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Tesis Doctoral

**RELACIÓN DEL DOBLE ESTÁNDAR SEXUAL CON LA
SATISFACCIÓN Y LA EXCITACIÓN SEXUAL**

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RESUMEN

RESUMEN

El doble estándar sexual (DES) implica la evaluación de un determinado comportamiento sexual con diferentes criterios en función de si lo realiza un hombre o una mujer (Fasula et al., 2014; Milhausen y Herold, 2002). Tradicionalmente, esta actitud ha implicado la defensa de mayor libertad sexual del hombre en comparación con la mujer. El estudio del DES es relevante por su relación con la salud sexual, pues existen evidencias acerca de sus efectos negativos sobre la sexualidad de hombres y mujeres. En la literatura científica se ha debatido sobre su existencia y su implicación en distintas dimensiones de la salud sexual. Para solventar estas cuestiones, se ha propuesto su análisis a través de diferentes estándares para hombres y mujeres, y en referencia a mayor variedad de comportamientos sexuales. Teniendo en cuenta estas recomendaciones, la presente Tesis Doctoral se plantea con los objetivos de (1) examinar la prevalencia de diferentes tipologías de adhesión al DES para dos áreas independientes de los comportamientos sexuales y (2) analizar su implicación en el funcionamiento sexual, específicamente, en la excitación y satisfacción sexual. Para alcanzar estos objetivos generales, se han realizado seis estudios independientes y secuenciales, que abordan los siguientes objetivos específicos:

1. Revisar la literatura científica acerca de la relación del DES con el funcionamiento sexual y las conductas sexuales de riesgo, con el objetivo de analizar su asociación con la salud sexual.
2. Examinar la invarianza factorial y el funcionamiento diferencial del ítem (DIF, por sus siglas en inglés) de la versión española de la *Sexual Double Standard Scale* (SDSS; Sierra et al., 2018) por sexo, edad y nivel educativo.
3. Conocer la prevalencia de las tipologías de adhesión al DES para las áreas de libertad y recato sexual en población adulta heterosexual española y analizar las diferencias entre hombres y mujeres, y a través de grupos de edad (18-25, 26-35, 36-55 y de 56 años en adelante).

4. Aportar evidencias de las diferencias transculturales entre España, Perú y Ecuador en la prevalencia de las tipologías de adhesión al DES para libertad y recato sexual en jóvenes universitarios con orientación heterosexual.
5. Examinar la asociación del DES con la experiencia de excitación sexual ante estímulos sexuales visuales en el contexto de laboratorio en jóvenes heterosexuales con distintas tipologías de adhesión al DES en el ámbito de la libertad sexual.
6. Comparar la satisfacción sexual, y la capacidad de variables personales, interpersonales y sociales para explicarla, entre adultos que mantienen una relación de pareja heterosexual y presentan distintas tipologías de adhesión al DES para libertad y recato sexual.

En el primer estudio de la Tesis Doctoral se realizó una revisión sistemática de la literatura científica que abordó la relación del DES con las dimensiones del funcionamiento sexual y las conductas sexuales de riesgo. La búsqueda se realizó a través de las bases de datos *Scopus*, *Web of Science*, *PsycInfo* y *PsycArticles*. Se obtuvo un total de 22 artículos científicos que abordaban la asociación del DES con el funcionamiento sexual (i.e., deseo sexual, excitación sexual, orgasmo y satisfacción sexual) y conductas sexuales de riesgo (i.e., mantener relaciones sexuales sin métodos de barrera/anticoncepción, con un compañero/a sexual con infecciones de transmisión sexual [ITS] y/o padecer ITS). En cada uno de los artículos se examinaron indicadores bibliográficos (título, autoría y año de publicación), las características de los participantes, la evaluación del DES y los resultados obtenidos.

Los resultados de esta revisión sistemática indican que el apoyo al DES que tradicionalmente ha implicado mayor libertad sexual para el hombre que para la mujer se asocia negativamente con las dimensiones del funcionamiento sexual. De forma general, la presencia de esta norma de DES favorable al hombre perjudica el deseo y la experiencia del orgasmo de las mujeres, y la satisfacción sexual de hombres y mujeres. Además, la adhesión al DES se asocia con mayor frecuencia de conductas sexuales de riesgo (e.g.,

menor uso de métodos barrera-anticoncepción) e implica mayor probabilidad de contraer infecciones de transmisión sexual, especialmente, en el caso de las mujeres.

A partir de esta revisión de la literatura se identificaron limitaciones en el estudio del DES que podrían dificultar las conclusiones y la generalización de los hallazgos. Entre las recomendaciones propuestas, se plantea el uso de instrumentos que permitan evaluar diferentes normas de adhesión al DES en muestras con mayor diversidad sociocultural. Con tal fin, se propone la evaluación del DES mediante la *Sexual Double Standard Scale* (SDSS; Muehlenhard y Quackenbush, 2011), que permite examinar diferentes estándares para valorar un mismo comportamiento sexual en el hombre y en la mujer. Por otro lado, se destaca el escaso número de trabajos que abordan la asociación del DES con las distintas dimensiones del funcionamiento sexual, con ausencia de estudios en relación con la excitación sexual e inconsistencia de los resultados obtenidos con respecto a la satisfacción sexual. Por tanto, esta revisión concluyó con la necesidad de avanzar en el estudio del DES con el fin de solventar las limitaciones metodológicas y examinar el impacto sobre la salud sexual de hombres y mujeres, específicamente en las dimensiones de excitación y satisfacción sexual.

El segundo estudio de la Tesis Doctoral se centró en la recomendación planteada en la revisión sistemática (Estudio 1) acerca del uso de la SDSS (Muehlenhard y Quackenbush, 2011). Esta escala cuenta con una versión española, desarrollada por Sierra et al. (2018), formada por ítems redactados en paralelo que permiten evaluar y comparar un mismo comportamiento sexual realizado por el hombre y por la mujer. Estos ítems se distribuyen en dos factores: Aceptación de la libertad sexual y Aceptación del recato sexual. A partir de la diferencia del acuerdo entre cada par de ítems, se obtiene de cada factor un índice de DES que permite examinar la adhesión a esta actitud sexual en dos áreas independientes del comportamiento sexual (i.e., libertad y recato). A partir del factor Aceptación de la libertad sexual se obtiene el Índice de Doble Estándar para la Libertad Sexual (IDE-LS) y del factor Aceptación del recato sexual se deriva el Índice de Doble Estándar para el Recato Sexual (IDE-RS). Este segundo estudio tuvo como objetivo

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específico examinar la invarianza factorial y el funcionamiento diferencial del ítem (DIF, por sus siglas en inglés) de la versión española de la SDSS (Sierra et al., 2018) entre hombres y mujeres, por grupos de edad y nivel educativo. Participaron 3.838 adultos españoles con orientación heterosexual (1.908 hombres y 1.930 mujeres) de 18 a 90 años. La estructura bifactorial de la escala resultó equivalente en su medida para hombres y mujeres, y entre los distintos niveles educativos. En la comparación entre los grupos etarios, se identificó que el par de ítems 11 y 14 -pertenecientes al factor Aceptación de la libertad sexual- presentó DIF, por lo que se recomienda eliminarlos cuando se realicen comparaciones entre grupos de edad. Se concluye que la versión española de la SDSS puede ser empleada para examinar el DES para los ámbitos de la libertad sexual y del recato sexual en diferentes grupos poblacionales.

En el tercer estudio se examinó la prevalencia del DES en población española. Fueron evaluados 2.002 adultos heterosexuales españoles (50% hombres y 50% mujeres) de 18 a 85 años, organizados en cuatro grupos de edad (18-25, 26-35, 36-55 y de 56 años en adelante). Los participantes contestaron un Cuestionario Sociodemográfico y de la Historia Sexual junto con la versión española de la SDSS (Sierra et al., 2018). A partir de las puntuaciones obtenidas en cada índice de doble estándar sexual que permite obtener la versión española de la SDSS se propusieron cuatro tipologías de adhesión al DES: favorable al hombre, favorable a la mujer, igualitaria y ambivalente. La tipología favorable al hombre defiende mayor libertad/menor recato sexual para el hombre que para la mujer. La tipología favorable a la mujer ampara mayor libertad/menor recato sexual para la mujer que para el hombre. La tipología igualitaria promulga la misma libertad/recato sexual para hombres y mujeres. Finalmente, la tipología ambivalente refleja la inconsistencia en la valoración de la libertad/del recato sexual entre hombres y mujeres. En primer lugar, los resultados indican que la tipología igualitaria obtuvo mayor prevalencia en el ámbito de la libertad sexual, mientras que la tipología favorable al hombre, la favorable a la mujer y la ambivalente prevalecen en mayor medida en el ámbito del recato sexual. En segundo lugar, se analizaron las diferencias entre hombres y mujeres, y por edad. Se observó mayor

porcentaje de hombres a favor de la tipología favorable al hombre y mayor prevalencia de las tipologías igualitaria y favorable a la mujer en las mujeres. Con respecto a las comparaciones por grupos de edad, la tipología favorable al hombre obtuvo mayor porcentaje de hombres de mediana edad (26-35 y 36-55 años) en libertad sexual y de mujeres de mayor edad (36-55 y a partir de 56 años) en libertad y recato sexual; y la tipología favorable a la mujer prevaleció en el grupo más joven (18-25 años) de hombres y mujeres en libertad sexual.

A continuación, con el objetivo específico de aportar evidencias transculturales acerca del DES, el cuarto estudio de la Tesis Doctoral analizó y comparó la prevalencia de las tipologías de adhesión al DES (i.e., igualitaria, favorable al hombre y favorable a la mujer) en libertad y recato sexual entre España, Perú y Ecuador. Se evaluaron 2.229 jóvenes universitarios heterosexuales de 18 a 25 años (44,4% hombres y 55,6% mujeres), de los cuales 762 eran españoles, 751 peruanos y 716 ecuatorianos. Los resultados indicaron diferencias para la muestra total, y para las muestras de hombres y mujeres por separado, con mayor prevalencia de la tipología igualitaria en España, de la favorable al hombre en Perú y Ecuador, y de la favorable a la mujer en Ecuador.

El quinto estudio de esta Tesis Doctoral corresponde a una investigación de laboratorio cuyo objetivo fue analizar la relación del DES con la excitación sexual. Participaron 104 jóvenes heterosexuales (42 hombres y 62 mujeres) de 18 a 29 años, distribuidos entre las tipologías de adhesión al DES igualitaria, favorable al hombre y favorable a la mujer en el área de la libertad sexual. Se examinó la concordancia sexual (i.e., la relación entre la respuesta genital y la excitación sexual subjetiva o autoinformada) ante la exposición a estímulos sexuales visuales. La tarea experimental consistió en la visualización de dos secuencias formadas cada una de ellas por un video neutro y un video con contenido sexual explícito. Una secuencia reflejaba el papel activo del hombre y la otra el papel activo de la mujer durante la relación sexual, cuya presentación se contrabalanceó teniendo en cuenta el mismo número de participantes de cada tipología de adhesión al DES. Durante la exposición se registró la respuesta genital (diámetro de la circunferencia

peniana en el caso de los hombres y la amplitud del pulso vaginal en las mujeres) y, a su término, se evaluó la excitación sexual subjetiva a través de escalas para la valoración de la excitación sexual y de las sensaciones genitales. La respuesta genital fue el resultado de la diferencia obtenida entre el video sexual y el video neutro. En primer lugar, mediante correlaciones parciales controlando la propensión a la excitación e inhibición sexual, se encontró concordancia sexual en las tipologías igualitaria y favorable al hombre, tanto en hombres como en mujeres. Además, en estas tipologías de adhesión al DES (i.e., igualitaria y favorable al hombre), la excitación sexual autoinformada tuvo capacidad para explicar la respuesta genital. Por tanto, se evidencia la implicación del DES en la experiencia de la excitación sexual de hombres y mujeres.

Finalmente, el sexto estudio pretendió ampliar y superar las limitaciones de la relación del DES con la satisfacción sexual señaladas en la revisión sistemática incluida en esta Tesis Doctoral (Estudio 1). Para ello, la satisfacción sexual se evaluó con la versión española del *Global Measure of Sexual Satisfaction* (Lawrance et al., 2011) de Sánchez-Fuentes et al. (2015), por lo que se contempló en el contexto de una relación de pareja. Y, tomando como referencia la organización propuesta por la Teoría Ecológica del Desarrollo Humano (Bronfenbrenner, 1994), se analizaron variables asociadas a la satisfacción sexual del nivel personal (i.e., edad, orientación a la dominancia social y propensión a la excitación/inhibición sexual), interpersonal (i.e., satisfacción con la relación de pareja) y social (i.e., normas sociales de género sobre los comportamientos sexuales). Participaron 1.194 adultos españoles heterosexuales (610 hombres y 584 mujeres) con edades de 18 a 87 años, activos sexualmente, y con una relación de pareja de al menos seis meses de duración en el momento de la evaluación. Los resultados indicaron diferencias significativas en la satisfacción sexual de los hombres, observándose mayores puntuaciones en la tipología igualitaria en comparación con la favorable al hombre para el área de libertad sexual. Seguidamente, se propusieron modelos explicativos de la satisfacción sexual y se obtuvo variabilidad en la varianza explicada en función del tipo de adhesión al DES (i.e., igualitaria, favorable al hombre y favorable a la mujer) y del área del

comportamiento sexual (i.e., libertad y recato sexual) en hombres y en mujeres. Las variables con capacidad explicativa de la satisfacción sexual pertenecen al nivel personal e interpersonal, siendo la satisfacción con la relación de pareja la principal variable explicativa en todos los modelos de regresión. A partir de los resultados de este estudio se propone considerar a las tipologías de adhesión al DES como una variable a tener en cuenta en la promoción y fomento de la satisfacción sexual.

En resumen, esta Tesis Doctoral da respuesta a las limitaciones del estudio del DES y amplía la literatura científica sobre su relación con la salud sexual. En primer lugar, aporta la invarianza de la medida obtenida con la versión española de la *Sexual Double Standard Scale* (Sierra et al., 2018), lo que permite comparar el DES entre hombres y mujeres, y entre diferentes grupos de edad y nivel educativo. En segundo lugar, propone a partir de las puntuaciones obtenidas con esta escala categorizar diferentes tipologías de adhesión al DES (i.e., favorable al hombre, favorable a la mujer, igualitaria y ambivalente) en dos áreas independientes del comportamiento sexual (i.e., libertad y recato sexual). En tercer lugar, mediante el análisis de la prevalencia se encuentran evidencias de la presencia del DES, con diferencias en la norma sexual mayoritaria entre grupos poblacionales (hombres vs. mujeres, y a través de la edad) y transculturalmente entre países hispanohablantes (España, Perú y Ecuador). Finalmente, sus resultados ponen de manifiesto el papel del DES en la experiencia de la excitación y la satisfacción sexual en el contexto de una relación de pareja, proponiéndose la inclusión de esta actitud sexual en programas de promoción de la salud sexual y en terapia sexual.

SUMMARY

SUMMARY

The sexual double standard (SDS) implies evaluating a given sexual behavior with different criteria depending on if a man or woman performed it (Fasula et al., 2014; Milhausen & Herold, 2002). Traditionally, this attitude has implied defending men having more sexual freedom than women. Studying the SDS is relevant for its relation with sexual health because there is evidence for its negative effects on men and women's sexuality. The scientific literature has debated about its existence and implication on several sexual health dimensions. To answer these questions, using different standards for men and women has been proposed, and in relation to a wider variety of sexual behaviors. Bearing in mind these recommendations, the present doctoral dissertation aims to: (1) examine the prevalence of different SDS adherence typologies for two independent areas of sexual behaviors; (2) analyze their implication in sexual functioning, specifically in sexual arousal and sexual satisfaction. To meet these overall objectives, six independent and sequential studies have been conducted to deal with the following specific objectives:

1. Revise the scientific literature about the relation between the SDS and sexual functioning and risk sexual behaviors to analyze its association with sexual health.
2. Examine the factorial invariance and differential item function (DIF) of the Spanish version of the Sexual Double Standard Scale (SDSS; Sierra et al., 2018) by sex, age, and education level.
3. Know the prevalence of SDS adherence typologies for the sexual freedom and sexual shyness areas in a Spanish adult heterosexual population and analyze the differences between men and women, and by their age groups (18-25, 26-35, 36-55, 56 years and older).
4. Contribute evidence for cross-cultural differences among Spain, Peru, and Ecuador in the prevalence of SDS adherence typologies for sexual freedom and sexual shyness in young heterosexual university students.

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5. Examine the association of the SDS with the sexual arousal experience when faced with visual sexual stimuli in the laboratory context in young heterosexuals with different SDS adherence typologies in the sexual freedom area.
6. Compare sexual satisfaction and the capacity of the personal, interpersonal and social variables to explain it in adults who have a heterosexual relationship with a partner and present different SDS adherence typologies for both sexual freedom and sexual shyness.

The first study of this doctoral dissertation was to do a systematic scientific literature review to deal with the relation of the SDS with the sexual functioning dimensions and risk sexual behaviors. The search was done using the *Scopus*, *Web of Science*, *PsycInfo* and *PsycArticles* databases. Twenty-two scientific articles were obtained that deal with the association of the SDS with sexual functioning (i.e., sexual desire, sexual arousal, orgasm, and sexual satisfaction) and risk sexual behaviors (i.e., sexual relations without contraceptive methods, with a sexual partner with sexually transmitted infections [STI] and/or to have a STI). All these articles have examined bibliographical indicators (title, authorship, year of publication), the participants' characteristics, the evaluation of the SDS and the obtained results.

The results of the systematic literature review indicate that supporting the SDS, which has traditionally implied more sexual freedom for man than for woman, is negatively associated with the sexual functioning dimensions. In general, the presence of this SDS norm that favors men is detrimental to women's sexual desire and orgasm experience, and also to both men and women's sexual satisfaction. Besides SDS adherence is associated with higher frequency of risk sexual behaviors (e.g., using contraceptive methods less) and involves a higher probability of catching sexually transmitted infections, especially for women.

The systematic literature review identified limitations in the study of the SDS that could make it difficult to draw conclusions and to generalize the findings. Of the proposed recommendations, using instruments that permit different SDS adherence norms in

samples with higher socio-cultural diversity to be evaluated was put forward. To this end, an evaluation of the SDS by the Sexual Double Standard Scale (SDSS; Muehlenhard & Quackenbush, 2011) was proposed, which allows different standards to be examined to evaluate the same sexual behavior in both man woman. The fact that not only have very few works covered the association of the SDS with the different sexual functioning dimensions, but studies into the relation with sexual arousal are missing and the results obtained for sexual satisfaction contain inconsistencies is stressed. Therefore, this literature review concluded the need to advance in studying the SDS to overcome methodological limitations and to examine the impact on men and women's sexual health specifically on the sexual arousal and sexual satisfaction dimensions.

The second study of the doctoral dissertation centered on the recommendation that the systematic literature review proposed (Study 1) about using the SDSS (Muehlenhard & Quackenbush, 2011). This scale has a version in Spanish, which was developed by Sierra et al. (2018). It is formed by items written in parallel that allow the same sexual behavior performed by a man and by a woman to be evaluated and compared. These items are distributed in two factors: Acceptance of sexual freedom and Acceptance of sexual shyness. With the difference in the agreement between each pair of items, an SDS index is obtained from each factor, which allows adherence to this sexual attitude to be examined in two independent sexual behavior areas (i.e., freedom and shyness). With the Acceptance of sexual freedom factor, the Index of Double Standard for Sexual Freedom (IDS-SF) is obtained, and the Acceptance of Sexual Shyness Factor leads to the Index of Double Standard for Sexual Shyness (IDS-SS). The specific objective of this second article was to examine the factorial invariance and differential item functioning (DIF) of the Spanish version of the SDSS (Sierra et al., 2018) between men and women by age groups and levels of education. In it, 3,838 Spanish heterosexual adults participated (1908 men, 1930 women) aged between 18 and 90 years. The bifactorial scale structure was the equivalent of its measurement for men and women, and their different levels of education. When comparing age groups, the items pair 11 and 14, which belong to the Acceptance of sexual

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freedom factor, presented DIF. Thus, removing them when comparing age groups was recommended. The conclusion was that the Spanish version of the SDSS can be employed to examine the SDS for the sexual freedom and sexual shyness areas in different population groups.

The third study examined the prevalence of the SDS in the Spanish population. It evaluated 2,002 Spanish heterosexual adults (50% men, 50% women) aged between 18 and 85 years in four age groups (18-25, 26-35, 36-55, 56 years and older). The participants answered the Socio-Demographic and Sexual History Questionnaire, and also the Spanish version of the SDSS (Sierra et al., 2018). With the scores obtained for each index of the SDS, which allowed the Spanish version of the SDSS to be obtained, four SDS adherence typologies were suggested: man-favorable, woman-favorable, egalitarian, and ambivalent. The man-favorable typology defends more sexual freedom/less sexual shyness for man than woman. The woman-favorable typology supports more sexual freedom/sexual shyness for woman than for man. The egalitarian typology indicates the same sexual freedom/sexual shyness for men and women. Finally, the ambivalent typology reflects inconsistency in the sexual freedom/sexual shyness evaluation between men and women. First, the results indicated that the prevalence of the egalitarian typology was higher in the sexual freedom area, while the man-favorable, woman-favorable, and ambivalent typologies prevailed to a greater extent in the sexual shyness area. Second, the differences between men and women, and by age, were analyzed. A higher percentage of men for the man-favorable typology, and a higher prevalence for the egalitarian and woman-favorable typologies in women, were found. According to the comparisons of age groups, the man-favorable typology obtained a higher percentage for middle-aged men (26-35 and 36-55 years) for sexual freedom and for older women (36-55 and 56 years and older) for both sexual freedom and sexual shyness; the woman-favorable typology prevailed in sexual freedom with the youngest age group (18-25 years), and for both men and women.

Next in line with the specific objective to contribute cross-cultural evidence about the SDS, the fourth study of the doctoral dissertation analyzed and compared the

prevalence of the SDS adherence typologies (i.e., egalitarian, man-favorable, woman-favorable) in sexual freedom and sexual shyness among Spain, Peru, and Ecuador. It evaluated 2,229 young heterosexual university students aged 18-25 years (44.4% men, 55.6% women), of whom 762 were Spanish, 751 were Peruvian and 716 were Ecuadorian. The results indicated differences for the whole sample, and also for the samples of men and women separately, with a higher prevalence for the egalitarian typology in Spain, for the man-favorable typology in Peru and Ecuador, and for the woman-favorable typology in Ecuador.

The fifth study of this doctoral dissertation corresponds to laboratory research. It aimed to analyze the relation of the SDS with sexual arousal. In it, 104 heterosexual youths participated (42 men, 62 women) aged from 18 to 29 years. They were distributed in the egalitarian, man-favorable, and woman-favorable SDS adherence typologies in the sexual freedom area. Sexual concordance (i.e., the relation between genital response and subjective sexual or self-report) with being exposed to visual sexual stimuli was examined. The experimental task consisted in visualizing two sequences, where each one was formed by a neutral content film and a video of an explicit sexual content film. One sequence showed the man's active role, while the other reflected the woman's active role in sexual relations, whose presentation was counterbalanced by bearing in mind the same number of participants in each SDS adherence typology. During visualizations, genital response (men's penis diameter; women's vaginal pulse amplitude) was recorded. Next subjective sexual arousal was evaluated by rating sexual arousal and rating genital sensations scales. Genital response was the result of the difference between the sexual video and the neutral video. First by means of partial correlations by controlling for the propensity of sexually excited and sexually inhibited, sexual concordance appeared in the egalitarian and man-favorable typologies for both men and women. In these SDS adherence typologies (i.e., egalitarian and man-favorable), the self-report sexual arousal was also capable of explaining genital response. Therefore, the implication of the SDS in men and women's sexual arousal experience was evidenced.

SUMMARY

Finally, the sixth study extended and overcame the limitations of the relation between the SDS and sexual satisfaction, which were pointed out in the systematic literature review included in this doctoral dissertation (Study 1). To do so, sexual satisfaction was evaluated with the Spanish version of the Global Measure of Sexual Satisfaction (Lawrance et al., 2011) of Sánchez-Fuentes et al. (2015), which was contemplated in the partner relationship context. Moreover, by taking the organization proposed by the Ecological Theory of Human Development (Bronfenbrenner, 1994) as a reference, the variables associated with sexual satisfaction at the personal (i.e., age, social dominance orientation and propensity for sexual excitation/inhibition), interpersonal (i.e., relationship satisfaction) and social (i.e., gender social norms about sexual behavior) levels were analyzed. In it, 1,194 Spanish heterosexual adults participated (610 men, 584 women) aged from 18 to 87 years. They were sexually active, and had a partner relationship that had lasted for at least 6 months when the evaluation took place. The results showed that there were significant differences in men's sexual satisfaction, along with higher scores in the egalitarian typology than in the man-favorable typology for the sexual freedom area. Next explanatory models of sexual satisfaction were proposed. Variability was obtained in the variance explained depending on both the SDS adherence type (i.e., egalitarian, man-favorable, woman-favorable) and the sexual behavior area (i.e., sexual freedom and sexual shyness) for both men and women. The variables capable of explaining sexual satisfaction belonged to the personal and interpersonal levels, and relationship satisfaction was the main explanatory variable in all the regression models. Based on the results of this study, taking the SDS adherence typologies as a variable to consider was proposed when promoting and encouraging sexual satisfaction.

In short, this doctoral dissertation provides an answer to the limitations of studying the SDS and extends the scientific literature about its relation with sexual health. First, it provides the invariance of the measure obtained with the Spanish version of the SDSS (Sierra et al., 2018), which permits the SDS between men and women, and also between different age groups and levels of education, to be compared. Second, using the

scores obtained with this scale, it proposes categorizing the different SDS adherence typologies (i.e., man-favorable, woman-favorable, egalitarian, ambivalent) in two independent sexual behavior areas (i.e., sexual freedom and sexual shyness). Third, by analyzing prevalence, evidence appears for the presence of the SDS, with differences in the sexual majority norm among population groups (men vs. women, and by means of age), as well as cross-cultural differences among Spanish-speaking countries (Spain, Peru, and Ecuador). Finally, its results evidence the role of the SDS in sexual arousal and sexual satisfaction experiences in the partner relationship context, and the inclusion of this sexual attitude in programs that promote sexual health and sexual therapy is proposed.

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Hombres y mujeres suelen estar sujetos a diferentes normas de comportamiento (Foschi, 2000; Prentice y Carranza, 2002) y el ámbito de la sexualidad no está exento de ello, investigándose al respecto durante décadas (Petersen y Hyde, 2011). En general, estas diferencias han supuesto que los hombres se caractericen por actitudes más permisivas hacia el sexo que las mujeres (Alexander y Fisher, 2003; Chara y Kuennen, 1994; Clark y Hatfield, 1989; Hendrick et al., 1985; Oliver y Hyde, 1993). Este patrón implicaría que la sexualidad de los hombres se haya descrito como más proactiva y dominante, y las de las mujeres más reactiva, sumisa y pasiva (Crawford y Popp, 2003; Endendijk et al., 2020; O'Sullivan y Byers, 1992; Sagebin Bordini y Sperb, 2013). Se han propuesto varias teorías para explicar las diferencias en la sexualidad de hombres y mujeres (véase Oliver y Hyde, 1993; Petersen y Hyde, 2011; Zaikman y Marks, 2017). Según la revisión de Peterson y Hyde (2011), destacarían las explicaciones aportadas desde la Psicología evolutiva (Buss, 1994, 1995, 1998), la Teoría cognitiva del aprendizaje social (Bussey y Bandura, 1999) y la Teoría del rol social (Eagly y Wood, 1999). La Psicología evolutiva alude a factores biológicos, proponiendo que las diferencias en actitudes y comportamientos sexuales se hacen evidentes porque hombres y mujeres tienen diferentes estrategias para maximizar el éxito reproductivo y la inversión parental (Trivers, 1972). Desde esta teoría se predice que el éxito genético para los hombres consiste en tener tanta descendencia como sea posible y, para ello, su estrategia consiste en ampliar el número de relaciones sexuales; mientras, las mujeres, ante la mayor inversión por la gestación y las limitaciones reproductivas, basarían su estrategia en mantener relaciones a largo plazo con el fin de asegurar la supervivencia de la descendencia (Buss y Schmitt, 1993). Por su parte, la Teoría cognitiva del aprendizaje social sostiene que el comportamiento se aprende observando a los otros, con tendencia a repetirse los comportamientos que se refuerzan y menor probabilidad de que ocurran aquellos que se castigan (Bandura, 1986; Bussey y Bandura, 1999). Las diferencias en la expresión de la sexualidad entre hombres y mujeres se deben a presiones sociales para responder de acuerdo con los comportamientos asignados a su

rol de género, que conllevaría la interiorización de estas normas para regular los comportamientos sexuales. Por último, la Teoría social estructural hace referencia a las diferencias en el poder y la diferenciación de las tareas entre hombres y mujeres en cada sociedad (Wood, 2007). En la mayoría de las sociedades del mundo, los hombres tienen más poder que las mujeres, generándose una jerarquía de género que contribuye a una división socialmente construida de los roles y normas de comportamiento, incluidos los comportamientos sexuales, que son específicos para el hombre y la mujer.

En términos de las diferencias de género en el ámbito de la sexualidad, una actitud que alude a los comportamientos sexuales esperables para hombres y mujeres es el doble estándar sexual (DES; Emmerink, Vanwesenbeeck et al., 2016; Zaikman y Marks, 2017).

Definición del doble estándar sexual

El DES se ha definido como la evaluación de un comportamiento sexual con diferentes criterios en función de si es realizado por un hombre o por una mujer (Fasula et al., 2014; Milhausen y Herold, 2002). Tradicionalmente, esta actitud ha supuesto mayor libertad sexual para el hombre que para la mujer. Este DES favorable al hombre se ha observado independientemente del sexo, la edad o el nivel educativo. Se ha identificado tanto en hombres como en mujeres, aunque la intensidad de su adhesión es mayor en ellos que en ellas (Allison y Risman, 2013; Almeida et al., 2022; England y Bearak, 2014; Gómez-Berrocal et al., 2022; Guerra-Marmolejo et al., 2021; Gutiérrez-Quintanilla et al., 2010; Holland y Vangelisti, 2020; Kim et al., 2019; Sierra et al., 2007, 2018; Thompson et al., 2020; van Lankveld et al., 2022). También se ha descrito en diferentes grupos de edad, desde adolescentes (Boahene et al., 2022; Guerra-Marmolejo et al., 2021; Hensums et al., 2022; Kreager et al., 2016; Kreager y Staff, 2009; Monge et al., 2013) y jóvenes adultos (Allison y Risman, 2013; Almeida et al., 2022; Diéguez et al., 2003; Gutiérrez-Quintanilla et al., 2010; Jamshed y Kamal, 2019; Kettrey, 2016; Kim et al., 2019; Sakaluk y Milhausen, 2012; Wesson, 2022) hasta personas mayores (Sierra, Costa et al., 2009; Sierra, Monge et al., 2010). Si bien, se ha observado mayor fuerza en la adhesión a esta norma del DES a

medida que aumenta la edad (Gómez-Berrocal et al., 2022; Sierra et al., 2018; Sprecher, 1989). Por el contrario, su apoyo parece disminuir al aumentar el nivel educativo (i.e., poseer estudios universitarios) (Sierra et al., 2007, 2012; Sierra, Monge et al., 2010).

La investigación del DES se ha caracterizado por la obtención de resultados inconcluyentes, con varias revisiones de la literatura que han tratado de concretar su existencia (véase Crawford y Popp, 2003; Endendijk et al., 2020; Fugère et al., 2008; Sagebin Bordini y Sperb, 2003). Reiss (1956) fue uno de los primeros investigadores en documentar el DES en el contexto de las relaciones sexuales prematrimoniales, consideradas inoportunas en las mujeres y correctas en el caso de los hombres. El paso de los años hizo que se observase menor presencia de DES en esta conducta (King et al., 1977; Reiss, 1967), incluso se llega a considerar que el sexo prematrimonial podría no estar sometido al DES en sociedades occidentales (Allison y Risman, 2013; Endendijk et al., 2020; Sagebin Bordini y Sperb, 2013; Trinh, 2016). Aun así, actualmente siguen existiendo comportamientos sexuales subordinados al DES (Boahene et al., 2022; Crawford y Popp, 2003; Delgado Amaro et al., 2021; Endendijk et al., 2020; Sagebin Bordini y Sperb, 2013; Sierra et al., 2018; Wood y Eagly, 2002, 2012), como por ejemplo, el debut sexual (Endendijk et al., 2020; Kim, 2020; Kreager et al., 2016; Ortiz et al., 2011; Peixoto et al., 2016), las relaciones sexuales casuales (Boyer y Galupo, 2015; Endendijk et al., 2020; Hamilton y Armstrong, 2009; Holland y Vangelisti, 2020; Kreager y Staff, 2009; McKeen et al., 2022) o el número de parejas sexuales (Chi et al., 2015; Holland y Vangelisti, 2020; Kreager y Staff, 2009; Marks et al., 2019; Sánchez-Fuentes et al., 2016). Se desprende que el foco del DES ha ido cambiando a lo largo del tiempo, como ilustra el ejemplo de que su estudio comenzó en referencia al sexo prematrimonial evolucionando a mayor atención al sexo casual en trabajos más actuales (Endendijk et al., 2020).

Asimismo, la definición de la norma del DES requiere ser ampliada. Milhausen y Herold (2002) describieron la presencia de un doble estándar sexual que resulta inverso al tradicional, con la defensa de mayor libertad sexual para la mujer que para el hombre. La presencia de esta norma del DES favorable a la mujer se ha observado en resultados de

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investigaciones recientes (Hensums et al., 2022; Papp et al., 2015; Sakaluk y Milhausen 2012; Sánchez-Fuentes et al., 2020; Thompson et al., 2018; van Lankveld et al., 2022) y se plantea que su emergencia podría ser una reacción a la violencia sexual que sufren las mujeres (Papp et al., 2015; Sakaluk y Milhausen 2012; Sánchez-Fuentes et al., 2020; Thompson et al., 2018), al considerar que la proactividad sexual del hombre podría suponer un riesgo para su salud sexual (Milhausen y Herold, 2002), como también, podría ser fruto de del empoderamiento de las mujeres que se viene produciendo en los últimos años (Kettrey, 2016; Milhausen y Herold, 2002). Por otro lado, respecto a la definición de este constructo, el metanálisis de Endendijk et al. (2020) destaca que el DES generalmente se ha descrito en comportamientos que describen la alta actividad sexual, con diferencias en el ejercicio de la libertad sexual entre hombres y mujeres. En las últimas décadas, la concepción de la sexualidad ha ido cambiando sustancialmente y las conductas sexuales se tienden a concebir de forma más liberal (Well y Twenge, 2005). En consecuencia, diferentes autores han descrito que la presencia de una ideología de género más igualitaria y democrática podría conllevar la aparición de nuevos guiones sexuales (Dworkin y O'Sullivan, 2005; Fasula et al., 2014; Seal y Ehrhardt, 2003; Suvivuo et al., 2010), que podrían suponer un cambio hacia el conservadurismo sexual (Allison y Risman, 2013; Sakaluk et al., 2014). Estos nuevos guiones sexuales que promueven la inhibición y el recato sexual podrían constituir un nuevo contexto para el DES (Fasula et al., 2014). El DES a pesar de manifestarse arraigado en la sociedad podría mostrar patrones alternativos más liberales como también más restrictivos y conservadores (Delgado Amaro et al., 2021).

Dado que la sexualidad se construye dentro de un contexto cultural, se propone que las variaciones culturales podrían implicar diferencias en la manifestación de actitudes sexuales (Blanc, 2021; Giménez-García et al., 2020; Zaikman y Marks, 2017). Así, el DES es un constructo que difiere entre los grupos étnicos y culturales (Crawford y Popp, 2003; Endendijk et al., 2020; Fugère et al., 2008; Gómez-Berrocal et al., 2022; Sánchez-Fuentes et al., 2020), cuya aprobación varía entre diferentes países (Jamshed et al., 2022). En referencia a la igualdad de género alcanzada en la sociedad, se ha descrito menor apoyo

del DES favorable al hombre en aquellos países que reportan mayor igualdad entre hombres y mujeres (Arakawa et al., 2012; Endendijk et al., 2020; Giménez-García et al., 2020; Sánchez-Fuentes et al., 2020). Sin embargo, la mayor parte de la investigación del DES se caracteriza por un contexto de homogeneidad que no contempla estas posibles diferencias (Crawford y Popp, 2003; Endendijk et al., 2020; Guo, 2019; Sagebin Bordini y Sperb, 2013). Por tanto, para profundizar en el estudio del DES se requiere un enfoque más actual a través del análisis de diferentes estándares en la valoración de los comportamientos sexuales entre hombres y mujeres con muestras que reflejen una mayor diversidad sociocultural.

Evaluación del doble estándar sexual

La evaluación del DES se ha fundamentado en la metodología cualitativa y cuantitativa. En general, los resultados de los estudios con ambas metodologías han mostrado la presencia del DES en la valoración de los comportamientos sexuales de hombres y mujeres (Sagebin Bordini y Sperp, 2013). No obstante, su evaluación se ha caracterizado por presentar dificultades derivadas de las definiciones conceptuales y de los métodos utilizados que podrían explicar el hecho de que el DES no siempre haya sido detectado (Crawford y Popp, 2003; Jonason y Marks, 2009).

La investigación cualitativa ha abordado la evaluación del DES mediante diferentes técnicas, como la entrevista, la observación o los grupos focales de discusión. Entre las investigaciones que se basan en la entrevista, destacan algunas propuestas como la de Kulkarni (2007), que utilizó entrevistas semiestructuradas dirigidas a examinar las relaciones de pareja de un grupo de madres jóvenes de 18 a 22 años; la de Milnes (2010), que recogió información sobre las experiencias sexuales de mujeres jóvenes de entornos desfavorecidos; el trabajo de Devries y Free (2010), quienes exploraron las relaciones sexuales y el uso del preservativo en una muestra de hombres y mujeres jóvenes; o el de Smith (2010), que analizó el sexo prematrimonial, durante el noviazgo y matrimonio, y extramatrimonial junto con las experiencias en relación al VIH/SIDA en parejas jóvenes.

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Por su parte, la evaluación fundamentada en la observación fue empleada en el estudio de Ronen (2010), con el objetivo de explorar la presencia del DES en las dinámicas de iniciación, aceptación y rechazo de los comportamientos de baile en las fiestas universitarias. Finalmente, la evaluación del DES basada en grupos focales de discusión aparece en Jackson y Cram (2003), donde un grupo de estudiantes de Secundaria discute sobre expectativas y presiones de las relaciones, y cómo una pareja puede dañarse mutuamente.

En la investigación cuantitativa, cabe distinguir la evaluación del DES mediante metodologías implícitas y explícitas. En el metanálisis de Endendijk et al. (2020) se recomienda el uso de medidas implícitas para identificar el DES debido a que las cogniciones explícitas suelen ser propensas a respuestas socialmente deseables (Greenwald et al., 2009). La metodología implícita se basa en tareas experimentales, siendo los test de asociación implícita los más utilizados en la evaluación de este constructo (véase Almeida et al., 2022; Thompson et al., 2020; van Lankveld et al., 2022). En esta tarea se examina la latencia de respuesta en la asociación de representaciones mentales de conceptos (Greenwald et al., 1998). En el caso del DES, se considera la relación entre el estímulo evaluativo (hombre/mujer) y atributos de valencia positiva o negativa. Ejemplos de estudios que han utilizado esta técnica son los de Almeida et al. (2022), Marks y Fraley (2005), Sakaluk y Milhausen (2012), Thompson et al. (2020) y van Lankveld et al. (2022). Otra de las medidas implícitas empleadas son las condiciones experimentales con atención dividida, utilizadas en el trabajo de Marks (2008). En este estudio, la condición experimental de atención dividida consistió en valorar una viñeta sobre un hombre o una mujer joven de 19 años que había tenido 1, 7 o 19 parejas sexuales mientras que leían y repetían de forma audible un número de ocho dígitos durante todo el experimento (Marks, 2008). En referencia al uso de viñetas, diversos estudios (Jonason y Marks, 2009; Marks y Fraley, 2005, 2006, 2007; Reid et al., 2011; Sahl y Keene, 2010; Smith et al., 2008; Thompson et al., 2018; Weaver et al., 2013) han empleado esta técnica de forma individual o a través de grupos con el objetivo de evaluar comportamientos sexuales concretos

sometidos al DES, como el número de parejas, diferencias de edad entre los miembros de la pareja o comportamientos sexuales menos comunes (e.g., poliamor, intercambio de parejas o sexo en grupo). Marks et al. (2019), con el fin de aportar validez ecológica a esta evaluación, en lugar de emplear objetos de evaluación hipotéticos (i.e., hombre/mujer) emplearon amistades o personas conocidas de sus participantes para evaluar los comportamientos sexuales sujetos al DES.

Por su parte, la metodología explícita, mediante el uso de medidas de autoinforme, ha sido la más utilizada en la evaluación del DES (Endendijk et al., 2020). Entre estas medidas, podemos destacar históricamente la *Premarital Sexual Permissiveness Scale* de Reiss (1964). Este instrumento consta de 12 ítems que recogen comportamientos como besos, caricias y relaciones sexuales representados en cuatro niveles de compromiso emocional (sin afecto, con fuerte afecto, enamoramiento y compromiso) que deben ser evaluados en el hombre y en la mujer. A lo largo del tiempo, esta escala ha sido objeto de diferentes revisiones con el fin de recoger comportamientos sexuales y estados de compromiso emocional que permitan examinar la permisividad sexual de manera más actualizada, por ejemplo, la desarrollada por Sprecher et al. (1988). Por su parte, Reiss (1989) propuso una versión corta con cuatro ítems relativos únicamente a las relaciones coitales, de los cuales tres pertenecen a la escala original.

