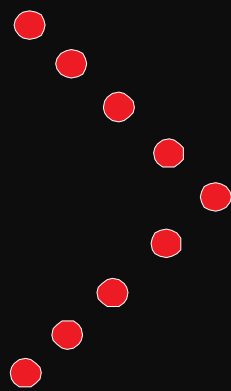
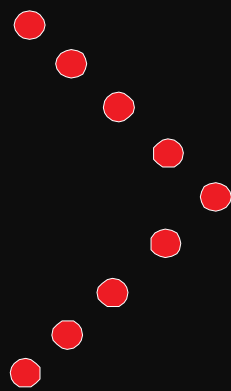
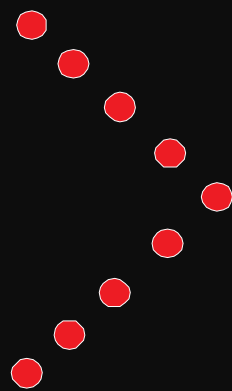
OUTLINE OF PRESENTATION

CURRENT STUDIES



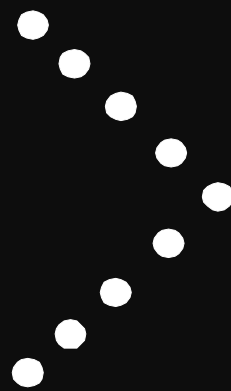
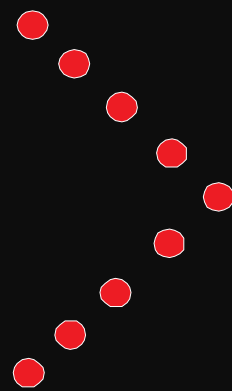
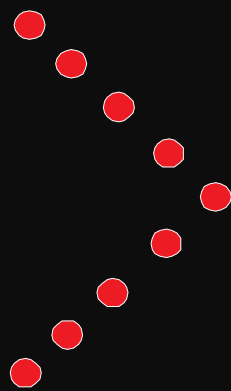
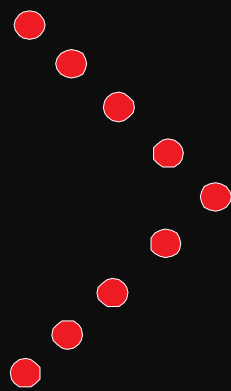
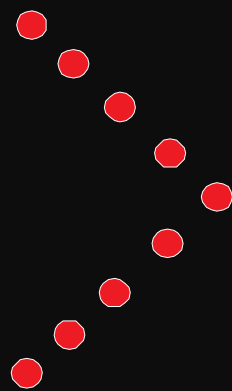
OUTLINE OF PRESENTATION

IMPLICATIONS



OUTLINE OF PRESENTATION

CONCLUSION



HOW DO YOU THINK PEOPLE PERCEIVE:

MONOGAMY?

CONSENSUAL NON-
MONOGAMY?

What are extra-dyadic
encounters?

WHAT IS MONOGAMY?

- “Mutual monogamy means that you agree to be sexually active with only one person, who has agreed to be sexually active only with you” (CDC, 2009)
- In practice, definitions of monogamy are idiosyncratic (Britton et al., 1998; Warren et al., 2011)
- Serial monogamy is the norm among college students (Bolton, 2009)

Monogamy

Just the dyad

What is consensual
non-monogamy (CNM)?

WHAT IS CONSENSUAL NON-MONOGAMY (CNM)?

“...any relationship where all people involved openly agree to have more than one concurrent sexual and/or romantic relationship.” (Conley et al., 2013)