Otra de las medidas de autoinforme destacadas es la *Indicators of a Double Standard and Generational Difference in Sexual Attitude* de Weinberg et al. (1995). Se compone de seis ítems que comparan las actitudes sexuales de la persona evaluada con las de su madre, padre, amigo/amiga y un/una estudiante de su misma edad a través de una escala de cinco puntos: (1) *mucho más liberales*, (2) *ligeramente más liberal*, (3) *igual*, (4) *ligeramente más conservadora*, y (5) *mucho más conservadora*. El DES es obtenido cuando se detecta que los hombres son juzgados de forma más liberal que las mujeres. Esta medida obtuvo buenas evidencias de consistencia interna, con un rango de valores alfa de Cronbach entre 0,60 y 0,84.

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Milhausen y Herold (2002) sugirieron distinguir entre la percepción social y la aceptación personal del DES. Para ello, evaluaron el apoyo social percibido del DES a través de cuatro ítems contestados mediante una escala tipo Likert de cinco puntos, desde *totalmente en desacuerdo* a *totalmente de acuerdo*. Tres de estos ítems valoran el número de parejas sexuales de hombres y mujeres, y el cuarto ítem evalúa la libertad sexual de hombres y mujeres que es acompañado de un conjunto de preguntas abiertas para profundizar en la respuesta indicada. Con el fin de evaluar la aceptación personal, propusieron la *Personal Acceptance of the Double Standard Scale*. Esta escala recoge siete comportamientos sexuales para evaluar el grado de acuerdo en función de si son realizados por el hombre o la mujer a través de una escala tipo Likert de cinco puntos, desde *muy de acuerdo* a *muy en desacuerdo*. La versión original de esta escala presentó buenas evidencias de fiabilidad, con un valor de alfa de Cronbach para los ítems masculinos de 0,82 y para los femeninos de 0,85.

Para la evaluación específica de jóvenes, Emmerink, van den Eijnden et al. (2016) diseñaron la *Scale for the Assessment of Sexual Standards Among Youth* (SASSY). Esta escala evalúa diferentes expectativas en las que se refleja al hombre como sexualmente más activo, asertivo y con mayor conocimiento, mientras que a las mujeres se las caracteriza por ser más reservadas, pasivas y con menor experiencia en el ámbito de la sexualidad. Consta de 19 ítems contestadas en una escala Likert de seis puntos, desde *totalmente en desacuerdo* a *totalmente de acuerdo*. Este instrumento también mostró adecuadas evidencias de fiabilidad de consistencia interna, con un alfa de Cronbach de 0,90.

De acuerdo con las revisiones de la literatura, se han destacado repetidamente dos medidas de autoinforme como las más utilizadas para evaluar esta actitud sexual (Endendijk et al., 2020; Sagebin Bordini y Sperb, 2013): la *Double Standard Scale* (DSS; Caron et al., 1993) y la *Sexual Double Standard Scale* (SDSS; Muehlenhard y Quackenbush, 2011).

La DSS (Caron et al., 1993) se compone de diez ítems contestados mediante escala tipo Likert de cinco puntos, desde 1 (*totalmente de acuerdo*) hasta 5 (*totalmente en desacuerdo*). Mayor puntuación indica más apoyo al DES a favor de la libertad sexual del hombre frente a la mujer. Esta escala presenta buenas evidencias de fiabilidad de consistencia interna, con un alfa de Cronbach de 0,72, y de validez a través de la asociación significativa de sus puntuaciones con actitudes más negativas hacia el preservativo en las relaciones heterosexuales (Caron et al., 1993). Existe una versión española de Sierra et al. (2007) con adecuadas evidencias de fiabilidad de consistencia interna (valores alfa de Cronbach de 0,79 en hombres y 0,70 en mujeres), y evidencias de validez al asociarse sus puntuaciones en sentido positivo con la actitud favorable hacia la violación (Sierra, Santos-Iglesias et al., 2014). Esta escala se ha validado en otros países latinos, reportándose también buenas evidencias de consistencia interna, con valores alfa de Cronbach de 0,80 en mujeres brasileñas (Sierra, Costa et al., 2009), de 0,79 en mujeres peruanas (Sierra, Monge et al., 2010), de 0,73 en población salvadoreña (Sierra y Gutiérrez-Quintanilla, 2007) y valores alfa ordinal de 0,92 en población chilena (Díaz-Gutiérrez et al., 2022). El uso de esta escala, al igual que ocurre con otras escalas descritas, muestra algunas limitaciones para la evaluación del DES. Por un lado, no asegura la distinción entre la aceptación individual y la percepción social. Y, por otro lado, sus ítems se encuentran redactados en el sentido del DES favorable al hombre, como por ejemplo "*Es peor que una mujer tenga muchas parejas sexuales, a que las tenga un hombre*", hecho que no permite detectar otras normas del DES. Por ello, para solventar estas cuestiones, se recomienda el uso de la SDSS (Endendijk et al., 2020; Sagebin Bordini y Sperb, 2013; Sierra et al., 2018).

La SDSS (Muehlenhard y Quackenbush, 2011) está formada por 26 ítems contestados en escala Likert de 4 puntos, desde 0 (*muy en desacuerdo*) hasta 3 (*muy de acuerdo*). De estos, veinte se organizan en pares redactados en paralelo de forma que un mismo comportamiento sexual se encuentra representado en un ítem referido al hombre y en otro a la mujer. Los seis restantes ítems recogen un comportamiento sexual que es comparado entre el hombre y la mujer. Gracias a la organización a través de pares de ítems,

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esta escala permite examinar diferentes normas de DES, desde la norma tradicional (i.e., favorable al hombre) a la inversa (i.e., favorable a la mujer), pero su medida resulta asimétrica, de -30 a 48 puntos. Este instrumento ha presentado adecuadas evidencias de fiabilidad de consistencia interna, con un coeficiente alfa de Cronbach de 0,76 en hombres y 0,73 en mujeres en el estudio original (Muehlenhard y Quackenbush, 2011), al igual que den otros estudios que la usaron (Clarke et al., 2015; Lee et al., 2010; Marks et al., 2022). En cuanto a las evidencias de validez, sus medidas se han asociado con actitudes tradicionales hacia los roles de género (Muehlenhard y McCoy, 1991), actitudes sexuales conservadoras (Boone y Lefkowitz, 2004) y actitudes en las que mujeres renuncian a tener relaciones sexuales a pesar de desearlas cuando perciben el apoyo de DES por parte de su pareja (Muehlenhard y Quackenbush, 2011).

Esta escala también cuenta con una versión adaptada y validada en población española por Sierra et al. (2018). Esta versión reduce sus ítems a 16, que son contestados en una escala tipo Likert de cuatro puntos, desde 0 (*muy en desacuerdo*) hasta 3 (*muy de acuerdo*). Todos sus ítems se organizan en pares redactados en paralelo para evaluar un mismo comportamiento sexual en el hombre y en la mujer. En esta validación se analizó por primera vez la estructura factorial de la escala, obteniéndose un buen ajuste para una estructura bidimensional: Aceptación de la libertad sexual y Aceptación del recato sexual, con valores de alfa de Cronbach ordinal de 0,84 y 0,87, respectivamente. Cada factor se compone de cuatro pares de ítems que recogen cuatro comportamientos sexuales. Un ejemplo de un par de Aceptación de la libertad sexual sería “*Está bien que un hombre compagine más de una relación sexual al mismo tiempo*” / “*Está bien que una mujer compagine más de una relación sexual al mismo tiempo*”; del factor Aceptación del recato sexual, un ejemplo de par de ítems sería “*Un hombre que toma la iniciativa sexual es demasiado atrevido*” / “*Una mujer que toma la iniciativa sexual es demasiado atrevida*”. A través de la diferencia en el acuerdo dentro del par de ítems, en cada factor se obtiene un índice de DES. Del factor Aceptación de la libertad sexual se obtiene el Índice de Doble Estándar para Libertad Sexual (IDE-LS), a partir de la resta del ítem en referencia al

hombre menos el ítem referente a la mujer. Y, del factor Aceptación del recato sexual se deriva el Índice de Doble Estándar para Recato Sexual (IDE-RS), mediante la resta del ítem en referencia a la mujer menos el ítem referente al hombre. Así, ambos índices representan una medida bipolar, en los que las puntuaciones negativas (-12 a -1) recogen el apoyo a un DES favorable a la mujer (i.e., mayor libertad/menor recato sexual para la mujer que para el hombre), mientras que las puntuaciones positivas (+1 a +12) indican la defensa a un DES que favorece al hombre (i.e., mayor libertad/menor recato sexual para el hombre). Por tanto, con el uso de esta versión se obtiene una medida simétrica del DES que recoge desde la norma favorable a la mujer a la favorable al hombre para dos áreas de comportamientos sexuales (libertad y recato sexual).

Implicación del doble estándar sexual en la salud sexual

La Organización Mundial de la Salud (2018) define la salud sexual como “un estado de bienestar físico, mental y social en relación con la sexualidad, y no solamente la ausencia de enfermedad, disfunción o malestar”, añadiendo que “...requiere un enfoque positivo y respetuoso de la sexualidad y de las relaciones sexuales, así como la posibilidad de tener experiencias sexuales placenteras y seguras, libres de toda coacción, discriminación y violencia. Para que todas las personas alcancen y mantengan una buena salud sexual, se debe respetar, proteger y satisfacer sus derechos sexuales” (p. 3). Atendiendo a esta definición, el DES podría constituir un elemento importante en el estudio de la salud sexual. Generalmente, la investigación de esta actitud sexual en relación con la salud sexual se ha centrado en su norma tradicional (i.e., a favor de mayor libertad sexual para el hombre que para la mujer). Esta norma de DES limita la autonomía sexual y ejerce un impacto negativo sobre el bienestar sexual (Crawford y Popp, 2003; Endendijk et al., 2020; Fasula et al., 2014; Sagebin Bordini y Sperb, 2013). La asociación DES-salud sexual se ha abordado básicamente desde tres líneas de investigación: violencia sexual, conductas sexuales de riesgo y funcionamiento sexual.

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El estudio del DES ha adquirido especial relevancia al asociarse con la violencia sexual. La presencia de DES favorable al hombre apoya la violencia basada en el género (Guerra-Marmolejo et al., 2021), siendo un predictor de la justificación de la violencia contra la mujer (Jamshed et al., 2022). El apoyo al DES favorable al hombre se relaciona con la agresión sexual perpetrada por el hombre hacia la mujer (Eaton y Matamala, 2014; Moyano et al., 2017; Russell y Oswald, 2001; Sierra, Gutiérrez-Quintanilla et al., 2009; Teitelman et al., 2013; Vílchez-Jaén et al., 2022; Zurbriggen, 2000), con actitudes a favor de la violación de la mujer (Jamshed y Kamal, 2019; Lee et al., 2010; Mittal et al., 2017; Moyano et al., 2017; Sierra, Costa et al., 2009; Sierra, Santos-Iglesias et al., 2010; Wanfield, 2018) y la coerción sexual ejercida por el hombre hacia la mujer (Krahé et al., 2000; Shen et al., 2012; Sierra, Gutiérrez-Quintanilla et al., 2009; Warner, 2000). Igualmente, esta norma de DES se asocia con la experiencia de victimización sexual de la mujer (Dunn et al., 2014; Eaton y Matamala, 2014; Endendijk et al., 2020; Koon-Magnin y Ruback, 2012; Lee et al., 2010; Moyano et al., 2017; Sierra et al., 2011; Sierra, Bermúdez et al., 2014; Sierra, Santos-Iglesias et al., 2010). Y, actúa como un obstáculo para reconocer la violencia sexual de hombres y mujeres (Kim et al., 2019).

El DES favorable al hombre también se asociado de forma negativa con la asertividad sexual (Greene y Faulkner 2005; Kim et al., 2019; Lopez-Alvarado et al., 2022), definida como la capacidad de iniciar o rechazar actividades sexuales, así como de negociar el uso de métodos anticonceptivos y/o barrera para llevar a cabo comportamientos sexuales saludables y satisfactorios (Morokoff et al., 1997). Esta norma del DES expone al individuo a mayor estrés en la toma de decisiones en las relaciones sexuales y fomenta la asunción de riesgos sexuales (Berkowitz, 2011; Clarke et al. 2015; Kalish, 2013; Soller y Haynie 2017). En el caso de las mujeres, la adhesión al DES favorable al hombre se asocia con más barreras y dificultades para el uso del condón (Lefkowitz et al., 2014) y aumenta el riesgo de mantener relaciones sexuales sin protección (Danube et al., 2016).

En cuanto a la tercera línea de investigación, se sabe que los guiones sexuales tradicionales -que promueven la dominancia del hombre y la sumisión de la mujer- afectan

negativamente al funcionamiento sexual (Kiefer y Sanchez, 2007b; Petersen y Hyde, 2011). En general, en las mujeres, estos guiones disminuyen la excitabilidad subjetiva (Costa, et al., 2009; Emmerink, van den Eijnden et al., 2016; Kiefer et al., 2006; Sanchez, Fetterolf et al., 2012), dificultan la capacidad para alcanzar el orgasmo (Kiefer et al., 2006; Sanchez, Fetterolf et al., 2012) y derivan en mayor número de problemas sexuales (Sanchez y Kiefer, 2007). A vez, la falta de espontaneidad y la autonomía sexual en las mujeres tendría un efecto negativo en la satisfacción sexual de los hombres (Kiefer et al., 2006; Kiefer y Sánchez, 2007a). En definitiva, la presencia de guiones sexuales tradicionales reduce la satisfacción sexual de hombres y mujeres (Sanchez et al., 2005). No obstante, cabe señalar que los estudios acerca del impacto específico del DES sobre el funcionamiento sexual son escasos. La poca investigación se ha centrado en la relación del DES con la satisfacción sexual, mostrando que la adhesión al DES favorable al hombre resulta perjudicial, tanto en hombres como en mujeres (Álvarez-Muelas et al., 2023; Haavio-Mannila y Kontula, 2003; Horne y Zimmer-Gembeck, 2006; Santos-Iglesias et al., 2009). La dimensión de la satisfacción sexual representa una de las manifestaciones más relevantes de la salud sexual (Henderson et al., 2009; World Health Organization, 2010b), habiendo sido asociada positivamente con el funcionamiento sexual (MacNeil y Byers, 1997; Pakpour et al., 2015; Pascoal et al., 2017; Sierra et al., 2015; Stulhofer et al., 2005; Zhang et al., 2015). Por ende, se podría considerar que esta actitud sexual implicaría costes en la respuesta sexual de hombres y mujeres, por lo que es necesario ampliar esta línea de investigación para determinar el efecto de las normas del DES en distintas dimensiones del funcionamiento sexual.

ESTRUCTURA DE LA TESIS DOCTORAL

ESTRUCTURA DE LA TESIS DOCTORAL

En la Introducción de la Tesis Doctoral se plantea que, hasta la fecha, el estudio del DES presenta algunas limitaciones conceptuales y metodológicas que dificultan avanzar en su investigación con un enfoque más actual y, consecuentemente, conocer mejor su influencia sobre las dimensiones de la salud sexual de hombres y mujeres. Esta Tesis Doctoral pretende profundizar en el estudio de esta actitud sexual a través de dos objetivos generales (1) examinar la prevalencia de diferentes tipologías de adhesión al DES para dos áreas independientes de los comportamientos sexuales (i.e., libertad y recato sexual) y (2) analizar la asociación de estas con el funcionamiento sexual, específicamente, con la excitación y la satisfacción sexual. Para ello, se proponen seis estudios independientes y secuenciales, que se sintetizan a continuación.

1. Relación del doble estándar sexual con el funcionamiento sexual y las conductas sexuales de riesgo: revisión sistemática

La revisión sistemática tiene como objetivo examinar la literatura que aborda la relación del DES con el funcionamiento sexual (i.e., deseo sexual, excitación sexual, orgasmo y satisfacción sexual) y las conductas sexuales de riesgo (i.e., mantener relaciones sexuales sin métodos de barrera/anticoncepción, con un compañero/a sexual con ITS y/o padecer ITS), siguiendo los pasos establecidos en la declaración PRISMA (Liberati et al., 2010). Para cada uno de los trabajos incluidos se describen los indicadores bibliográficos (i.e., título, autoría y año de publicación), características de la muestra, la evaluación del DES y los resultados obtenidos acerca de la relación del DES con el funcionamiento sexual y las conductas sexuales de riesgo. Además, la calidad metodológica de los estudios es evaluada mediante la *QualityAssesment Tool for Observational Cohort and Cross-Sectional Studies* (National Heart, Lung y Blood Institute, 2014) y el *Strengthening the Reporting of Observational studies in Epidemiology* (van Elm et al., 2008). Esta revisión sirve de base teórica necesaria para el desarrollo de la Tesis Doctoral, con el objeto de

enmarcar en la actualidad el estudio del DES en el ámbito de la salud sexual e incidir en las principales limitaciones a superar.

2. Invarianza de la versión española de la *Sexual Double Standard Scale (SDSS)* por sexo, edad y nivel educativo

Con el fin de disponer de un instrumento de evaluación del DES equivalente en su medida para el análisis y la comparación través de diferentes grupos poblacionales (American Educational Research Association et al., 2014; Hernández et al., 2020; International Test Commission, 2017; Muñiz et al., 2013; Muñiz y Fonseca-Pedrero, 2019), el segundo estudio examina la invarianza factorial y el funcionamiento diferencial del ítem (DIF, por sus siglas en inglés) de la versión española de la SDSS en hombres y mujeres, y distintos rangos de edad (18-34, 35-49 y de 50 años en adelante) y niveles educativos (sin estudios, educación primaria, educación secundaria y estudios universitarios). Esta escala permite detectar diferentes estándares sexuales para hombres y mujeres en la valoración de comportamientos del área de la libertad y del recato sexual.

3. Prevalencia de las tipologías de adhesión al doble estándar sexual en población española

El tercer estudio propone categorizar las puntuaciones obtenidas con la versión española del SDSS (Sierra et al., 2018) en tipologías de adhesión al DES (i.e., favorable al hombre, favorable a la mujer, igualitaria y ambivalente) para comportamientos sexuales en el área de la libertad y del recato sexual. Este estudio analiza la prevalencia de estas tipologías de adhesión en población española con orientación heterosexual. Además, este trabajo compara las diferencias en la prevalencia de las tipologías del DES para hombres y mujeres, y a través de diferentes grupos de edad (18-25, 26-35, 36-55 y de 56 años en adelante).

4. Comparación transcultural de la prevalencia de las tipologías de adhesión al doble estándar sexual en jóvenes españoles, peruanos y ecuatorianos

Con el objetivo de estudiar el DES en muestras diversas y, especialmente, desde una perspectiva transcultural (Crawford y Popp, 2003; Endendijk et al., 2020; Guo, 2019; Sagebin Bordini y Sperb, 2013), se diseña el cuarto estudio de la Tesis Doctoral que describe y compara la prevalencia de las tipologías de adhesión al DES (i.e., igualitaria, favorable al hombre y favorable a la mujer) para libertad y recato sexual en jóvenes de España, Perú y Ecuador.

5. Estudio de la concordancia sexual en hombres y mujeres con diferentes tipologías de adhesión al doble estándar sexual

El quinto estudio incluido en la Tesis Doctoral se corresponde con una investigación de laboratorio que trata de aportar evidencias acerca de la implicación del DES en la concordancia sexual (i.e., nivel de acuerdo entre la excitación sexual subjetiva y la respuesta genital) evaluada ante estímulos sexuales visuales. Jóvenes con distintos tipos de adhesión al DES (i.e., igualitaria, favorable al hombre y favorable a la mujer) para el área de la libertad sexual realizan una tarea experimental que consiste en la exposición a videos de contenido neutro y contenido sexual explícito. Durante el visionado se registra la respuesta genital (circunferencia peniana o amplitud del pulso vaginal) y a su término se evalúa la excitación sexual autoinformada. Mediante correlaciones parciales, controlando los rasgos sexuales excitativo e inhibitorio, se analiza el acuerdo entre ambas medidas de excitación sexual (respuesta genital y excitación sexual autoinformada) en cada tipología de adhesión al DES. A continuación, se examina la capacidad predictiva de la excitación sexual autoinformada sobre la respuesta genital.

6. Estudio de la satisfacción sexual en hombres y mujeres con diferentes tipologías de adhesión al doble estándar sexual

En el último estudio de la Tesis Doctoral se asocia el DES con la satisfacción sexual. Siguiendo con la propuesta de organización desde la Teoría Ecológica del Desarrollo Humano (Bronfenbrenner, 1994), se analizan las diferencias en la satisfacción sexual y las variables afines del nivel personal (i.e., edad, orientación a la dominancia social y propensión a la excitación e inhibición sexual), interpersonal (i.e., satisfacción con la relación) y social (i.e., normas sociales de género de los comportamientos sexuales) entre las tipologías de adhesión al doble estándar sexual (i.e, igualitaria, favorable al hombre y favorable a la mujer) para libertad y recato sexual. Además, se examina la capacidad explicativa de estas variables sobre la satisfacción sexual en función del perfil de adhesión al DES para el área de la libertad y del recato sexual.

ESTUDIO 1

Relación del doble estándar sexual con el funcionamiento sexual y las conductas sexuales de riesgo: revisión sistemática

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Resumen

El doble estándar sexual (DES) hace referencia a la aceptación de diferentes criterios para la valoración del mismo comportamiento sexual en hombres y en mujeres. Ante la ausencia de revisiones bibliográficas previas, este trabajo presenta una revisión sistemática sobre la relación del DES con el funcionamiento sexual y las conductas sexuales de riesgo. A partir de la búsqueda en diferentes bases de datos, se obtuvieron 22 artículos científicos. Los resultados señalan que la actitud a favor del DES perjudica el funcionamiento sexual y favorece las conductas sexuales de riesgo, las cuales son más perjudiciales para las mujeres. Se discute la importancia que tiene el estudio del DES en la salud sexual, para entender el funcionamiento sexual y la incidencia de las conductas sexuales de riesgo. Se recomienda mejorar los instrumentos para medir DES, con el fin de garantizar una evaluación exacta e invariante de este fenómeno en aquellos grupos definidos por el género y otras variables socioculturales.

Palabras clave: Doble estándar sexual, Funcionamiento sexual, Conductas sexuales de riesgo, Salud sexual, Revisión sistemática.

Abstract

Sexual double standard (SDS) refers to the acceptance of different criteria for the assessment of the same sexual behavior in men and women. Due to the absence of previous bibliographical reviews, this study presents a systematic review of the relationship between DES, sexual functioning, and risky sexual behaviors. From a search of different databases, it was obtained a total of 22 scientific articles. The results indicate that attitude in favor of SDS harms sexual functioning and favors risky sexual behaviors, which were more harmful to women. The importance of the study of SDS in sexual health is discussed, to understand sexual functioning and the incidence of sexual risk behaviors. It is recommended to improve the instruments used to measure SDS, to guarantee an exact and invariant evaluation of this phenomenon in those groups defined by gender and other socio-cultural variables.

Keywords: Sexual double standard, Sexual function, Sexual risk behaviors, Sexual health, Systematic review.

Introducción

El doble estándar sexual (DES) hace referencia a la aceptación de diferentes criterios para la valoración del mismo comportamiento sexual en hombres y en mujeres (Milhausen y Herold, 2001). El DES tradicional acepta mayor libertad sexual para el hombre que para la mujer, lo que conlleva que ciertas conductas sexuales sean mejor valoradas en ellos que en ellas. Esta actitud se ha encontrado tanto en hombres como en mujeres, aunque con mayor prevalencia en los hombres (Álvarez-Muelas, Gómez-Berrocal, Vallejo-Media, y Sierra, 2019; Guo, 2019; Gutiérrez-Quintanilla, Rojas-García, y Sierra, 2010; Sánchez-Fuentes, Moyano, Gómez-Berrocal, y Sierra, 2020; Sierra, Moyano, Vallejo-Medina, y Gómez-Berrocal, 2018). Se ha descrito prácticamente en todas las edades, concretamente en adolescentes (Monge, Sierra, y Salinas, 2013), jóvenes adultos (Gutiérrez-Quintanilla et al., 2010; Sakaluk y Milhausen, 2012) y personas mayores (Sánchez-Fuentes et al., 2020; Sierra, Monge, Santos-Iglesias, Rodríguez, y Aparicio, 2010), observándose una mayor aceptación del DES a medida que aumenta la edad (Sierra et al., 2018; Sprecher, 1989).

El estudio del DES se ha enmarcado en el contexto de la salud sexual, que es definida como la capacidad de hombres y mujeres para expresar libremente su sexualidad sin riesgo de enfermedades de transmisión sexual, embarazos no deseados, coerción, violencia y discriminación (Lottes, 2000). El funcionamiento sexual (FS) y las conductas sexuales de riesgo (CSR) constituyen dimensiones fundamentales de la salud sexual. El FS, entendido como respuesta sexual, incluye las dimensiones de deseo, excitación, orgasmo y satisfacción sexual (Carrobbles y Sanz, 1991). Estas dimensiones están determinadas por factores biológicos, psicológicos, sociales y culturales (Arcos-Romero y Sierra, 2018; Calvillo, Sánchez-Fuentes, y Sierra, 2018; Sánchez-Fuentes, Santos-Iglesias, y Sierra, 2014). Por lo tanto, cabe pensar que las dimensiones del FS puedan verse afectadas por una actitud favorable al DES tradicional. Las CSR constituyen manifestaciones de la actividad sexual que aumentan la probabilidad de sufrir consecuencias negativas (Pawlowsky-Glahn, Egozcue, y Planes-Pedra, 2018), como pueden ser el contagio por el Virus de la

Inmunodeficiencia Humana, otras infecciones de transmisión sexual (ITS) y embarazos no deseados. Las CSR más destacables son la participación en encuentros sexuales sin métodos barrera-anticoncepción (Turchik y Gidycz, 2012), bajo el efecto del alcohol/drogas (Isorna Folgar, Fariña Rivera, Sierra, y Vallejo-Medina, 2015) o con una persona diagnosticada de ITS (Senn, Carey, Vanable, Coury-Doniger, y Urban, 2007). Se sabe que un factor clave en el desarrollo de prácticas sexuales sin protección son las desigualdades de género (Harrison, O’ Sullivan, Hoffman, Dolezal, y Morrell, 2006), y por ello las CSR pueden estar relacionadas con DES.

En el marco de lo que se ha expuesto sobre la posible relación de las actitudes a favor del DES tradicional con el FS y las CSR como dimensiones de la salud sexual, y ante la ausencia de revisiones sistemáticas previas, el objetivo del presente trabajo es llevar a cabo una revisión sistemática de los estudios que examinan la relación del DES con el FS y las CSR, por ende, de las implicaciones de estos constructos en la salud sexual de las personas.

Método

Búsqueda de estudios

La revisión sistemática siguió los pasos establecidos en la declaración PRISMA (Liberati et al., 2010). La búsqueda bibliográfica se realizó a través de las bases de datos *Scopus*, *Web of Science*, *PsycInfo* y *PsycArticles* durante los meses de diciembre de 2019 a enero de 2020. Se limitó por título, resumen, palabras clave y/o tema. Los términos empleados fueron “sex* double* standard*” AND (sex* desire* OR sex* arousal* OR orgasm* OR sex* satisfact* OR sex* response* OR sex* funct*) OR (“aid*” OR “hiv” OR “std*” OR “sti*” OR “vener* diseas*” OR “unprotect* sex*” OR “unsaf* sex*” OR “sex* transmi*” OR “sex* infect*” OR “sex* ill*” OR “sex* deseas*” OR sex* risk* OR risk* OR risk* behav*), utilizando el truncamiento * para obtener cualquier variante de los términos con sus diferentes sufijos y restringiéndose el tipo de documento a artículos científicos y a los idiomas español, inglés y portugués.

Criterios de inclusión

Las publicaciones seleccionadas cumplían con los siguientes criterios de inclusión:

1. La definición de DES implica diferencias en la valoración de comportamientos sexuales entre hombres y mujeres, resultando más favorable para el hombre (DES tradicional).
2. Estudian la relación del DES con el FS (deseo sexual, excitación sexual, orgasmo y/o satisfacción sexual), y/ con las CSR, tales como mantener relaciones sexuales sin métodos barrera-anticoncepción, con un compañero o una compañera sexual con ITS y/o padecer ITS.
3. Evaluación del DES mediante instrumentos estandarizadas, ítems derivados de escalas estandarizadas o cuestionarios, entrevistas o ítems ad hoc.

Selección y codificación de los estudios

En primer lugar, se llevó a cabo una lectura del título y del resumen de todos los trabajos seleccionados. A continuación, se realizó la lectura comprensiva y su selección en función de los criterios de inclusión. Los artículos recopilados se examinaron a texto completo extrayendo la información:

- Título, autor/es y año de publicación.
- Número de participantes, porcentaje de hombres y de mujeres, edad y media de edad.
- Instrumentos de evaluación del DES.
- Resultados de la relación del DES tradicional con FS y CSR.

Se evaluó la calidad metodológica de los estudios seleccionados a través de la Quality Assesment Tool for Observational Cohort and Cros-Sectional Studies (National Heart, Lung, and Blood Institute, 2014) para los estudios con metodología cuantitativa, y el Strenghtening the Reporting of Observational studies in Epidemiology (van Elm et al., 2008) para los trabajos de metodología analítica observacional.

Fiabilidad de la codificación

La codificación puede ser evaluada en términos de acuerdos inter-codificadores e intra-codificadores con la kappa verdadera ($\bar{\kappa}$), corrigiendo el acuerdo con la verificación de la exacta correspondencia en la codificación (Fariña, Arce, y Novo, 2002; Morales-Toro, Guillén-Riquelme, y Quevedo-Blasco, 2019). En nuestro caso, los estudios se codificaron por las variables analizadas en la revisión, examinando semanas después los acuerdos intra-codificadores. El codificador volvió a codificar el 50% de los artículos ($n = 11$). La codificación fue evaluada mediante el análisis de categorías, codificando como acuerdo si en los momentos 1 y 2 registraba las mismas categorías, y como desacuerdo si registraba distintas categorías. Los resultados mostraron una concordancia intra-codificador totalmente coincidente para las variables título, autor/es, año de publicación, instrumentos de evaluación y resultados, y muy buena para la categoría de participantes ($\bar{\kappa} = 0,88$). Por tanto, la codificación es fiable, es decir, otro codificador entrenado hubiera elaborado una base de datos similar (Monteiro, Vázquez, Seijo, y Arce, 2018).

Resultados

Se obtuvo un total de 171 trabajos, de los cuales se eliminaron 56 duplicados. De los 115 estudios resultantes, se eliminaron todos los que no cumplieron los criterios de inclusión. Finalmente, los 22 artículos restantes fueron revisados bajo los estándares de calidad metodológica, y todos se sometieron a la revisión sistemática. De estos trabajos, seis se centraban en la relación entre DES y FS, y diecisiete en la relación del DES con CSR (véase la Figura 1).

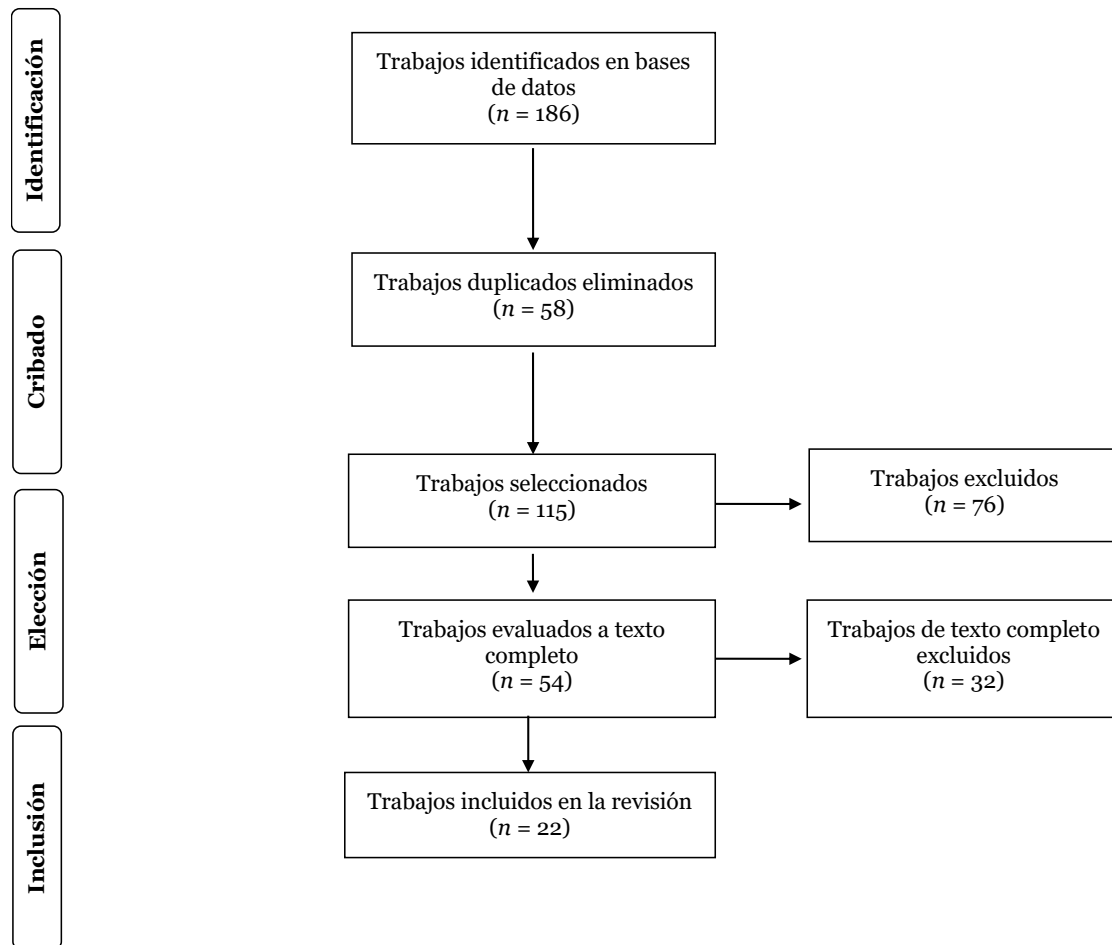


Figura 1. Búsqueda y selección de estudios.

Participantes

En catorce de los trabajos incluyeron en sus muestras a hombres y a mujeres, siete exclusivamente a mujeres y un solo estudio incluyó únicamente a hombres. En cuanto a la edad, en cuatro estudios la muestra estaba formada exclusivamente por adolescentes (12-18 años de edad), en seis estudios por adolescentes y adultos jóvenes (14-30 años de edad), en seis por adultos jóvenes (18-35 años de edad) y en cinco se incluyen adultos (18-74 años de edad). Únicamente un trabajo incluyó a adolescentes y adultos (16-49 años de edad).

Instrumentos para evaluar el doble estándar sexual

En ocho trabajos se emplearon entrevistas abiertas y semiestructuradas, y en siete estudios se evaluó a través de cuestionarios y preguntas ad hoc. En los siete trabajos restantes se utilizaron instrumentos estandarizados: en cinco la *Double Standard Scale* (DSS; Caron, Davis, Halteman, y Stickle, 1993, 1998), en uno el *Sexual Double Standard Evaluation* (Milhausen y Herold, 2001) y en otro la *Sexual Double Standard Scale* (SDSS; Muehlenhard y Quackenbush, 2011).

Relación del doble estándar sexual con el funcionamiento sexual

Sobre los trabajos de la relación DES-FS, dos se centraron en el deseo sexual, uno en el orgasmo y cuatro en la satisfacción sexual. El apoyo al DES dificultó en las mujeres la experiencia y el reconocimiento del deseo sexual, y el alcance de la experiencia orgásmica (Jackson y Cram, 2003; Kelly et al., 2017). Con respecto a la relación entre DES y satisfacción sexual, se encontró que la satisfacción sexual se asocia de forma negativa con el DES en hombres y mujeres (Haavio-Mannila y Kontula, 2003; Horne y Zimmer-Gembeck, 2006; Santos-Iglesias et al., 2009). En el estudio de Marques, Viera y Pechorro (2013), cuya muestra estaba integrada exclusivamente por hombres, no se halló relación entre ambas variables (véase Tabla 1).

Tabla 1

Estudios sobre la relación del doble estándar sexual (DES) y el funcionamiento sexual

Autor/es	Variables relacionadas con el DES	Participantes	Instrumentos para evaluar DES	Resultados
Haavio-Mannila y Kontula (2003)	Satisfacción sexual.	8.946 participantes: 41,50% hombres y 58,50% mujeres menores de 74 años*.	Pregunta ad hoc.	Los niveles de satisfacción sexual se ven afectados por las normas sexuales (DES).
Horne y Zimmer-Gembeck (2006)	Satisfacción sexual.	449 mujeres de 16 a 22 años ($M = 17,9$).	<i>Double Standard Scale</i> (DSS; Caron et al., 1993).	La percepción de la habilidad para alcanzar la satisfacción sexual se correlaciona positivamente con la actitud en contra del DES.
Jackson y Cram (2003)	Deseo sexual.	101 hombres y mujeres de 16 a 18 años*.	Entrevista.	El DES favorece que las mujeres tengan un escaso conocimiento del deseo sexual. El deseo sexual no se describe como experiencia corporal ni se mencionan alternativas al coito, como la masturbación o el sexo oral.

Kelly et al. (2017)	Deseo sexual. Orgasmo.	94 mujeres de 16 a 49 años*.	Entrevista.	El DES impregna las prácticas sexuales y anticonceptivas de las mujeres, centrándolas en el placer y el deseo de los hombres, y otorgando poca importancia a la experiencia orgásmica.
Marques, Viera y Pechorro (2013)	Satisfacción sexual.	262 hombres divididos en dos grupos de edad: 132 participantes de 20-30 años ($M = 23,88$) y 130 de 40-50 años ($M = 46,27$).	<i>Sexual Double Standard Evaluation</i> (Milhausen y Herold, 2001; Leal, Carvalho y Ramos, 2005).	La satisfacción sexual no correlaciona con la aceptación del DES.
Santos- Iglesias et al. (2009)	Satisfacción sexual.	646 participantes: 45,8% hombres y 54,2% mujeres de 18 a 58 años de edad ($M = 26,40$).	<i>Double Standard Scale</i> (DSS; Caron et al., 1993).	El DES correlacionó en sentido negativo con la satisfacción sexual.

* En el estudio no se aporta la media de edad; $M =$ media.

Relación del doble estándar sexual con conductas sexuales de riesgo

Los resultados indican que la actitud de las mujeres a favor del DES se relaciona de forma directa con el menor uso de protección en las relaciones sexuales (Danube et al., 2015; Lotfi, Tehrani, Khoei, Yaghmaei, y Dworkin, 2013; Teitelman, Tennille, Bohinski, Jemmott, y Jemmott, 2013). Solo el estudio de Srijaiwong, Sinshu, Ratiinrhorn y Viwatwongkasem (2017) encontró esta relación en ambos sexos.

Por otro lado, la actitud favorable al DES dificultó la toma de decisiones en las relaciones sexuales, concretamente la decisión de las mujeres relativa al uso de anticonceptivos se basaba en las preferencias del hombre (Kelly et al., 2017) o en el miedo a ser estigmatizadas (Khumsaen y Gary, 2009). Sin embargo, el trabajo de Fjaer, Pedersen y Sandberg (2015) halló que, en el caso de las mujeres, el DES favorece el control en las relaciones sexuales para promover la seguridad y la higiene. En esta última línea de resultados, se encontró que la actitud a favor del DES se relacionó con una mayor preocupación de las mujeres por el sexo no seguro (Saavedra, Nogueira, y Magalhaes, 2010), la transmisión de ITS (Khumsaen y Gary, 2009) y los embarazos no deseados (Ford y Kittisuksathit, 1994; Saavedra et al., 2010). Se observó que las diferencias que conlleva el DES en la evaluación de los comportamientos sexuales implicó que las relaciones sexuales entre dos mujeres se consideren como sexo seguro, ya que tienden a ocurrir en un contexto de relaciones románticas y, por tanto, sea innecesario la necesidad de protección (Souto-Pereira, Swainston, y Becker, 2019).

Con respecto a la relación entre apoyo al DES y la propuesta del uso del condón, los resultados no son consistentes. Por un lado, no se encontró relación entre el apoyo a DES y la evaluación de hombres y mujeres en la propuesta de uso de algún método de anticoncepción- barrera, es decir, no hallaron diferencias en la evaluación sobre quien proponía el uso del condón (Broaddus, Morris, y Bryan, 2010; Penhollow y Young, 2017). En cambio, el estudio de Hynie y Lydon (1995), con una muestra formada exclusivamente por mujeres, sí encontró que las actitudes a favor del DES tradicional implicaban una evaluación más negativa para las mujeres que proponían el uso del condón.

Finalmente, los resultados de dos estudios manifiestan que un mayor apoyo al DES tradicional se relacionó con mayor probabilidad de contraer ITS en mujeres (Bermúdez, Ramiro, Sierra, y Buela-Casal, 2013; Orisaremi, 2017; Teitelman et al., 2013). Un solo estudio encontró esta relación en hombres y mujeres (Bermúdez, Castro, Gude, y Buela-Casal, 2010). Además, la actitud favorable al DES implicó mayor rechazo y estigmatización, para las mujeres que para los hombres, por el diagnóstico de una ITS (Smith, Mysak, y Michael, 2008). Véase la Tabla 2.

Tabla 2

Estudios sobre la relación del doble estándar sexual (DES) y las conductas sexuales de riesgo (CSR)

Autor/es	Variables relacionadas con el DES	Participantes	Instrumentos para evaluar DES	Resultados
Bermúdez, Castro, Gude y Buéla-Casal (2010)	ITS.	689 participantes: 37,8% hombres y 62,2% mujeres de 14 a 19 años ($M = 17,30$).	<i>Double Standard Scale</i> (Caron, Davis, Halteman y Stricke, 1993).	El DES predice el riesgo de ITS/VIH a través de la toma de decisiones en la pareja.
Bermúdez, Ramiro, Sierra y Buéla-Casal (2013)	ITS.	599 participantes: 65,94% hombres y 34,06% mujeres de 12 a 18 años (M hombres = 15,48; M mujeres = 15,76).	<i>Double Standard Scale</i> (Caron et al., 1993).	La baja adherencia al DES se relaciona de forma indirecta, mediante el poder de la relación, con el menor riesgo de infección por VIH en las mujeres.
Broadus Morris y Bryan (2010)	Propuesta del uso método barrera-anticoncepción.	150 participantes: 54% hombres y 46% mujeres de 18 a 24 años ($M = 19$).	Cuestionario ad hoc basado en Bryan, Aiken y West (1999).	El DES no se asocia con la propuesta del uso del condón en una relación sexual.

Danube et al. (2015)	Uso método barrera-anticoncepción.	364 mujeres de 21 a 35 años ($M = 25$).	<i>Double Standard Scale</i> (DSS; Caron, Davis, Halteman y Stricke 1998).	La aprobación del DES se relaciona de forma indirecta con la intención de mantener sexo sin protección.
Fjaer, Pedersen y Sandberg (2015)	Preocupación por mantener sexo no seguro.	41 participantes: 39,02% hombres y 67,98% mujeres de 18 a 19 años*.	Entrevista.	El DES está presente en el discurso de las mujeres jóvenes, indicando que en sus experiencias sexuales deberían ejercer el autocontrol para promover la seguridad, higiene y autonomía.
Ford y Kittisuksathit (1994)	Preocupación por mantener sexo no seguro.	Hombres y mujeres de 15 a 24 años*.	Discusión/Entrevista.	El DES hace que los hombres tiendan a discutir los inconvenientes de las ITS y las mujeres los embarazos no deseados.
Hynie y Lydon (1995)	Propuesta del uso de método barrera-anticoncepción.	57 mujeres de 17 a 30 años ($M = 20$).	Cuestionarios ad hoc.	El DES favorece que las mujeres que proponen el uso del condón en una relación sexual sean evaluadas de forma negativa.
Kelly et al. (2017)	Uso método barrera-anticoncepción.	94 mujeres de 16 a 49 años*.	Entrevista.	El DES impregna las prácticas sexuales y anticonceptivas de las mujeres, centrándolas en el placer y el deseo de los hombres, y otorgando poca

Khumsaen y Gary (2009)	Uso método barrera-anticoncepción.	270 participantes: 64,4% hombres y 35,6% mujeres de 18-21 años ($M = 19,18$).	Preguntas ad hoc.	importancia a la experiencia orgásmica. La toma de decisiones de las mujeres se dificulta por la presencia de DES, con menos énfasis en el uso de anticonceptivos por miedo a ser estigmatizadas como sexualmente experimentadas. Las mujeres tienen el doble de probabilidades de mencionar las ITS que los hombres. Las normas de género, entre las que se encuentra el DES, son percibidas como una barrera fundamental para la protección contra el riesgo.
Lofí, Tehrani, Khoei, Yághmaei y Dworkin, (2013)	Uso método barrera-anticoncepción.	22 mujeres de 21 a 49 años, divididas en tres grupos de edad: 21-29 años (22,7%), 30-39 años (45,5%) y 40-49 años (31,8%).*	Entrevista.	Las prácticas sociales y culturales relacionadas con el género, como el DES, facilitan la transmisión del VIH en mujeres casadas. Las mujeres con relaciones heterosexuales mantenían una posición subordinada que aumenta su vulnerabilidad a contraer ITS, incluido
Orisaremi (2017)	ITS.	53 participantes: 50,95% hombres y 49,05% mujeres mayores de 15 años*.	Discusión/Entrevista.	

Penhollow y Young (2017)	Propuesta del uso de método barrera-anticoncepción.	574 participantes: 36% hombres y 64% mujeres menores de 25 años*.	Cuestionario ad hoc.	el VIH. No hay relación del DES en la propuesta del uso del condón en una relación sexual. Ambos sexos admiten la existencia de DES, pero solo las mujeres incluyen en su discurso el sexo no seguro, prestando mayor atención a la evitación del embarazo. La presencia del DES se relacionó con mayor rechazo y estigmatización de las mujeres que padecían ITS en comparación con los hombres con ITS.
Saavedra, Nogueira y Magalhaes (2010)	Preocupación por mantener sexo no seguro.	90 participantes de 15 a 19 años: 37,78% hombres y 62,22% mujeres, ($M = 17,07$).	Preguntas ad hoc.	
Smith, Mysak y Michael (2008)	ITS.	151 participantes: 49,67% hombres y 50,33% mujeres ($M = 18$). *	Cuestionario ad hoc.	
Srijaiwong, Sinshu, Ratinrhorn y Viwatwongkasem (2017)	Uso método barrera-anticoncepción.	3.192 participantes: 36,1% hombres y 63,9% mujeres de 15 a 19 años ($M = 16,5$).	<i>Sexual Double Standard Scale</i> (SDSS); Muehlenhard y Quackenbush, 2011).	El DES predice las CSR.
Souto Pereira, Swainston y Becker (2019)	Uso método barrera-anticoncepción.	17 mujeres de 20 a 58 años ($M = 35$).	Entrevista.	Aunque cada participante tenía conocimiento de la posibilidad de enfermedades de transmisión sexual, el DES favorece considerar el sexo entre dos mujeres como “seguro” e innecesario el uso

Teitelman, Tennille, Bohinski, Jemmott y Jemmott (2013)	Uso método barrera-anticoncepción. ITS.	64 mujeres de 14-17 años ($M = 16$).	Entrevista.	de métodos de protección. La presencia de normas de género comunes al DES favorece que las mujeres puedan estar más predispuestas a renunciar a prácticas de sexo seguro. Las mujeres con pareja son más vulnerables al riesgo de contagio de VIH/ITS. Los hombres con apoyo a DES tienen más probabilidad de mantener relaciones sexuales sin protección.
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* En el estudio no se aporta la media de edad; $M =$ media.

Discusión

Se llevó a cabo una revisión sistemática de veintidós artículos científicos que centraron su interés en la relación del doble estándar sexual (DES) con el funcionamiento sexual (FS) y las conductas sexuales de riesgo (CSR), dimensiones fundamentales de la salud sexual, con el objetivo de sintetizar de forma fiable y replicable los conocimientos existentes acerca de esta temática (Perestelo-Pérez, 2013).

En cuanto a las características demográficas de las muestras empleadas en los trabajos revisados, del total de artículos incluidos en la revisión, el 31,81% de los estudios incluyeron una muestra formada exclusivamente por mujeres, un trabajo se realizó con hombres exclusivamente y el resto (63,63%) incluía muestras mixtas. El 72,72% incluyó a adolescentes y/o adultos jóvenes. Al igual que en esta revisión, el metaanálisis de Endendijk, Anneloes, Baar y Deković (2019) destacó que en la mayoría de las muestras de los estudios del DES se incluyó adultos emergentes, lo que dificulta la generalización de los resultados a la población general (Yanez-Peñúñuri, Martínez-Gómez, y Rey-Anaconda, 2019). No se han encontrado estudios transculturales, salvo el de Haavio-Mannila y Kontula (2003). Resultaría conveniente contar con muestras más diversas, y hacer comparaciones entre grupos en función del sexo y la edad, así como comparaciones transculturales basadas en medidas invariantes (Sánchez-Fuentes et al., 2020), que permitan aportar información culturalmente sensible (Schmidt, van der Meer, Tydecks, y Bliesener, 2018).

El instrumento estandarizado más empleado para la evaluación del DES ha sido la DSS (Caron et al., 1993), incluido en el 22,7% de los estudios revisados. En la revisión sobre DES de Bordini y Sperb (2013) también se indica que se trata de una de las escalas más usadas, a pesar de una limitación importante que le caracteriza: no distinguir la percepción de la aceptación social del DES de la aceptación personal. A esta limitación de la DSS, se debe añadir otra propia de la evaluación del DES: la combinación de ítems que evalúan la actitud hacia el DES con otros que evalúan la actitud hacia conductas sexuales en el hombre o en la mujer (Bordini y Sperb, 2013; Sierra et al., 2018). Esto

posiblemente genere inconsistencia, pudiendo ser una de las explicaciones a la controversia en los resultados encontrados en las diferentes investigaciones de este campo. Por ello, se ha recomendado el uso de la SDSS (Muehlenhard y Quackenbush, 2011), ya que se compone de ítems paralelos de un mismo comportamiento en el hombre y en la mujer y, además, permite distinguir diferentes tipologías del DES (Endendijk et al., 2019).

Ante estas evidencias, se destaca la necesidad de contar con instrumentos que aseguren la evaluación exclusiva del DES (i.e., que un mismo comportamiento sexual sea valorado en un hombre y en una mujer), y que sean capaces de diferenciar la percepción social de la personal. Además, se requiere la demostración de la invarianza factorial y métrica través de los grupos poblacionales objeto de comparación para garantizar la exactitud y la equidad de la medida (Muñiz y Fonseca-Pedrero, 2019). De este modo, sería posible estudiar el DES con muestras más diversas haciendo comparaciones entre colectivos distintos y estableciendo de forma rigurosa la influencia de variables socioculturales.

A pesar de haber escasos estudios que aborden la relación entre el DES y el FS, parece ser que el DES afecta negativamente a las dimensiones del FS. Cabe subrayar que no se han encontrado estudios que relacionasen el DES con la excitación sexual. La excitación sexual como rasgo y como componente de la función sexual influye en la autovaloración de la capacidad sexual (Granados, Salinas, y Sierra, 2017, 2018; Sierra, López-Herrera, Álvarez- Muelas, Arcos-Romero, y Calvillo, 2018), y tiene un peso importante en la satisfacción sexual de hombres y mujeres (Sánchez-Fuentes, Moyano, Granados, y Sierra, 2019; Sánchez- Fuentes, Salinas, y Sierra, 2016; Sierra, Vallejo-Medina, Granados, Moyano, y Sánchez- Fuentes, 2015), por lo que futuros estudios deberían abordar esta relación. La mayoría de los estudios se centran en la relación del DES con la satisfacción sexual, pero sin llegar a resultados concluyentes. Esta inconsistencia en los resultados obtenidos podría deberse a varias razones. Una de ellas podría ser el uso de instrumentos para evaluar la satisfacción sexual no fundamentados

en modelos teóricos sólidos, pues tal como señalan Sánchez- Fuentes et al. (2014), en ocasiones se han utilizado preguntas ad hoc o escalas que confunden satisfacción sexual con factores asociados a la misma (e.g., actitudes sexuales, deseo o excitación sexual). Resultaría conveniente, por tanto, contar con instrumentos de evaluación de la satisfacción sexual basados en modelos teóricos consolidados, como es el caso del *Interpersonal Exchange Model of Sexual Satisfaction Questionnaire* (IEMSSQ; Lawrance, Byers, y Cohen, 2011; véase Calvillo, Sánchez-Fuentes, Parrón Carreño, y Sierra, 2019; Sánchez-Fuentes, Santos-Iglesias, Byers, y Sierra, 2015). Otra razón podría ser el hecho de no evaluar de manera independiente el apoyo personal al DES, y la percepción que tiene la persona encuestada del apoyo que la sociedad concede al DES (véase Gómez Berrocal, Vallejo-Medina, Moyano, y Sierra, 2019). Las discrepancias entre la actitud personal y la percepción de la norma social pueden generar incomodidad psicológica y ambivalencia (Dovidio y Gaertner, 2004; Gaertner, Sedikides, Vevea, y Luzzini, 2002). Por lo tanto, sin la diferenciación de ambas medidas se imposibilita conocer la influencia de la discrepancia entre ambas medidas sobre la satisfacción sexual. Finalmente, dado que la excitación sexual constituye un factor importante en la explicación de la satisfacción sexual (Sánchez-Fuentes et al., 2014, 2016, 2019), cabe pensar que la relación del DES con la satisfacción sexual pudiera estar mediada por la propensión a excitarse/inhibirse sexualmente planteada por el Modelo de Control Dual de la respuesta sexual (Bancroft y Janssen, 2000; Janssen y Bancroft, 2007).

En cuanto a la relación del DES con CSR, se observa un incremento del número de estudios en los últimos cinco años. Los resultados encontrados confirman que la actitud a favor del DES favorece las conductas sexuales de riesgo. El apoyo al DES predice un menor uso de protección (métodos barrera-anticoncepción) en cuatro estudios (Danube et al., 2015; Lotfi et al., 2013; Srijaiwong et al., 2017; Teitelman et al., 2013) y mayor probabilidad de contraer ITS en otros cuatro (Bermúdez et al., 2010, 2013; Orisaremi, 2017; Teitelman et al., 2013). Cabe destacar que el DES resulta más

perjudicial para las mujeres que para los hombres. La mayoría de los estudios encuentran una asociación positiva entre DES y las CSR en las mujeres (Danube et al., 2015; Lotfi et al., 2013; Teitelman et al., 2013), apreciándose una mayor probabilidad de contraer ITS (Bermúdez et al., 2013; Orisaremi, 2017; Teitelman et al., 2013) y una mayor dificultad en la toma de decisiones en las relaciones sexuales (Kelly et al., 2017; Khumsaen y Gary, 2009). Resulta conveniente resaltar algunas controversias observadas entre los estudios, no pudiendo llegar a resultados concluyentes sobre la influencia del DES en aspectos como la preocupación por mantener sexo no seguro o la iniciativa del uso del condón. De este modo, se enfatiza la necesidad de más investigación en conductas sexuales de riesgo teniendo en cuenta el papel directo que puede desempeñar el DES. Tal como indican Ramiro-Sánchez, Ramiro, Bermúdez y Buena-Casal (2018), se recomienda incluir la intervención y/o prevención específica de las creencias sexistas en programas de prevención de ITS/VIH.

En definitiva, se destaca el papel que el doble estándar sexual tiene en el estudio de la salud sexual, específicamente en el funcionamiento sexual y las conductas sexuales de riesgo. Se concluye que la actitud a favor del DES resulta perjudicial para el funcionamiento sexual, en concreto para el deseo sexual, la experiencia orgásmica y la satisfacción sexual. En cambio, no se encuentran estudios que relacionen el DES con la excitación sexual. A su vez, el apoyo al DES favorece las conductas sexuales de riesgo en mayor medida en las mujeres. Se plantea la necesidad de más investigación para ampliar el conocimiento del DES de cara a integrarlo en programas de salud sexual. Se destaca entre las limitaciones del estudio la imposibilidad de llevar a cabo metaanálisis debido a la heterogeneidad de las muestras de los trabajos incluidos en la revisión, de la evaluación de los constructos y de los resultados encontrados.

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ESTUDIO 2

Invariance of Spanish version of Sexual Double Standard Scale across sex, age, and education level

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Abstract

Background: The Sexual Double Standard Scale (SDSS) is one of the most widely-used scales for evaluating the Sexual Double Standard (SDS) and the Spanish version of the scale displays adequate psychometric properties in the adult Spanish population. The aim of this study is to examine the factorial invariance and differential item functioning (DIF) of the Spanish version according to sex, education level, and age, with the objective of describing and comparing SDS based on these variables. **Method:** A sample of 3,838 heterosexual participants was used (1,908 men and 1,930 women) between the ages of 18 and 90. **Results:** The results showed that the factorial structure of the SDSS is invariant in terms of sex and education level; with none of these items displaying DIF. Only items 11 and 14 display DIF in terms of age and, therefore, it is recommended that these items be excluded when making comparisons between age range. The association of SDSS with sex, education level, and age follows the expected results. **Conclusions:** The Spanish version of the SDSS is invariant and, as a consequence, can be used in different types of samples.

Keywords: Sexual Double Standard Scale, factorial invariance, sex, education level, age.

The Sexual Double Standard (SDS) uses different criteria to evaluate the same sexual behaviour in men and women (Milhausen & Herold, 2002). More specifically, the traditional SDS prescribes that men should enjoy more sexual freedom than women. Even though, in recent decades, equality between the sexes has received increasing support for displaying or engaging in certain sexual behaviour (e.g. pre-marital sex), a traditional SDS still persists with regard to other heterosexual expressions, such as age at first sexual experience (Ortiz et al., 2011; Peixoto, Botelho, Tomada, & Tomada, 2016) or the number of sexual partners (Chi, Bongardt, & Hawk, 2015; Marks, Young, & Zaikman, 2019; Soller & Haynie, 2017). Conversely, heterosexual scripts are emerging which are aimed at sexual conservatism (Allison & Risman, 2013; Sakaluk, Todd, Milhausen, & Lachowsky, 2014). These scripts could constitute a framework for promoting a modern SDS (as opposed to a traditional SDS) which prescribes that sexual shyness is more appropriate for women than for men (Fasula, Carry, & Miller, 2014).

In accordance with Bordini and Sperb (2013), the Sexual Double Standard Scale (SDSS; Muehlenhard & Quackenbush, 2011) is one of the most commonly-used measures for evaluating SDS and has recently been adapted for the Spanish population by Sierra, Moyano, Vallejo-Medina, and Gómez-Berrocal (2018). This adaptation has given rise to a version of 16 items grouped into two factors of eight items each: Acceptance for Sexual Freedom (A-SF) and Acceptance for Sexual Shyness (A-SS). In each factor the items are presented in parallel form, so that half refers to a specific sexual behaviour attributed to men, and the other half refers to the same sexual behaviour attributed to women. High ratings in the eight A-SF items (e.g., item 1: “It’s okay for a woman to have more than one sexual relationship at the same time”; item 6: “It’s okay for a man to have more than one sexual relationship at the same time”) indicate a positive attitude towards sexual freedom; and a positive attitude towards sexual shyness in the eight A-SS items (e.g., item 5: “A woman who initiates sex is too aggressive”; item 16: “A man who initiates sex is too aggressive”). The answers to the A-SF items create the Index of Double Standard for Sexual

Freedom (IDS-SF). The answers to the A-SS items create the Index of Double Standard for Sexual Freedom (IDS-SS).

Compared to other scales, the SDSS has various advantages: (1) the items which are presented in parallel allow us to measure the participant's attitude towards the same sexual behaviour in men and women (Bordini & Sperb, 2013), and by using two indices (IDS-SF and IDS-SS) it is possible to evaluate the support of SDS; (2) the factor which relates to sexual shyness allows us to detect more modern versions of SDS (Allison & Risman, 2013; Sakaluk et al., 2014; Sierra et al., 2018); and (3) both SDS indices (IDS-SF and IDS-SS) represent a bipolar measure (between -12 and +12) which allows for the evaluation of support for a traditional SDS (i.e., positive ratings) as well as an inverse SDS (i.e., negative ratings) which is characterised by the acceptance of more sexual freedom and less sexual shyness for women than for men (Fasula et al., 2014).

At present, there is a need to study differential item functioning and measurement invariance of tests (see Fonseca-Pedrero & Muñiz, 2017; Muñiz & Fonseca-Pedrero, 2019). In the SDS sphere, it is common to make comparisons by sex, age range or education level. The SDS has been found in both sexes, although it is more common in men (Gutiérrez-Quintanilla, Rojas-García, & Sierra, 2010, Sierra et al., 2018). It exists in different age ranges like adolescents (Monge, Sierra, & Salinas, 2013), young adults (Gutiérrez-Quintanilla et al., 2010) and older adults (Sierra, Monge, Santos-Iglesias, Rodríguez, & Aparicio, 2010). Moreover, it was found that the SDS decreased as the educational level increased (Sierra, Costa, & Monge, 2012; Sierra et al., 2010). These comparisons were made without having previously demonstrated whether the instrument used for such purposes is invariant in terms of the group, and whether or not its items display differential functioning.

As such, it is fundamental to demonstrate that the scale for evaluating SDS allows for the comparison of ratings among the different groups, and that the measurement is equally accurate in the groups (Gómez-Benito, Sireci, Padilla, Hidalgo, & Benítez, 2018; Muñiz, Elosua, & Hambleton, 2013; Muñiz & Fonseca-Pedrero, 2019). The aim of this

study is to examine the factorial equivalence and differential item functioning (DIF) of the Spanish SDSS version (Sierra et al., 2018) across sex, education level and age, and to examine the SDS based on these three variables.

Method

Participants

Through non-probability quota sampling a sample of 3,838 heterosexual Spanish adults was obtained (1,908 men y 1,930 women) between the ages of 18 and 90, with no differences between men ($M = 40.92$, $SD = 14.18$) and women ($M = 40.43$, $SD = 14.16$) ($t = 1.08$; $p = .281$). The sample was distributed incidentally into three age ranges: 18-34 years (651 men y 647 women), 35-49 years (611 men y 636 women) and over 50 years (646 men y 647 women). In regards to education level, 2.9% of men and 2.5% of women had no studies, 12.4% of men and 10.3% of women had primary school education, 30.8% of men and 24% of women had high school education, and 53.9% of men and 63.3% of women had university-level education, with significant differences between sexes in this variable ($\chi^2 = 23.47$ (3), $p < .001$).

Instruments

Sociodemographic Questionnaire. The questionnaire contains questions about sex, age, nationality, education level, and sexual orientation.

Spanish version of the Sexual Double Standard Scale (SDSS; Sierra et al., 2018). The Spanish version consists of 16 items which are answered on a Likert-type scale of four points, from 0 (*strongly disagree*) to 3 (*strongly agree*) and are grouped into two sub-scales: Acceptance for sexual freedom and Acceptance for sexual shyness. The indices of internal structure oscillated between .84 and .87 respectively, and the test-retest coefficients are placed above .70 at four and eight weeks. When correlated, the ratings from this version display adequate evidence of internal structure in the expected way for related constructs (Sierra et al., 2018). The sum of the ratings in the eight items, which make up each sub-scale, allows us to obtain two SDS indexes: one for sexual freedom (IDS-SF) and

another for sexual shyness (IDS-SS). For the IDS-SF the items for women are inverted, and for the IDS-SS the items for men are inverted.

Procedure

The participants were from the general Spanish population and their answers were collected in two formats (pencil and paper, and online) which is common for questionnaires on sexual behaviour. There were no differences between the two versions (Sierra et al., 2018; Velten, Scholten, & Margraf, 2018). The pencil and paper format were managed by a trained evaluator in classrooms, foundations and community centers; in small groups or individually. Once the participants had completed the questionnaire, it was returned in a sealed envelope. For the online questionnaire, a URL was sent via social network platforms and the IP address for each questionnaire was controlled; in order to access the questionnaire, the participant had to validate their access by answering a security question consisting of a random addition question. Both formats included an informed consent form which described the purpose of the study and included an explanation of what their participation entailed. Anonymity and confidentiality of answers were guaranteed. The study received prior approval from the Human Research Ethics Committee of the University of Granada.

Data analysis

The results were calculated using the R programme (Version 3.6.0; R Core Team, 2017), and the RStudio interface (Version 1.1.463; RStudio Team, 2016). The progressive invariance of the bifactorial model of the Spanish version of the SDSS was tested across sex, age range, and education level, which has six covariances between errors: configural invariance, weak, strong and strict, of the model on the polychoric matrix. We decided to follow these classical invariance method due to low cross-weighted loadings observed previously between both factors (Sierra et al., 2018). Thus, model should not be compromise for the non-target factor loadings constrained to zero across groups. Therefore, more flexible models as ESEM (Asparouhov & Muthén, 2009) or the maximum likelihood alignment approach (Byrne & van de Vijver, 2017) were not considered for the

current paper; especially, considering that the maximum number of groups for comparison in this study is not large ($n = 4$). The estimation model was the Diagonally Weighted Least Squares (WLSMV); a robust estimator for non-compliance of multivariate normality, designed for ordinal data (Li, 2016). It was considered for a good model fit an $RMSEA \leq .08$ and a $CFI \geq .95$ (Hu & Bentler, 1999). In order to obtain the invariance, a $-.01$ change in CFI was analysed, paired with changes in RMSEA of $.015$ with regard to the least restrictive model (Chen, 2007). The semTools package (R package, Version 0.4-14; semTools Contributors, 2016) and lavaan (Rosseel, 2012) were used for these analyses. The Differential Item Analysis (DIF) was calculated with the Lordif package (Choi, Gibbons, & Crane, 2011). The Lordif package is based on the DIF with par framework (Crane, Gibbons, Jolley, & van Belle, 2006) and allows for DIF detection with a flexible iterative hybrid /IRT framework. Uniform (model1- model2) and non-uniform (model 2- model3) DIF were tested; a single omnibus test of both uniform and non-uniform DIF (model 1- model 3) was also tested. DIF presence was considered based on the likelihood ratio χ^2 test, but due to the big sample size some DIF magnitude estimator was also considered. DIF magnitude will be evaluated with 3 pseudo R^2 measures Cox and Snell (1989), Nagelkerke (1991), and McFadden (Menard, 2000). $R^2 \geq .035$ will highlight DIF presence (Jodoin & Gierl, 2001). In addition, the β_1 was considered to be an estimator of the presence of DIF; an increase of 5% between model 1 and 2 would indicate the presence of DIF (Crane et al., 2007). Then, where there was differential item functioning, a Monte Carlo (1000 replications) procedure was also run to identify empirically-based thresholds for DIF detection (Choi et al., 2011). The use of the packages ggplot2 (R package, Version 3.1.1; Wickham, 2009) and gridExtra (R package, Version 2.3; Auguie, 2017) must also be highlighted. The corrected item-total correlations are polychoric and the presented alpha is the ordinal. Finally, ANOVA data analysis was performed in order to examiner the differences of SDS across sex, education level, and age.

Results

Initially, the factorial invariance was evaluated for the previously observed bifactorial model of the SDSS (Sierra et al., 2018). As this is a variable which could be affected - or which is usually compared - by sex, age or education level, we wanted to ensure that its dimensionality was stable by using these categories. As can be seen in Table 1, it appeared that these two factors were strictly comparable with regards to sex. In terms of education level, the observed data indicated an almost total equivalence between the four groups (no studies, primary, secondary, and university). Albeit, for the last education level - the strict level - the CFI reduced by .002 more than the allowable threshold; something which did not happen for RMSEA Δ , which remained within the specified range. This could indicate a distribution of the non-invariant errors by education level; something that would not affect the direct comparisons of the total of the sub-scales between the sexes. With regard to age, the results initially cast doubt on the configural model with an RMSEA above the required minimum threshold. In addition, there was no equivalence between the errors of the three evaluated groups, or at least that is the result of the values - much higher than allowed - for the CFI, and RMSEA. This compelled us to consider that there may be problems with some of the items; most likely the existence of DIF (Dimitrov, 2010). As such, DIF was analysed in order to find more concrete problems for the scores of this variable, and other variable that were compared.

Table 1

Fit indices and invariance indicators for the bifactorial model

		<i>df</i>	$R\chi^2$	$\Delta R\chi^2$	<i>p</i>	CFI	Δ CFI	RMSEA	Δ RMSEA
Sex	Configural	194	2098	NA	<.01	.971	NA	.080	NA
	Weak	208	2277	170.70	<.01	.968	-.002	.080	.000
	Strong	238	2586	258.91	<.01	.966	-.003	.078	-.002
	Strict	240	2760	18.02	<.01	.966	.000	.077	-.001
Studies	Configural	388	2457	NA	<.01	.969	NA	.079	NA
	Weak	430	2533	56.47	<.01	.969	.000	.074	-.004
	Strong	520	2790	144.70	<.01	.971	.001	.066	-.008
	Strict	526	4123	114.18	<.01	.959	-.012	.078	.012
Age	Configural	291	2473	NA	<.01	.964	NA	.081	NA
	Weak	319	2546	100.40	<.01	.962	-.002	.080	-.002
	Strong	379	3127	408.54	<.01	.957	-.005	.078	-.002
	Strict	383	5530	253.41	<.01	.928	-.029	.101	.023

Note: *df* = degree of freedom, $R\chi^2$ = Robust chi squared estimator, $\Delta R\chi^2$ = increase of the Robust chi squared estimator, CFI = Comparative Fit Index, Δ CFI = increase of the Comparative Fit Index, RMSEA = Root Means Square Error Approximation, Δ RMSEA = increase of the Root Means Square Error Approximation.

After analysing the factorial invariance, the presence of DIF was tested across sex, age range, and educational level. The main criteria that we selected for indicating the presence of DIF was the Likelihood Ratio χ^2 test; however, it is normal to observe false DIF detection in large samples and, as a consequence, the results were supplemented with other estimators. With regards to sex, five out of eight items displayed DIF using the Likelihood Ratio χ^2 test for the ASF sub-scale. Nevertheless, as can be seen in Figure 1, the characteristic curves of the items with DIF were identical to those items without DIF. In fact, the highest observed R^2 – the Nagelkerke – is .020 from the item in sixth position

(item 14), which would be the same as what is observed in Figure 1D, for 1,000 replicas simulated without DIF. For the same dimension, Figures 1B and 1C would confirm the true absence of DIF. Figure 1B showed a trait distribution which was practically identical for men and women, and in Figure 1C the lines for purified and non-purified DIF overlap (only one line can be seen in Figure 1C). All of the above would indicate that the presence of DIF is false and that there was no bias in the A-SF dimension with regard to the sex of the participants. Also, with regard to sex, a total of four out of eight items were flagged for DIF in the A-SS dimension. As can be seen in Figure 2, the presence of DIF was negligible; as in the previous case. The highest observed R^2 – again, the Nagelkerke – was for the item in second position; similarly, with .020. In Figure 2D, one can observe how the effect size was achievable without problems in clean replications of DIF. It was true that the largest purification of these items appeared to have an effect, compared to the previous dimension – at least in Figure 2C two lines can be observed – but, again the ratings with DIF and purified DIF were virtually the same. In Choi et al. (2011) one can see a detailed description of the figures presented here.

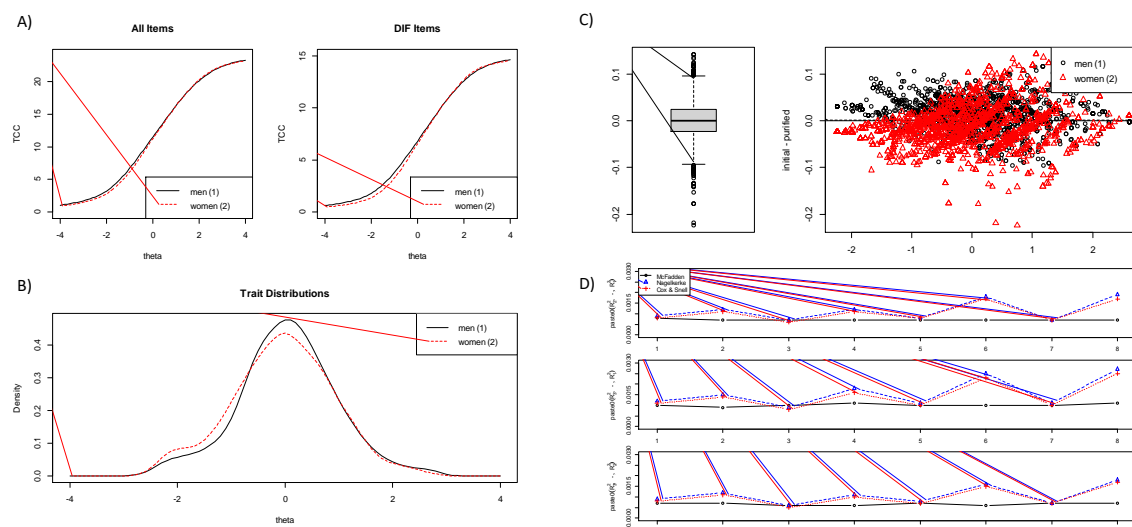


Figure 1. DIF of sub-scale Acceptance for Sexual Freedom (A-SF) for the sex variable.

ESTUDIO 2

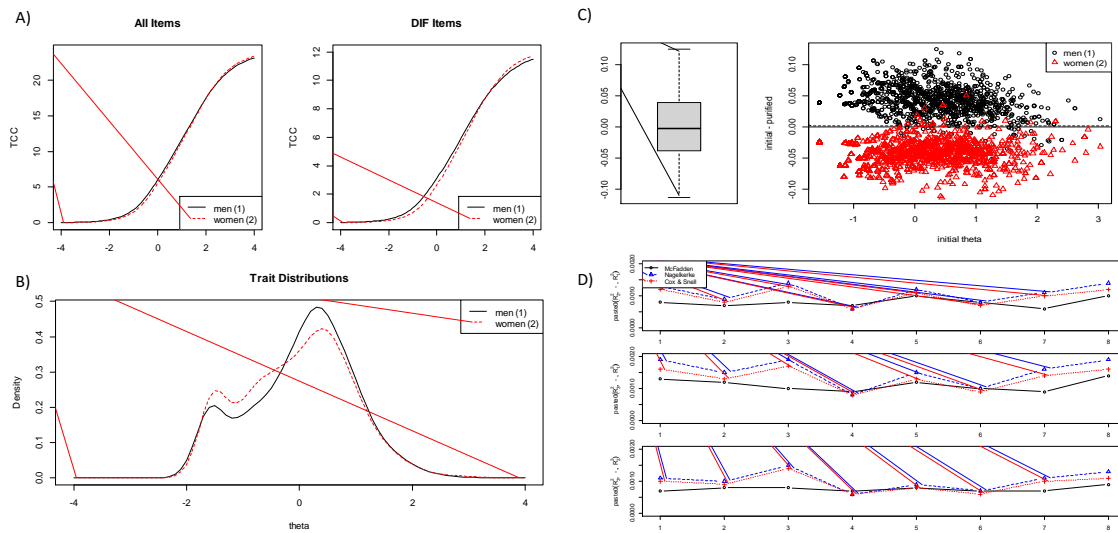


Figure 2. DIF of sub-scale Acceptance for Sexual Shyness (A-SS) for the sex variable.

With regard to education level, for A-SF as well as A-SS, a significant presence of DIF was observed when taking into account the Likelihood Ratio χ^2 . Albeit, this had been amortised for all dimensions, with maximum R^2 for both sub-scales of .015. The DIF details can be seen in Figures 3 and 4, taking into account the technical descriptions of the previous paragraph.

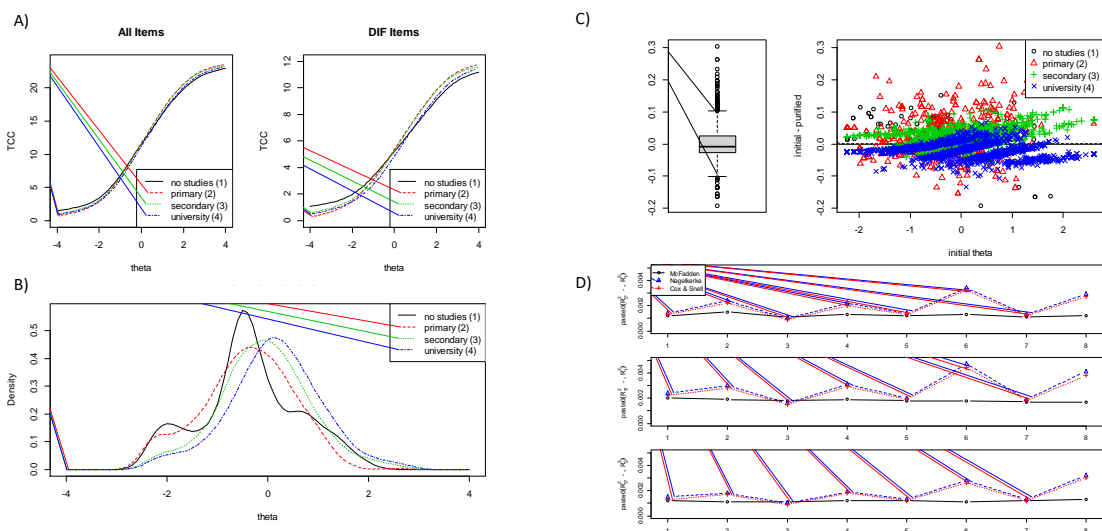


Figure 3. DIF of sub-scale Acceptance for Sexual Freedom (A-SF) for the education variable.

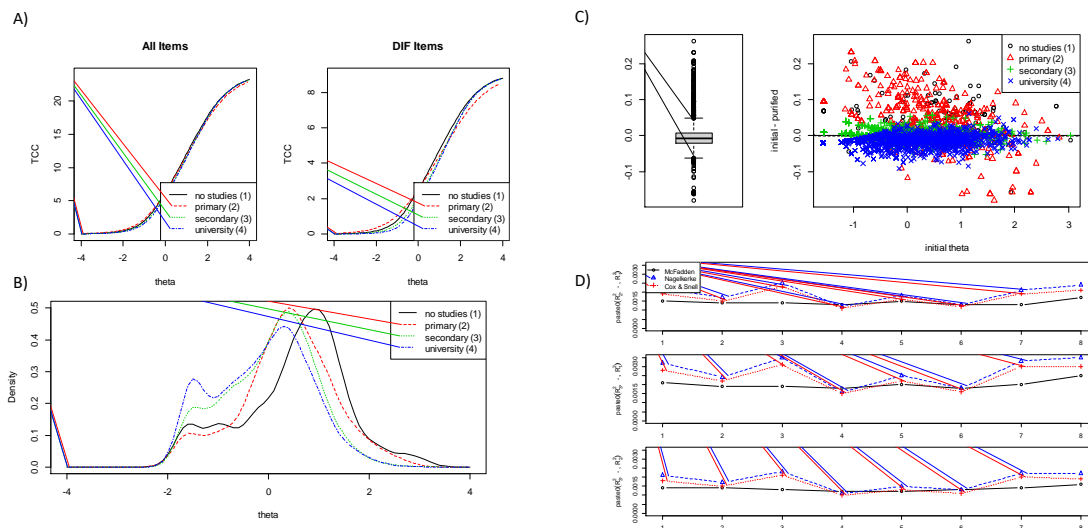


Figure 4. DIF of sub-scale Acceptance for Sexual Shyness (A-SS) for the education variable.

True DIF had been observed with regard to age (see Figures 5 and 6), as far as the A-SF dimension was concerned. Items 11 “A man should be sexually experienced when he gets married” and 14 “A woman should be sexually experienced when she gets married” had displayed a Nagelkerke R^2 , for the model 1-3 which jointly collected the presence of uniform and non-uniform DIF of .038 and .033 respectively. Although it was true that item 14 was below the threshold of .035 (see Figura 5D), the presence of DIF was significant. In this case, the presence of DIF was creating bias in the scale for different age ranges. As can be seen in Figure 5A, the presence of DIF appeared in the answers with high values of these items (i.e., strongly agree) as well as in the answers with low values (i.e., strongly disagree). Young participants were less likely to select the options with a high value for these items (theta). In terms of age – but with regard to the A-SS dimension and according to the aforementioned interpretations – no presence of DIF was observed with a maximum R^2 of .011 for the item in first place (number 8 on the scale).

ESTUDIO 2

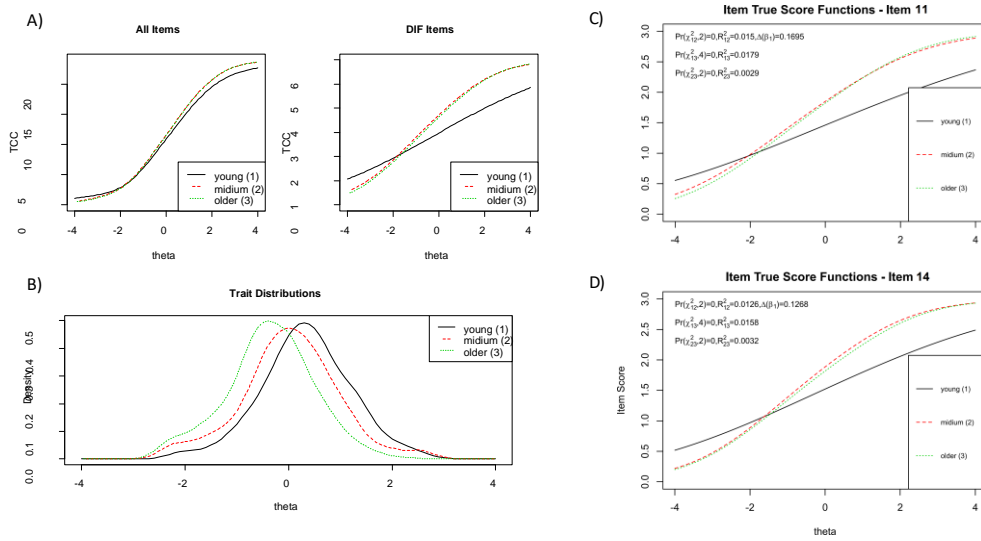


Figure 5. DIF of sub-scale Acceptance for Sexual Freedom (A-SF) for the age variable.

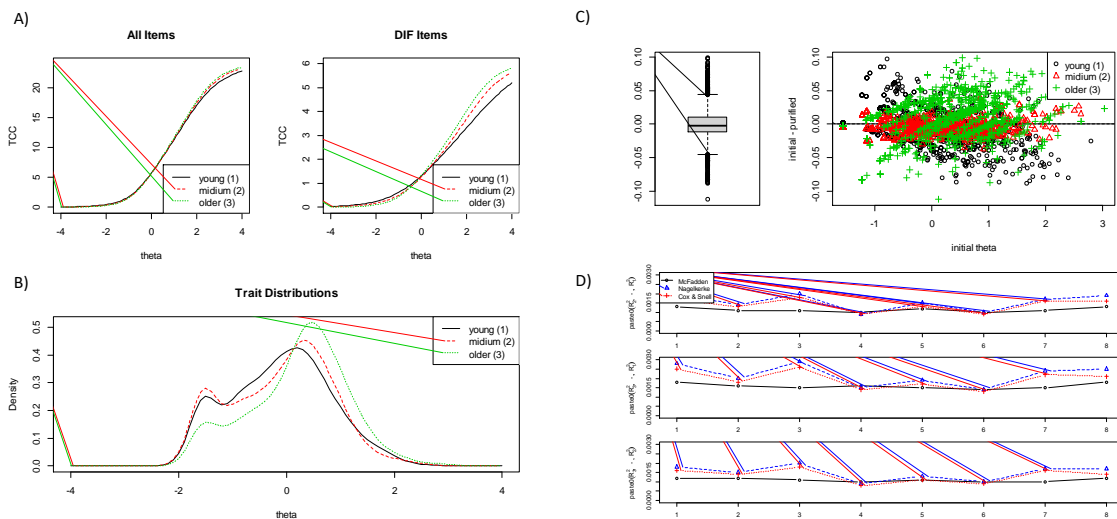


Figure 6. DIF of sub-scale Acceptance for Sexual Shyness (A-SS) for the age variable.