CNM ≠ Cheating



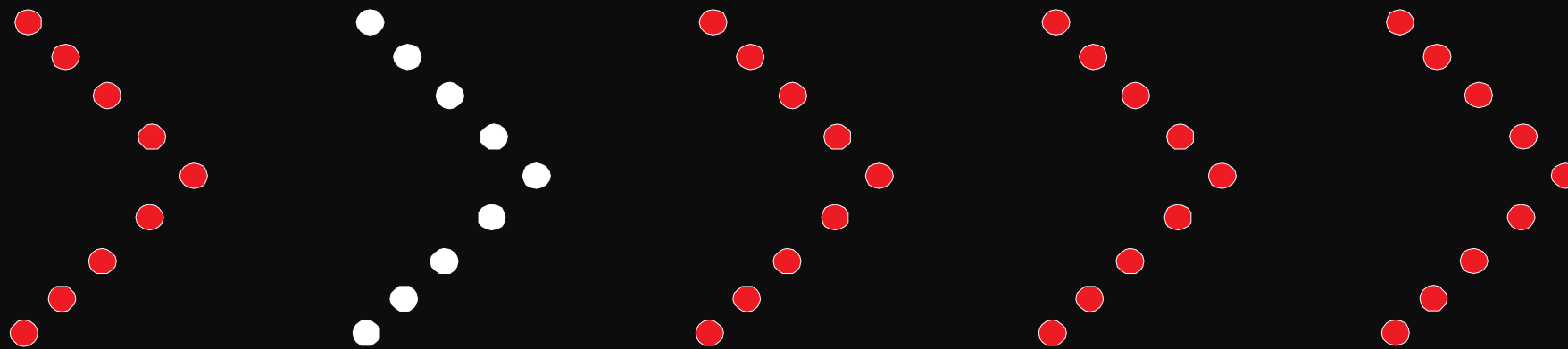
Polyamory

Swingers

Open relationship

OUTLINE OF PRESENTATION

INTRODUCTION



MONOGAMY

- Perceived as the ideal
 - Socially
 - Biologically (Health)

Conley et al., 2013; Conley et al., 2015; Santelli et al., 2017

MONOGAMY

Monogamous relationships are thought to:

- Provide a better environment for children
- Promote relationship (including sexual) satisfaction
- Prevent STIs
- Promote morality: “It’s what God wants”

(Conley et al. 2013, ASAP)

MONOGAMY AS IDEAL HAS BEEN CONTESTED...

Many qualitative studies of children with parents in polyamorous relationships report:

- More individual attention for children
- Reduced need for external child care
- Development of relationships with adults who have diverse skills and interests
- Sex-positive environment
- Tolerance for diverse lifestyles
- Emotional intimacy with parents

MONOGAMY AS IDEAL HAS BEEN CONTESTED...

- Benefits to polyamorous adults include: more personal time, pooling of resources (i.e., financial benefits)
- Disadvantages: Attachment to departing partners (though this is similar to serial monogamy), stigma

MONOGAMY AS IDEAL HAS BEEN CONTESTED...

Sexual Satisfaction

- Gay men in CNM relationships report higher levels of sexual satisfaction than their monogamous counterparts (Valentine & Conley, under review)

MONOGAMY AS IDEAL HAS BEEN CONTESTED...

- Relationship satisfaction: Jealousy is high in monogamous samples; monogamy does not eliminate jealousy (Buunk & Dijkstra, 2004)

DYADIC ADJUSTMENT.....

- Monogamy is associated with more jealousy than CNM
- Monogamy is associated with slightly less trust and satisfaction than polyamory
- Monogamy is associated with slightly more trust and satisfaction than open relationships

MONOGAMY AS IDEAL HAS BEEN CONTESTED...

- Many do not practice monogamy faithfully (cheat) or engage in serial monogamy, skewing actual risk (Conley et al., 2013)
- No difference in happiness, passionate love, or commitment between CNM and monogamous individuals¹

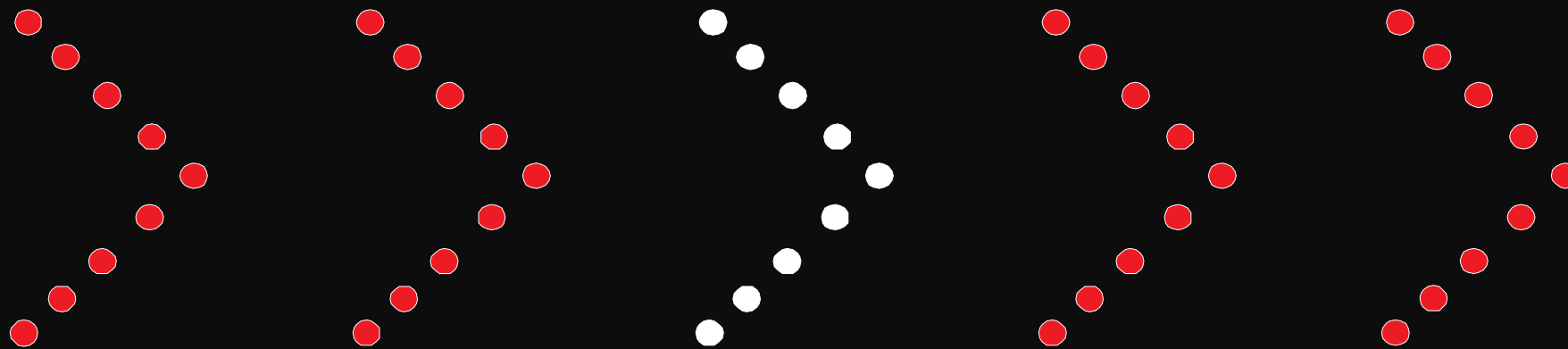
CNM individuals are more likely to engage in safer sex practices than unfaithful monogamous individuals (Conley et al., 2017)