Table 2 displays the estimation of the reliability of the SDSS sub-scales for the different groups.

Table 2

Reliabilities of the scale

		A-SF	A-SS
		α	α
Sex	Male	.75	.81
	Female	.82	.85
Studies	No studies	.79	.86
	Primary	.78	.80
	Secondary	.78	.80
	University	.80	.83
Age*	Young	.79	.81
	Medium	.83	.83
	Old	.81	.84

Note: *Age data are reported without items 11 and 14 corresponding to ASF dimension. α = alpha ordinal; A-SF = Acceptance for sexual freedom; A-SS = Acceptance for sexual shyness.

Lastly - given the fact that the scale is equivalent by sex, education level, and age - discarding items 11 and 14 in the last case, we examined the differences for the SDS indices based on these variables. Table 3 contains the descriptive data for indices IDS-SF and IDS-SS. Figure 7 shows the densiograms of these differences after ANOVA data analysis, as well as their statistical contrasts by sex, educational level, and age.

Table 3

Descriptives of the SDS index

		IDS-SF	IDS-SS
		<i>M (SD)</i>	<i>M (SD)</i>
Sex	Male (<i>n</i> = 1,908)	0.46 (1.86)	0.57 (2.03)
	Female (<i>n</i> = 1,930)	-0.27 (1.40)	-0.13 (1.49)
Studies	No studies (<i>n</i> = 105)	0.77 (2.07)	0.72 (2.19)
	Primary (<i>n</i> = 435)	0.33 (1.98)	0.64 (2.26)
	Secondary (<i>n</i> = 1,051)	0.18 (1.89)	0.36 (2.05)
	University (<i>n</i> = 2,247)	-0.03 (1.47)	0.05 (1.53)
Age*	Young (<i>n</i> = 1,298)	-0.05 (1.42)	0.05 (1.68)
	Medium (<i>n</i> = 1,247)	0.17 (1.34)	0.20 (1.69)
	Old (<i>n</i> = 1,293)	0.17 (1.44)	0.41 (2.02)

Note: *Age data are reported without items 11 and 14. *M* = Mean; *SD* = Standard deviation; IDS-SF = Index of Double Standard for Sexual Freedom; IDS-SS = Index of Double Standard for Sexual Shyness.

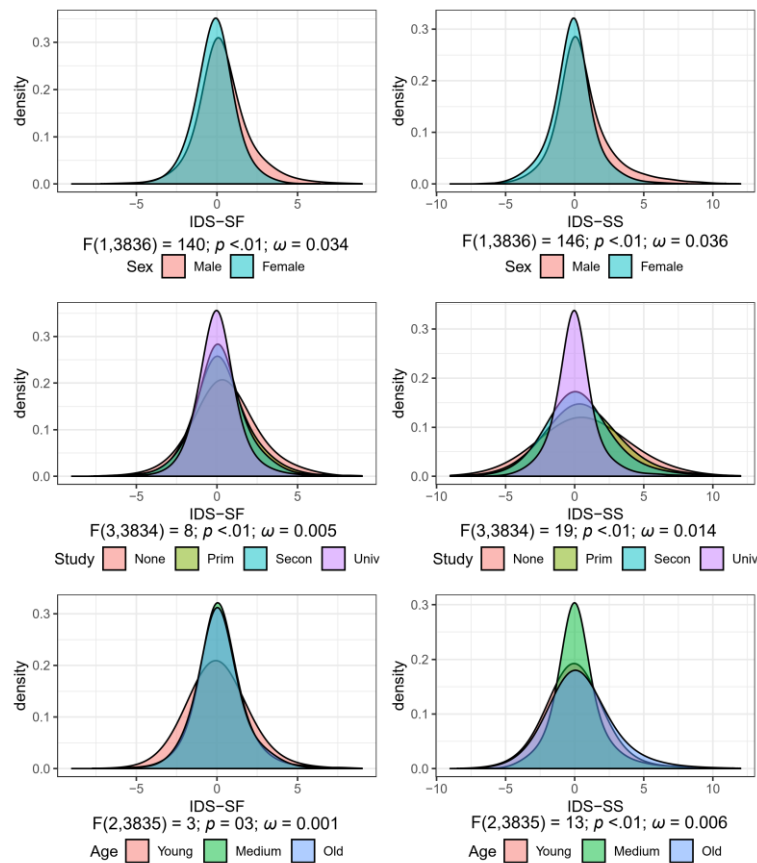


Figure 7. Densiogram of Index of Double Standard for Sexual Freedom (IDS-SF) and Index of Double Standard for Sexual Shyness (IDS-SS) for the variables: sex, education level and age, along with the corresponding hypothesis contrasts.

Discussion

The literature points to differences in SDS based on sex (Allison & Risman, 2013; England & Bearak, 2014; Guo, 2019; Sierra et al., 2018), sociocultural levels (Crawford & Popp, 2003) or age (Sierra et al., 2018), which is why it is necessary to have instruments that allow us to evaluate it without variance in the analysis of the construct based on population groups (Dimitrov, 2010). As such, the aim of this study was to determine whether the Spanish version of the SDSS (Sierra et al., 2018) is equivalent by sex, education level, and age. It is important to note that this version allows us to directly evaluate the subject's attitude towards freedom (A-SF) or towards sexual shyness (A-SS),

and indirectly measures the SDS by combining the sum of the ratings of the items that refer to men and women in each sub-scale.

Strict invariance was reached with regard to sex and no differences in measurements were found through DIF analysis. It is confirmed that the scores of SDSS was equivalent among men and women; meaning that it allows for comparison with a minimum bias and affirms that it is rigorous in both groups (Dimitrov, 2010). A similar result was also obtained with the Double Standard Scale, which showed that it was invariant by sex in a Peruvian sample (Monge et al., 2013). This allows us to affirm that there is a greater presence of traditional SDS in men than in women – as has been reported by previous studies (Allison & Risman, 2013; England & Bearak, 2014; Guo, 2019; Sierra et al., 2018). It also allows us to identify and compare more modern, potential expressions of the SDS by sex (Fasula et al., 2014). Likewise, for education level, the scale almost obtained a total invariance among the evaluated groups. In addition, the DIF analysis was insignificant in both dimensions of the scale. Therefore, the equivalence of the SDSS scale is confirmed, allowing for the precise and independent evaluation and comparison by education level. For the age variable, the A-SS factor did not obtain differences in measurement of its items among the three age quotas (18-34, 35-49 and older than 50 years). In contrast, for the A-SF dimension, DIF was present in items 11 and 14 which are parallel items referring to sexual experience before marriage– creating measurement bias in the scale. The analysis suggests that it was not advisable to keep these two items for comparing SDS by age range. These results are found in the field of study of Monge et al. (2013) where the factorial equivalence and metric of the Double Standard Scale is analysed and where the variance by age was discarded. Studies found that changes social, cultural, and historical may play a role in the different life stages (Arnett, 2016). These changes allowed to identify a new period between 18 years old to late twenties that is different because of the demographic fluctuation (Arnett, 2016). Therefore, the study of both, education level and social class in this period is key (Arnett, 2016). Furthermore, this stage is characterized on one hand, by developmental identity, and on the other hand by belief

and values determinations (Arnett & Mitra, 2018), this may be an explanation that justifies differences between youngers and the other age ranges.

The two sub-scales of the Spanish version of the SDSS showed good evidence of internal structure, with its coefficients varying between .75 of A-SF in men and .86 of A-SS in respondents with no education level – values which are very similar to those reported in the adaptation of the scale (Sierra et al., 2018).

Once the invariance of the scores was demonstrated by sex, education level and age (discarding items 11 and 14 in the last case), and once the validity of the sub-scales which make up the Spanish version of the SDSS was demonstrated, the different groups were compared in the SDS. Even though, in general, the effect size found in the differences were small, statistically significant differences were indeed found in the expected direction among the groups. Thus, men reported more traditional SDS than women within the scope of sexual liberty as well as sexual shyness – results which are in line with the previous studies (Allison & Risman, 2013; England & Bearak, 2014; Guo, 2019; Sierra et al., 2018). The novelty of the results lies within the average scores reported by women, as the negative scores were reflecting an inverse SDS tendency - a nuance which this version of the SDSS is able to capture. With regard to the association of the SDS with education level, the results were as expected: as the education level rises, the SDS indices decrease; as we have seen in previous studies (Sierra et al., 2012, 2018). In this case - even though it is very low -the tendency towards inverse SDS is only shown in people who have university - education level, within the scope of sexual freedom. Lastly, the association between SDS and age also followed an expected pattern: higher levels were found in older people than in younger people. A slight inverse SDS was also observed in this case within the scope of sexual freedom in young people between the ages of 18 and 34. The comparison of the SDSS across age range and education level will allow us to know what the influence of sociocultural factors are on SDS and to explain the prevalence of the traditional and other demonstrations of the SDS in men and women.

The identification of differences in SDS among specific groups (such as those that we had examined in this study and using scales for analysing possible answer bias, as in the case of SDSS), is useful for adjusting the interventions on sexual health variables traditionally associated with SDS, such as the sexual victimization of women (Sierra, Bermúdez, Buela-Casal, Salinas, & Monge, 2014; Sierra, Monge, Santos-Iglesias, Bermúdez, & Salinas, 2011), male sexual aggression towards women (Kim, Lee, & Lee, 2019; Moyano, Monge, & Sierra, 2017; Sierra, Gutiérrez-Quintanilla, Bermúdez, & Buela-Casal, 2009), a greater risk of sexually transmitted diseases (Fasula et al., 2014; Ramiro-Sánchez, Ramiro, Bermúdez, & Buela-Casal, 2018) and reduced sexual satisfaction in both sexes (Haavio-Mannila & Kontula, 2003; Santos Iglesias et al., 2009).

In conclusion, the invariance attained and the absence of DIF showed that the SDSS (Sierra et al., 2018) is a scale that allows us to measure SDS in an equivalent way by sex, education level and age (eliminating items 11 and 14 in this case). Nevertheless, it is necessary to point out some limitations of the study. Despite using a large sample selected by quota, it is not a probability sample; and, as this is a transversal study, causality relationships cannot be established between the SDS and the variables that were analysed.

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ESTUDIO 3

Typologies of sexual double standard adherence in Spanish population

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Abstract

The Sexual Double Standard (SDS) involves evaluating the same sexual behaviors in men and women using different criteria. The support for man-favorable SDS is related to sexual aggression and sexual victimization. Yet to date, studies have not examined the prevalence of SDS adherence. This study aims to identify the prevalence per gender and age of the Spanish population who adheres to the SDS typologies (man-favorable, woman-favorable, egalitarian, ambivalent) by considering sexual freedom and sexual shyness areas. A sample of 2,002 Spanish heterosexual adults (50% men, 50% women), distributed into four age groups (18-25, 26-35, 36-55 and over 56 years old), answered the Sexual Double Standard Scale. The results showed differences in the prevalence of SDS typologies by gender and age. By gender, a higher prevalence of the man-favorable typology was observed in men, and a higher prevalence of the egalitarian typology and the woman-favorable typology was observed in women. By age groups, significant differences in man-favorable and woman-favorable typologies were found in both men and women. Based on the evidence of four adherence to SDS typologies, it is recommended studying the relation of these typologies with sexual aggression/victimization to design more efficient programs for prevention and intervention of sexual violence.

Keywords: Sexual Double Standard, typologies, prevalence, Spanish population, gender, age.

Resumen

El Doble Estándar Sexual (DES) consiste en evaluar los mismos comportamientos sexuales en hombres y mujeres usando diferentes criterios. El apoyo al DES favorable al hombre está relacionado con la agresión y la victimización sexual. Sin embargo, hasta la fecha, los estudios no han examinado la prevalencia de la adhesión al DES. Este estudio pretende identificar la prevalencia por género y edad de la población española que se adhiere a las tipologías de DES (favorable al hombre, favorable a la mujer, igualitaria, ambivalente) considerando los ámbitos de la libertad sexual y del recato sexual. Una muestra de 2.002 adultos heterosexuales españoles (50% hombres, 50% mujeres), distribuidos en cuatro grupos de edad (18-25, 26-35, 36-55 y más de 56 años), respondieron a la *Sexual Double Standard Scale*. Los resultados mostraron diferencias en la prevalencia de las tipologías de SDS por género y edad. Por género, se observó una mayor prevalencia de la tipología favorable al hombre en los hombres y una mayor prevalencia de la tipología igualitaria y la tipología favorable a la mujer en las mujeres. Por grupos de edad, se encontraron diferencias significativas en las tipologías favorable al hombre y favorable a la mujer tanto en hombres como en mujeres. En base a la evidencia de las cuatro tipologías de adhesión al DES, se recomienda estudiar la relación de estas tipologías con la agresión/victimización sexual para diseñar programas más eficientes de prevención e intervención de la violencia sexual.

Palabras clave: Doble Estándar Sexual, tipologías, prevalencia, población española, género, edad.

The sexism ideology defends that men and women are not equal, which thus promotes and maintains different behaviors according to gender, gender inequality (O'Brien & Major, 2005; Sutton et al., 2008), and legitimizing violence against women (Garrido-Macías et al., 2020; Lila et al., 2013). This context includes the Sexual Double Standard (SDS), which refers to making an evaluation with different criteria of the same sexual behavior in men and women (Milhausen & Herold, 2002). Thus, by way of example, the man-favorable SDS is taken as being normative insofar as men should enjoy more sexual freedom than women.

It is important to distinguish between adherence (i.e., support) to SDS and prevalence to SDS. By adherence, we refer to the intensity or strength with which someone is in favor of the SDS. In operational terms, the degree of adherence will be the score obtained by someone on the scale evaluating the SDS. In group terms (e.g., men or women), it will be group's average score. Conversely, prevalence refers to the percentage of subjects who defend this norm, regardless of the intensity with which they support it.

Former studies have observed that men, compared to women, display more adherence to the man-favorable SDS (Allison & Risman, 2013; Álvarez-Muelas et al., 2019; England & Bearak, 2014; Guo, 2019; Sierra et al., 2018) and that this attitude is found for men of practically all ages: adolescents (Monge et al., 2013; Moyano et al., 2017), young adults (Gutiérrez-Quintanilla et al., 2010; Sakaluk & Milhausen 2012), and older adults (Álvarez-Muelas et al., 2019; Sierra, Monge et al., 2010), and the older they are, the more adherence they show (Álvarez-Muelas et al., 2019; Sierra et al., 2018). Nonetheless, except for the cross-cultural comparative study by Gutiérrez-Quintanilla et al. (2010) with university students, no studies have examined the prevalence of the SDS according to gender and age.

Adherence to such normative beliefs spells negative effects on sexual health (Álvarez-Muelas et al., 2020; Grose et al., 2014; Sánchez et al., 2005). The man-favorable SDS is related to favorable attitudes toward raping women (Jamshed & Kamal, 2019; Lee et al., 2010; Mittal et al., 2017; Moyano et al., 2017; Sierra, Costa et al., 2009; Wanfield,

2018), by constituting a predictor of such attitudes (Sierra, Santos-Iglesias et al., 2010). It has also been associated with aggressive sexual behavior to women (Moyano et al., 2017; Russell & Oswald, 2001; Teitelman et al., 2013; Zurbriggen, 2000), by predicting male sexual coercion toward females (Sierra, Gutiérrez-Quintanilla et al., 2009), female sexual victimization (Dunn et al., 2014; Koon-Magnin & Ruback, 2012; Lee et al., 2010; Sierra, Santos-Iglesias, et al., 2010), and sexual violence recognition being more difficult (Kim et al., 2019). The recent meta-analysis by Endendijk et al. (2020) provides strong evidence for the SDS relation of victims of sexual coercion. It also reports that the SDS implies that women are evaluated worse than men who have been victims of sexual coercion which, in turn, results in women being more condemned and having a more damaged reputation (Endendijk et al., 2020).

As a result of the empowerment of women and their growing concern about, and awareness of, sexual violence, the woman-favorable SDS has emerged (Kettrey, 2016; Milhausen & Herold, 2002), which is the opposite to the man-favorable SDS. Indeed the woman-favorable SDS defends more sexual freedom for women than for men (Álvarez-Muelas et al., 2019; Papp et al., 2015; Sakaluk & Milhausen, 2012; Sánchez-Fuentes et al., 2020; Thompson et al., 2018). To date, studies have not yet examined either the prevalence of this SDS typology or its relation with sexual health (e.g., with sexual aggression/victimization).

Changes in modern societies, with a more egalitarian and democratic gender ideology, can favor the appearance of new sexual scripts (Dworkin & O'Sullivan, 2005; Fasula et al., 2014; Seal & Ehrhardt, 2003; Suvivuo et al., 2010). Some authors have proposed that these new scripts represent a more conservative conception of sexual behaviors (Sakaluk et al., 2014), which could be expressed as better defending sexual shyness. It is feasible to assume that defending sexual shyness in heterosexual relationships does not apply equally for men and women. In line with this, and as Sierra et al. (2018) and Álvarez-Muelas et al. (2019) propose, evaluating the SDS is necessary in both the sexual freedom and sexual shyness areas. Sexual freedom is defined as the

recognition and approval of benefit to men and women, of having sex freely while respecting sexual rights, whereas sexual shyness means the recognition and approval of men and women's willingness to manifest decorum, chastity and continence in sexual relationships. Likewise, normative pressure for gender equality that characterizes democratic western societies may favor an increasing prevalence of an egalitarian typology that defends the same sexual norm for both men and women. As far as we are aware, no studies describing the prevalence of this egalitarian SDS or its relation with sexual health can be found.

Therefore, it is necessary to determine the percentages of people supporting the three above-indicated typologies of adherence to SDS: man-favorable, woman-favorable, and egalitarian. A fourth can be added to these three typologies, which is characterized by ambivalence in displayed attitudes (Albarracin et al., 2005). The only self-report evaluation instrument that allows this distinction to be made in SDS typologies is the Sexual Double Standard Scale (SDSS; Muehlenhard & Quackenbush, 2011), which was recently adapted to the Spanish population by Sierra et al. (2018). The meta-analysis by Endendijk et al. (2020) recommends using this instrument to evaluate the SDS, and suggests studying different SDS typologies from the man-favorable SDS to the woman-favorable SDS as a future research line.

As studies reporting the prevalence of different SDS adherence typologies are lacking in Spain, and by bearing in mind the importance of the man-favorable SDS to explain sexual aggression/victimization behaviors, the objective of this work is to identify the prevalence; that is, the percentages per gender and age of the people who adhere to the four above-cited SDS typologies (man-favorable, woman-favorable, egalitarian, ambivalent) by considering two areas of SDS conduct: sexual freedom and sexual shyness.

Method

Participants

The sample was made up of 2,002 heterosexual adults of Spanish nationality, aged between 18 and 85 years, of whom 1,001 were men (M age = 39.62; SD = 15.69) and 1,001 were women (M age = 39.61; SD = 16.02). The sample was distributed into four age groups following Arnett's (2000) proposal according to the subjective perceptions of adult status: 18-25 years (n = 566); 26-35 years (n = 416); 36-55 years (n = 566); over 56 years (n = 454). Each age group was formed by 50% men and 50% women. Table 1 presents the sample's socio-demographic characteristics divided into age groups and genders.

Table 1

Sociodemographic characteristics of the sample

	18-25 years		26-35 years		36-55 years		Over 56 years		
	Men	Women	Men	Women	Men	Women	Men	Women	
	(n =283)	(n =283)	(n =208)	(n =283)	(n =227)	(n =227)	(n =227)	(n =227)	
	<i>M</i> (<i>SD</i>) / <i>n</i> (%)	<i>t</i> / χ^2	<i>M</i> (<i>SD</i>) / <i>n</i> (%)	<i>t</i> / χ^2	<i>M</i> (<i>SD</i>) / <i>n</i> (%)	<i>t</i> / χ^2	<i>M</i> (<i>SD</i>) / <i>n</i> (%)	<i>t</i> / χ^2	
Age	21.76 (1.9)	21.57 (1.9)	30.61 (3.01)	30.56 (3.2)	46.98 (5.69)	46.45 (5.63)	60.95 (6.07)	61.88 (6.48)	1.11 -1.58
Education level		17.39**		39.08***		6.58		12.47**	
No studies	2	1	5	1	12	3	9	30	
	(0.7%)	(0.4%)	(2.4%)	(0.5%)	(4.2%)	(1.1%)	(4%)	(13.2%)	
Primary school	4	-	8	3	60	53	43	40	
	(1.4%)		(3.8%)	(1.4%)	(21.2%)	(18.7%)	(18.9%)	(17.6%)	
High school	54	25	82	32	83	85	74	64	
	(9.1%)	(8.8%)	(39.4%)	(15.4%)	(29.3%)	(30%)	(32.6%)	(28.2%)	
University	223	257	113	172	128	142	101	93	
	(78.8%)	(90.8%)	(54.3%)	(82.7%)	(45.2)	(50.2%)	(44.5%)	(41%)	
Relationship		6.04*		0.01		2.35		18.11***	
yes	139	168	155	156	254	250	211	178	
	(49.12%)	(59.36%)	(74.52%)	(75%)	(89.75%)	(88.34%)	(92.95%)	(78.41%)	
no	144	115	53	52	29	33	16	49	
	(50.88%)	(40.64%)	(25.48%)	(25%)	(10.25%)	(11.66%)	(7.05%)	(21.59%)	

Note. *M* = mean; *SD* = standard deviation; *t* = Student's *t*; χ^2 = Chi-square; * $p < .05$; ** $p < .01$; *** $p < .001$.

Instruments

Socio-demographic questionnaire. It includes questions about gender, age, nationality, sexual orientation, level of education and partner relationship.

The Spanish version of the Sexual Double Standard Scale (SDSS; Muehlenhard & Quackenbush, 2011; Sierra et al., 2018). It consists in 16 items answered on a 4-point Likert-type scale from 0 (strongly disagree) to 3 (strongly agree), and two factors: Acceptance of sexual freedom (A-SF; the benefit of having sex freely while respecting sexual rights); Acceptance of sexual shyness (A-SS; the recognition and approval of the willingness to manifest decorum, chastity and continence in sexual relationships). Each factor is formed by eight parallel items, that is, four pairs of items, of which half refer to sexual behavior attributed to men, and the other half to sexual behavior attributed to women. The scores of the eight A-SF items allow the Index of Double Standard for Sexual Freedom (IDS-SF) to be obtained. The responses to the A-SS items allow the Index of Double Standard for Sexual Shyness (IDS-SS) to be obtained. Both indices represent a bipolar measurement (between -12 and +12) to obtain four typologies of SDS adherence (man-favorable, woman-favorable, egalitarian, ambivalent) in the sexual freedom and sexual shyness areas. The man-favorable typology includes those people with positive scores in the index (between +1 and +12). In the IDS-SF, this typology represents and defends greater sexual freedom for men than for women. In the IDS-SS represents supporting less sexual shyness for men than for women. The woman-favorable typology is obtained from the scores that take a negative value (between -1 and -12). The IDS-SF represents defending more sexual freedom for women than for men, while the IDS-SS represents less defense of sexual shyness for women than for men. The egalitarian typology includes those people whose score equals zero in either the IDS-SF or IDS-SS and, in turn, who obtain a zero result in the subtractions between the pairs of parallel items that make up either of these two indices. This typology includes those people who defend the same criterion for men and women alike when evaluating behaviors referring to both sexual freedom (IDS-SF) and sexual shyness (IDS-SS). Finally, the ambivalent typology groups

those people with a zero score in IDS-SF or IDS-SS, and who obtain non-zero results in some items that make up either of these two indices. This typology identifies those people who obtain inconsistent scores when evaluating the sexual behaviors referring to sexual freedom in the IDS-SF, and sexual shyness in the IDS-SS. The scale showed suitable internal consistency (ordinal alpha .84 for the A-SF factor and .87 for the A-SS factor), and its test-retest reliability coefficients were above .70 at 4 and 8 weeks (Sierra et al., 2018). It also proved to be invariant by gender and age (by eliminating the pair of items 11 and 14 which, in this case, showed DIF) (Álvarez-Muelas et al., 2019). So the present study chose to remove these items in A-SF. The herein obtained ordinal alpha values were .82 and .88 for A-SF, and .86 and .90 for A-SS with men and women, respectively. In the different age groups, these values were .84 (18-25 years), .80 (26-35 years), .85 (36-55 years) and .84 (over 56 years) for A-SF, and were .86 (18-25 years), .87 (26-35 years), .88 (36-55 years) and .89 (over 56 years) for A-SS.

Procedure

Data were collected via paper and pencil and on-line formats. As evidenced by previous studies (Arcos-Romero & Sierra, 2019; Carreno et al., 2020; Sierra et al., 2018), there were no differences in the answers obtained by both methods. The participants using the paper and pencil format answered in small groups or individually in classrooms, foundations, and community centers. Completed questionnaires were collected by a trained evaluator and placed in a sealed envelope. The online version was distributed through URL by the social network, controlling the IP address for each questionnaire and avoiding automatic responses by answering a security question consisting of a random arithmetic question. In both formats, the participants accepted an informed consent form that described the purpose of the study and included an explanation of what their participation entailed. Anonymity and confidentiality were guaranteed. The study received prior approval from the Human Research Ethics Committee of the University of Granada.

Data analyses

For the men and women in each age group (18-25, 26-35, 36-55 and over 56 years), prevalence was calculated with the percentages of adherence to the four SDS typologies (man-favorable, woman-favorable, egalitarian, ambivalent) on the two SDS dimensions (sexual freedom and sexual shyness). Differences for gender and age among the percentages of each typology were analyzed by chi-square tests. The differences within the SDS typologies (man-favorable, woman-favorable, egalitarian, ambivalent) for gender and age, were calculated by comparison of column proportions, adjusting *p* values for Bonferroni correction. Finally, the intensity of the association between the variables was calculated using Cramer's *V*.

Results

On the whole, the results for the SDS in the sexual freedom (SDS-SF) area indicated that 40% of the sample defined themselves as egalitarian, 28.8% as man-favorable, 26% as woman-favorable, and 5.2% as ambivalent. Regarding the SDS in the sexual shyness area (SDS-SS), 34.2% defined themselves as egalitarian, 30.3% as man-favorable, 27.8% as woman-favorable, and 7.7% as ambivalent. Table 2 shows a gender comparison made of the percentages of people in each typology in the two SDS domains and in all the age groups.

Table 2

Differences by gender among the percentages of the adherence typologies to the Sexual Double Standard-Sexual Freedom (SDS-SF) and the Sexual Double Standard-Sexual Shyness (SDSS-SS) in each age range

Ages ranges	SDS areas	Typologies of SDS adherence	Men	Women	χ^2	Cramer's V		
			% agreement	% agreement				
18-25	SDS-SF	Man-favorable	31.1% _a	12% _b	33.62***	.244		
		Woman-favorable	25.8% _a	40.3% _b				
		Egalitarian	38.5%	43.1%				
		Ambivalent	4.6%	4.6%				
	SDSS-SS	Man-favorable	38.2% _a	13.8% _b			46.21***	.286
		Woman-favorable	23.7% _a	34.6% _b				
		Egalitarian	28.6% _a	42.8% _b				
		Ambivalent	9.5%	8.8%				
26-35	SDS-SF	Man-favorable	45.7% _a	17.3% _b	50.24***	.348		
		Woman-favorable	16.3% _a	33.2% _b				
		Egalitarian	30.3% _a	46.6% _b				
		Ambivalent	7.7% _a	2.9% _b				
	SDSS-SS	Man-favorable	38% _a	14.4% _b			30.51***	.271
		Woman-favorable	26% _a	38% _b				
		Egalitarian	28.4% _a	39.4% _b				
		Ambivalent	7.7%	8.2%				
36-55	SDS-SF	Man-favorable	44.9% _a	20.8% _b	37.58***	.258		
		Woman-favorable	16.6% _a	25.4% _b				
		Egalitarian	33.2% _a	47.7% _b				
		Ambivalent	5.3%	6%				
	SDSS-SS	Man-favorable	38.9% _a	25.8% _b			16.79**	.172
		Woman-favorable	19.4% _a	30.4% _b				
		Egalitarian	37.5%	36.4%				
		Ambivalent	4.2%	7.4%				
Over 56	SDS-SF	Man-favorable	30.8%	30%	1.75	.062		
		Woman-favorable	23.8%	25.1%				
		Egalitarian	38.8%	41%				
		Ambivalent	6.6%	4%				
	SDSS-SS	Man-favorable	42.7% _a	30.8% _b			7.12*	.125
		Woman-favorable	23.8%	28.2%				
		Egalitarian	26.9%	31.7%				
		Ambivalent	6.6%	9.3%				

Note. * $p < .05$, ** $p < .01$, *** $p < .001$. Different subscript letters denote the proportions of groups that significantly differ.

In both the man-favorable and woman-favorable typologies in the sexual freedom area, gender differences were found in the 18-25, 26-35 and 36-55 age groups, more men supported the man-favorable SDS, and more women supported the woman-favorable SDS. For the egalitarian typology, significant gender differences were observed in the 26-35 and 36-55 age groups, with more women than men in both cases. In the ambivalent typology, significant gender differences were found only for the 26-35 age group and with more men. In the sexual shyness area, significant gender differences appeared for the man-favorable typology in the 18-25, 26-35, 36-55 and over 56 years age groups with more men. In the woman-favorable typology, differences were recorded in the 18-25, 26-35 and 36-55 age groups with more women. In the egalitarian typology, differences were observed in the 18-25 and 26-35 age groups with more women. Finally, no gender differences were found in the ambivalent typology.

The comparison made of the age groups with the percentages of typologies of adhesion to SDS-SF and SDS-SS is found in Figure 1 for men and in Figure 2 for women. For men, significant differences appeared in the SDS-SF among the age groups for the man-favorable and woman-favorable typologies. A higher prevalence was seen in the former in the 26-35 and 36-55 age groups compared to the 18-25 and over 56 years age groups. In the woman-favorable typology, higher percentages went to the 18-25 age group than to the 36-55 age group. In the SDS-SS, no significant differences were found among age groups. For women in the SDS-SF, significant differences appeared among the age groups for the man-favorable and woman-favorable typologies. The man-favorable typology presented a higher prevalence in the 36-55 age group than in the 18-25 age group, and for the over 56 years age group vs. the 26-35 age group. In the woman-favorable typology, higher percentages were obtained for the 18-25 years age group compared to the 36-55 and over 56 years age groups. In the sexual shyness area (SDS-SS), significant differences were observed for the man-favorable typology, with a higher incidence in the 36-55 and over 56 years age groups than in the 18-25 and 26-35 age groups.

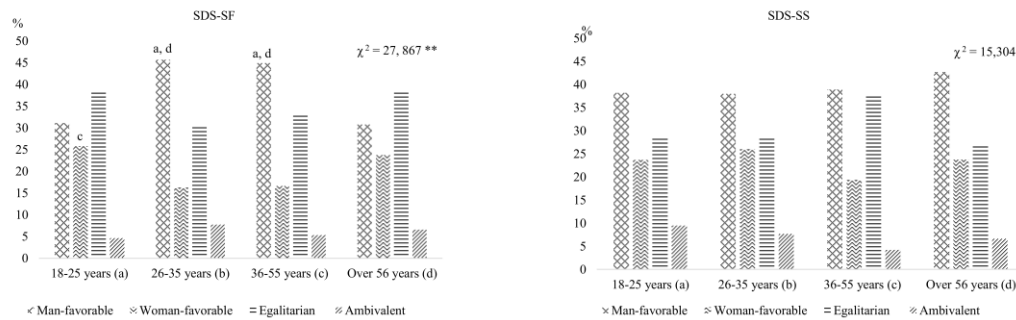


Figure 1

Differences in age groups, in the male sample, among the percentages of the adherence typologies to the Sexual Double Standard-Sexual Freedom (SDS-SF) and the Sexual Double Standard-Sexual Shyness (SDS-SS).

Note. $**p < .01$. The letter over each bar denote significant differences between groups, with higher scores for the group which is represented with letter over the bar.

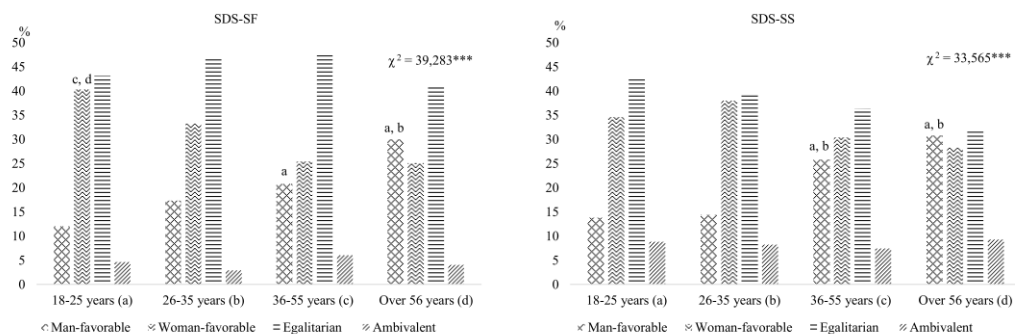


Figure 2

Differences in age groups, in the female sample, among the percentages of the adherence typologies to the Sexual Double Standard-Sexual Freedom (SDS-SF) and the Sexual Double Standard-Sexual Shyness (SDS-SS). *Note.* $***p < .001$. The letter over each bar denote significant differences between groups, with higher scores for the group which is represented with letter over the bar.

Discussion

Interest has been shown in investigating adherence and changes in heterosexual sexual scripts (Masters et al., 2013; Morrison et al., 2015; Sakaluk et al., 2014). Part of this interest lies in the inconsistent results about the existence and scope of the SDS (Bordini & Sperb, 2013; Crawford & Popp, 2003; Klein et al., 2019; Zaikman & Marks, 2017). With a large Spanish heterosexual population sample, this work describes the prevalence of adherence to four SDS typologies obtained with the responses of those surveyed using the Spanish version of the Sexual Double Standard Scale (SDSS; Muehlenhard & Quackenbush, 2011; Sierra et al., 2018). The four SDS adherence typologies correspond to man-favorable typology, woman-favorable typology, egalitarian typology and ambivalent typology. As the employed scales allows SDS adherence to be analyzed in the sexual freedom and sexual shyness areas, the prevalence of the four typologies appeared in both these areas. Therefore, this study analyzed by gender and age groups the differences in the prevalence of these typologies in relation to both sexual freedom and sexual shyness.

Generally speaking, the egalitarian typology obtained higher prevalence percentages in the sample on the whole. This typology obtained higher prevalence in the sexual freedom area, whereas the man-favorable, woman-favorable and ambivalent typologies showed higher prevalence in the sexual shyness area. These results should be interpreted within the research framework which has shown that preference for equity (i.e., egalitarianism) or for ingroup favoritism (i.e., man-favorable, woman-favorable) depends on many factors; e.g. beliefs, moral norms, salience of identity (Everett et al., 2015) or the nature positive (i.e., sexual freedom) or negative (i.e., sexual shyness) of the resources to be shared between the in-group and the out-group (Gardham & Brown, 2001; Mummendey & Otten, 1998, 2001). From this viewpoint, it can be assumed that the individuals in the sexual freedom area are more egalitarian because higher-order group identity (i.e., modern democrat) is emerging from the increasing support that Western societies grant both men and women to freely exercise their sexuality (Bianchi et al., 2000; García et al., 2012; Paul et al., 2000). However, when evaluating the distribution between

men and women of negative resources (i.e., sexual shyness), endogroup favoritism is observed (i. e., man-favorable and woman-favorable typologies). This last result coincides with other previous ones (Mummendey & Otten, 2001), which could be due to the fact that, in this case, gender identity and the motivations for favoring the in-group are more present. Furthermore in modern societies, although clear norms exist as to the right to sexual freedom for both men and women, they are less stable and more ambiguous about sexual shyness. This ambiguity in norms about the importance of decorum and chastity might be a factor that facilitates the incidence of the ambivalent typology, which implies people's inconsistent response.

Gender differences are found in the two areas of sexual behaviors, with a small effect size, except for the 26-35 age group in the sexual freedom area, which had a medium effect size. In-group favoritism prevailed with the male sample in both the sexual freedom and sexual shyness areas, which means that the man-favorable typology grouped the biggest proportion of participants. This finding agrees with those of other researchers who have reported about adherence to the SDS (Allison & Risman, 2013; Álvarez-Muelas et al., 2019; England & Bearak, 2014; Guo, 2019; Sierra et al., 2018). The female sample showed higher percentages for the egalitarian and woman-favorable typologies. On the one hand, these results imply that the norm in favor of equality for sexual behaviors is a proposal of social change with most support among women, but not among men. On the other hand, in light of our results, the men who participated in this study opted mainly for an in-group favoritism attitude to defend their gender privileges in the society structure in Spain today. Nonetheless, although women first claimed gender equality, a marked prevalence for adhering to the woman-favorable typology appeared for the younger generation as a possible reaction to lack of sexual power (Milhausen & Herold, 2002), and in accordance with in-group favoritism (Greenwald et al., 2002; Rudman & Goodwin, 2004). This result falls in line with others obtained using samples of Spanish females (Álvarez-Muelas et al., 2019; Sánchez-Fuentes et al., 2020), which could be interpreted as the egalitarian ideology being linked with hierarchy-attenuating attitudes and behaviors (Ho & Kteily, 2020), but

inequality could encourage in-group favoritism polarization (i.e., man-favorable and woman-favorable typologies).

Significant differences appeared among age groups. These differences followed a pattern in accordance with gender and the sexual behavior area (freedom vs. shyness). For men in the sexual freedom area, the typology with the highest prevalence was the man-favorable typology in the 26-35 and 36-55 age groups, whereas the egalitarian typology predominated the youngest age and the over 56 years age groups. In other words, showing an attitude that favors a conventional gender role distribution was supported mainly by the male sector, and maintaining a stable heterosexual relationship was more likely for men. The sexual shyness area showed the same pattern and no significant differences appeared in all the age groups made up of men. In fact the typologies that grouped a higher percentage of subjects appeared in this order, from more to less: man-favorable, egalitarian, woman-favorable, and ambivalent. Although the ambivalent sexism theory and its measurement have not centered directly on sexuality (Bareket et al., 2018), the SDS is a sexism-related construct (Glick & Fiske, 1996). From this perspective, the SDS favorable to men, in the sexual freedom field, would be related to hostile sexism, while the SDS favorable to men, in the shyness field, would be related more to benevolent sexism that seeks to protect woman (Gómez-Berrocal et al., 2011; Noriega et al., 2020; Ramiro-Sánchez et al., 2018). The typology that most prevailed in the female sample, all the age groups and both sexual behavior areas (freedom and shyness) was egalitarian. Thus except for the women in the over 56 years age group, the second typology was woman-favorable given the numerical weight of its prevalence. This could reflect the pressure exerted on younger sectors of the female population to oppose man-favorable to favor women's greater sexual freedom. Sexist attitudes are a risk factor and legitimize female violence in romantic relationships (Juarros-Basterretxea et al., 2019). Based on evidence demonstrating the predictive role of sexism and its different sexual violence (Durán & Rodríguez-Domínguez, 2019; Rollero & Tartaglia, 2018) and sexual health (Ford et al., 2017) forms, we propose conducting more future research to identify the possible predictor

role about sexual health and sexual violence of SDS adherence types in the sexual freedom and sexual shyness areas. To date, only the relation between the man-favorable typology and sexual aggression/victimization has been studied. Based on the evidence of four adherence to SDS typologies (man-favorable, woman-favorable, egalitarian, ambivalent) in the Spanish population, and the increased number of breaches against sexual freedom during the 2015-2018 period (Ministerio del Interior de España, 2020), studying the relation of these typologies with sexual aggression/victimization is recommended to design more efficient programs for prevention and intervention of sexual violence.

In short, the distribution pattern of the SDS adherence typologies varies in the Spanish population according to not only the sexual freedom and sexual shyness areas, but also gender and age. Consequently, to be able to understand the role of the SDS on people's sexual behaviors, and according to Endendijk et al. (2020), bearing in mind the different typologies that adherence to the SDS may adopt is recommended. Studying the SDS on sexual shyness-related sexual behaviors is also stressed. This study proposes considering four adherence typologies of SDS. To do so, using the SDSS evaluation instrument (Muehlenhard & Quackenbush, 2011; Sierra et al., 2018) is proposed because it allows these SDS typologies to be determined in both the sexual freedom and sexual shyness areas. Finally, we conclude that differences appear in the prevalence of the SDS typologies through gender and age. These results suggest that to be able to understand differences in sexual behavior between men and women, it is important to: first distinguish between adherence to SDS and prevalence of SDS adherence; second consider the age group to which the person belongs; finally, bear in mind the area (sexual freedom vs. sexual shyness) to which the conduct that the study object belongs. This study is not without its limitations: First, sample selection was done by non probabilistic sampling, which could affect the generalization of these results to the Spanish population. Furthermore, future research should analyze the SDS in different sexual orientations. Second, the sample is homogeneous in ethnicity and cultural origin terms. According to the biosocial theory, culture is an important factor in the construction of gender roles and SDS. Therefore,

future studies should address both the differences between cultures and the role of gender roles to better understand the SDS phenomenon. Third, the employed SDS measure is an explicit measure that may ease socially favorable responses. In order to obtain attitude indicators that are capable of predicting behavior that favors gender sexual inequality, future research should minimize the social desirability associated with the SDS measure.

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ESTUDIO 3

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ESTUDIO 4

Sexual double standard: A cross-cultural comparison of young adults Spanish, Peruvian, and Ecuadorian people

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Abstract

Introduction. The sexual double standard (SDS) implies men and women are being evaluated differently as regards sexuality. To date, no cross-cultural comparisons have been made regarding the prevalence of the various forms that adherence to SDS takes. This research work describes differences among Spain, Peru, and Ecuador in the prevalence of three different types of adherence to the SDS (egalitarian, man-favorable, and woman-favorable), which refer to sexual freedom and sexual shyness in 18-25-year-old youths.

Method. A sample of 2,229 heterosexual adults (34.2% Spanish, 33.7% Peruvian, and 32.1% Ecuadorian) answered the Sexual Double Standard Scale. Participants were collected between September 2019 and March 2021.

Results. The results showed differences between countries, both in the total sample and in the sample of men and women separately, and in conducts related to sexual freedom and sexual shyness. The most prevalent typologies were: the egalitarian typology in Spain, the man-favorable typology in Peru and Ecuador, the woman-favorable typology in Ecuador.

Conclusion. These findings conclude that the socio-structural conditions of how resources are distributed between men and women could be related to the prevalence of different gender-related sexual norms. In those contexts in which the gender-egalitarian sexual norm prevailed, resources were more equally distributed between men and women.

Policy Implications. It highlights the role of the socio-structural conditions in the distribution of resources between men and women and the differences between men and women, to understand the cross-cultural differences in the prevalence of SDS adherence types.

Keywords: Sexual double standard, cross-cultural, Spain, Peru, Ecuador.

Introduction

Cultural norms and social standards still differ about men's and women's sexuality (Klein et al., 2018). The sexual double standard (SDS) regulates heterosexual interactions insofar as men and women are differently evaluated as regards sex and sexuality (Marks & Fraley 2005). The majority of studies about the SDS have focused on adhering to the traditional SDS; that is, to maintain an attitude that supports more sexual freedom for men than for women. Moreover, this attitude has been examined in relation to behaviors associated with high sexual activity, and there are few studies on behaviors associated with low sexual activity (Endendijk et al., 2020). Recently, studies report that an attitude favorable to sexual shyness begins to be found in sectors of modern society (Álvarez-Muelas et al., 2019, 2021b; Sierra et al., 2018). Thus, the study of the attitude towards SDS has proposed to examine it in two different sexual behavior areas: sexual freedom and sexual shyness (Sierra et al., 2018). The attitude towards conducts related to the sphere of sexual freedom (SF) is defined as "the recognition and approval of the benefit for men and women, of freely having sex and respecting sexual rights", while the attitude towards conducts related to the sphere of sexual shyness (SS) is defined as "the recognition and approval of men and women's will to manifest decorum, chastity, and continence in sexual relations" (Álvarez-Muelas et al., 2021b, p. 2). In addition to the traditional SDS supporting more sexual freedom for men than for women, a reverse SDS has been documented to emerge, which supporting more sexual freedom for women (vs. men) (Álvarez-Muelas et al., 2019; Papp et al., 2015; Sakaluk & Milhausen 2012; Sánchez-Fuentes et al., 2020; Thompson et al., 2018). Within the framework of this evidence, a self-report evaluation of various types of adherence to the SDS has recently been proposed, both in the sphere of sexual freedom and sexual shyness (Sierra et al., 2018). Thus, three typologies of adhering to the SDS have been described: man-favorable, woman-favorable, and egalitarian, which allow to describe the prevalence of the different forms that the attitude towards gender-based sexual behaviors adopts (Álvarez-Muelas et al., 2021b). Specific, the man-favorable typology describes people who are in favor of more sexual

freedom/less sexual shyness for men than for women; the woman-favorable typology refers to those people who support more sexual freedom/less sexual shyness for women than for men; finally, the egalitarian typology includes the people who support the same sexual freedom/sexual shyness for both men and women. (Álvarez-Muelas et al., 2021b).

On the other hand, culture has a role in sexuality which may imply differences in sexual attitudes between different cultural groups (Blanc, 2021). Considering people's cultural origin in studies about the SDS allows the degree to which culture is related to gender inequalities in the sexuality area to be described and understood (Guo, 2019). Previous studies have also suggested the need to compare adherence to the SDS in different cultures (Álvarez-Muelas et al., 2020; Guo, 2019). Some studies have described the differences between countries in scores of adherence to SDS that favors men. For instance, differences in attitude toward the SDS have been described among the USA, Japan, and Russia (Sprecher & Hatfield, 1996), among countries from northern Europe (Haavio-Mannila & Kontula, 2003), and also between Spain and Colombia (Sánchez-Fuentes et al., 2020). Only one study has compared the prevalence of adherence to the SDS that favors men between El Salvador and Spain (Gutiérrez-Quintanilla et al., 2010). As studies about the prevalence of SDS adherence types have provided the percentage of people who support each type, they allow the gender's majority sexual norm to be described; that is, the norm that obtains the most consensus in the population. As far as we know, no works have examined cross-cultural comparisons of the prevalence of different adherence to the SDS typologies. The importance of investigating SDS adherence typologies in different societies is that it allows us to describe the cross-cultural differences that exist in gender sexual norms.

It is found cultural differences among Hispanics (Hernandez & Curiel, 2012) could influence the expression of sexuality (Ruvalcaba et al., 2021). The individualism/collectivism (I/C) construct has been traditionally employed to distinguish cultures from one another (Hofstede, 1980; Markus & Kitayama, 1991). I/C differences have been found among Spanish-speaking countries. Latin American countries take a

more collectivistic orientation (Furman et al., 2009), whereas Spain approaches individualistic societies more (Hofstede, 1999). Spain also obtains higher individualism scores compared to South American countries like Peru or Ecuador (Kyriacou, 2016). According to Insights data (2020), the individualism construct score is 51 points for Spain, 16 points for Peru, and 8 points for Ecuador.

For this study objective, the masculinity-femininity concept is very interesting. It is understood as one of the dimensions that differentiate collectivistic societies from individualistic ones. The masculinity-femininity dimension refers to the meaning that each culture confers to differences between men and women (Hofstede, 1980). Apart from more collectivistic societies also obtaining higher scores in traditionalism for gender, they have higher inequality indices between men and women (Archer, 2006; Cuddy et al., 2015; Williams & Best, 1990). To evaluate gender inequality among countries, the United Nations Development Programme (2017) takes two indices: the Gender Development Index (GDI) and the Gender Inequality Index (GII). The GDI evaluates longevity, education, and income dimensions, while the GII focuses on reproductive health, empowerment, and labour market components. For both these indices, Spain obtains higher gender equality levels than Peru and Ecuador, and in this order. For the Global Gender Gap Index (GGGI), a narrower gender gap appears for Spain in health, education, economy and politics areas, followed by Ecuador and Peru (World Economic Forum, 2017). The countries with a higher gender equality level have been observed to adhere less to SDS that favors men (Endendijk et al., 2020).

Finally, employing the university context to select samples allows people of the same age group and who experience similar development to be selected, which is very useful when attempting to control the effect of age and evolutionary development on cross-cultural response patterns (Donnelly & Twenge, 2017). In recent decades, access to university education has increased, and family life, marriage and having children have been postponed (Siyez et al., 2020). These socio-cultural changes have been associated with a development period (ages 18-25 years), the so-called emerging adulthood,

characterized by seeking one's identity, instability, optimism, self-focusing, and a feeling of transition from adolescence to adulthood (Arnett, 2000; Arnett & Mitra, 2020). During this development period, sexual scripts particularly stand out (Arnett, 2000; Thompson et al., 2020). The university setting offers an excellent opportunity to apply to many facets of this developmental framework (McMahan & Olmstead, 2021), such as the role that norms play in sexual attitudes (Emmerink et al., 2016). Indeed, we chose university students in an attempt to maximize the probability of the country of origin determining possible cross-cultural differences, and not evolutionary processes.

The overall objective of the present study is to describe the differences in three countries (Spain, Peru, and Ecuador) in the prevalence of the adherence to SDS typologies as regards the sexual freedom and sexual shyness areas of 18-25-year-old youths. In line with the differences among these three countries in the scores of some socio-structural inequality indicators between men and women (e.g., GII, GDI; United Nations Development Programme, 2017) and the gender gap (World Economic Forum, 2017), we put forward general hypothesis to find country differences in the prevalence of adhering to SDS typologies. Spain would present a higher prevalence for the egalitarian typology, while Peru and Ecuador would do so for the man-favorable typology

Method

Participants

The sample consisted of 2,229 participants (44.4% men and 55.6% women), of whom 762 (34.2%) were Spanish, 751 (33.7%) were Peruvian, and 716 (32.1%) were Ecuadorian. The inclusion criteria included: (a) having Spanish, Peruvian, and Ecuadorian nationality for each country in which the sample was collected; (b) aged 18-25 years; (c) having a heterosexual orientation; (d) being undergraduate students. The participants' socio-demographic characteristics are shown in Table 1.

Table 1

Sociodemographic characteristics of the participants

	Total sample						Men			Women									
	Spain		Peru		Ecuador		Spain		Peru	Ecuador		Spain		Peru	Ecuador				
	<i>M (SD)</i>	<i>n</i>	<i>M (SD)</i>	<i>n</i>	<i>M (SD)</i>	<i>n</i>	<i>M (SD)</i>	<i>n</i>	<i>M (SD)</i>	<i>n</i>	<i>M (SD)</i>	<i>n</i>	<i>M (SD)</i>	<i>n</i>	<i>M (SD)</i>	<i>n</i>			
Age	21.38 (2.02) _a	762	20.65 (1.97) _{a,b}	715	21.39 (1.74) _b	716	21.56 (2) _a	327	20.8 (1.98) _{a,b}	383	21.57 (1.85) _b	280	21.25 (2.03) _a	435	20.49 (1.94) _{a,b}	368	21.28 (1.67) _b	436	<i>F</i> 21.8***
Age of the first sexual experience	16.26 (2.45) _{a,b,c}		14.63 (5.91) _{a,b,c}		17.11 (2.77) _{a,b,c}		16.49 (2.46) _a		15.27 (4.3) _{a,b}		16.77 (2.62) _b		16.09 (2.42) _{a,b,c}		13.96 (7.17) _{a,b,c}		17.33 (2.85) _{a,b,c}		<i>F</i> 50.61***
Number of sexual partners	4.55 (5.06) _{a,b,c}		2.70 (3.09) _{a,b,c}		3.32 (4.41) _{a,b,c}		4.57 (5.27)		3.67 (5.23)		4.22 (6.03)		4.53 (4.91) _{a,b,c}		1.68 (2.13) _{a,b,c}		2.73 (2.74) _{a,b,c}		<i>F</i> 63.62***
Having a partner	56.2%		53.9%		53.4%		50.3%		54.6%		57%		60.6% _a		53.3%		51% _a		χ^2 8.65*

Note: *M* = mean; *SD* = standard deviation; χ^2 = Chi-square; * $p < .05$; ** $p < .01$; *** $p < .001$. The same subscript letter denote significantly

differ between these groups ($p < .005$).

Instruments

Socio-demographic questionnaire. It includes questions about nationality, gender, age, sexual orientation, level of education, age of the first sexual experience, number of sexual partners, and partner relationship.

The Spanish version of the Sexual Double Standard Scale (SDSS; Muehlenhard & Quackenbush, 2011; Sierra et al., 2018). The scale is answered on a 4-point Likert-type scale from 0 (strongly disagree) to 3 (strongly agree). It consists of 16 items that are distributed in two factors: Acceptance of sexual freedom and Acceptance of sexual shyness. Each factor is composed of parallel items, four pairs, of which one refers to men and the other to women. The responses to Acceptance of sexual freedom allow the Index of Double Standard for Sexual Freedom (IDS-SF) to be calculated, while the responses to the Acceptance of sexual shyness items allow the Index of Double Standard for Sexual Shyness (IDS-SS) to be calculated. Indices were represented with a bipolar measurement (between -12 and +12). In each index, the man-favorable typology was represented by positive scores for the index (between +1 and +12), while the woman-favorable typology was represented by negative scores (between -1 and -12). Finally, the egalitarian typology was represented by scores equaling zero in either index and obtaining a zero result in the subtractions between the pairs of parallel items of the index. The scale evidenced internal consistency, with Cronbach's ordinal alpha .84 for the Acceptance of sexual freedom factor and .87 for the Acceptance of sexual shyness factor (Sierra et al., 2018), and is invariant by gender and age (Álvarez-Muelas et al., 2019). For Acceptance of sexual freedom, the ordinal alpha values were .81 for men and .84 for women in Spain; .80 for men and .87 for women in Peru; .81 for men and .82 for women in Ecuador. For Acceptance of sexual shyness, the ordinal alpha values were .86 for men and .89 for women in Spain; .66 for men and .75 for women in Peru; .76 for men and .79 for women in Ecuador.

Procedure

Participants were recruited from the university context using the paper-and-pencil format between September 2019 and March 2021. The evaluation made with this format

was done in university classrooms of the different Social Sciences and Health Sciences faculties of the University of Granada, University of Guayaquil, and University Cesar Vallejo. Questionnaires were managed by a trained evaluator, and participants completed questionnaires in small groups and returned them in a sealed envelope. Participants accepted an informed consent form that described the purpose of the study and included an explanation of what their participation entailed. Anonymity and confidentiality were guaranteed. The participation was voluntary without compensation. The study was approved by the Human Research Ethics Committee of the University of Granada.

Data analyses

First of all, it only included participants who had completed all the sociodemographic variables and at least 75% of the items of the Sexual Double Standard Scale. It was replaced missing values using the “median of nearby points” method with the total amplitude of the points for men items and the women items separately. Secondly, for each country (Spain, Peru, and Ecuador) the prevalence of the adherence to SDS typologies was examined in both indices, the Index of Double Standard for Sexual Freedom and Index of Double Standard for Sexual Shyness. Those participants obtained a zero score in IDS-SF or IDS-SS, and no zero results in some of the items making up either of these indices was not contemplated because it represent an ambivalent response. These participants were not included in the sample (9.1% men and 8.3% women). Due to gender differences in both indices, the IDS-SF ($t = 9.6; p < 0.001$) and the IDS-SS ($t = 9.45; p < 0.001$), the sample was divided into men and women separately. Thus, for the present research work, the percentage of people who supported the egalitarian, man-favorable, and woman-favorable typologies was calculated. Next, the differences for the three nationalities in the percentages of the subjects supporting these three SDS adherence type in both the sexual freedom and sexual shyness areas were examined by the chi-square test in the whole sample, and also for men and women separately. These differences were calculated by comparing the column proportions and adjusting p values by Bonferroni correction.

Results

In Fig. 1 for the total sample, significant differences appeared in the percentages of people in the comparison made of countries (Spain, Peru, and Ecuador). In both the sexual freedom and sexual shyness areas, for the egalitarian typology, the highest prevalence was observed in Spain (vs. Peru and Ecuador). Ecuador obtained a higher prevalence than Peru. In both the sexual freedom and sexual shyness areas, for the man-favorable typology, the highest prevalence was for Peru (vs. Spain and Ecuador), and Ecuador had a higher prevalence than Spain. For the woman-favorable typology, Ecuador showed a higher prevalence than Peru in the sexual freedom area and a higher prevalence than Peru and Spain in the sexual shyness area.

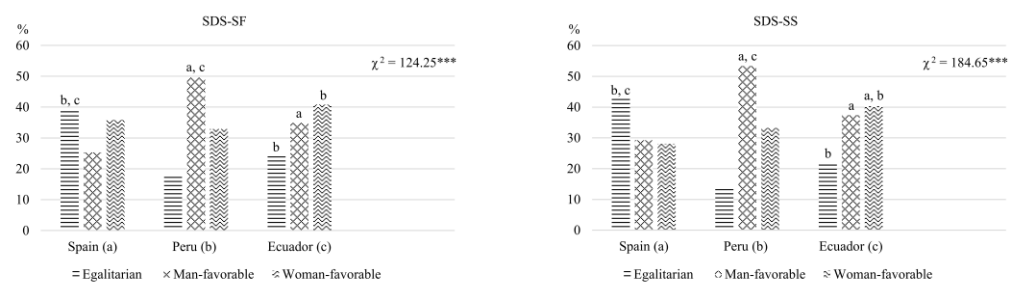


Figure 1. Differences between countries among the percentages of people supporting each typology of adherence to the Sexual Double Standard Sexual Freedom (SDS-SF) and the Sexual Double Standard-Sexual Shyness (SDS-SS).

Note. *** $p < .001$. The letter over each bar denote significant differences between groups, with higher scores for the group which is represented with letter over the bar.

For men, significant differences appeared in the percentages of the adherence to SDS typologies. In the sexual freedom area, for the egalitarian typology, Spain showed a higher prevalence than Peru and Ecuador. For the man-favorable typology, the highest prevalence was for Peru (vs. Ecuador and Spain), and Ecuador had a higher prevalence than Spain. No significant country differences were found in the woman-typology. In the sexual shyness area, for the egalitarian typology the highest prevalence was observed in

Spain (vs. Peru and Ecuador), and Ecuador obtained more percentages of people who supported this typology than Peru. For the man-favorable typology, the highest prevalence went to Peru (vs. Ecuador and Spain). Lastly, for the woman-favorable typology, Ecuador showed a higher prevalence than Spain (see Fig. 2).

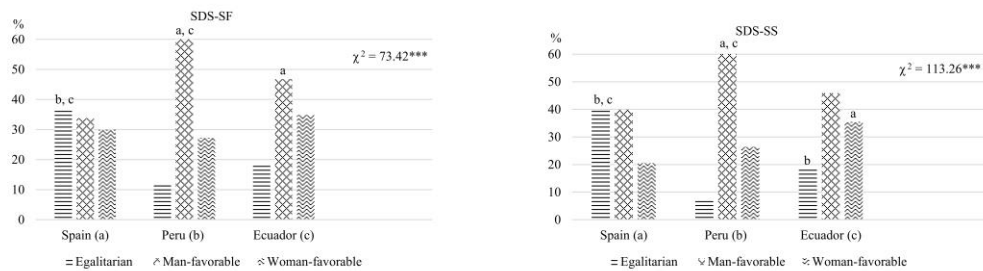


Figure 2. Differences between countries among the percentages of men supporting each typology of adherence to the Sexual Double Standard Sexual Freedom (SDS-SF) and the Sexual Double Standard-Sexual Shyness (SDS-SS).

Note. *** $p < .001$. The letter over each bar denote significant differences between groups, with higher scores for the group which is represented with letter over the bar.

For women, significant differences emerged in the percentages the adherence to SDS typologies. In the sexual freedom area, the highest prevalence was observed in Spain (vs. Peru and Ecuador) for the egalitarian typology. For the man-favorable typology, the highest prevalence was for Peru (vs. Ecuador and Spain), and Ecuador showed a higher prevalence than Spain. No significant country differences were found in the woman-typology. Likewise, in the sexual shyness area, for the egalitarian typology, the highest prevalence was for Spain (vs. Peru and Ecuador). For the man-favorable typology, Peru and Ecuador showed a higher prevalence than Spain. Finally, for the woman-favorable typology, Ecuador obtained more percentages of people who supported this typology than Spain (see Fig. 3).

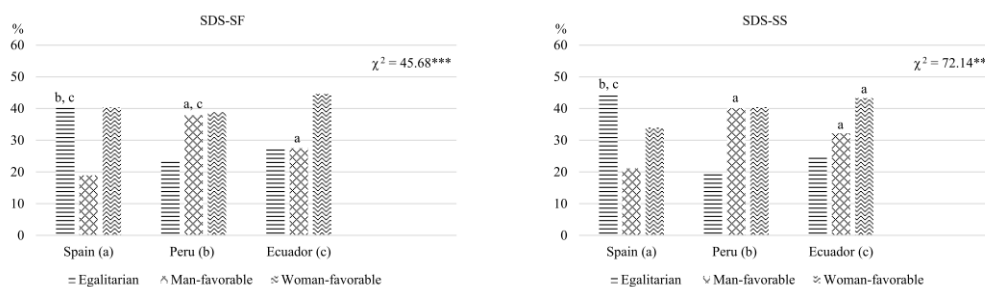


Figure 3. Differences between countries among the percentages of women supporting each typology of adherence to the Sexual Double Standard Sexual Freedom (SDS-SF) and the Sexual Double Standard-Sexual Shyness (SDS-SS).

Note. *** $p < .001$. The letter over each bar denote significant differences between groups, with higher scores for the group which is represented with letter over the bar.

Discussion

The present research examines the differences among Spain, Peru, and Ecuador for the prevalence of the adherence to SDS typologies about both the sexual freedom and sexual shyness areas in the whole sample, and for men and women separately due to differences in the Index of Double Standard for Sexual Freedom (IDS-SF) and the Index of Double Standard for Sexual Shyness (IDS-SS).

From a cross-cultural approach focused on minimizing the effect of other individual variables, such as age and evolutionary development, on the attitude towards SDS of the participants, we had chosen a university population that had the same age and the same stage of evolutionary development as coincides with emerging adulthood.

The results of this study indicated cross-cultural differences among Spain, Peru, and Ecuador in the prevalence of the three adherence to SDS typologies. The highest percentage of people who supported the egalitarian typology was for Spain in both the sexual freedom and sexual shyness areas, exactly as the hypothesis of the present research predicted. As Spain presented less gender inequality according to indicators GII, GDI

(United Nations Development Programme, 2017) and the gender gap evaluation index (World Economic Forum, 2017). The results support the assumption that the objective socio-structural conditions that determine access to resources, for both men and women, could be a determinant of the form that attitude towards SDS takes.

In turn, and in line with the hypothesis, a higher prevalence was evidenced for the man-favorable typology in Peru, and a higher prevalence in Ecuador compared to Spain for both sexual behavior areas (sexual freedom and sexual shyness). These results support a higher prevalence for the man-favorable typology in Peru and Ecuador, which could be due to real differences in distributing resources and in access to health, education, economy, and politics, which are more marked in these countries than in Spain (United Nations Development Programme, 2017; World Economic Forum, 2017). The findings coincide with previous studies that compared the prevalence of and adherence to the SDS of the man-favorable typology between Latin American countries and Spain, and also showed a higher prevalence in supporting this sexual norm in El Salvador (Gutiérrez-Quintanilla et al., 2010), and higher scores for adhering to the SDS for the man-favorable typology in Colombia (Sánchez-Fuentes et al., 2020). Peru stood out for having a higher score than Ecuador for the gender gap indicator (World Economic Forum, 2017). So perhaps this index could be related to the prevalence of the sexual norm for the man-favorable typology.

For the woman-favorable typology, no research hypothesis has been established because the prevalence of this typology has been examined only in Spain to date (Álvarez-Muelas et al., 2021b). The present research indicated a higher prevalence for this typology in Ecuador for both sexual freedom and sexual shyness areas. Prior works have evidenced that the stance backing a SDS to favor women emerges as a reaction to women's disempowerment (Kettrey, 2016; Milhausen & Herold, 2002). This typology would appear to a greater extent if a significant power difference was perceived (Howell et al., 2011), such as gender inequality in the Ecuadorian society. Ecuador is also the country with a higher score for the gender gap indicator of the United Nations Development Programme (2017).

Thus, evidence for a gender gap existing in a society could be related to a higher percentage of people supporting the woman-favorable typology.

Finally, the hypothesis was confirmed by differences appearing among the three countries in the men and women samples. In both the sexual freedom and sexual shyness areas, there was a higher percentage of men and women in Spain than in Ecuador and Peru who supported the egalitarian typology of adherence to the SDS, and a higher percentage of men and women who favored the man-favorable typology in Peru (vs. Spain and Ecuador) and in Ecuador than in Spain. These results support the assumption of a possible association between the socio-structural conditions that regulate differences between men and women in power, status and access to resources, and the prevalence of the various ways of supporting the SDS. Hence the socio-structural conditions that favor traditional gender inequality, that is, which confer men an advantage over women, could be related to the prevalence of the man-favorable typology, which is the case of Peru and Ecuador compared to Spain. In the sexual freedom area for the woman-favorable typology, no country differences were found in the prevalence of this typology. Nevertheless, in the sexual shyness area, cross-cultural differences in men and women were observed, which agreed with the results of the whole sample: there were more men and women in Ecuador than in Spain who supported the woman-favorable typology. Further research that focuses on the role played by the perceived deprivation for the endogroup and the exogroup about an attitude toward the SDS is proposed. Likewise, future research must continue to analyze the role played by the area (i.e., sexual freedom and sexual shyness) as regards sexual conduct in personal adherence to the SDS and the prevalence of the different gender sexual norms.

This study has its limitations and they should be taken into account when interpreting the generalization of the results. One that stands out is that sample selection was performed by non-probabilistic sampling and the sample was made up of heterosexual university students. Moreover, the emerging adults that are involved in higher education, such as university studies, could be lower and not be representative of the rest of the

population in Peru and Ecuador. Similarly, to obtain more heterogeneous samples, the research should examine samples with diverse gender identities and orientations (Calvillo et al., 2020; Sánchez-Fuentes et al., 2021). Finally, it could be also required to understand the endorsement of sexism attitudes, such as sexual double standard, longitudinal research (Lachance-Grzela et al., 2021) and implicit measuring (Endendijk et al., 2020; Thompson et al., 2020).

Conclusions

This study provided evidence for cross-cultural comparisons in the prevalence of the SDS sexual norm, specifically among Spanish-speaking countries such as Spain, Peru, and Ecuador. It basically evidenced differences among these Spanish-speaking nations for the prevalence of different gender sexual norms. Spain had a higher prevalence for the egalitarian typology, while the prevalence of Peru and Ecuador was higher for the man-favorable typology. Moreover, a higher prevalence was found for the woman-favorable typology in Ecuador. In this line, Ecuador and Peru present more gender inequality in comparison with Spain so these results suggest the possible relationship between the socio-structural inequality between men and women and the support for gender norms regulating sexual behaviors, such as the expression of the man-favorable and woman-favorable typologies.

Social policy implication

These results highlight the importance of the different standards for men and women as well as the role of the socio-structural in the distribution of resources between men and women. Some implications may emerge due to the relationship between SDS and sexual health. The adherence of SDS that favors men is related to sexual risk behaviour (Srijaiwong et al., 2017; Teitelman et al., 2013), men sexual aggression against women (Jamshed & Kamal, 2019; Moyano et al., 2017), and women sexual victimization (Endendijk et al., 2020; Sierra et al., 2010). Also, the SDS man-favorable harms sexual

functioning; it has been associated negatively with sexual desire, orgasm experience in women (Jackson & Cram, 2003; Kelly et al., 2017), and sexual satisfaction in men and women (Haavio-Mannila & Kontula, 2003; Santos-Iglesias et al., 2009). Specifically, in the comparison between SDS typologies, men with egalitarian typology for sexual freedom feel more sexually satisfied than men with a man-favorable typology (Álvarez-Muelas et al., 2021a). For this reason, policy should consider including in sexual health programs and sexual aggression prevention programs the perspective of gender equality in sexual behavior through the prevalence of SDS adherence typologies and also each society's own socio-structural conditions between men and women.

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ESTUDIO 5

Study of sexual concordance in men and women with different typologies of adherence to the sexual double standard

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Abstract

Background/Objective: Sexual concordance (i.e., relationship between genital response and subjective sexual arousal) is higher in men than in women. Among the factors that could explain this difference would be the sexual double standard (SDS). Sexual concordance is examined by SDS typologies of adherence (egalitarian, man-favorable, and woman-favorable). **Method:** During exposure to a film with sexual content, genital response (penile circumference/vaginal pulse amplitude) and self-reported sexual arousal were recorded in 104 young adults (42 men and 62 women), distributed into SDS typologies of adherence on the basis of their scores on the Sexual Double Standard Scale. **Results:** Sexual concordance was obtained in men and women with egalitarian and man-favorable typology. Subjective sexual arousal explained a significant percentage of the variance in genital response in the egalitarian typology (men: $R^2 = .32, p < .01$; women: $R^2 = .19, p < .05$) and man-favorable typology (men: $R^2 = .21, p < .05$; women: $R^2 = .23, p < .05$). **Conclusions:** Agreement between genital responsiveness and subjective sexual arousal depends on SDS adherence typology.

Keywords: Sexual concordance; Genital response; Subjective sexual arousal; Sexual double standard; Ex post facto study.

Resumen

Antecedentes/Objetivo: La concordancia sexual (i.e., relación entre respuesta genital y excitación sexual subjetiva) parece ser mayor en hombres que en mujeres. Entre los factores que podrían explicar dicha diferencia estaría el doble estándar sexual (DES). Se examina la concordancia sexual en función de la tipología de adhesión al DES (igualitaria, favorable al hombre y favorable a la mujer). Método: Durante la exposición a un filme de contenido sexual, se registró la respuesta genital (circunferencia peniana/amplitud del pulso vaginal) y la excitación sexual autoinformada de 104 adultos jóvenes (42 hombres y 62 mujeres), distribuidos en las tipologías de adhesión al DES a partir de sus puntuaciones en la Sexual Double Standard Scale. Resultados: Se obtuvo concordancia sexual en hombres y mujeres con tipología igualitaria y favorable al hombre. La excitación sexual subjetiva explicó un porcentaje significativo de la varianza de la respuesta genital en la tipología igualitaria (hombres: $R^2 = 0,32$, $p < 0,01$; mujeres: $R^2 = 0,19$, $p < 0,05$) y en la favorable al hombre (hombres: $R^2 = 0,21$, $p < 0,05$; mujeres: $R^2 = 0,23$, $p < 0,05$). Conclusiones: El acuerdo entre la respuesta genital y la excitación sexual subjetiva depende de la tipología de adhesión al DES.

Palabras clave: Concordancia sexual; Respuesta genital; Excitación sexual subjetiva; Doble estándar sexual; Estudio ex post facto.

Sexual arousal is a combination of physiological, psychological and behavioural processes (Laan & Everaerd, 1995; Rosen & Beck, 1998). According to Janssen (2011), this is “an emotional/motivational state that can be triggered by internal and external stimuli and that can be inferred from central (including verbal), peripheral (including genital), and behavioural (including action tendencies and motor preparation) responses” (p. 710). According to this definition, objective sexual arousal refers to physiological reactions, of which genital response is the most specific. Among others, its evaluation has been based on phallometry and vagionometry (Chivers et al., 2010). Plethysmography is frequently used in men because it allows the assessment of penile changes (Zuckerman, 1971). Photoplethysmograph is often applied in women and is based on the modification of vaginal epithelium opacity, which enables changes in vaginal pulse amplitude to be detected (Sintchak & Geer, 1975). Moreover, subjective sexual arousal implies the affective-cognitive evaluation made of an individual about his/her own sexual arousal (Sierra et al., 2017); that is, about sexual arousal sensations and/or the sexual response perception. It tends to be evaluated by means of self-reports, such as Likert-type scales (Chivers et al., 2010; Huberman et al., 2013).

Sexual concordance refers to the concordance between objective and subjective sexual arousals. According to linear regression models of sexual response (see Connaughton et al., 2016; Ferenidou et al., 2016), the relation between the physiological manifestation (genital) and the subjective experience perception of sexual arousal is expected to occur in a coordinated manner, and in such a way that both measures coincide in the degree of intensity (Suschinsky et al., 2020). However, this concordance is not always reached, and this is a matter of debate in the research and clinical areas (Chivers et al., 2010; Clifton et al., 2015; Sierra et al., 2019).

Lack of sexual concordance may be associated with sexual functioning. Men with erection problems display less interoceptive awareness; that is, they are less capable of detecting physiological signs (Cranston-Cuebas et al., 1993). In women, more concordance is found in sexually functional signs (Meston, 2006; Meston et al., 2010; Sarin et al., 2016).

However, these are not conclusive results because some studies have not found this relation (Brotto et al., 2016; Suschinsky et al., 2019; Velten & Brotto, 2017). Therefore, more research is necessary.

Gender differences have been found in sexual concordance. Men reach a higher degree of concordance than women (see Chivers et al., 2010; Chivers & Brotto, 2017). In the meta-analysis by Chivers et al. (2010), the correlation found between genital response and the self-reported measure was .66 in men and .26 in women. Besides, the bibliography indicates the diversity of results in studies about women's sexual concordance: positive relations, negative relations or no relation between physiological and self-reported arousal (Boyer et al., 2012; Brotto et al., 2016; Chivers et al., 2010; Clifton et al., 2015; Huberman et al., 2017).

A stable sexual concordance pattern in men is assumed and research focuses more on sexual concordance in women to seek possible explanations for these differences and the diversity of the results obtained with them. It has been argued that greater sexual concordance in men might be due to their more external sexual organs, to higher masturbation frequency and to more interoceptive awareness (see Chivers et al., 2010). In line with the results obtained for women, it has been proposed that their sexual response might be automatic so as to prepare their genital organs and to avoid lesions during sexual interactions (Laan & Janssen, 2007; Suschinsky & Lalumière, 2011). Likewise, it is considered that women's sexual arousal presents less specificity by showing sexual arousal to signs that do not correspond to their sexual preferences (see Lalumière et al., 2020). The socio-cultural role and cultural moderators have been considered in relation to these differences (Niineste, 2021).

From this last perspective, one of the possible explanations for the differences in sexual concordance between men and women could lie in differences in gender social norms (Suschinsky et al., 2020). The women who adhere to conventional gender roles tend to better express feeling less comfortable with their body during sexual activity (Curtin et al.,

2011), less sexual autonomy and sexual esteem, and more negative affect and avoidance motives for sexual activity (Emmerink et al., 2016).

In women, the interiorisation of traditional gender norms could make them less aware of their own sexual arousal. However in men, the awareness of their excitation could be more convenient as they enjoy more sexual freedom (Fisher, 2013).

In the gender roles context of sexual behaviours, the attitude taken of the sexual double standard (SDS) stands out, which involves evaluating sexual behaviour using different criteria depending on if a man or a woman performs this behaviour (Milhausen & Herold, 2001). The SDS is related to sexual functioning and involves more sexual freedom for men than for women (Álvarez-Muelas et al., 2020). Adherence to this attitude has been associated negatively with sexual desire and orgasm experience in women (Jackson & Cram, 2003; Kelly et al., 2017), and with sexual satisfaction in both men and women (Haavio-Mannila & Kontula, 2003; Santos-Iglesias et al., 2009). However to date, the possible relation of the SDS to sexual arousal has not yet been examined. Recently, Álvarez-Muelas et al. (2021b) proposed different typologies of adherence to the SDS, namely egalitarian, man-favorable and woman-favorable. By doing so, these authors observed that those men who defend a gender egalitarian stance for sexual freedom feel more sexually satisfied than those men with a man-favorable typology (Álvarez-Muelas et al., 2021a).

Thus by considering the possible role that gender norms play in sexual arousal (Suschinsky et al., 2020), and the fact that studies about the relation of SDS to sexual arousal are lacking, the present research work is proposed. Its aim is to examine the sexual concordance of young men and women with different SDS typologies of adherence in relation to the sexual freedom area (egalitarian, man-favorable, woman-favorable). As former research is lacking, the following research questions are put forward: (1) does sexual concordance vary according to SDS typologies of adherence?, and (2) are these possible variations in sexual concordance in SDS typologies of adherence similar or different between men and women?

Method

Participants

The sample comprised 104 heterosexual young adults (42 men and 62 women) whose age range was 18-29 years ($M = 21.02$; $SD = 2.66$). All the participants reported having had previous sexual experience. The exclusion criteria were: (a) having medical problems, sexual dysfunction and/or psychological disorders; (b) taking medication that could interfere with sexual functioning; (c) drugs and/or alcohol use; and (d) a history of sexual abuse.

According to the Index of Double Standard for Sexual Freedom scores (IDS-SF; Sierra et al., 2018), the sample was distributed by differentiating men and women into the SDS adherence types (egalitarian, man-favorable, and woman-favorable; see the Instruments section). Finally, the male sample was formed by 18 men in the egalitarian typology, 14 in the man-favorable-typology and 10 in the woman-favorable typology. The female sample was made up of 24 women in the egalitarian typology, 14 in the man-favorable typology and 24 in the woman-favorable typology. Table 1 presents the sample's socio-demographic characteristics distributed into the SDS adherence types in men and women.

Table 1
The participants sample's socio-demographic characteristics distributed into the SDS adherence types

	Total		Men		Women								
			SDS adherence types		SDS adherence types								
			Egalitarian (n = 18; IDS score = 0)	Man- favorable (n = 14; IDS range = +1 to +12; M = 1.57; SD = 0.65)	Woman- favorable (n = 10; IDS range = -1 to -12; M = -1.9; SD = 1.2)	Egalitarian (n = 24; IDS score = 0)	Man-favorable (n = 14; IDS range = +1 to +12; M = 1.07; SD = 0.28)	Woman- favorable (n = 24; IDS range = -1 to - 12; M = -1.71; SD = 0.81)					
	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)	F (df)	p				
Age	21.02 (2.66)	21.78 (3.19)	21.86 (2.18)	22.2 (2.86)	22.2 (2.86)	0.07 (2, 39)	0.07 (2, 39)	0.927	20.71 (2.44)	19.71 (1.54)	20.54 (2.87)	0.76 (2, 59)	.468
Age of first sexual relation	16.28 (1.85)	16.06 (2.49)	17.86 (1.92)	16.11 (2.31)	16.11 (2.31)	2.81(2, 37)	2.81(2, 37)	.073	15.88 (1.33)	15.77 (0.93)	16.26 (1.57)	0.71 (2, 57)	.495
	n (%)	n (%)	n (%)	n (%)	n (%)	χ^2	χ^2	p	n (%)	n (%)	n (%)	χ^2	p
In a partner relationship	55 (52.9)	8 (44.4)	7 (50)	6 (60)	6 (60)	1.20	1.20	.548	13 (54.2)	10 (71.4)	11 (45.8)	1.97	.373

Note. SDS: sexual double standard; IDS: Index of Double Standard.

Instruments

- The Socio-demographic and Sexual History Questionnaire. It was designed to assess sex, age, nationality, sexual orientation, age of first sexual experience, relation status, medical/psychological/sexual problems, pharmacological treatments, drugs/alcohol use, and sexual victimisation history.
- The Spanish version of the Sexual Double Standard Scale (SDSS; Muehlenhard & Quackenbush, 2011; Sierra et al., 2018). It assesses the SDS by 16 items answered on a four-point Likert-type scale from 0 (*strongly disagree*) to 3 (*strongly agree*). Items are pairs of parallel items: one refers to the sexual behaviour attributed to men, and the other to the sexual behaviour attributed to women. The scale is composed of two factors, Acceptance of sexual freedom and Acceptance of sexual shyness. They allow the Index of Double Standard for Sexual Freedom (IDS-SF) and the Index of Double Standard for Sexual Shyness (IDS-SS) to be respectively obtained. Only the first index is considered in this study. The IDS-SF represents a bipolar measurement (between -12 and +12) that allows the SDS adherence types to be acquired. The egalitarian typology derives from the scores that equal zero in the index, and from the zero results in the subtractions between the pairs of items in the index. It represents people who defend the same sexual freedom criterion for men and women. The man-favorable typology is based on the positive scores in the index (between +1 and +12) and defends more sexual freedom for man than for woman. Finally, the woman-favorable typology is obtained from the negative scores in the index (between -1 and -12) and defends more sexual freedom for woman than for men. Sierra et al. (2018) observed the scale's suitably evidenced internal consistency (Cronbach's ordinal alpha .84 for Acceptance of sexual freedom). In this study, Cronbach's alpha was .75 in men and women, respectively.
- The Spanish version of the Sexual Inhibition/Sexual Excitation Scales-Short Form (SIS/SES-SF; Carpenter et al., 2011) of Moyano and Sierra (2014). It evaluates the propensity for sexually excited or inhibited. Its 14 items, answered on a four-point

Likert-type scale from 1 (*strongly agree*) to 4 (*strongly disagree*), are distributed on three subscales: Sexual excitation (SES); Inhibition due to the threat of performance failure (SIS1); Inhibition due to the threat of performance consequences (SIS2). Cronbach's alpha coefficients range between .60 and .72. In this sample, the range of Cronbach's alphas was between .55 and .74.

- The Spanish version of the Rating of Sexual Arousal (RSA) and the Rating of Genital Sensations (RGS) (Mosher, 2011; Sierra et al., 2017). The RSA assesses subjective sexual arousal by five items: (1) overall level of sexual arousal; (2) intensity of genital sensations; (3) sensation of warmth experienced; (4) non-genital physical sensations; (5) level of sexual concentration. Items are answered on a seven-point Likert-type scale from 1 (*no sexual arousal at all*) to 7 (*extremely sexually aroused*). The RGS evaluates the level of genital sensation through a checklist scale from 1 (*no genital sensations*) to 11 (*multiple orgasm*). The RSA has adequate reliability, with Cronbach's alpha of .90 (Sierra et al., 2017). In this study, Cronbach's alpha was .89 in men and .90 in women.
- Penile plethysmograph is an indium/gallium ring that measures changes in penile circumference when an erection occurs (Zuckerman, 1971).
- Vaginal photoplethysmography is a device that records vaginal pulse amplitude (Sintchak & Geer, 1975).
- The Biopac MP 150 polygraph (Biopac Systems Inc., Goleta, CA, USA) is used by the AcqKnowledge software 5.0 for psychophysiological data acquisition and processing.
- Visual stimuli. Two 3-minute neutral content films (nature documentary) and two 3-minute sexual films (heterosexual intercourse scenes in a couple: 90 seconds of oral sex and 90 seconds of vaginal sex). In each one, sexual films represent the man's active role and the woman's active role during a sexual relation for the purpose of eliminating the sexual preferences that might be associated with each

SDS typology. Both sexual films demonstrate the ability to induce sexual activation (Álvarez-Muelas, Granados et al., 2021).