Those who work in health promotion
are equally as likely to fall prey to these
biases as average citizens (Banaji et al.,
2013)

Myth: monogamy as the one and only
best way to be healthy & happy

OUTLINE OF PRESENTATION

CURRENT STUDIES



PURPOSE

These studies explore reasons there are differences in sexual practices and common myths that may skew health professional perceptions.

METHODS

Online questionnaire

Assessed communication, safer sex practices, and demographics among those who had an extra-dyadic encounter

WE ASKED QUESTIONS LIKE...

- How planned was this encounter?
 - Completely accidental to completely planned
- During the encounter, did you or your partner use condoms for penetrative vaginal sex?
- I am able to communicate my problems and concerns to my partner.

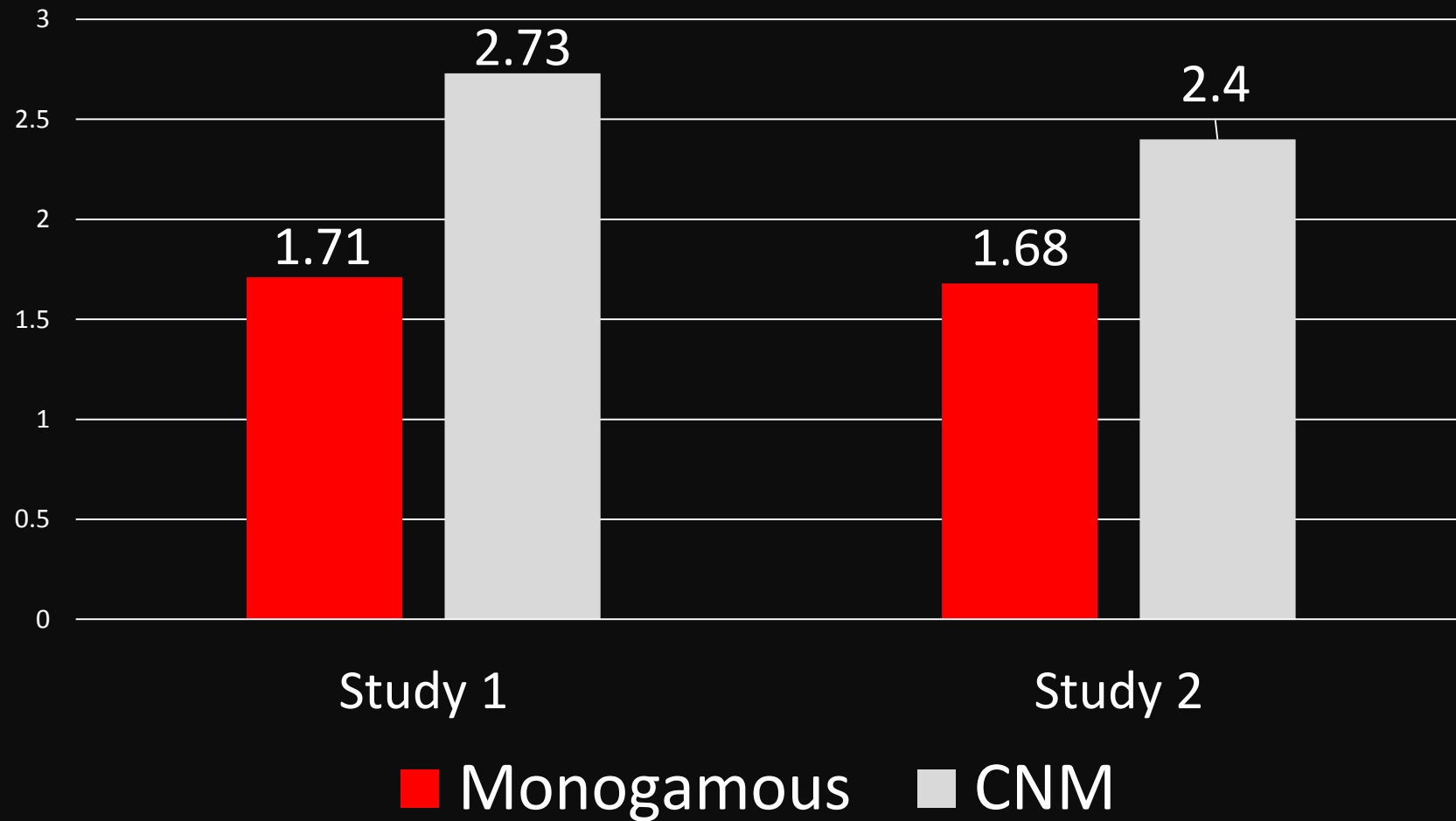
PLANNED VS. UNPLANNED

	Monogamous	CNM
Study 1	3.1*	4.1*
Study 2	3.2*	3.7*
*p<.001		

PLANNING & CONDOM USE

Condoms Used?		
Study 1	Used	p=.056