Procedure

The study was previously approved by the Human Research Ethics Committee of the University of Granada (Reg. number 893). Young adults were invited to participate in this study through the dissemination methods of the University of Granada and the Higher Education institutions of this city, such as flyers and posters placed in various locations, sending emails, and postings on social networks. Participation was voluntary and without compensation. Firstly, the participants answered an online questionnaire, which was used as screening. It included informed consent with the study objective. The Socio-Demographic and Sexual History Questionnaire was employed to ensure the inclusion and exclusion criteria. The Spanish version of the SDSS was included to ensure variability in the SDS scores and distribution into the three SDS adherence types (egalitarian, man-favorable, and woman-favorable). Eligible participants were contacted and appointed in the Human Sexuality Laboratory located in the Mind, Brain and Behaviour Research Centre of the University of Granada. They were asked to abstain from caffeine, alcohol, and dyadic and solitary sexual activity, 24 hours before the experimental session to minimise any possible physiological sources that might vary responses. Women were not evaluated during menstruation. In the laboratory, the participants signed informed consent, and their data anonymity and confidentiality were guaranteed. After explaining the experiment and placing the devices to record genital response, the male or female researcher (to coincide with the participant's gender) left the room. Then when the device was placed and recording, a 5-minute adaptation period was allowed. The experiment was carried out in a soundproof room under the same temperature, light and humidity conditions in all cases. The participants were seated comfortably at a distance of 100 cm from the monitor. The experimental task consisted in viewing four videos shown on a 24-inch LCD monitor. Their genital response was recorded, and all the participants were shown two film sequences: (a) neutral video 1 and sexual video 1; (b) neutral video 2 and

sexual video 2. The presenting of sequences was counterbalanced to control the possible effects of the order in which stimuli were shown (Granados et al., 2021) bearing in mind that the number of men and women in each SDS adherence typology was the same. Finally at the end of each sexual video, the participants answered the Rating of Sexual Arousal (RSA) and Rating of Genital Sensations (RGS) scales in the paper-and-pencil format.

Data analysis

In line with previous laboratory studies (Arcos-Romero et al., 2019; Granados et al., 2021; Soler et al., 2021), genital responses were defined in terms of the differences between scores from the sexual stimulus and the baseline stimulus. Firstly, the concordance between genital response and the subjective sexual measurement was examined by partial correlations separately in men and women by controlling for propensity for sexually excited (SES) and sexually inhibited (SIS1 and SIS2). Secondly, the explanatory capacity of subjective sexual arousal (i.e., RSA and RGS) on genital response was examined by multiple linear regression.

Results

For both men and women, genital response and the subjective sexual arousal measure (RSA and RGS) correlated (see Table 2).

Table 2

Correlations between genital response and subjective sexual arousal (RSA and RGS, when controlling propensity for sexually excited (SES) and inhibited (SIS1 and SIS2)

Genital response of men (penile circumference)						
SDS adherence types						
	Egalitarian		Man-favorable		Woman-favorable	
	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>
RSA	.225	.439	.550	.080 [†]	.121	.796
RGS	.550	.042*	.213	.530	.343	.452
Genital response of women (vaginal pulse amplitude)						
SDS adherence types						
	Egalitarian		Man-favorable		Woman-favorable	
	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>
RSA	.447	.048*	.548	.081 [†]	.354	.115
RGS	.434	.056 [†]	.645	.032*	-.004	.985

Note. SDS: sexual double standard; RSA: Rating of Sexual Arousal; RGS: Rating of Genital Sensations; SES: propensity of sexually excited; SIS1: propensity of sexually inhibited due to the threat of performance failure; SIS2: propensity of sexually inhibited due to the threat of performance consequences. [†] $p < .10$; * $p < .05$.

The extent to which genital response was explained by RSA and RGS when considering the previous correlations with a significance level of $p \leq .10$ was studied (Kim & Choi, 2021). In the egalitarian SDS typology for men, RGS explained 32% of variance for genital response ($F_{(1,15)} = 8.62$; $p = .01$). In the man-favorable SDS typology, RSA explained 21% of variance for genital response ($F_{(1,12)} = 4.52$; $p = .05$) (see Table 3). In the egalitarian SDS typology for women, RGS accounted for 19% of variance for genital response ($F_{(1,21)} = 6.06$; $p = .02$). In the man-favorable SDS typology, RGS explained 23% of variance for genital response ($F_{(1,12)} = 4.8$; $p = .05$) (see Table 4).

Table 3

Multiple regression analysis: subjective sexual arousal (RSA and RGS) as a predictor of penile circumference

SDS adherence types	Predictors	<i>B</i>	<i>SE</i>	β	95% <i>CI</i>	<i>t</i>	<i>R</i> ²
Egalitarian	RSA	3.14	1.07	.60	0.86, 5.41	2.94*	.32
Man-favorable	RGS	0.77	0.36	.52	-0.02, 1.55	2.13*	.21

Note. SDS: sexual double standard; RSA: Rating of Sexual Arousal; RGS: Rating of Genital Sensations. * $p < .05$.

Table 4

Multiple regression analysis: subjective sexual arousal (RSA and RGS) as a predictor of vaginal pulse amplitude

SDS adherence types	Predictors	<i>B</i>	<i>SE</i>	β	95% <i>CI</i>	<i>t</i>	<i>R</i> ²
Egalitarian	RGS	0.01	0.01	.47	0.00, 0.02	2.46*	.19
Man-favorable	RGS	0.01	0.01	.54	0.00, 0.02	2.21*	.23

Note. SDS: sexual double standard; RSA: Rating of Sexual Arousal; RGS: Rating of Genital Sensations. * $p < .05$.

Discussion

The objective of this study is to examine the relation of sexual arousal to the SDS to seek a possible explanation of the differences in sexual concordance between men and women. For this purpose, genital response and subjective sexual arousal were recorded when a sample of young people, with different SDS typologies of adherence (egalitarian, man-favorable, and woman-favorable), watched films with explicit sexual content. To date, no relation has been studied between sexual arousal and SDS that takes into account

the typologies that can be obtained with the Spanish version of the SDSS by Sierra et al. (2018).

In an attempt to answer the two posed research questions, the results obtained with this study show that sexual concordance varies depending on the SDS adherence typology, and a positive association appears between genital response and subjective sexual arousal in the egalitarian and man-favorable typologies for both men and women.

The results obtained with men contradict the generalised assumption of a stable sexual concordance pattern for men and show possible implications for gender norms about sexual arousal (Suschinsky et al., 2020). Traditionally, men enjoy more sexual freedom than women (Endendijk et al., 2020), which could imply them feeling at ease with evaluating the sexual arousal experience (Fisher, 2013). Our results back this assumption by showing that sexual concordance in the SDS adherence types ensures sexual freedom for men (i.e., egalitarian and man-favorable), but not in the woman-favorable typology, which confers more sexual freedom to women than to men.

Moreover, for the men with the egalitarian and man-favorable SDS adherence typologies, the subjective sexual arousal measures come over as being capable of explaining genital response (i.e., erection measured according to change in penile circumference). In the egalitarian typology, a positive association is observed with the genital sensations rating (i.e., RGS), which explains 32% of penile erection. This fact coincides with the interoceptive awareness hypothesis in men, which suggests that being aware of body sensations, such as penile erection state, could increase sexual concordance in men (Chivers et al., 2010). In the man-favorable typology, genital response is associated with the sexual arousal rating (i.e., RSA), which is considered with different dimensions (overall level of sexual arousal, genital and non-genital sensations, sensation of warmth, sexual concentration), and accounts for 21% of erection. Future research could consider if the interiorisation of the gender role for sexual freedom in men (equality standard vs. more privileges for men) could imply differences in evaluating sexual arousal from an evaluation

that centres more on genital sensations to another more global one of experienced sensations.

For women, sexual concordance appears in the same SDS adherence types as they do for men (i.e., egalitarian and man-favorable), which are typologies in which subjective sexual arousal, and specifically the RGS, explains a high percentage of the variance of genital response (i.e., vaginal pulse amplitude), with 19% in egalitarian and 23% in man-favorable. These results contradict the lack of sexual concordance in women found by previous studies (Boyer et al. 2012; Chivers et al., 2010; Clifton et al., 2015; Granados et al., 2021; Sierra et al., 2019), and provides evidence for the possible role of social moderators about women's sexual arousal (Niineste et al., 2021; Suschinsky et al., 2020). As only concordance was found in the RGS measure, it supports the proposal that interoceptive awareness of genital sensations could be a relevant factor in women's sexual concordance (Velten et al., 2018), but with different motivations according to the SDS adherence typology, which we go on to explain.

On the one hand, for the women with the egalitarian typology, the gender equality standard for sexual behaviours could mean that they pay more attention to their genital sensations. In line with this, Brotto et al. (2016) point out that the mindfulness-based sexual therapy, which encourages paying attention to experience and leaving negative thoughts to one side, leads to more sexual concordance in women. Likewise, Suschinsky et al. (2020) state that more sexual concordance appears in women under a bogus pipeline condition because it can favour the truthfulness of their responses by reducing the likelihood of responding in accordance with gender norms standards, and implies paying more attention to, and feeling agreeable with, their body sensations.

On the other hand, the sexual concordance finding in women with a man-favorable adherence typology seems to contradict the premise that traditional gender norms would involve being less aware of sexual arousal in women (Suschinsky et al., 2020). This result could have several interpretations. The presence of an SDS for women that favours men has been associated with less sexual autonomy (Emmerink et al., 2016) and with greater

victimisation of sexual coercion (Endendijk et al., 2020; Vílchez-Jaén et al., 2022). In this way, paying attention to genital sensations could be related to women monitoring their body sensations more to ensure their well-being during sexual relations to a certain extent. In turn, women adhering to the SDS that favours men implies that women show greater orientation towards men's pleasure and sexual satisfaction during sexual relations (Kelly et al., 2017). There are reports of men believing that when women have an orgasm during sexual relations, it is an achievement of their masculinity (Chadwick & van Anders, 2017). For women, Arcos-Romero et al. (2019) report that the RGS is associated with the sensorial dimension of the subjective orgasm experience in sexual relations. Accordingly, the attention paid to genital sensations may also lie in having an orgasm in order to encourage men's sexual satisfaction during sexual relations (Sánchez-Fuentes et al., 2021; Sánchez-Fuentes & Santos-Iglesias, 2016).

This study has its limitations that must be taken into account when generalising its results to the general population. An incidental sample formed exclusively of heterosexual young adults was used. Research into the role of the SDS in sexual arousal with different samples is necessary, samples that should include other sexual orientations and minorities (Calvillo et al., 2020). Another of its limitations is lack of variability in the participants' SDS scores (see Table 1), which could minimise the effect of the SDS on sexual concordance. As this study evaluated the sexual arousal caused by viewing sexual relations, it might be relevant to examine the association of the SDS with the sexual arousal experienced with other sexual behaviours that can be influenced by this attitude, such as solitary masturbation (Cervilla et al., 2021, 2022; Sierra et al., 2022). Finally, given the relevance of cross-cultural studies in Clinical Psychology and Health today in general (see Bibi et al., 2020; Lee et al., 2021), and in the SDS domain in particular (Álvarez-Muelas et al., 2022; Sánchez-Fuentes et al., 2020), research works of this type that examine sexual concordance would be interesting.

To conclude, this study evidences the relation between the SDS and sexual arousal by means of a sexual concordance analysis in the different typologies of adherence to SDS

for sexual freedom. The concordance between genital response and subjective sexual arousal is seen to depend on the SDS adherence typology. Therefore, to answer the posed research questions, two typologies present sexual concordance in both men and women: egalitarian and man-favorable. In both typologies, subjective sexual arousal is capable of explaining genital response. These results are useful for the clinical and research domains because they back the evaluation of sexual arousal based on self-report measures, but typologies of adherence to SDS must be taken into account when considering their validity. The importance of the interiorisation of gender roles is stressed, specifically of SDS, for the concordance between objective (genital response) and subjective (self-reported) measures of sexual arousal. We contemplate the importance of considering adherence to SDS in the sexual concordance and sexual functioning relation, as well as its evaluation in sexual therapy, to better understand the sexual arousal experience according to gender standards.

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ESTUDIO 6

Study of sexual satisfaction in different typologies of adherence to the sexual double standard

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Abstract

The Sexual Double Standard (SDS) refers to the acceptance of different criteria to assess the same sexual behavior in men and women. To date, the few studies that have addressed the relationship between SDS and sexual satisfaction have obtained inconclusive results. In addition, no study has analyzed sexual satisfaction in people who maintain different forms of adherence to the SDS. This study establishes three SDS typologies of adherence (man-favorable, woman-favorable, egalitarian) in two areas of sexual behavior (sexual freedom and sexual shyness) to examine the predictive capacity of personal variables (age, social dominance orientation, propensity for sexual excitation/inhibition), interpersonal variables (relationship satisfaction) and social variables (gender norms about sexual behaviors) in sexual satisfaction. A sample of 1194 heterosexual adults (51.1% men, 48.8% women) aged between 18 and 87 years ($M = 40.63$; $SD = 15.67$), who had been in a relationship for more than 6 months, was evaluated. In men, the highest sexual satisfaction levels were obtained in the egalitarian typology in the sexual freedom area. In women, no significant differences were found between the typologies of adherence to the SDS. Regression models showed that relationship satisfaction was the main predictor of sexual satisfaction in all the typologies in both men and women. In addition, the predictive relationship of personal variables with sexual satisfaction varied according to gender and the SDS adherence type. The results show the importance of studying sexual satisfaction by taking into account not only the differences between men and women. Furthermore, it is essential to consider other differences between people; for example, the difference that derives from the way of psychologically internalizing attitude toward the SDS.

Keywords: sexual satisfaction, sexual double standard, typologies, predictors, gender.

Introduction

One of the most relevant manifestations of sexual health is sexual satisfaction (Henderson et al., 2009; World Health Organization, 2010), which suggests a subjective dimension of sexuality and is defined as “an affective response arising from one’s subjective evaluation of the positive and negative dimensions associated with one’s sexual relationship” (Lawrance and Byers, 1995, p. 268). Sexual satisfaction does not depend only on one’s own sexual relationships, but also on other personal, interpersonal, and socio-cultural factors (Sánchez-Fuentes et al., 2014; Calvillo et al., 2018); that is, studying it requires multicomponent models. For that purpose, Henderson et al. (2009) and Sánchez-Fuentes et al. (2016) or Calvillo et al. (2020a) based their works on the Ecological Theory of Human Development (Bronfenbrenner, 1994), which conceives personal development as the result of the interaction of individuals with the environmental contexts in which they live and socialize. The most relevant factors in these models for explaining sexual satisfaction are those of the personal and interpersonal kind (Sánchez-Fuentes et al., 2014; Calvillo et al., 2018).

A personal factor that has been associated with sexual satisfaction, albeit with inconsistent results to date, is the sexual double standard (SDS); that is, the attitude which involves a distinct evaluation of given sexual behaviors depending on if they are performed by a man or a woman, where men have more freedom and/or permissibility than women (Álvarez-Muelas et al., 2020b). Some studies report a negative association between the SDS that favors men and sexual satisfaction (Haavio-Mannila and Kontula, 2003; Horne and Zimmer-Gembeck, 2006; Santos-Iglesias et al., 2009), while others have found no relation between both variables (Marques et al., 2013). We believe that there might be several reasons for this inconsistency in using measures that do not accurately capture sexual satisfaction, and for not considering some individual differences that could play a relevant role in the sexual satisfaction relationship. As regards the sexual satisfaction measure, isolated questions are normally employed (e.g., Haavio-Manila and Kontula, 2003), or scales that mix sexual satisfaction items with items about sexual satisfaction-

related variables, such as sexual attitude, desire or sexual excitation (e.g., Santos-Iglesias et al., 2009; Marques et al., 2013). We believe that this limitation can be overcome by using the Global Measure of Sexual Satisfaction, which has been validated in a Spanish population (Sánchez-Fuentes and Santos-Iglesias, 2016), and is one of the measures included in the Interpersonal Exchange Model of Sexual Satisfaction Questionnaire (Sánchez-Fuentes et al., 2015; Calvillo et al., 2020b; Lawrance et al., 2020). This evaluation instrument is based on one of the few theoretical models of sexual satisfaction (Lawrance and Byers, 1992, 1995), and is the only one that has been validated in a Spanish population (Sánchez-Fuentes and Santos-Iglesias, 2016).

On the other hand, we are interested in knowing if individual differences in SDS are related to sexual satisfaction. In accord with Endendijk et al. (2020), to analyze the role of individual differences in attitude towards SDS, we consider the degree to which people have internalized SDS in their own social cognitions. From this approach, we study sexual satisfaction taking into account the different forms of adherence to SDS. Previous studies show that various forms of adherence to SDS prevail, from the attitude that favors men to that which favors women (Álvarez-Muelas et al., 2020b; Endendijk et al., 2020). In addition, the prevalence of forms of adherence to SDS differs in the field of behavior related to sexual freedom (SF; that is, “the recognition and approval of the benefit for men and women, of freely having sex and respecting sexual rights”), and in the area of sexual shyness (SS; that is, “the recognition and approval of men and women’s will to manifest decorum, chastity, and continence in sexual relations”) (Álvarez-Muelas et al., 2020b, p. 2).

Moreover, in order to understand sexual satisfaction, the proposal of personal, interpersonal, and social factors could be considered in accordance with the Ecological Theory (Bronfenbrenner, 1994). In the present study, we kept some variables with previous evidence with respect to sexual satisfaction (age, propensity for sexual excitation/inhibition, relationship satisfaction, and gender norms about sexual

behaviors), and we included a variable would play a relevant role according to the different form of adherence to SDS (social dominance orientation).

Age stands out among the personal variables, which has been negatively associated with sexual satisfaction (Tren and Schaller, 2010; De Ryck et al., 2012; Sánchez-Fuentes and Sierra, 2015; Træen et al., 2017; Wyverkens et al. 2018).

Another personal factor that has not yet been considered to date is social dominance orientation. Social dominance orientation is an individual characteristic that predisposes someone to support and defend a social structure, where intergroup relations (e.g., between men and women) are hierarchical and non egalitarian (Sidanius and Pratto 1999). There is evidence to suggest that those people who manifest social dominance orientation support discriminating ideologies toward women's rights (Pratto et al., 1994), the traditional gender roles (Christopher and Wojda, 2008) and, concretely, the SDS that favors men in both the sexual freedom and sexual shyness areas (Sierra et al., 2018). Moreover, social dominance orientation tends to support discriminating toward men and women's sexual behaviors (Kelly et al., 2015). From such this perspective, social dominance orientation could be relevant for predicting sexual satisfaction considering the SDS adherence type, especially in those people who belong to an SDS adherence type in agreement with the hegemony of one gender category over another (i.e., man-favorable typology and woman-favorable typology).

We also considered the propensity for sexual excitation/inhibition, proposed with the Dual Control Model (Janssen and Bancroft, 2007). What this model assumes is that people possess an excitation system, as well as another system that inhibits the sexual response and associated behaviors. The inhibitory system contains two subsystems: inhibition due to threat of performance failure and inhibition due to threat of performance consequences (Janssen et al., 2002a, 2002b; Carpenter et al., 2008). According to former findings, sexual satisfaction was associated negatively with to sexual excitation (Lykins et al., 2012), inhibition due to threat of performance failure (Lykins et al., 2012; Moyano and

Sierra, 2014; Arcos-Romero and Sierra, 2020), and inhibition due to threat of performance consequences (Moyano and Sierra, 2014).

Of the interpersonal factors, relationship satisfaction has been demonstrated to be the most important one as a determining factor of sexual satisfaction (Byers, 2005; Sánchez-Fuentes et al., 2015; Sánchez-Fuentes and Santos-Iglesias, 2016; Calvillo et al., 2020a).

Finally, it based on the assumption that social norms predict conduct (Cialdini et al., 1990), it was demonstrated that the way sexual norms are perceived can influence subjective feelings of sexual satisfaction (Stephenson and Sullivan, 2009). Despite the fact that gender norms in sexual relations can confer women less power because gender roles dictate feminine submission and masculine dominance (Impett and Peplau, 2003; Kiefer et al., 2006), evidence suggests that being involved in adhering to gender norms can negatively affect sexual satisfaction in both men and women (Sánchez et al., 2005). Faced with this evidence, we explored not only those individuals who maintained different SDS adhesion, but also the perception of gender norms about sexual behaviors.

Therefore, based on the Ecological Theory of Human Development framework (Bronfenbrenner, 1994), this study considers the different forms of individual SDS adherence to examine the sexual satisfaction relationship with personal (age, social dominance orientation, propensity for sexual excitation/inhibition), interpersonal (relationship satisfaction) and social (gender social norms about sexual behavior) factors.

When considering gender (i.e., men and women) and SDS adherence types in the SF and SS areas:

RQ1. Would there be any differences in sexual satisfaction and related variables of personal (age, social dominance orientation, and propensity for sexual excitation/inhibition), interpersonal (relationship satisfaction) and social (gender norms about sexual behaviors)?

RQ2. What predictive capacity would personal (age, social dominance orientation and propensity for sexual excitation/ inhibition), interpersonal (relationship satisfaction), and social (gender norms on sexual behaviors) variables have on sexual satisfaction?

Materials and methods

Participants

The sample was made up of 1194 adults (610 men, 584 women) aged between 18 and 87 years ($M = 40.63$; $SD = 15.67$) and recruited by non random sampling. The inclusion criteria included: (1) Spanish nationality; (2) heterosexual orientation; (3) being 18 years old or older; (4) being involved in a heterosexual relationship for at least 6 months. Significant gender differences were found in the sample. Men reported having more sexual partners ($t = 2.99$; $p < 0.005$) and younger partners ($t = -3.02$; $p < 0.005$). Table 1 presents the sample's socio-demographic characteristics.

Table 1

Sociodemographic characteristics of the participants

Variables	Total (N = 1,194)		Men (n = 610)		Women (n = 584)		t / χ^2	Cohen's d
	M (SD)		M (SD)		M (SD)			
Age	40.63 (15.67)		41 (15.36)		40.25 (15.99)		0.83	
Age of the first sexual experience	18.15 (3.66)		17.91 (3.67)		18.41 (3.64)		-2.33	-0.14
Number of sexual partners	4.80 (11.12)		5.75 (14.72)		3.82 (5.15)		2.99*	0.18
Partner age	40.56 (15.56)		39.21 (14.75)		41.95 (16.26)		-3.02*	-0.18
Length of the relationship (years)	16.60 (14.55)		16.14 (14.08)		17.08 (15.03)		-1.07	
Education level							1.42	
	No studies	4.90%		4.40%		5.30%		
	Primary school	15.70%		14.80%		16.60%		
	High school	28.60%		29.20%		27.90%		
	University	50.90%		51.60%		50.20%		

Note. M = mean; SD = standard deviation; t = Student's t; χ^2 = chi-square; *p < 0.005.

Measurements

- Socio-demographic and Sexual History Questionnaire. We designed a questionnaire to assess gender, age, nationality, sexual activity in the relationship, partner's age, length of the relationship, age of first sexual experience, number of sexual partners and level of education.
- Spanish version of the Sexual Double Standard Scale (SDSS; Muehlenhard and Quackenbush, 2011; Sierra et al., 2018). The scale is a self-referred measure of the SDS. It consists of 16 items answered on a 4-point Likert-type scale from 0 (strongly disagree) to 3 (strongly agree), and distributed into two factors: Acceptance of sexual freedom and Acceptance of sexual shyness. Each factor is formed by four pairs of parallel items: one refers to sexual behavior attributed to men, and the other to sexual behavior attributed to women. The responses to Acceptance of sexual freedom allow the Index of Double Standard for Sexual Freedom (IDS-SF) to be obtained, and the responses to the Acceptance of sexual shyness items allow the Index of Double Standard for Sexual Shyness (IDS-SS) to be acquired. Both indices represent a bipolar measurement (between -12 and +12). The man-favorable typology includes those people with positive scores in the index (between +1 and +12). The woman-favorable typology is obtained from the scores that take a negative value (between -1 and -12). Finally, the egalitarian typology includes those people whose score equals zero in either index and obtain a zero result in the subtractions between the pairs of parallel items of the index. The scale suitably evidenced internal consistency (Cronbach's ordinal alpha 0.84 for the Acceptance of sexual freedom factor and 0.87 for the Acceptance of sexual shyness factor) (Sierra et al., 2018). It was invariant for gender and age (by eliminating the pair of items 11 and 14 which showed DIF by age) (Álvarez-Muelas et al., 2019). So these pairs of items were removed from the present study. The ordinal alphas were respectively 0.89 and 0.91 for the Acceptance of sexual freedom factor, and 0.87 and 0.89 for the Acceptance of sexual shyness factor, in men and women.

- The Spanish version of Social Dominance Orientation Scale (SDOS; Pratto et al., 1994; Silván-Ferrero and Bustillos, 2007). It consists of 16 items that are answered on a 7-point Likert scale from 1 (completely disagree) to 7 (completely agree), and two factors: General opposition to equality and Support for group-based dominance (Jost and Thompson, 2000; Silván-Ferrero and Bustillos, 2007). Whereas General opposition to equality is conceived as justifying the hierarchical social system, Support for group-based dominance is defined as a way to justify the own group's dominance (in-group) (Jost et al., 2004). Cronbach's alpha coefficients were 0.84 for men and 0.77 for women. In this study, the ordinal alpha coefficients were 0.90 in men and 0.91 in women for General opposition to equality, and 0.72 in men and 0.82 in women for Support for group-based dominance.
- The Spanish version of the Sexual Inhibition/Sexual Excitation Scales-Short Form (SIS/SES-SF; Carpenter et al., 2011; Moyano and Sierra, 2014). This scale evaluates the individual propensity for sexually excited or inhibited. Its 14 items are answered on a 4-point Likert-type scale from 1 (strongly agree) to 4 (strongly disagree). The items are distributed into three subscales: Sexual excitation, Inhibition due to threat of performance failure, Inhibition due to threat of performance consequences. Cronbach's alpha coefficients range between 0.60 and 0.72. In this sample, the ordinal alpha values range fell between 0.73 and 0.79 for men and between 0.68 and 0.82 for women.
- The Spanish version of Global Measure of Relationship Satisfaction (GMREL; Lawrance et al., 2011; Sánchez-Fuentes et al., 2015). It evaluates satisfaction with partner relationship using five seven-point bipolar subscales: Very bad/Very good; Very unpleasant/Very pleasant; Very negative/Very positive; Very unsatisfying/Very satisfying; Very worthless/Very valuable. Its Cronbach's alpha coefficients are 0.94 for men and women (Sánchez-Fuentes et al., 2015). In the present study, the ordinal alpha values were 0.94 for men and 0.96 for women.

- The Spanish hetero-referred version of Sexual Double Standard Scale (SDSS-H; Muehlenhard and Quackenbush, 2011; Gómez-Berrocal et al., 2019). It evaluates the subjective perception of gender norms about sexual behaviors. The scale is composed of 18 items answered on a 4-point Likert-type scale from 0 (strongly disagree) to 3 (strongly agree), and three factors: Acceptance of sexual shyness in men, Acceptance of sexual freedom in women, Acceptance of traditional gender role distribution. For each factor, the internal consistency obtained ordinal alpha values that equal 0.73, 0.70, and 0.90, respectively. In this sample and for each factor, the values were 0.72, 0.68, and 0.86 for men, and 0.75, 0.67, and 0.91 for women.
- The Spanish Global Measure of Sexual Satisfaction (GMSEX; Lawrance et al., 2011; Sánchez-Fuentes et al., 2015). It evaluates overall sexual satisfaction in a relationship using five seven-point bipolar subscales: Very bad/Very good; Very unpleasant/Very pleasant; Very negative/Very positive; Very unsatisfying/Very satisfying; Very worthless/Very valuable. Its Cronbach's alpha coefficients are 0.92 for men and 0.93 for women (Sánchez-Fuentes et al., 2015). In this sample, its ordinal alpha values were 0.94 for men and 0.95 for women.

Procedure

The study was previously approved by the Human Research Ethics Committee of the University of Granada. The target population was defined in the inclusion criteria of the study. Participants were recruited from the general Spanish population by incidental sampling to obtain a balanced proportion of men and women, and also across age groups (18-34; 35-49; 50 years old or older), between March 2018 and February 2019. The evaluation in the paper-and-pencil format (86.6% of the sample) and the online format (13.4% of the sample) was used. Both procedures showed no differences in the responses in terms of information on general behaviors (Carreno et al., 2020) or sexual behaviors (Sierra et al., 2018). The evaluation format presented low or non-existent correlations with the other analyzed variables. The participants who completed questionnaires in paper and

pencil format were approached using snowball sampling techniques in educational, community, and leisure centers. Firstly, we requested the approval of the center, which was informed on the objective of the research. The questionnaires were managed by a trained evaluator, and the participants answered in small groups or individually, which were returned in sealed envelopes. The online questionnaires were created on the LimeSurvey platform. The URL to access was distributed through social networks (Facebook®, Twitter®, WhatsApp® groups, and e-mail). The IP address was controlled and automatic responses were avoided by answering a security question consisting of a random arithmetic question. The participants accepted an informed consent form which specified the overall objective of the study. Anonymity and confidentiality were guaranteed, and their participation was voluntary without compensation.

Data analysis

First, gender differences by a Student's *t*-test for two independent groups (i.e., men and women) were calculated for the scores of the SDS indices for Sexual Freedom (ID-SF) and Sexual Shyness (IDS-SS). The results revealed gender differences in both the IDS-SF ($t = 5.22; p < 0.001$) and the IDS-SS ($t = 6.03; p < 0.001$). Due to the found differences, we decided to divide the sample into men and women separately. According to the scores of the indices, the sample of men and women was distributed into the SDS adherence types (egalitarian, man-favorable, woman-favorable) for the SF and SS areas. Second, by using an ANOVA for men and women, the differences for all the variables were calculated by typologies of adherence to SF and SS. Finally, we examined the degree to which sexual satisfaction could be explained by the different variables (personal, interpersonal, social) with multiple linear regression using the stepwise method for each SDS typology of both sexual behavior areas. Independent variables were included in each step according to the significance of their correlation with sexual satisfaction. The degree of multicollinearity was assessed with the tolerance value and the variance inflation factor (VIF). When the tolerance value was $>.10$ and the VIF was <10 for the predictor variables, there were no serious problems with multicollinearity (López, 1998; Dormann et al., 2013; Lavery et al.,

2017). A p -value of 0.005 represented significant differences. This range indicates evidence according to conventional Bayes factor classifications and can reduce the probability of type I errors (Benjamin et al., 2018).

Results

Differences in sexual satisfaction and associated variables by SDS adherence type and sexual behavior area

In men, significant differences were found in sexual satisfaction between the different SDS adherence types in SF ($F = 8.41$; $p < 0.001$), with higher scores for the egalitarian typology than for the man-favorable typology ($p < 0.001$; $d = 0.44$). For the personal variables, significant differences were observed between the typologies in general opposition to equality in SF ($F = 10.27$; $p < 0.001$), with higher scores for the man-favorable typology than for the egalitarian typology ($p < 0.001$; $d = 0.44$). Group-based dominance in SF ($F = 12.42$; $p < 0.001$) and in SS ($F = 20.20$; $p < 0.001$) was supported with higher scores for the man-favorable typology than for the egalitarian typology ($p < 0.001$; $d = 0.47$ for SF and $p < 0.001$; $d = 0.55$ for SS), and with higher scores for the man-favorable typology than for woman-favorable typology ($p = 0.003$; $d = 0.35$ for SF and $p < 0.001$; $d = 0.43$ for SS). No differences were found in relationship satisfaction as an interpersonal variable. Finally, regarding the social variables, differences were encountered in acceptance of sexual shyness in men in SF ($F = 5.75$; $p = 0.003$) with higher scores for the man-favorable typology than for the egalitarian typology ($p = 0.002$; $d = 0.31$), and in SS ($F = 7.85$; $p < 0.001$) with higher scores for the woman-favorable typology than for the egalitarian typology ($p = 0.002$; $d = 0.40$). See Table 2.

Table 2

Differences in sexual satisfaction and the variables associated by the sexual double standard adherence types in the sexual freedom (SF) and the sexual shyness (SS) areas in men

	Typologies of SDS adherence in SF				Typologies of SDS adherence in SS					
	<i>F</i>	<i>p</i>	<i>M (SD)</i>	Man-favorable (<i>n</i> = 186)	Woman-favorable (<i>n</i> = 165)	<i>F</i>	<i>p</i>	Egalitarian (<i>n</i> = 242)	Man-favorable (<i>n</i> = 244)	Woman-favorable (<i>n</i> = 123)
Sexual satisfaction	8.41	<0.001	30.01 (5.66) _a	27.64 (5.01) _a	28.98 (5.94)	3.09	0.046	29.62 (5.83)	28.25 (6.55)	28.99 (6.15)
Personal variables										
General opposition to equality	10.27	<0.001	17.08 (7.78) _a	20.69 (8.67) _a	18.72 (8.51)	5.42	0.005	17.51 (7.97)	19.98 (8.52)	18.82 (8.35)
Support for group-based dominance	12.42	<0.001	23.15 (7.86) _a	26.95 (8.17) _{a, b}	24.06 (8.22) _b	20.20	<0.001	22.48 (7.78) _a	27 (8.48) _{a, b}	23.51 (7.77) _b
Sexual excitation	0.89	0.412	15.59 (3.58)	15.85 (3.97)	16.08 (3.78)	1.85	0.159	15.76 (3.82)	15.59 (3.9)	16.38 (3.47)
Sexual inhibition due to the threat of performance failure	4.22	0.015	11.72 (5.59)	10.99 (2.55)	11.44 (2.69)	2.02	0.133	11.59 (2.76)	11.25 (2.64)	11.79 (2.27)
Sexual inhibition due to the threat of performance consequences	1.83	0.161	9.05 (2.62)	8.71 (2.81)	9.27 (3.02)	0.95	0.387	9.22 (2.79)	8.88 (2.70)	9.06 (2.85)
Interpersonal variables										
Relationship satisfaction	3.83	0.022	30.76 (5.37)	29.42 (5.81)	30.67 (4.76)	1.99	0.137	30.91 (5.15)	29.95 (5.54)	30.24 (5.34)

Social variables										
Acceptance of sexual shyness in men	5.75	0.003	2.82 (2.16) _a	3.54 (2.43) _a	3.02 (2.07)	7.85	<0.001	2.64 (2.17) _a	3.28 (3.38)	3.5 (2.09) _a
Acceptance of sexual freedom in women	0.67	0.525	6.40 (3.06)	6.27 (2.37)	6.61 (2.84)	0.23	0.791	6.43 (3.16)	3.3 (2.63)	6.49 (2.28)
Acceptance of traditional gender role distribution	2.92	0.058	12.49 (6.06)	13.15 (5.09)	11.68 (5.83)	3.20	0.041	11.9 (6.25)	13.18 (5.57)	12.07 (5.49)

Note. *p*-value threshold $\alpha = 0.005$. The same subscript letter denote significantly differ between these groups ($p < 0.005$).

For women, no significant differences were found in sexual satisfaction between the different SDS adherence types in the sexual behavior areas (i.e., SF and SS). Differences appeared for personal variables in general opposition to equality in SS ($F = 15.97$; $p < 0.001$) with higher scores for the man-favorable typology than for the egalitarian typology ($p < 0.001$; $d = 0.57$). Group-based dominance in SS ($F = 25.51$; $p < 0.001$) was supported with higher scores for the man-favorable typology than for the egalitarian typology ($p < 0.001$; $d = 0.74$), and with higher scores for the man-favorable typology than for the woman-favorable typology ($p < 0.001$; $d = 0.50$). For sexual excitation in SS ($F = 6.18$; $p = 0.002$), the man-favorable typology obtained higher scores than the egalitarian typology ($p = 0.002$; $d = 0.36$). No differences were found in relationship satisfaction as an interpersonal variable. Finally among the social variables, differences were encountered in acceptance of sexual shyness in men in the SS ($F = 8.07$; $p < 0.001$), with higher scores for the woman-favorable typology than for the egalitarian typology ($p = 0.001$; $d = 0.37$). See Table 3.

Table 3

Differences in sexual satisfaction and the variables associated by the sexual double standard adherence types in the sexual freedom (SF) and the sexual shyness (SS) areas in women

	Typologies of SDS adherence in SF			Typologies of SDS adherence in SS				
	Egalitarian (n = 280)	Man- favorable (n = 108)	Woman- favorable (n = 196)	Egalitarian (n = 271)	Man-favorable (n = 134)	Woman- favorable (n = 166)		
	<i>F</i>	<i>p</i>	<i>M (SD)</i>	<i>F</i>	<i>p</i>	<i>M (SD)</i>		
Sexual satisfaction	1.75	0.175	29.46 (5.96)	28.57 (7.24)	28.37 (7.17)	29.25 (6.62)	28.21 (7.28)	29.11 (6.10)
Personal variables								
General opposition to equality	4.48	0.012	15.79 94)	17.95 (8.44)	17.52 (8.24)	15.04 (6.44) ^a	19.44 (8.73) ^a	17.37 (8.20)
Support for group-based dominance	5.65	0.004	21.10 (7.94)	24.04 (8.7)	22.73 (8.26)	20.35 (7.66) ^a	26.28 (8.34) ^{a,b}	22.25 (7.78) ^b
Sexual excitation	2.95	0.053	16.36 .51)	16.79 (3.99)	17.18 (3.65)	16.39 (3.64) ^a	17.69 (3.47) ^a	16.54 (3.67)
Sexual inhibition due to the threat of performance failure	5.7	0.004	10.98 (2.32)	10.16 (2.76)	10.41 (2.35)	10.89 (2.45)	10.31 (2.62)	10.48 (2.20)
Sexual inhibition due to the threat of performance consequences	0.57	0.565	8.48 (3.03)	8.17 (3.02)	8.23 (3.05)	8.45 (3.01)	8.31 (3.18)	8.38 (2.98)
Interpersonal variables								
Relationship satisfaction	2.2	0.112	30.76 (5.42)	30.55 (5.97)	29.64 (6.43)	30.35 (5.61)	30.84 (5.95)	30.5 (5.54)
Social variables								
Acceptance of sexual shyness in	0.7	0.496	2.9 (2.24)	2.98 (2.32)	3.15 (2.23)	2.60 (2) ^a	3.24 (2.47)	3.41 (2.32) ^a

men															
Acceptance of sexual freedom in women	0.18	0.837	5.91 (2.72)	5.95 (2.83)	6.06 (2.68)	1.63	0.196	6.05 (2.67)	6.23 (2.95)	5.69 (2.60)					
Acceptance of traditional gender role distribution	0.38	0.685	12.86 (7.06)	12.24 (6.01)	12.54 (6.09)	1.19	0.306	12.65 (7.18)	12.09 (5.65)	13.25 (6.07)					

Note. p -value threshold $\alpha = 0.005$. The same subscript letter denote significantly differ between these groups ($p < 0.005$).

Regression models

As coefficients can be interpreted analogously to correlation coefficients (0.10 small, 0.30 moderate, and > 0.50 large; Cohen, 1992), all the effect sizes were between small and medium, except for satisfaction with the couple's relationship.

Table 4 presents the regression models of sexual satisfaction in men. In the SF area, the egalitarian typology model explained 60% of the variance of sexual satisfaction ($F = 93.80$; $p < 0.001$). Those variables with predictive power were relationship satisfaction ($\beta = 0.70$) and age ($\beta = -0.13$). In the man-favorable typology, the model explained 60% of sexual satisfaction ($F = 199.91$; $p < 0.001$) with the variables relationship satisfaction ($\beta = 0.71$) and age ($\beta = -0.23$). Finally in the woman-favorable typology, the model explained 39% of sexual satisfaction ($F = 104.36$; $p < 0.001$), where relationship satisfaction was the only variable with predictive power ($\beta = 0.62$).

In the SS area, the egalitarian typology model explained 53% of the variance of sexual satisfaction ($F = 135.86$; $p < 0.001$) by relationship satisfaction ($\beta = 0.68$) and age ($\beta = -0.20$). The man-favorable typology model explained 50% of sexual satisfaction ($F = 81.08$; $p < 0.001$), including relationship satisfaction ($\beta = 0.65$) and sexual inhibition due to threat of performance failure ($\beta = 0.14$). Finally, the woman-favorable typology model explained 54% of the variation of sexual satisfaction ($F = 144.52$; $p < 0.001$) with relationship satisfaction ($\beta = 0.74$) as the only predictor variable.

Table 4

Models of multiple regression analysis for sexual satisfaction in men

SDS areas	Typologies of SDS adherence	Predictors	B	SE	β	95% CI	t	p	R ²
SF	Egalitarian	Relationship satisfaction	0.74	0.04	0.70	0.65, 0.82	16.52	<0.001	0.60
		Age	-0.05	0.02	-0.13	-0.08, -0.02	-3.24	0.001	
	Man-favorable	Relationship satisfaction	0.79	0.05	0.71	0.68, 0.90	14.55	<0.001	0.60
		Age	-0.10	0.02	-0.23	-0.13, -0.06	-4.76	<0.001	
SS	Woman-favorable Egalitarian	Relationship satisfaction	0.78	0.08	0.62	0.63, 0.93	10.22	<0.001	0.39
		Age	0.77	0.05	0.68	0.68, 0.87	15.43	<0.001	
	Man-favorable	Relationship satisfaction	0.77	0.05	0.65	0.66, 0.88	14.25	<0.001	0.50
		Sexual inhibition due to the threat of performance failure	-0.08	0.02	-0.20	-0.11, -0.04	-4.52	<0.001	
	Woman-favorable	Relationship satisfaction	0.81	0.07	0.74	0.67, 0.94	12.02	<0.001	0.54

Note. SF = Sexual Freedom; SS = Sexual Shyness; R² = adjusted; R-squared value; p-value threshold $\alpha = 0.005$.

Table 5 offers the results of the regression models of sexual satisfaction in women. In the SF area, the egalitarian typology model explained 46% of the variance of sexual satisfaction ($F = 117.29$; $p < 0.001$), with the predictor variable relationship satisfaction ($\beta = 0.66$). The man-favorable typology model accounted for 49% ($F = 51.36$; $p < 0.001$) with relationship satisfaction ($\beta = 0.66$) and age ($\beta = -0.23$). Lastly, the predictive model of the woman-favorable typology explained 55% of sexual satisfaction ($F = 45.71$; $p < 0.001$), including relationship satisfaction ($\beta = 0.66$) and age ($\beta = -0.18$).

In the SS area, the egalitarian typology model explained 54% of the variance of sexual satisfaction ($F = 156.03$; $p < 0.001$) through relationship satisfaction ($\beta = 0.71$) and sexual inhibition due to threat of performance failure ($\beta = 0.12$). The man-favorable typology model accounted for 52% of sexual satisfaction ($F = 47.50$; $p < 0.001$) through relationship satisfaction ($\beta = 0.65$), general opposition to equality ($\beta = -0.19$), and age ($\beta = -0.18$). Finally in the woman-favorable typology, the predictive model explained 46% of sexual satisfaction ($F = 46.80$; $p < 0.001$) through relationship satisfaction ($\beta = 0.61$) and age ($\beta = -0.21$).

Table 5

Models of multiple regression analysis for sexual satisfaction in women

SDS areas	Typologies of SDS adherence	Predictors	B	SE	β	95% CI	t	p	R ²
SF	Egalitarian	Relationship satisfaction	0.73	0.05	0.66	0.63, 0.82	14.92	<0.001	0.46
	Man-favorable	Relationship satisfaction	0.80	0.08	0.66	0.63, 0.97	9.45	<0.001	0.49
		Age	-0.10	0.03	-0.23	-0.16, -0.04	-3.3	0.001	
SS	Woman-favorable	Relationship satisfaction	0.73	0.06	0.66	0.62, 0.84	13.18	<0.001	0.55
	Egalitarian	Age	-0.08	0.02	-0.18	-0.13, -0.04	-3.65	<0.001	
		Relationship satisfaction	0.84	0.05	0.71	0.75, 0.94	17.16	<0.001	0.54
Man-favorable	Sexual inhibition due to the threat of performance failure	Sexual inhibition due to the threat of performance failure	0.34	0.11	0.12	0.11, 0.56	2.99	0.003	
		Relationship satisfaction	0.80	0.07	0.65	0.65, 0.95	10.72	<0.001	0.52
	General opposition to equality	-0.16	0.05	-0.19	-0.26, -0.06	-3.10	0.002		
Woman-favorable	Age	Age	-0.08	0.03	-0.18	-0.13, -0.03	-3	0.003	
		Relationship satisfaction	0.68	0.06	0.61	0.55, 0.80	10.6	<0.001	0.46
Age		Age	-0.08	0.02	-0.21	-0.12, -0.03	-3.46	0.001	

Note. SF = Sexual Freedom; SS = Sexual Shyness; R² = adjusted; R-squared value; p-value threshold $\alpha = 0.005$.

Discussion

The study objective considers different SDS adherence types in two sexual behavior areas (sexual freedom and sexual shyness) to examine, according to the Ecological Theory (Bronfenbrenner, 1994), the relation of sexual satisfaction with the personal (age, social dominance orientation, propensity for sexual excitation/inhibition), interpersonal (relationship satisfaction) and social (gender norms about sexual behaviors) variables. In order to overcome the limitations of the relation between sexual satisfaction and the SDS, measures of the SDS (Álvarez-Muelas et al., 2020a) and sexual satisfaction (Sánchez-Fuentes et al., 2015) were resorted to, with clear evidence for validity in the Spanish population. Moreover, according to the findings obtained and the recommendations made in previous studies (Álvarez-Muelas, 2020b), SDS adherence types in two sexual behavior areas (sexual freedom and sexual shyness) were considered to be cluster factors to analyze both the differences in the pattern of responses to the personal, interpersonal and social variables (i.e., RQ1), and the predictive role of these variables in sexual satisfaction (i.e., RQ2).

To answer RQ1, differences were observed in sexual satisfaction, personal, and social variables by SDS adherence types in men and women and in both sexual behavior areas with a medium effect size. In sexual satisfaction, differences were found for SDS adherence types in men for the SF area, with higher scores for the egalitarian typology than for the man-favorable typology. It would support the notion that sexual satisfaction in men was less when they supported the man-favorable SDS (Haavio-Mannila and Kontula, 2003; Santos-Iglesias et al., 2009), and was favored by the egalitarian posture (Haavio-Mannila and Kontula, 2003). In the Interpersonal Exchange Model of Sexual Satisfaction context (Lawrance and Byers, 1995), the benefits and costs of sexual relationships, along with the non sexual aspects of the couple's relationship, played a key role in explaining sexual satisfaction (Sánchez-Fuentes and Santos-Iglesias, 2016). The man-favorable typology promoted men's proactivity, although the predominant role played by men during sexual activity could imply that they do not report sexual satisfaction (Dworkin and

O'Sullivan, 2005) because they could perceive women's passive role as lack of sexual interest (Fischer et al., 2020). This could lead them to not carry out and meet their expectations in sexual relationships, which could be taken as a cost and would imply less sexual satisfaction. Indeed women conforming, in line with their traditional role, would not cushion these possible consequences for sexual satisfaction (Sánchez et al., 2012). Moreover, the greater support of exercising sexual freedom for men and women that is observed in western societies (Bianchi et al., 2000; Paul et al., 2000; García et al., 2012) could justify that evidence for this association takes place in the SF area.

Differences were also found in some personal variables: general opposition to equality, support for group-based dominance, and sexual excitation. In the social dominance orientation dimensions, higher scores were obtained in the man-favorable typology in men for both sexual areas and in women in the SS area. These results corroborate that both the men and women who support the SDS that favors men (i.e., man-favorable typology) also agree more with a hierarchical egalitarian structure according to gender (Sidanius and Pratto 1999). Furthermore, the SDS adherence types seemed to be associated with the sexual excitation in women in the SS area, with higher scores in the man-favorable typology compared to the egalitarian typology. The highest scores for these typologies might reflect that the more conventional socialization of gender roles would seem relevant for propensity of sexual excitation in relation to the domain that promotes recognizing and approving more decorum, chastity, and continence.

Finally in the social variables, it was found that people with different SDS adherence types differed as to how they perceived social gender norms about sexual behavior. Specifically, the acceptance of sexual shyness in men differs significantly among the SDS adherence typologies, with lower scores in the egalitarian typology in men in both areas, and in women in the SS area. The fact that egalitarian men and women (vs. man-favorable men and woman-favorable women) perceived that society does not support sexual modesty in men that much could work as a way to gain validation and support for their most democratic attitude toward the SDS (Guadagno and Cialdini, 2010). Future

research should consider the role of social factors and a macropsychological approach to understand the prevalence of sexual attitudes and behaviors.

With RQ2, differences were observed in the predictive variables of sexual satisfaction according to SDS adherence types, the sexual behavior area (SF and SS) and gender. First of all, one of the personal variables that appeared more in the regression models was age, and for both men and women. Age negatively predicted sexual satisfaction, which coincided with the results reported in previous studies (Tren and Schaller, 2010; De Ryck et al., 2012; Sánchez-Fuentes and Sierra, 2015; Træen et al., 2017; Wyverkens et al. 2018). Sexual interest diminished as age increased (Gott and Hinchliff, 2003), as did frequency of sexual activity, while sexual dysfunctions increased (Addis et al., 2006; Sierra et al., 2012; Arcos-Romero and Sierra, 2019). All these sexuality aspects have been associated with sexual satisfaction (Badcock et al., 2014; Sánchez-Fuentes et al., 2014, 2016; Thomas et al., 2015; Calvillo et al., 2018, 2020a). Nevertheless, the weight of age in explaining sexual satisfaction was far from significant, and was not relevant for any cases of the men with the woman-favorable typology in both areas, and with the man-favorable typology in SS, nor for the women with the egalitarian typology in SF and SS. Future research should specifically study the extent to which the negative effect that age has on sexual satisfaction is consistent or, if conversely, internalizing more the egalitarian typology in women or making the hegemony of one gender category more sensitive over another in men can minimize or eliminate the negative effect that age has on men and women's sexual satisfaction.

Moreover, general opposition to equality also negatively predicted sexual satisfaction in women; specifically, those women with the man-favorable SDS adherence typology in SS area. Within the theory of system justification framework (Jost and Banaji, 1994), the beliefs that justify or rationalize existing inequalities perform a "palliative function", and are associated with better subjective well-being and physical health (Jost, 2019). However, the assumptions of the aforementioned theory must be qualified depending on the status of the group to which the person belongs. As women belong to the

disadvantaged group in the social hierarchy established according to gender, thus when women with a man-favorable SDS adherence typology accept that hierarchy is legitimate, they might internalize their status inferiority with respect to men, which would harm their sexual satisfaction (Lick et al., 2013).

Unlike previous evidence (Lykins et al., 2012; Moyano and Sierra, 2014; Arcos-Romero and Sierra, 2020), sexual inhibition due to threat of performance failure positively predicted sexual satisfaction. Instead no evidence was found for the predictive capacity of sexual excitation and (Lykins et al., 2012) and inhibition due to threat of performance consequences (Moyano and Sierra, 2014). The predictive power of propensity inhibition due to threat of performance failure was both low and variable among adherence typologies according to gender in the SS area. Inhibition due to threat of performance failure promoted sexual satisfaction in men for the man-favorable typology, and also for women in the egalitarian typology. In the SS area, the fact that the men who encouraged their own group's privileges through women's sexual shyness could mean that they considered a heavier weight for themselves. This could involve placing more emphasis on sexual activity with a positive impact on sexual satisfaction. For women, the egalitarian typology establishes the same criteria for evaluating sexual behavior when done by oneself or one's partner. Given this equality, concerns such as sexual performance or the ability to please one's partner appear to increase, which could have a positive impact on sexual satisfaction. Finally, sexual inhibition is considered to be an adaptation mechanism that hinders sexual response until a stimulus or the sexual situation is evaluated as not being threatening (Granados et al., 2020). These results support the role of gender roles, insofar as socialization, and learning processes could be responsible for the inhibition of gender differences (Pinxten and Lievens, 2016). So future research could consider if these evaluations made in the sexual shyness context could be taken as not being threatening depending on different forms of individual SDS adherence by men or women.

The interpersonal variable relationship satisfaction was the main predictor of sexual satisfaction in all the models, and was the only predictor in the woman-favorable

typology in men in both sexual behavior areas and in the egalitarian typology in women in SF area, which confirms the results published in former studies (Byers, 2005; Sánchez-Fuentes et al., 2015; Sánchez-Fuentes and Santos-Iglesias, 2016; Calvillo et al., 2020a). As relationship satisfaction is a component of the Interpersonal Exchange Model of Sexual Satisfaction (Lawrance and Byers, 1995), higher relationship satisfaction levels imply more sexual satisfaction for partners (Haavio-Mannila and Kontula, 2003; Byers, 2005). This study provides evidence that relationship satisfaction was the variable that more clearly explains sexual satisfaction in different forms of adherence to SDS and in both sexual behaviour areas.

No predictive role was found in sexual satisfaction with gender norms about sexual behaviors. Systematic reviews performed to explain sexual satisfaction with the Ecological Theory Model have found that the predictive power of social variables is poor, and stressed that personal and interpersonal variables are the main predictors of sexual satisfaction (Sánchez-Fuentes et al., 2014; Calvillo et al., 2018). Previous research works have also demonstrated that the impact of gender norms on sexuality would be mediated by the pressure that someone is under to adapt to these norms (Sánchez et al., 2005). Accordingly, the fact that gender norms have no predictive effect on sexual satisfaction might be because we did not measure adherence to these norms, rather the interviewee's perception of society adhering to these gender norms about sexual behaviors.

This study has its limitations, which influence how its results are interpreted. Our sample was selected by performing non probabilistic sampling of the Spanish population, which included individuals with a heterosexual orientation. So the extent to which these results can be generalized to the population and other sexual orientations must be taken into account. Given the use of explicit SDS measures, future studies could contemplate implicit measuring (Endendijk et al., 2020; Thompson et al., 2020), as well as the couple's dyad and the role that the variables applied to the couple's relationship play (e.g., time the relationship lasts, living together) to study sexual satisfaction in the couple context.

Likewise, we stress the cross-sectional descriptive nature of this study, and recommend analyzing these results by a quasiexperimental methodology.

Conclusion

To conclude, our results contribute to the study of sexual satisfaction for several reasons. We observed higher sexual satisfaction levels in the egalitarian typology to evaluate sexual behaviors, which means that the postures that defend the men or women hegemony would appear to make sexual satisfaction difficult. Particularly in the sexual freedom area, the men belonging to the man-favorable typology would experience less sexual satisfaction than the men of the egalitarian typology. It was found that the differences in sexual satisfaction and related variables (i.e., personal, interpersonal and social nature) depended on both the person's characteristics, such as gender and SDS adherence type, and also on the sexual behavior area (i.e., sexual freedom and sexual shyness) referred to by the attitude towards the SDS. Moreover, and once again, this study supports applying the Ecological Theory (Bronfenbrenner, 1994) to propose the sexual satisfaction prediction. We generally obtained more predictor variables of sexual satisfaction in women than in men. We highlight that in all explanatory models, a variable of an interpersonal nature was the main predictor of sexual satisfaction: relationship satisfaction. Our study also evidenced the role of the personal variables: age, propensity for sexual inhibition, general opposition to equality. The predictive capacity of personal and interpersonal factors have on sexual satisfaction depends on the characteristics of the person, such as gender and the type of adherence to the sexual double standard, and the sexual behavior areas (i. e., freedom and shyness) referred to by the attitude of the double standard. The age variable turned out to be predictive in more models. Propensity for sexual inhibition due to threat of performance failure and general opposition to equality were found in the sexual shyness area, which means more variables predicting sexual satisfaction in this domain. Finally, the presented results could contribute to the clinical field if we consider the interiorization of gender roles in the sexual behavior area as a

variable to bear in mind. In this way, these findings could be considered in sexual health programs through the support of egalitarian norms about sexual behavior to foster satisfactory and pleasant sexuality. Moreover, they could contribute to sexual satisfaction in sexual therapy in the couple context by promoting positively related variables and inhibiting those that are negatively associated with such therapy to improve heterosexual couple's sexual health. In this way, sexual inhibition due to the threat of performance failure has a role positive in sexual satisfaction in the sexual shyness area, whose interpretation and intervention depends on SDS adherence types and gender.

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La salud sexual se define como la capacidad de hombres y mujeres para expresar libremente su sexualidad sin riesgo de enfermedades de transmisión sexual, embarazos no deseados, coerción, violencia, discriminación o estigmatización (Kismödi et al., 2017; Lottes, 2000). Las actitudes sexuales -entendidas como creencias con una elevada carga emocional que predisponen a responder favorable o desfavorablemente a los estímulos sexuales- influyen en la sexualidad de hombres y mujeres (Blanc, 2021; Carvalho et al., 2013; Sierra et al., 2020; Sierra, Arcos-Romero et al., 2021; Sierra, Gómez-Carranza et al., 2021). En concreto, las actitudes sexuales relacionadas con el género parecen tener un efecto negativo sobre la salud sexual (Emmerink, van den Eijnden et al., 2016; Sanchez, Fetterolf et al. 2012); en este contexto se sitúa el doble estándar sexual (DES). El DES implica la valoración de un comportamiento sexual con diferentes criterios en función de si los realiza un hombre o una mujer (Fasula et al., 2014; Marks y Fraley, 2005; Milhausen y Herold, 2002), por lo que es particularmente saliente para entender las interacciones sexuales al definir la sexualidad de hombres y mujeres como opuesta (Fasula et al., 2014).

Con el propósito de avanzar en la comprensión e impacto del DES sobre la salud sexual de hombres y de mujeres, esta Tesis Doctoral agrupa seis estudios independientes y secuenciales. En primer lugar, se realizó una revisión sistemática de la literatura científica con el objetivo de actualizar los conocimientos acerca de la asociación de la norma tradicional del DES (i.e., mayor libertad sexual para el hombre que para la mujer) con el funcionamiento y las conductas sexuales de riesgo. Tras la recopilación y análisis de la evidencia científica se concluyó que el DES favorable al hombre perjudica dimensiones del funcionamiento sexual y favorece la realización de conductas sexuales consideradas de riesgo. Esta revisión de la literatura permitió identificar las principales limitaciones a superar en la conceptualización y evaluación del DES, recomendando el uso de la *Sexual Double Standad Scale* (SDSS; Muehlenhard y Quackenbush, 2011). También resaltó el escaso número de estudios acerca de la relación del DES con el funcionamiento sexual y enfatizó la necesidad de examinar su asociación con la excitación sexual, así como ampliar

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los hallazgos con respecto a la satisfacción sexual. Por tanto, a partir de estas indicaciones se organizaron los siguientes cinco estudios de la Tesis Doctoral.

El segundo estudio tuvo como objetivo avalar la evaluación del DES a través de la de la versión española de la SDSS propuesta por Sierra et al. (2018). Se confirmó la estructura bifactorial de la escala (i.e., Aceptación de la libertad sexual y Aceptación del recato sexual), lo que permiten obtener dos índices para evaluar diferentes normas de DES en dos áreas independientes de los comportamientos sexuales (i.e., libertad y recato sexual). Además, se puso de manifiesto la equivalencia de su medida entre hombres y mujeres, por edad y nivel educativo, lo que permite asegurar su evaluación y posterior comparación en muestras con mayor diversidad sociocultural. No obstante, se identificó funcionamiento diferencial del par de ítems 11 y 14, pertenecientes al factor Aceptación de la libertad sexual, a través de la edad, por lo que se recomienda no considerarlos en la comparación entre grupos etarios. Ante esta evidencia, el DES se evaluó con el uso de esta escala y, con el fin dar respuesta al debate de su existencia e implicaciones en la sexualidad, se propuso categorizar sus puntuaciones en tipologías de adhesión al DES (i.e., favorable al hombre, favorable a la mujer, igualitaria y ambivalente) en libertad y recato sexual.

Por un lado, mediante el análisis de la prevalencia de estas tipologías de adhesión al DES se examinó la presencia de este constructo en la actualidad. El tercer estudio, realizado en población española, mostró diferencias en el porcentaje de hombres y mujeres, y a través de la edad, en el apoyo a la norma mayoritaria de DES. Y, el cuarto estudio identificó diferencias transculturales en la norma de DES que prevalece en países hispanohablantes (i.e., España, Perú y Ecuador).

Por otro lado, los dos estudios restantes aportaron evidencias acerca de la asociación del DES con la excitación y satisfacción sexual. En el quinto estudio se diseñó una investigación de laboratorio para evaluar el acuerdo entre la respuesta genital y la excitación sexual autoinformada; y, en el sexto y último trabajo, se examinó la satisfacción sexual en el contexto de una relación de pareja y se realizaron modelos explicativos a partir de variables asociadas de nivel personal, interpersonal y social. Los hallazgos de ambos

trabajos permitieron concluir que el tipo de adhesión al DES implica diferencias en estas dos dimensiones del funcionamiento sexual.

En definitiva, la presente a Tesis Doctoral aumenta el conocimiento del DES con un enfoque que permite analizar diferentes estándares en la valoración de comportamientos de la libertad y del recato sexual, y evidencia su relevancia en la respuesta sexual de hombres y mujeres. A continuación, se discuten los hallazgos de cada investigación de manera más detallada.

Revisión de la literatura científica: relación del doble estándar sexual con el funcionamiento sexual y las conductas sexuales de riesgo

Como se ha señalado anteriormente, la Tesis Doctoral parte con una revisión sistemática de la literatura científica con el objetivo de aportar información relevante (Checa-Moreno y Quevedo-Blasco, 2017; Quevedo-Blasco et al., 2021), en este caso, sobre la relación del DES con dimensiones del funcionamiento sexual y las conductas sexuales de riesgo. Se consideró la norma del DES que tradicionalmente ha sido descrita, es decir, la defensa de mayor libertad sexual para el hombre que para la mujer. La búsqueda bibliográfica se realizó en los meses de diciembre de 2019 y enero de 2020 a través de las bases de datos *Scopus*, *Web of Science*, *PsycInfo* y *PsycArticles*. Para su realización, se siguieron las recomendaciones de la declaración PRISMA (Liberati et al., 2010) y se llevó a cabo un análisis de los documentos una vez evaluada la calidad metodológica de los trabajos a considerar (Morales-Toro et al., 2019) con la combinación de dos herramientas: *Quality Assesment Tool for Observational Cohort and Cros-Sectional Studies* (National Heart, Lung, and Blood Institute, 2014) para investigaciones cuantitativas y *Strenghtening the Reporting of Observational studies in Epidemiology* (van Elm et al., 2008) para estudios observacionales.

En total, se identificaron 22 artículos científicos, que fueron objeto de la revisión sistemática. En primer lugar, se resalta la homogeneidad de las muestras estudiadas en términos de edad, etnia y nivel educativo, lo que dificulta la generalización de los

resultados obtenidos (Yanez-Peñúñuri et al., 2019), como identifican otras revisiones e investigaciones acerca del DES (Crawford y Popp, 2003; Endendijk et al., 2020; Fugère et al., 2008; Sagebin Bordini y Sperb, 2013; Sánchez-Fuentes et al., 2020). A su vez, se destaca que el instrumento estandarizado más empleado en la evaluación del DES fue la *Double Standard Scale* (DSS; Caron et al., 1993) que, como se planteó en la Introducción de esta Tesis Doctoral, limita la evaluación de esta actitud sexual al no distinguir la aceptación individual de la percepción social, ni permitir el análisis de diferentes normas de DES debido a que sus ítems se encuentran redactados en sentido de la norma sexual favorable al hombre (Endendijk et al., 2020; Sierra et al., 2018). Es por ello por lo que, en consonancia con la propuesta del metaanálisis de Endendijk et al. (2020), se recomienda el uso de la *Sexual Double Standard Scale* (SDSS; Muehlenhard y Quackenbush, 2011).

En segundo lugar, tras analizar los resultados de los trabajos incluidos, se concluye que el DES favorable al hombre se asocia negativamente con las dimensiones del funcionamiento sexual, a excepción de la excitación sexual para la que no se hallaron investigaciones. La presencia del DES favorable al hombre implica dificultades en el deseo sexual y la experiencia orgásmica de las mujeres (Jackson y Cram, 2003; Kelly et al., 2017). Además, esta norma de DES perjudica la satisfacción sexual de hombres y mujeres, según indican los estudios de Haavio-Mannila y Kontula (2003), Horne y Zimmer-Gembeck (2006) y Santos-Iglesias et al. (2009). Sin embargo, en la investigación de Marques et al. (2013) realizada en una muestra formada exclusivamente por hombres no se encontró asociación del DES favorable al hombre con la satisfacción sexual. Esta inconsistencia en los resultados podría estar asociada a las dificultades conceptuales y metodológicas que tradicionalmente ha planteado esta dimensión de la respuesta sexual (Lawrance y Byers, 1992), como por ejemplo la escasez de instrumentos de evaluación basados en modelos teóricos sólidos (Calvillo et al., 2018; Sánchez-Fuentes et al., 2014). En las investigaciones incluidas en esta revisión sistemática, la evaluación de la satisfacción sexual se llevó a cabo con preguntas aisladas (e. g., Haavio-Mannila y Kontula, 2003) o con escalas que incluyen ítems referidos a constructos afines, como son la actitud sexual, el deseo o la excitación

sexual (e.g., Horne y Zimmer-Gembeck, 2006; Marques et al., 2013; Santos-Iglesias et al., 2009).

Por ello, para concluir acerca de la relación DES-satisfacción sexual, se requieren instrumentos basados en modelos teóricos con evidencia consolidada, como puede ser el *Interpersonal Exchange Model of Sexual Satisfaction* (IEMSS; Lawrance y Byers, 1995), que ha sido adaptado y validado en población española heterosexual (Sánchez-Fuentes y Santos-Iglesias (2016) y gay (Mangas et al., 2023). Este modelo se basa en la Teoría del Intercambio Social (Thibaut y Kelley, 1959), que defiende que el desarrollo, mantenimiento y deterioro de las relaciones tienen lugar en función de los intercambios que ocurren dentro de la relación de pareja. Los intercambios se refieren a los pensamientos y los comportamientos de la propia pareja que pueden resultar positivos o negativos. Los positivos se consideran beneficios que resultan agradables y placenteros. Los negativos representan costes que generan malestar, dolor, ansiedad o vergüenza (Thibaut y Kelley, 1959). Para que cada miembro de la pareja se encuentre satisfecho, los beneficios deben superar a los costes derivados de la relación (Byers y Wang, 2004). Desde la propuesta del IEMSS, los beneficios y costes sexuales se organizan en cuatro componentes que permiten determinar la satisfacción sexual en el contexto de una relación de pareja: (1) el balance de los beneficios y costes sexuales, (2) el balance de los beneficios y costes sexuales obtenidos comparado con los beneficios y costes sexuales esperados, (3) el nivel de igualdad percibida de beneficios y costes sexuales, y (4) la calidad de aspectos no sexuales de la relación de pareja. A partir de este modelo, se ha desarrollado un instrumento de evaluación, el *Interpersonal Exchange Model of Sexual Satisfaction Questionnaire* (IEMSSQ; Lawrance et al., 2011), validado en población española por Sánchez-Fuentes et al. (2015), en parejas de distinto sexo, y por Calvillo, Sánchez-Fuentes, Parrón-Carreño et al. (2020), en parejas del mismo sexo. Este cuestionario está compuesto por cuatro elementos independientes: el *Exchange Questionnaire* (EXQ), que permite evaluar los componentes del modelo; la *Global Measure of Sexual Satisfaction* (GMSEX) para medir la satisfacción sexual general; la *Global Measure of Relationship Satisfaction*

(GMREL) para medir la satisfacción con la relación de pareja; y una lista de intercambios sexuales (*Rewards/Costs Checklist*; RCC).

Con respecto a los resultados obtenidos con relación a las conductas sexuales de riesgo, se resalta que la adhesión al DES favorable al hombre predice un menor uso de protección en las relaciones sexuales (Danube et al., 2016; Lotfi et al., 2013; Srijaiwong et al., 2017; Teitelman et al., 2013) e implica mayor probabilidad de contraer infecciones de transmisión sexual (Bermúdez et al., 2010, 2013; Orisaremi, 2017; Teitelman et al., 2013). En especial, esta norma de DES resulta perjudicial para las mujeres, ya que en ellas también se ha relacionado con mayor dificultad en la toma de decisiones (Kelly et al., 2017; Khumsaen y Gary, 2009) y preocupaciones sobre las relaciones sexuales (Fjaer et al., 2009; Ford y Kittuksathit, 1994; Khumsaen y Gary, 2009; Saavedra et al., 2010), junto con rechazo y estigmatización por el diagnóstico de una infección de transmisión sexual en mayor medida que los hombres (Smith et al., 2008).

En resumen, estas evidencias recopiladas en esta revisión sistemática de la literatura científica muestran el impacto negativo del DES favorable al hombre en la salud sexual, en concreto afectando al funcionamiento sexual y favoreciendo conductas sexuales de riesgo. Se requiere avanzar en la investigación del DES con muestras más heterogéneas y diversas a través de un enfoque que recoja una perspectiva holística que incluya diferentes normas de DES para valorar los comportamientos sexuales de hombres y mujeres. Asimismo, se propone ampliar la investigación de la asociación del DES con el funcionamiento sexual debido al escaso número de estudios existentes, con énfasis en las dimensiones de la excitación sexual, ante la ausencia de trabajos encontrados, y de la satisfacción sexual, con el objetivo de superar los resultados inconsistentes encontrados.

Conceptualización del doble estándar sexual: evaluación y análisis a través de tipologías de adhesión para libertad y recato sexual

Tal y como se indicó en la revisión de la literatura del DES (Estudio 1 de la Tesis Doctoral), un instrumento recomendable para evaluar el DES es la SDSS (Muehlenhard y

Quackenbush, 2011). La versión española de Sierra et al. (2018) identifica diferentes normas de DES en dos ámbitos independientes de los comportamientos sexuales: libertad y recato sexual. La libertad sexual es definida como “el reconocimiento y la aprobación del beneficio para hombres y mujeres de tener sexo libremente respetando los derechos sexuales”, y el recato sexual se refiere “al reconocimiento y la aprobación de la voluntad de hombres y de mujeres para manifestar decoro, castidad y continencia en las relaciones sexuales” (Álvarez-Muelas et al., 2021; p. 2). Así, su medida permite examinar mayor variedad de comportamientos sexuales y apoya la propuesta hecha en el metaanálisis de Endendijk et al. (2020) de evaluar este constructo en comportamientos asociados a la alta actividad sexual más típica del hombre (i.e., área de la libertad sexual) y a la baja actividad sexual más relacionada con la mujer (i.e., área del recato sexual).

Según las recomendaciones de los estándares internacionales para la creación y validación de instrumentos de evaluación se requiere examinar la equivalencia de su medida (American Educational Research Association et al., 2014; Hernández et al., 2020; International Test Commission, 2017; Muñiz et al., 2013; Muñiz y Fonseca-Pedrero, 2019) y asegurar que las posibles diferencias observadas entre los grupos no se deban a dificultades metodológicas (Grouzet et al., 2006; Henssums et al., 2022). Principalmente, para profundizar en el estudio del DES se precisa su comparación entre hombres y mujeres (van Lankveld et al., 2022), y a través de variables que pueden tener un papel en la construcción de los roles de género, como pueden ser la edad o el nivel educativo (Wood y Eagly, 2002, 2012). Por ello, se desarrolló el segundo estudio de la Tesis Doctoral con el objetivo de examinar la invarianza factorial y el funcionamiento diferencial del ítem (DIF, por sus siglas en inglés) de la versión española de la SDSS (Sierra et al., 2018) entre hombres y mujeres, por grupos de edad y nivel educativo.

Los resultados confirman la estructura de la escala formada por dos factores (i.e., Aceptación de la libertad sexual y Aceptación del recato sexual) al obtener adecuados índices de ajuste, así como evidencias de consistencia interna con coeficientes alfa ordinal de 0,75 a 0,83 para el primer factor y de 0,80 a 0,86 para el segundo factor. Por su parte,

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el análisis de la invarianza factorial en la medida del DES alcanza el nivel estricto entre hombres y mujeres, y se asegura el nivel fuerte a través del nivel educativo (i.e., sin estudios, estudios primarios, estudios secundarios y estudios universitarios). Además, el funcionamiento diferencial de los ítems resultó insignificante para estas dos variables. Por su parte, en la comparación entre diferentes grupos de edad, se confirma que un par de ítems del factor Aceptación de la libertad sexual, en concreto el par formado por los ítems 11 (“*Un hombre debería tener experiencia sexual antes de casarse*”) y 14 (“*Una mujer debería tener experiencia sexual antes de casarse*”), presentan funcionamiento diferencial en el grupo más joven (de 18 a 34 años) en comparación con los otros grupos de edad (de 35 a 49 años y de 55 años en adelante. Este sesgo podría reflejar que la conducta de relaciones sexuales prematrimoniales estaría exenta de la presencia DES en las generaciones más actuales, como señalan investigaciones de las dos últimas décadas (Crawford y Popp, 2003; Endendijk et al., 2020; Jonason y Marks, 2009; Sagebin Bordini y Sperb, 2013). Por tanto, se recomienda no tener en cuenta este par de ítems (11 y 14) en la comparación entre grupos etarios.

Tras asegurar la equivalencia de la medida, se comparó la adhesión al DES entre hombres y mujeres, grupos de diferentes edades y diferente nivel educativo. Los resultados se encuentran en consonancia a los obtenidos por otras investigaciones, observándose mayor intensidad en la adhesión al DES favorable al hombre en hombres en comparación con mujeres (Allison y Risman, 2013; Almeida et al., 2022; England y Bearak, 2014; Gómez-Berrocal et al., 2022; Guerra-Marmolejo et al., 2021; Gutiérrez-Quintanilla et al., 2010; Holland y Vangelisti, 2020; Kim et al., 2019; Sierra et al., 2007, 2018; Thompson et al., 2020; van Lankveld et al., 2022), a medida que aumenta la edad (Gómez-Berrocal et al., 2022; Sierra et al., 2018; Sprecher, 1989) y a menor nivel educativo (Sierra et al., 2007, 2012; Sierra, Monge et al., 2010). Para el DES favorable a la mujer se obtuvo mayor fuerza a favor de esta norma en mujeres que en hombres (Allison y Risman, 2013; Sánchez-Fuentes et al., 2020; van Lankveld et al., 2022) y, en el área de la libertad sexual, se

identifica más intensidad en su adhesión en niveles educativos más altos y en el grupo de edad más joven.

En definitiva, este estudio asegura la invarianza de la medida de la versión española de la SDSS de Sierra et al. (2018) entre hombres y mujeres, y a través de la edad y el nivel educativo. Además, se puso de manifiesto que esta escala presenta adecuadas propiedades psicométricas por lo que se recomienda su uso en la evaluación de diferentes normas de DES en muestras con diversidad sociocultural.

Con el fin de analizar la presencia e implicaciones de la actitud de DES en la sexualidad de hombres y mujeres, esta Tesis Doctoral propuso categorizar las puntuaciones obtenidas en la versión española de la SDSS (Sierra et al., 2018) en diferentes tipologías de adhesión al DES. La tipología favorable al hombre describe la defensa de mayor libertad/menor recato sexual para el hombre que para la mujer, y es obtenida con puntuaciones con valor positivo (desde +1 hasta +12) en el índice de DES. La tipología favorable a la mujer representa el apoyo a mayor libertad/menor recato sexual para la mujer en comparación con el hombre, y es obtenida con puntuaciones de valor negativo (desde -12 a -1) en el índice de DES. La tipología igualitaria describe a aquellas personas que evalúan la libertad/el recato sexual con el mismo criterio para hombres y mujeres, obtenida a partir de una puntuación de cero en el índice de DES y en la resta de cada uno de los pares que conforman ese índice. Finalmente, la tipología ambivalente representa aquellas personas que manifiestan una inconsistencia en la valoración de la libertad/recato sexual entre hombres y mujeres y se obtiene con puntuación de cero en el índice de DES junto con puntuaciones diferentes a cero en la resta entre los pares que conforman ese índice.

La adhesión a esta actitud sexual, como se planteó en el Estudio 2, alude a la intensidad o fuerza a favor de la norma del DES, mientras que el análisis de la prevalencia permitiría describir el porcentaje de personas que defiende esa norma del DES, aportando respuesta al debate sobre la existencia de dobles estándares sexuales en sociedades actuales (Sierra et al., 2018). Por ello, con el objetivo específico de conocer la norma sexual

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mayoritaria en población adulta española con orientación heterosexual, el tercer estudio de la Tesis Doctoral analizó y comparó entre hombres y mujeres, y entre diferentes grupos de edad, la prevalencia de las tipologías de adhesión al DES (i.e., favorable al hombre, favorable a la mujer, igualitaria y ambivalente) en las áreas de la libertad y del recato sexual.

De forma general, en el conjunto de la muestra formada por 2.002 adultos heterosexuales (1.001 hombres y 1.001 mujeres) se observa mayor prevalencia de la norma igualitaria en el área de la libertad sexual, mientras que las tipologías favorable al hombre, favorable a la mujer y ambivalente se muestran más prevalentes en el área del recato sexual. Esta evidencia plasma el creciente apoyo de las últimas décadas a comportamientos sexuales más liberales tanto para hombres como para mujeres (Bianchi et al., 2000; Delgado Amaro et al., 2021; García et al., 2012; Paul et al., 2000; Petersen y Hyde, 2010), así como un nuevo marco para la expresión del DES en relación con el conservadurismo y la inhibición sexual (Fasula et al., 2014) que permite discriminar mejor las distintas formas que puede adoptar el DES (Gómez-Berrocal et al., 2022).

En la comparación de las tipologías de adhesión al DES entre hombres y mujeres, de acuerdo con la evidencia sobre la adhesión (Allison y Risman, 2013; Álvarez-Muelas et al., 2019; Eaton y Matamala, 2014; Gómez-Berrocal et al., 2022; Guo, 2019; Hensums et al., 2022; Sánchez-Fuentes, 2020; Sierra et al., 2018; van Lankveld et al., 2022), se identifica mayor porcentaje de hombres que apoyan la tipología favorable al hombre y de mujeres en las tipologías igualitaria y favorable a la mujer. Estos resultados reflejan una tendencia hacia el favoritismo endogrupal (Greenwald et al., 2002; Rudman y Goodwin, 2004), al mostrar una evaluación más positiva de los comportamientos sexuales realizados por el propio grupo de pertenencia (Gómez-Berrocal et al., 2022; Hensums et al., 2022; Sánchez-Fuentes et al., 2020; Thompson et al., 2020).

Por su parte, el análisis de la distribución de las tipologías de adhesión al DES a través de la edad también muestra diferencias significativas en las dos tipologías que defienden dobles estándares sexuales (i.e., favorable al hombre y favorable a la mujer).

Para la tipología favorable al hombre, en los hombres se obtuvieron diferencias en el área de la libertad sexual, con mayor porcentaje en los grupos de mediana edad (de 26 a 35 y de 36 a 55 años). Si consideramos que el apoyo al DES podría ser un fenómeno contextual (Zaikman y Marks, 2014), la presencia de la ideología de género más igualitaria, con la despenalización de la sexualidad femenina (Reid et al., 2011, 2015), podría conducir a que estos hombres considerasen un detrimento de su dominancia social. La defensa de mayor libertad sexual para ellos podría ser una reacción con el fin de mantener el paternalismo dominante (Glick y Fiske, 2011), así como su papel dominante y proactivo en las relaciones sexuales (Sierra et al., 2018). En la muestra de mujeres, las diferencias se obtienen en ambas áreas de comportamientos sexuales, con mayor prevalencia de la norma favorable al hombre en el grupo de mayor edad (de 56 años en adelante) en comparación con las más jóvenes (de 18 a 25 años), hecho que coincide con mayor intensidad de esta norma del DES a medida que aumenta la edad (Gómez-Berrocal et al., 2022; Sierra et al., 2018; Sprecher, 1989). Con respecto a la tipología de adhesión favorable a la mujer, las diferencias se observan en el área de la libertad sexual con mayor porcentaje en el grupo joven de hombres y mujeres, en consonancia con el estudio de Gómez-Berrocal et al. (2022). La emergencia del DES favorable a la mujer se ha propuesto como reacción a las consecuencias negativas derivadas de la desigualdad entre hombres y mujeres de las que las nuevas generaciones podrían estar más sensibilizadas.

Para concluir, los hallazgos de este estudio avalan el análisis de las tipologías de adhesión al DES para profundizar en la existencia y comprensión de esta actitud sexual. Se obtiene que la prevalencia de la norma mayoritaria del DES varía en función del área del comportamiento sexual (i.e., libertad y recato sexual) y de características de los grupos de la población española. Teniendo en cuenta que la tipología ambivalente representa menos del 10% de personas, que no presenta diferencias significativas entre hombres y mujeres, ni a través de la edad y que, además, refleja inconsistencia en la evaluación de los comportamientos sexuales para hombres y mujeres, no se consideró su análisis en los siguientes estudios de la presente Tesis Doctoral.

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Seguidamente, para aportar evidencias transculturales del DES comparando distintas culturas y grupos étnicos (Guo, 2019), el cuarto estudio de la Tesis Doctoral analizó y comparó la prevalencia de las tipologías de adhesión al DES (i.e., igualitaria, favorable al hombre y favorable a la mujer) en libertad y recato sexual en jóvenes universitarios de España, Perú y Ecuador. La elección de jóvenes universitarios pretende asegurar personas del mismo grupo etario y que experimenten un periodo evolutivo similar, con el fin de maximizar que las diferencias de la norma mayoritaria al DES radiquen en el país de origen. Además, el periodo comprendido de los 18 a 25 años, denominado adultez emergente, se caracteriza como una etapa de transición (Arnett, 2000; Arnett y Mitra, 2020) en la que los guiones sexuales son especialmente destacados (Arnett, 2000; Thompson et al., 2020) que, junto con el entorno universitario, representa una buena oportunidad para examinar el papel que representan las normas en las actitudes sexuales (Emmerink, van den Eijnden et al., 2016).

Para ello, en este estudio también se utilizó la versión española de la SDSS de Sierra et al. (2018), escala que muestra invarianza de su estructura y equivalencia de su medida entre países hispanohablantes, como señala el estudio de Sánchez-Fuentes et al. (2020) realizado en población española y colombiana. Bajo el supuesto de que el nivel de igualdad de género alcanzado en una sociedad podría explicar la presencia del DES (Endendijk et al., 2020), se espera encontrar diferencias en la norma mayoritaria que adopta esta actitud sexual entre estos tres países hispanohablantes.

Tanto en la muestra total como en hombres y mujeres por separado, se obtienen diferencias en el porcentaje de jóvenes que apoyan los distintos tipos de adhesión al DES en función del país de pertenencia. La tipología igualitaria prevalece en mayor medida en España en comparación con Perú y Ecuador. Este resultado confirma la hipótesis planteada, ya que España obtiene menores puntuaciones de desigualdad y brecha de género en comparación con los otros dos países hispanos (United Nations Development Program, 2017; World Economic Forum, 2017).

Por su parte, la tipología favorable al hombre prevalece entre los jóvenes de Perú (frente a España y Ecuador) y de Ecuador (frente a España). Resultados de investigaciones previas indican mayor fuerza de adhesión de esta norma de DES en países hispanoamericanos en comparación con España (Gutiérrez-Quintanilla et al., 2010; Sánchez-Fuentes et al., 2020). Existen evidencias acerca de que Perú y Ecuador muestran diferencias más marcadas en la distribución de los recursos por género que la sociedad española (United Nations Development Program, 2017; World Economic Forum, 2017), por lo que esta investigación apoya el supuesto de que las culturas con mayores diferencias en roles de género tienden a mantener el apoyo al DES favorable la hombre (Wood y Eagly, 2002, 2012).