	Used Whole Time	p=.613
	Combined*	p=.030
Study 2	Used	p=.551

Number Safer Sex Methods (Monogamous vs. CNM)



* $p < .001$ both studies

PLANNING & SAFER SEX METHODS (STUDY 2)

Planned or Accidental?	# Safer Sex Methods Mean (SD)
Completely accidental (.00)	2.27 (1.35)
1.00	3.20 (1.50)
2.00	3.71 (1.19)
3.00	3.72 (1.35)
Completely planned (4.00)	4.16 (1.08)
*p<.001	

STD TESTING

CNM individuals were tested more often than monogamous individuals ($p < .001$; Study 1 & 2)

COMMUNICATION SCALE

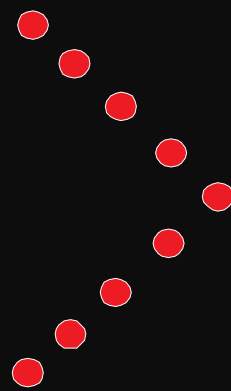
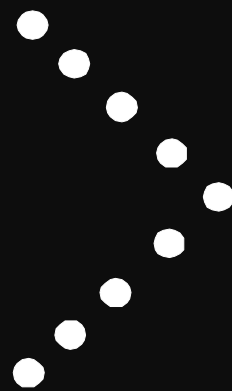
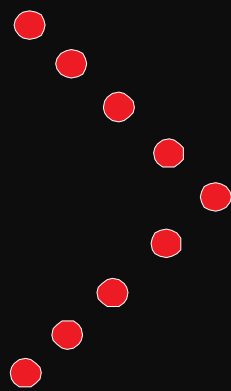
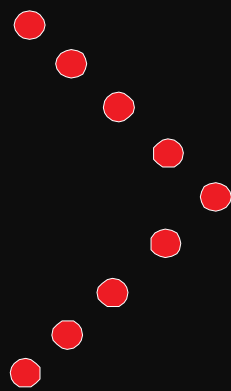
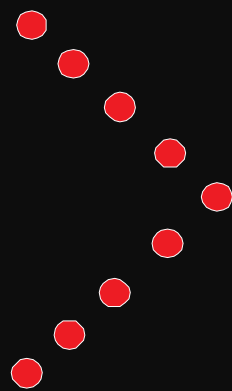
- New scale on partner communication (11 items)
- $\alpha=.893$

COMMUNICATION AND CNM V. MONOGAMOUS

Relationship Type	Communication Mean
Monogamous (REF)	4.76
CNM	4.96**
I don't know	4.45*
Been cheated on	3.18***
Discussed opening rel., but monogamous	5.02***
***p<.001, **p<.01, *p<.05	

OUTLINE OF PRESENTATION

IMPLICATIONS



IMPLICATIONS FOR HEALTH PROFESSIONALS

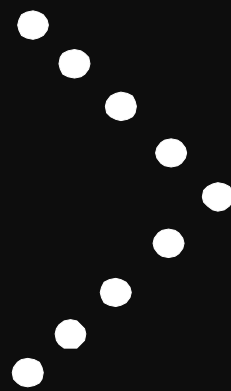
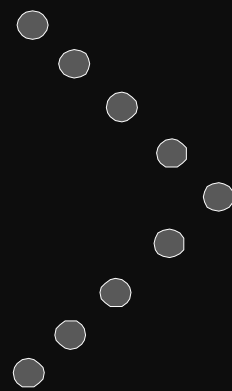
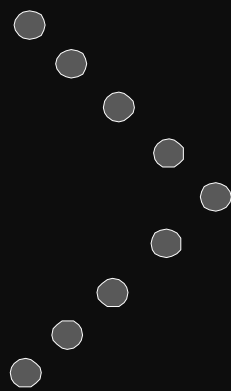
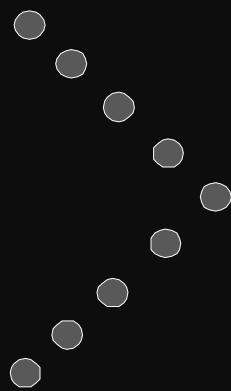
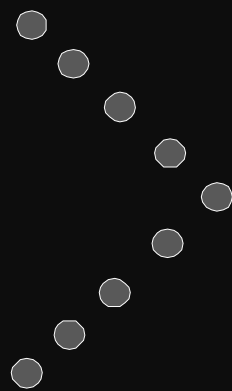
- CNM folks tend to use more safer sex methods than ostensibly monogamous folks
- Degree of planning of encounters is important
- Partner communication is key in both monogamous and CNM relationships
- We shouldn't stigmatize sexual practices... This creates barriers to health and well-being

FUTURE STUDIES

- Differences in care amongst health professionals
- Actual biases held by health professionals

OUTLINE OF PRESENTATION

CONCLUSION



CONCLUSION

- I am NOT saying that CNM is for everyone
- I am NOT saying that monogamy is bad/all people that are monogamous cheat or have STDs
- We as health professionals must question our assumptions and biases
- Health is holistically complicated – there are many idiosyncrasies

REASONS TO ENGAGE IN MONOGAMY

- Avoidance of stigma
- A personal moral code (e.g., religion)
- Truly monogamous couples mostly avoid STIs (exact numbers have not been established)
- Low sex drive/asexuality
- Lack of tolerance for drama
- Two partners want to be monogamous!

AS A HEALTH PROFESSIONAL, AM I GOING TO
ACTUALLY RUN INTO WORKING WITH CNM INDVS?

**More than one in five
Americans (21%) have
had a consensual
nonmonogamous
relationship at some
point in their lifetimes.**

Hauptert, M., Gesselman, A., Moors, A., Fisher, H., & Garcia, J. (2016). Prevalence of Experiences with Consensual Non-monogamous Relationships: Findings from Two Nationally Representative Samples of Single Americans. *Journal of Sex & Marital Therapy*. (just-accepted), 00-00.



QUESTIONS FOR THE AUDIENCE

- Do you think CNM poses particular public health threats as compared to monogamy?
- Would you like to share a time that you have had a CNM patient (non-PHI please!)?

THANK YOU!

Questions?

A special thanks to Dr. Terri Conley, my internship supervisor and the Principal Investigator for this study.

CITATIONS

1. Conley, T. D., Moors, A. C., Matsick, J. L., & Ziegler, A. (2013). The Fewer the Merrier?: Assessing Stigma Surrounding Consensually Non-monogamous Romantic Relationships. *Analyses of Social Issues and Public Policy*, 13(1), 1–30.
2. Conley, T. D., Matsick, J. L., Moors, A. C., Ziegler, A., & Rubin, J. D. (2015). Re-examining the effectiveness of monogamy as an STI-preventive strategy. *Preventative Medicine*, 78, 23–28.
3. Santelli, J. S., Kantor, L. M., Grilo, S. A., Speizer, I. S., Lindberg, L. D., Heitel, J., Schalet, A. T., ... Ott, M. A. (2017). Abstinence-only-until-marriage: An updated review of U.S. policies and programs and their impact. *Journal of Adolescent Health*, 61, 273-280.

CITATIONS

4. Conley, T. D., Perry, M., Gusakova, S., Piemonte, J. L. (under review). Monogamous Halo Effects: The Stigma of Non-Monogamy within Collective Sex Environments. *Sexual Archives*.
5. Banaji, M. R. & Greenwald, A. G. (2013). *Blindspot: Hidden biases of good people*. New York, NY: Delacorte Press.
6. Conley, T. D., Moors, A. C., Ziegler, A., & Karathanasis, C. (2012). Unfaithful individuals are less likely to practice safer sex than openly nonmonogamous individuals. *The Journal of Sexual Medicine*, 9(6), 1559–1565.

CITATIONS

Others available upon request