Por último, en referencia a la tipología favorable a la mujer, cabe señalar que la presente investigación es la primera en comparar transculturalmente su prevalencia. Se observa mayor porcentaje entre los jóvenes de Ecuador que en los de España y Perú. La sociedad ecuatoriana se caracteriza por mayor brecha de género en indicadores de salud, educación, economía y política en comparación con Perú y España (United Nations Development Program, 2017), por lo que la emergencia de la norma del DES favorable a la mujer podría ser una reacción a las diferencias de poder entre hombres y mujeres (Howell et al., 2011) y a las consecuencias negativas sobre las experiencias sexuales de las mujeres, en particular, y su salud, en general. Concretamente, al analizar la muestra de hombres y mujeres de forma independiente, las diferencias en la prevalencia de la tipología favorable a la mujer solo se obtienen en el área del recato sexual. La defensa de mayor recato sexual para el hombre podría tener la intención de sancionar su rol dominante en las interacciones sexuales al considerarlo un riesgo para la salud sexual de las mujeres (Milhausen y Herold, 2002).

En definitiva, este estudio avala nuevamente el análisis del DES a través de la prevalencia de sus tipologías de adhesión para libertad y recato sexual, y concluye con la presencia de diferencias transculturales entre países hispanohablantes (i.e., España, Perú y Ecuador). Estos hallazgos señalan el posible papel de las condiciones socio-estructurales

y el acceso a los recursos entre hombres y mujeres en el apoyo mayoritario de la norma del DES. Por tanto, se destaca la relevancia del DES en las experiencias sexuales en los países hispanos (Giménez-García et al., 2020) y el abordaje de estrategias culturalmente relevantes para desafiar la presencia del doble estándar en la sexualidad de hombres y mujeres (Fasula et al., 2014; Giménez-García et al., 2020).

Asociación entre el tipo de adhesión al doble estándar sexual y la excitación y satisfacción sexual

Tal y como se justificó en la revisión sistemática (Estudio 1), es necesario ahondar en la relación del DES con el funcionamiento sexual, en concreto con las dimensiones de excitación y satisfacción sexual. Con este objetivo, se diseñaron los dos últimos estudios de la Tesis Doctoral que parten de la hipótesis de la existencia de diferencias en la experiencia de estas dos dimensiones de la respuesta sexual en función del tipo de adhesión al DES.

En el quinto estudio de la Tesis Doctoral se planteó una investigación de laboratorio para aportar por primera vez evidencias acerca de la asociación del DES con la excitación sexual experimentada ante el visionado de filmes con contenido sexual. La excitación sexual se describe como “un estado emocional/motivacional que puede ser activado por estímulos internos y externos y que puede deducirse de respuestas centrales (incluyendo verbales), periféricas (incluyendo genitales) y conductuales (incluyendo las tendencias de acción y la preparación motora)” (Janssen et al., 2011, p. 710). Puede ser evaluada a través de sus reacciones fisiológicas, siendo la más específica la respuesta genital (Velten, 2017), y mediante la deducción de la experiencia afectivo-cognitiva propia del individuo (Mosher, 2011, Sierra et al., 2017). El acuerdo entre la excitación sexual objetiva (i.e., respuesta genital) y la subjetiva (i.e., excitación sexual autoinformada) -denominado concordancia sexual- presenta diferencias entre hombres y mujeres. Los hombres suelen mostrar mayor grado de acuerdo en comparación con las mujeres (Chivers y Brotto, 2017; Chivers et al., 2010; Suschinsky y Lalumière, 2011; Suschinsky et al., 2020) y, además, en ellas se obtiene

mayor diversidad de resultados con asociaciones positivas, negativas y ausencia de relación entre ambas manifestaciones de la excitación sexual (Boyer et al., 2012; Brotto et al., 2016; Chivers et al., 2010; Clifton et al., 2015; Huberman et al., 2017). En consecuencia, la concordancia sexual ha sido objeto de debate en el ámbito de la investigación y de la clínica, requiriéndose evidencia que confirme la estabilidad de estos patrones de respuesta sexual (Lalumière et al., 2022). Con este objetivo específico, este trabajo examinó la concordancia sexual de jóvenes heterosexuales en función del tipo de adhesión al DES para libertad sexual. De acuerdo a los estudios que subrayan que las diferencias en la sexualidad de hombres y mujeres son derivadas de las expectativas y normas sociales de género (Alexander y Fisher, 2003; Brown y Sinclair, 1999; Fisher, 2013; Jonason y Fisher, 2009; Wiederman, 1997), junto con la evidencia de Suschinsky et al. (2020) que refleja el impacto de estas normas en la concordancia sexual de las mujeres, este estudio seleccionó el área de la libertad sexual con la intención de examinar el papel del DES, como una actitud basada en el prejuicio de género específica del ámbito de la sexualidad que tradicionalmente se ha descrito en la desigualdad presente en el ejercicio de la libertad sexual entre hombres y mujeres.

Para tal fin, se diseñó un protocolo experimental ad hoc. En una primera fase, se obtuvieron las puntuaciones en el Índice de Doble Estándar para Libertad Sexual de la versión española de la SDSS (Sierra et al., 2018) para asegurar la presencia de participantes con las tipologías de adhesión al DES (i.e., igualitaria, favorable al hombre y favorable a la mujer) para libertad sexual. En el contexto del Modelo de Control Dual de la respuesta sexual (Bancroft y Janssen, 2000), se propone que la excitación sexual se encuentra mediada por la existencia de un sistema excitatorio y otro inhibitorio, relativamente independientes con variabilidad individual. Por ello, en este estudio se controló la propensión a la excitación sexual/inhibición sexual a través de las respuestas a la versión española de las *Sexual Inhibition/Sexual Excitation Scales-Short Form* (Carpenter et al., 2011) de Moyano y Sierra (2014), que permiten obtener tres medidas: (a) Excitación sexual (SES, por sus siglas en inglés), (b) Inhibición sexual por miedo al fallo

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en el rendimiento/ejecución sexual (SIS1, por sus siglas en inglés), (c) Inhibición sexual por miedo a las consecuencias derivadas de la actividad/ejecución sexual (SIS2, por sus siglas en inglés). La segunda fase se correspondió con la tarea experimental que consistió en el visionado de dos secuencias experimentales compuestas por un video con contenido neutro (documental de la naturaleza) y otro con contenido sexual explícito (escena de relaciones heterosexuales en pareja). En cada secuencia se representaba el papel activo del hombre o de la mujer en la relación sexual, siendo contrabalanceadas en el orden de presentación, incluyendo en cada una de ellas el mismo número de participantes de cada tipo de adhesión al DES para eliminar las posibles preferencias sexuales asociadas a cada tipología. Durante el visionado de los filmes, se registró la respuesta genital mediante pletismografía para los cambios en la circunferencia peniana y fotopletismografía para la amplitud del pulso vaginal. La medida de la respuesta genital fue el resultado de la diferencia entre el video sexual y el video neutro. Al término de cada secuencia, se evaluó la excitación sexual subjetiva mediante las escalas de Valoración de Excitación Sexual (VES) y Valoración de Sensaciones Genitales (VSG) de Sierra et al. (2017).

Tanto en hombres como en mujeres, la asociación positiva entre la respuesta genital y la excitación sexual autoinformada se obtuvo en las tipologías igualitaria y favorable al hombre, resultado que rebate el supuesto generalizado sobre las diferencias en la concordancia sexual entre hombres y mujeres. En ellos, la concordancia sexual se obtiene en las tipologías que aseguran su libertad sexual (i.e., igualitaria y favorable al hombre), señalando que el acuerdo entre las medidas de excitación podría favorecerse por la mayor comodidad para evaluar su experiencia de excitación sexual (Alexander y Fisher, 2003; Fisher, 2013). En el caso de las mujeres, la concordancia sexual en la tipología igualitaria apoya que la comodidad y atención a las sensaciones fisiológicas podría fomentarse al minimizar las normas sociales de género que defienden su falta de excitación y respuesta sexual ante estímulos sexuales (Suschinsky et al., 2020) y, con ello, se favorece el acuerdo entre las medidas de excitación sexual. En cambio, la concordancia sexual obtenida en mujeres con tipología favorable al hombre parece contradecir esta suposición

y las investigaciones previas que sugieren que las creencias que perpetúan esta norma de DES podrían disminuir la excitabilidad subjetiva de las mujeres (Costa et al., 2009; Emmerink, van den Eijnden et al., 2016; Kiefer et al., 2006; Sanchez, Fetterolf et al., 2012). En el trabajo de Carvalho y Nobre (2010) se señala que el rol de pasividad junto con pensamientos de control en las interacciones sexuales (e.g., “*debería esperar que él de el primer paso*”, “*no debería mostrar mi interés*”), que se encuentran en consonancia con la adhesión al DES favorable al hombre, podrían ser un contexto inicial y normativo para las mujeres que no tendría que ser necesariamente negativo para el inicio y mantenimiento de la actividad sexual. Además, resulta oportuno interpretar este resultado considerando las implicaciones de esta norma de DES. Se sabe que en ellas, el apoyo al DES favorable a los hombres se asocia con la experiencia de victimización sexual (Dunn et al., 2014; Eaton y Matamala, 2014; Endendijk et al., 2020; Koon-Magnin y Ruback, 2012; Lee et al., 2010; Moyano et al., 2017; Sierra, Bermúdez et al., 2014; Sierra et al., 2011; Sierra, Santos-Iglesias et al., 2010), por lo que estas mujeres podrían atender a sus sensaciones sexuales con el fin de asegurar su bienestar durante la relación sexual. Por otro lado, la adhesión al DES favorable al hombre conlleva que las mujeres orienten la interacción sexual a las preferencias y satisfacción sexual de los hombres (Kelly et al., 2017). Dado que los hombres pueden valorar como un logro para su masculinidad que la mujer alcance el orgasmo en las relaciones sexuales (Chadwick y van Anders, 2017), la atención a sus sensaciones de la experiencia podría estar motivada a satisfacer a sus parejas sexuales (Sánchez-Fuentes et al., 2021; Sánchez-Fuentes y Santos-Iglesias, 2016).

Seguidamente, para aportar evidencias de validez a las medidas de autoinforme en la evaluación de la excitación sexual, se analizó la capacidad explicativa de estas sobre la respuesta genital en las tipologías de adhesión al DES que mostraron concordancia sexual (i.e., igualitaria y favorable al hombre). En los hombres, el grado de erección fue explicado por la atención a las sensaciones genitales (i.e., puntuaciones en la Escala de Valoración de Sensaciones Genitales) en la tipología igualitaria y por una valoración más general de la excitación sexual (i.e., las puntuaciones en la Escala de Valoración de Excitación Sexual)

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en la tipología favorable al hombre. Por tanto, la evidencia indica que el tipo de adhesión al DES podría influir en el foco de atención de la experiencia de excitación sexual en los hombres, desde uno más específico a otro más amplio, diferenciándose así el instrumento más útil para evaluarla. En las mujeres, la amplitud de pulso vaginal fue explicada por la valoración de las sensaciones genitales en ambas tipologías (i.e., igualitaria y favorable al hombre), hecho que corrobora que la conciencia interoceptiva podría ser un factor relevante en su excitación sexual (Brotto et al., 2016; Velten et al., 2018). Desde este trabajo se apoya el uso de estrategias e intervenciones para fomentar la atención y la conciencia en la experiencia sexual por parte de las mujeres (Vilarinho et al., 2014) como, por ejemplo, la terapia basada en mindfulness que ha mostrado su eficacia para fomentar la concordancia sexual de las mujeres (Brotto et al., 2016) y que cuenta con números beneficios para la salud y el bienestar en general (Fuentes et al., 2022).

En conclusión, se confirma la asociación del DES con la excitación sexual a través del análisis de la concordancia sexual. Se muestra que el acuerdo entre las medidas de excitación sexual (i.e., respuesta genital y excitación sexual autoinformada) depende del tipo de adhesión al DES (i.e., igualitaria o favorable al hombre) y se avala el uso de medidas de autoinforme para evaluar la excitación sexual estado, al mostrar capacidad explicativa de la respuesta genital. Este patrón de concordancia sexual no mostró diferencias entre hombres y mujeres, aunque se requiere considerar las implicaciones de la norma de DES para la interpretación de la experiencia de excitación sexual. En último lugar, la ausencia de concordancia sexual en hombres y mujeres con tipología favorable a la mujer (i.e., mayor libertad de la mujer frente a la del hombre) enfatiza la propuesta de Niineste (2021) en las mujeres, y la extiende también a los hombres, sobre la importancia de considerar mayor número de moderadores sociales que podían determinar e influir en la dimensión de la excitación sexual.

El sexto y último estudio que conforma la presente Tesis Doctoral tuvo como objetivo examinar la relación del DES con la satisfacción sexual. Siguiendo con la recomendación planteada en la revisión sistemática (Estudio 1), la satisfacción sexual fue

evaluada con la versión española del *Global Measure of Sexual Satisfaction* (Lawrance et al., 2011) de Sánchez-Fuentes et al. (2015) en el marco del *Interpersonal Exchange Model of Sexual Satisfaction* (Lawrance y Byers, 1995; Sánchez-Fuentes y Santos-Iglesias, 2016). Dado que la satisfacción sexual está asociada con variables personales, interpersonales y sociales (Calvillo et al., 2018; Sánchez-Fuentes et al., 2014), se consideró la Teoría Ecológica del Desarrollo Humano con el fin de organizar un modelo explicativo (Bronfenbrenner, 1994). Esta teoría considera que el desarrollo personal es el resultado de las características del individuo y del contexto ambiental en el que interactúa. El ambiente ecológico se compone de un conjunto de estructuras seriadas y con diferentes niveles, desde el nivel más próximo al individuo (microsistema) hasta el nivel más distal (macrosistema). Gracias a esta estructura es posible integrar múltiples factores (i.e., individuales, interpersonales, sociales y culturales). Esta propuesta ha sido utilizada para explicar la satisfacción sexual en estudios previos (Calvillo, Sánchez-Fuentes y Sierra, 2020; Henderson et al., 2009; Sánchez-Fuentes et al., 2016) y, es por ello, que esta investigación consideró analizar la satisfacción sexual junto con variables asociadas al nivel personal (i.e., edad, orientación a la dominancia social y propensión a la excitación/inhibición sexual), interpersonal (i.e., satisfacción con la relación de pareja) y social (i.e., normas sociales de género sobre los comportamientos sexuales) en adultos heterosexuales distribuidos entre las tipologías de adhesión al DES (i.e., igualitaria, favorable al hombre y favorable a la mujer) para libertad y recato sexual.

Los resultados ponen de manifiesto diferencias en la satisfacción sexual de los hombres en función el tipo de adhesión al DES. Los hombres con tipología igualitaria mostraron mayor nivel de satisfacción sexual que aquellos con tipología favorable al hombre en el área de la libertad sexual. Este hallazgo apoya que la defensa de la igualdad de género conlleva prácticas sexuales más gratificantes (Carlson y Soller, 2019) al implicar mayor intimidad sexual, equidad, cooperación y comunicación (Carlson, Hanson et al., 2016; Carlson, Miller et al, 2016; Carlson y Soller, 2019; Johnson et al., 2016). También se avala la asociación negativa del DES favorable al hombre con la

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satisfacción sexual (Haavio-Mannila y Kontula, 2003; Horne y Zimmer-Gembeck, 2006; Santos-Iglesias et al., 2009). Concretamente, en el estudio de Álvarez-Muelas et al. (2023), en el que se examinan los componentes del *Interpersonal Model of Sexual Satisfaction* en personas con distintas tipologías de adhesión al DES se observan estas mismas diferencias en el componente de igualdad de beneficios sexuales, de modo que los hombres con tipología igualitaria perciben mayor equidad en los beneficios obtenidos por ellos y por sus parejas en comparación con los de tipología favorable al hombre en libertad sexual. Estos resultados, que señalan menor satisfacción sexual en la tipología que defiende mayor libertad sexual del hombre frente a la mujer, confirman que el rol de dominancia y proactividad sexual por parte de los hombres se asocia negativamente a la satisfacción sexual (Dworkin y O'Sullivan, 2005).

En el caso de las mujeres, la ausencia de diferencias significativas entre las tipologías de adhesión al DES en la satisfacción sexual contrasta con la evidencia que muestra que la adherencia a guiones sexuales tradicionales, con la defensa de un rol pasivo e inhibido, se asocia a menor satisfacción sexual (Abdolmanaf et al., 2018; Emmerink, van den Eijnden et al., 2016; Kiefer y Sanchez, 2007a; Sanchez et al., 2005, 2006; Sanchez, Phelan et al., 2012; Vasconcelos et al., 2021), mientras que actitudes y creencias más igualitarias tienden a aumentarla (Bay-Cheng y Zucker, 2007; Schick et al., 2008; Yoder et al., 2007). Por ello, este trabajo propone continuar examinando el papel del DES en la satisfacción sexual de las mujeres. Una posible explicación podría ser que esta actitud sexual ejercería un papel indirecto (Lentz y Zaikman, 2021) o mediador (Marks et al., 2022) sobre la satisfacción sexual de las mujeres, a través, por ejemplo, de la asertividad sexual, que es un factor explicativo de la satisfacción sexual de las mujeres (Lentz y Zaikman, 2021; Ménard y Offman, 2009; Sánchez-Fuentes et al., 2016). Resultados de diferentes investigaciones muestran que la adhesión al DES favorable al hombre se asocia a menor asertividad sexual en las mujeres (Bouchard y Humphreys, 2019; Dai et al., 2021; Greene y Faulkner, 2005; Kim et al., 2019). Además, se debería examinar la satisfacción sexual considerando variables de la pareja (Vowels et al., 2022), especialmente, en el caso

de las mujeres debido a que suelen evaluar su satisfacción sexual considerando la de sus parejas (Mangas et al., 2023; McClelland, 2011; Pascoal et al., 2014; Sánchez-Fuentes y Santos-Iglesias, 2016; Vowels et al., 2022). Se propone considerar el efecto actor-a la hora de estudiar el DES en personas con pareja, especialmente cuando se aborde su satisfacción sexual (Álvarez-Muelas et al., 2023).

Por otro lado, también se obtienen diferencias entre las tipologías de adhesión al DES en variables personales y sociales asociadas a la satisfacción sexual. Entre las primeras, la orientación a la dominancia social fue mayor en personas con tipología favorable al hombre de acuerdo con la evidencia previa sobre la relación de ambos constructos (Gómez-Berrocal et al., 2019; Jamshed et al., 2022; Sierra et al., 2018). También, la propensión a la excitación sexual fue mayor en mujeres con tipología favorable a la mujer en el área del recato sexual. La defensa de mayor decoro, castidad y continencia para sí mismas se encuentra en consonancia con su rol sexual, el cual se plantea como guía para ajustarse a las expectativas sexuales y percibirse deseables para sus parejas (Sanchez, Fetterolf et al., 2012), por lo que quizás también podría favorecer la excitación sexual. Con respecto a la percepción de las normas sociales de género sobre el comportamiento sexual se obtuvieron diferencias en función del tipo de adhesión al DES, lo que plantea la importancia de examinar esta esta actitud sexual a nivel individual y social (Delgado Amaro et al., 2021; Gómez-Berrocal et al., 2019, 2022; Sánchez et al., 2020). El DES se conceptualiza como un prejuicio basado en el género (Gómez-Berrocal et al., 2022) y requiere un análisis desde diferentes niveles (Murray, 2000), de forma que se recomienda considerar su proceso macropsicológico (i.e., percepción del reparto de roles entre hombres y mujeres en el ámbito del comportamiento sexual) y psicológico (i.e., adhesión individual al DES) (Gómez-Berrocal et al., 2019).

Ante estas diferencias mencionadas, se proponen modelos explicativos de la satisfacción sexual a partir de sus variables asociadas en cada tipología de adhesión al DES. De forma general, los modelos de las mujeres incluyeron mayor número de variables, lo que evidencia que su satisfacción sexual estaría determinada por mayor número de

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determinantes (Arcos Hidalgo y Dewitte, 2021) y podría ser más compleja (Basson, 2001) que la de los hombres. Las variables personales e interpersonales fueron las que explicaron la varianza de la satisfacción sexual, confirmando su mayor relevancia como señalan revisiones de la literatura (Calvillo et al., 2018; Sánchez-Fuentes et al., 2014). El factor con mayor capacidad explicativa fue la satisfacción con la relación de pareja, de modo que mayor satisfacción con la relación se acompaña de mayor satisfacción sexual, como apuntan diversos trabajos (Byers, 2005; Calvillo, Sánchez-Fuentes, Parrón-Carreño et al., 2020; Heiman et al., 2011; Mangas et al., 2023; Mark y Jozkowski, 2013; Sánchez-Fuentes et al., 2015; Sánchez-Fuentes y Santos-Iglesias, 2016; Sánchez-Fuentes y Sierra, 2015; Vowels et al., 2022; Vowels y Mark, 2020). La edad fue otra variable común en los modelos predictivos de la satisfacción sexual, mostrando un efecto negativo, hecho congruente con resultados encontrados en investigaciones previas que informan menor satisfacción sexual a medida que aumenta la edad (Buczak-Stec et al., 2021; Chao et al., 2011; De Ryck et al., 2012; Field et al., 2013; Sánchez-Fuentes y Sierra, 2015; Træen et al., 2017; Træen y Schaller, 2010, Vasconcelos et al., 2021; Wyverkens et al., 2018). Resulta relevante señalar que el impacto de la edad, como el de otras variables personales (i.e., inhibición por miedo al rendimiento sexual y la oposición a la igualdad), varió entre las tipologías de adhesión al DES para el área del recato sexual. De tal forma, esta evidencia apoya la independencia del estudio del DES en cada área de los comportamientos sexuales y refleja que la defensa del recato sexual podría ser más susceptible a la presencia e impacto del DES.

Para concluir, este último estudio de la Tesis Doctoral aumenta el conocimiento acerca de la satisfacción sexual, considerada como parte esencial de la salud y los derechos sexuales (World Association of Sexual Health, 2019; World Health Organization, 2010a). Estos resultados apoyan la organización propuesta por la Teoría Ecológica del Desarrollo Humana para explicar la satisfacción sexual (Calvillo, Sánchez-Fuentes y Sierra, 2020; Henderson et al. 2009; Sánchez-Fuentes et al., 2016) y ponen de manifiesto la influencia del DES sobre la satisfacción sexual en el contexto de una relación de pareja. Se observa mayor satisfacción sexual cuando los comportamientos sexuales de hombres y mujeres son

evaluados con un único estándar sexual, con evidencias significativas en el caso de la satisfacción sexual de los hombres. Asimismo, tanto en hombres como en mujeres, se obtuvo variabilidad en los factores con capacidad explicativa de la satisfacción sexual en función del tipo de adhesión al DES y del área de los comportamientos sexuales.

Finalmente, esta discusión anima a continuar la investigación del DES. Se requiere contar con muestras que reflejen mayor diversidad sexual y de género, ya que, a pesar del número elevado de participantes en cada uno de los estudios de esta Tesis Doctoral, las muestras no fueron representativas de la sociedad y solo se examinó población heterosexual. Se debe mencionar que el diseño transversal de las investigaciones no permite establecer relaciones causales entre las variables (Fuentes et al., 2022; Peñate et al., 2018; Rosales-Villacrés et al., 2021), de modo los dos últimos estudios muestran la asociación del DES con las dimensiones de excitación y satisfacción sexual. Del mismo modo, se aconseja su evaluación con medidas implícitas (Endendijk et al., 2020; Hensums et al., 2022; Marks, et al., 2022; Sakaluk y Milhausen, 2012; Thompson et al., 2020; van Lankveld et al., 2022), dado que los comportamientos auto declarados podrían estar sesgados por la deseabilidad social (Alexander y Fisher, 2003), como también se recomienda examinar esta actitud sexual desde un enfoque macropsicológico (Delgado Amaro et al., 2021; Gómez-Berrocal et al., 2019; 2022; Sánchez et al., 2020) para mayor comprensión sobre su emergencia, mantenimiento y efecto sobre la salud sexual de hombres y mujeres.

En síntesis, los resultados de los estudios que forman la presente Tesis Doctoral avalan la evaluación del DES mediante la versión española de la *Sexual Double Standard Scale* (Muehlenhard y Quackenbush, 2011) de Sierra et al. (2018). Con el uso de este instrumento, se propone conceptualizar el DES a través de diferentes normas distribuidas entre las tipologías de adhesión a esta actitud sexual (i.e., favorable al hombre, favorable a la mujer, igualitaria y ambivalente) en dos áreas independientes de los comportamientos sexuales (libertad y recato sexual). El análisis de la prevalencia de estos tipos de adhesión al DES permite aumentar el conocimiento sobre la existencia de este constructo y de cómo

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difiere la norma sexual mayoritaria a través de los grupos poblacionales. La evidencia muestra que la eficacia de los programas de educación sexual se ve incrementada al incluir una perspectiva de género dirigida a reducir el sexismo (Haberland y Rogow, 2015; Lameiras Fernández et al., 2004; Ramiro-Sánchez et al., 2018; Ubillos-Landa et al., 2021) y, concretamente, el doble estándar sexual favorable al hombre (Ubillos-Landa et al., 2021). Desde esta Tesis Doctoral se propone la inclusión del DES con un enfoque que recoja los diferentes estándares en la valoración de los comportamientos sexuales con el fin de deconstruir una sexualidad basada en la interiorización de la desigualdad entre hombres y mujeres.

En cuanto a las implicaciones específicas del DES en la salud sexual, los dos últimos estudios de la Tesis Doctoral muestran que esta actitud sexual se asocia con la experiencia de excitación y satisfacción sexual. Por tanto, los resultados presentados podrían orientar a la futura investigación y práctica clínica para profundizar en estas dos dimensiones de la respuesta sexual y promocionar inversiones eficaces que permitan garantizar el bienestar, la salud y el placer sexual (Ford et al., 2021).

En cuanto a la excitación sexual, se aporta una respuesta al debate acerca de las diferencias en concordancia sexual en hombres y mujeres, señalando que el acuerdo entre la respuesta genital y la excitación sexual autoinformada se observa en hombres y mujeres con las mismas tipologías de adhesión al DES (i.e., tipología igualitaria y favorable al hombre) en libertad sexual. En los hombres, los hallazgos apuntan a la relevancia que tendría asegurar su libertad sexual para favorecer el acuerdo entre las medidas objetivas y subjetivas de excitación sexual (y que el foco de la experiencia subjetiva parece diferenciarse por el tipo de adhesión al DES, centrándose específicamente en las sensaciones genitales en la tipología igualitaria, y en otras sensaciones más generalizadas en la tipología favorable al hombre. En las mujeres se avala la línea terapéutica que alude a la escucha del propio cuerpo y a la comodidad de las sensaciones experimentadas para fomentar la concordancia sexual (véase Brotto et al., 2016; Laan y Janssen, 2007; Suschinsky et al., 2020; Velten et al., 2018). Si bien, es reseñable comentar la concordancia

obtenida en mujeres con tipología favorable al hombre. El apoyo a mayor libertad sexual para el hombre en estas mujeres podría implicar que su estado de excitación sexual estuviese orientado a satisfacer a sus parejas sexuales, oprimiendo la expresión y experiencia de sus deseos y preferencias sexuales. Es conocido el rol que desempeña la respuesta emocional en los procesos de disfunción sexual (Nobre y Pinto-Gouveia, 2006), por lo que la interiorización de esta norma sexual (i.e., DES favorable al hombre) podría no ser adaptativa para ellas. Se promueve que la futura investigación clínica determine las posibles motivaciones en estas mujeres y si el alcanzar la libertad sexual, con la desmitificación de esta norma de DES, podría asegurar la vivencia de una sexualidad saludable y placentera.

En la dimensión de satisfacción sexual, los resultados impulsan a alcanzar el estándar de igualdad entre hombres y mujeres ante los mayores niveles que presenta esta tipología igualitaria, en especial, en los hombres al obtener significativamente mayor satisfacción sexual en comparación con la tipología favorable al hombre en libertad sexual. Asimismo, variables de índole personal e interpersonal tienen distinto peso en la varianza explicada de la satisfacción sexual en función del tipo de adhesión al DES (i.e., igualitaria, favorable al hombre y favorable a la mujer) y del área de los comportamientos sexuales (i.e., libertad y recato sexual), lo que podría servir de guía en terapia sexual para garantizar una sexualidad satisfactoria en el contexto de una relación de pareja.

CONCLUSIONES

CONCLUSIONES

1. La revisión sistemática realizada muestra que la adhesión al doble estándar sexual a favor de mayor libertad sexual para el hombre que para la mujer afecta negativamente a dimensiones del funcionamiento sexual (i.e., deseo, orgasmo y satisfacción), propicia conductas sexuales de riesgo y dificulta la toma de decisiones en las relaciones sexuales.
2. La investigación en doble estándar sexual requiere de un enfoque que permita, en muestras con diversidad sociocultural, el análisis de diferentes estándares en la valoración de los comportamientos sexuales de hombres y mujeres.
3. La medida del doble estándar sexual obtenida con la versión española de la *Sexual Double Standard Scale* es equivalente para evaluar y comparar la adhesión a diferentes normas de doble estándar sexual en dos áreas independientes del comportamiento sexual (libertad y recato sexual) entre hombres y mujeres, y entre grupos de distinta edad y distinto nivel educativo.
4. En población española la norma mayoritaria de doble estándar sexual muestra diferencias entre los grupos poblacionales. En general, en hombres prevalece la tipología favorable al hombre y en mujeres las tipologías igualitaria y favorable a la mujer. En cuanto a la edad, la tipología favorable al hombre obtiene mayor porcentaje en hombres de mediana edad y en mujeres de mayor edad, mientras que la tipología favorable a la mujer se muestra más prevalente entre hombres y mujeres jóvenes.
5. La prevalencia de las normas del doble estándar sexual presenta diferencias transculturales entre países hispanohablantes (en concreto, entre España, Perú y Ecuador). En España prevalece la tipología igualitaria en comparación con Perú y Ecuador, países estos que presentan mayor porcentaje de personas a favor de dobles estándares sexuales (i.e., tipología favorable al hombre o a la mujer).
6. El doble estándar sexual se asocia a la excitación y a la satisfacción sexual, de manera que la tipología de adhesión al doble estándar sexual implica diferencias

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en la experiencia de la excitación sexual y de la satisfacción sexual en el contexto de una relación de pareja.

7. La concordancia sexual depende del tipo de adhesión al doble estándar sexual. Hombres y mujeres con tipologías igualitaria y favorable al hombre en libertad sexual obtienen acuerdo entre las medidas de la excitación sexual, es decir, entre la respuesta genital y la excitación sexual autoinformada.
8. En el ámbito de la libertad sexual, los hombres con tipología de adhesión al doble estándar sexual igualitaria informan mayor satisfacción sexual que los hombres con tipología favorable al hombre.
9. Tanto en hombres como en mujeres, variables de nivel personal (concretamente, la edad, la inhibición sexual por miedo al fallo en el rendimiento sexual y la oposición a la igualdad) e interpersonal (en concreto, la satisfacción con la relación de pareja) explican un porcentaje significativo de la varianza de la satisfacción sexual, pero con diferencias en función de la tipología de adhesión al doble estándar sexual (i.e., igualitaria, favorable al hombre y favorable a la mujer) y del área del comportamiento sexual (i.e., libertad y recato sexual). En todos los casos, la satisfacción con la relación de pareja es la principal variable explicativa de la satisfacción sexual.

CONCLUSIONS

CONCLUSIONS

1. The conducted systematic literature review shows that adherence to the sexual double standard in favor of more sexual freedom for man than for woman negatively affects sexual functioning dimensions (i.e., desire, orgasm, satisfaction), favors risky sexual behaviors and makes decision making in sexual relations difficult.
2. Research into the sexual double standard requires an approach that permits an analysis of the different standards in samples with socio-cultural diversity when evaluating men and women's sexual behaviors.
3. The sexual double standard measure obtained with the Spanish version of the Sexual Double Standard Scale is the equivalent to evaluating and comparing the adherence to the different SDS norms in two independent sexual behavior areas (sexual freedom and sexual shyness) between men and women, and also between different age groups and levels of education.
4. In the Spanish population, the majority norm of the sexual double standard shows differences in population groups. In men, the man-favorable typology generally prevails, but the egalitarian and woman-favorable typologies prevail in women. For age, the man-favorable typology scores a higher percentage in middle-aged men and in older women, whereas the woman-favorable typology prevails more between young men and women.
5. The prevalence of the sexual double standard norms presents cross-cultural differences among Spanish-speaking countries (Spain, Peru, and Ecuador). In Spain, the egalitarian typology prevails compared to Peru and Ecuador, which are the two countries with a higher percentage of people in favor of sexual double standards (i.e., man-favorable or woman-favorable)
6. The sexual double standard is associated with sexual arousal and sexual satisfaction, and in such a way that the sexual double standard adherence

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typology implies differences in the sexual arousal and sexual satisfaction experiences in the partner relationship context.

7. Sexual concordance depends on the sexual double standard adherence type. Men and women with the egalitarian and man-favorable typologies in sexual freedom reach a concordance between sexual arousal measures; that is, between genital response and self-sexual arousal.
8. In the sexual freedom area, the men with the egalitarian typology adhered to the sexual double standard inform more sexual satisfaction than the men with the man-favorable typology.
9. In both men and women, the variables of the personal level, specifically age, inhibition due to threat of sexual performance failure and opposition to equality, and the interpersonal level (specifically, relationship satisfaction), explain a significant percentage of variance in sexual satisfaction, but with differences depending on both the typology adhered to the sexual double standard (i.e., egalitarian, man-favorable, woman-favorable) and the sexual behavior area (i.e., sexual freedom and sexual shyness). In all cases, relationship satisfaction is the main variable to explain sexual satisfaction.

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APÉNDICES

Apéndice A.

Primera página del artículo correspondiente al Estudio 1 publicado en *Revista Iberoamericana de Psicología y Salud*.

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Relación del doble estándar sexual con el funcionamiento sexual y las conductas sexuales de riesgo: revisión sistemática

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RESUMEN. El doble estándar sexual (DES) hace referencia a la aceptación de diferentes criterios para la valoración del mismo comportamiento sexual en hombres y en mujeres. Ante la ausencia de revisiones bibliográficas previas, este trabajo presenta una revisión sistemática sobre la relación del DES con el funcionamiento sexual y las conductas sexuales de riesgo. A partir de la búsqueda en diferentes bases de datos, se obtuvieron 22 artículos científicos. Los resultados señalan que la actitud a favor del DES perjudica el funcionamiento sexual y favorece las conductas sexuales de riesgo, las cuales son más perjudiciales para las mujeres. Se discute la importancia que tiene el estudio del DES en la salud sexual, para entender el funcionamiento sexual y la incidencia de las conductas sexuales de riesgo. Se recomienda mejorar los instrumentos para medir DES, con el fin de garantizar una evaluación exacta e invariante de este fenómeno en aquellos grupos definidos por el género y otras variables socioculturales.

PALABRAS CLAVE: Doble estándar sexual, Funcionamiento sexual, Conductas sexuales de riesgo, Salud sexual, Revisión sistemática.

Relationship of sexual double standard with sexual functioning and risk sexual behaviors: A systematic review

ABSTRACT. Sexual double standard (SDS) refers to the acceptance of different criteria for the assessment of the same sexual behavior in men and women. Due to the absence of previous bibliographical reviews, this study presents a systematic review of the relationship between SDS, sexual functioning, and risk sexual behaviors. From a search of different databases, it was obtained a total of 22 scientific articles. The results indicate that attitude in favor of SDS harms sexual functioning and favors risk sexual behaviors, which were more harmful to women. The importance of the study of SDS in sexual health is discussed, to understand sexual functioning and the incidence of risk sexual behaviors. It is recommended to improve the instruments used to measure SDS, to guarantee an exact and invariant evaluation of this phenomenon in those groups defined by gender and other socio-cultural variables.

KEYWORDS: Sexual double standard, Sexual function, Risk sexual behaviors, Sexual health, Systematic review.

El doble estándar sexual (DES) hace referencia a la aceptación de diferentes criterios para la valoración del mismo comportamiento sexual en hombres y en mujeres (Milhausen y Herold, 2001). El DES tradicional acepta mayor libertad sexual para el hombre que para la mujer,

lo que conlleva que ciertas conductas sexuales sean mejor valoradas en ellos que en ellas. Esta actitud se ha encontrado tanto en hombres como en mujeres, aunque con mayor prevalencia en los hombres (Álvarez-Muelas, Gómez-Berrocal, Vallejo-Medina, y Sierra, 2019; Guo, 2019; Gutiérrez-Quintanilla, Rojas-García, y Sierra, 2010; Sánchez-Fuentes, Moyano, Gómez-Berrocal, y Sierra, 2020; Sierra, Moyano, Vallejo-Medina, y Gómez-Berrocal, 2018). Se ha descrito prácticamente en todas las edades, concretamente en adolescentes (Monge, Sierra,

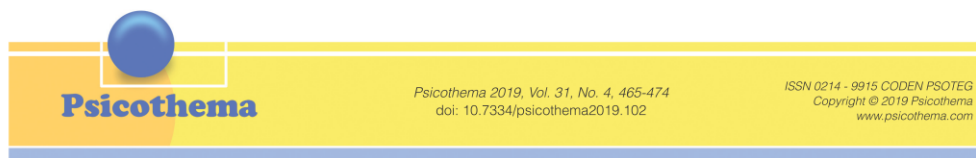
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Apéndice B.

Primera página del artículo correspondiente al Estudio 2 publicado en *Psicothema*.



Invariance of Spanish version of Sexual Double Standard Scale across sex, age, and education level

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Abstract

Background: The Sexual Double Standard Scale (SDSS) is one of the most widely-used scales for evaluating the Sexual Double Standard (SDS) and the Spanish version of the scale displays adequate psychometric properties in the adult Spanish population. The aim of this study is to examine the factorial invariance and differential item functioning (DIF) of the Spanish version according to sex, education level, and age, with the objective of describing and comparing SDS based on these variables. **Method:** A sample of 3,838 heterosexual participants was used (1,908 men and 1,930 women) between the ages of 18 and 90. **Results:** The results showed that the factorial structure of the SDSS is invariant in terms of sex and education level; with none of these items displaying DIF. Only items 11 and 14 display DIF in terms of age and, therefore, it is recommended that these items be excluded when making comparisons between age ranges. The association of SDSS with sex, education level, and age follows the expected results. **Conclusions:** The Spanish version of the SDSS is invariant and, as a consequence, can be used in different types of samples.

Keywords: Sexual Double Standard Scale, factorial invariance, sex, education level, age.

Resumen

Invarianza de la versión española de la Sexual Double Standard Scale por sexo, edad y nivel educativo. Antecedentes: la Sexual Double Standard Scale (SDSS) es una de las escalas más empleadas para evaluar el doble estándar sexual (DES) y la versión española presenta adecuadas propiedades psicométricas en población adulta. El objetivo de este estudio es estudiar la invarianza factorial y el funcionamiento diferencial de los ítems (DIF) de la versión en español según sexo, nivel de estudios y edad, con la finalidad de describir y comparar el DES en función de estas variables. **Método:** se empleó una muestra de 3.838 heterosexuales (1.908 hombres y 1.930 mujeres) entre 18 y 90 años de edad. **Resultados:** los resultados obtenidos muestran que la estructura factorial de la SDSS es invariante por sexo y nivel educativo, no presentando DIF ninguno de sus ítems. Solo los ítems 11 y 14 presentan DIF en función de la edad, por lo que se recomienda su eliminación en el caso de hacer comparaciones entre grupos etarios. La asociación del SDSS con el sexo, nivel de estudios y edad sigue los resultados esperados. **Conclusiones:** la versión española de la SDSS es invariante, por lo que se puede emplear en diferentes tipos de muestra.

Palabras clave: Sexual Double Standard Scale, invarianza factorial, sexo, nivel de estudios, edad.

The Sexual Double Standard (SDS) uses different criteria to evaluate the same sexual behaviour in men and women (Milhausen & Herold, 2002). More specifically, the traditional SDS prescribes that men should enjoy more sexual freedom than women. Even though, in recent decades, equality between the sexes has received increasing support for displaying or engaging in certain sexual behaviour (e.g. pre-marital sex), a traditional SDS still persists with regard to other heterosexual expressions, such as age at first sexual experience (Ortiz et al., 2011; Peixoto, Botelho, Tomada, & Tomada, 2016) or the number of sexual partners (Chi, Bongardt, & Hawk, 2015; Marks, Young, & Zaikman, 2019; Soller & Haynie, 2017). Conversely, heterosexual scripts are emerging which are aimed at sexual conservatism (Allison & Risman, 2013; Sakaluk, Todd,

Milhausen, & Lachowsky, 2014). These scripts could constitute a framework for promoting a modern SDS (as opposed to a traditional SDS) which prescribes that sexual shyness is more appropriate for women than for men (Fasula, Carry, & Miller, 2014).

In accordance with Bordini and Sperb (2013), the Sexual Double Standard Scale (SDSS; Muehlenhard & Quackenbush, 2011) is one of the most commonly-used measures for evaluating SDS and has recently been adapted for the Spanish population by Sierra, Moyano, Vallejo-Medina, and Gómez-Berrocal (2018). This adaptation has given rise to a version of 16 items grouped into two factors of eight items each: Acceptance for Sexual Freedom (ASF) and Acceptance for Sexual Shyness (ASS). In each factor the items are presented in parallel form, so that half refers to a specific sexual behaviour attributed to men, and the other half refers to the same sexual behaviour attributed to women. High ratings in the eight ASF items (e.g., item 1: "It's okay for a woman to have more than one sexual relationship at the same time"; item 6: "It's okay for a man to have more than one sexual relationship at the same time") indicate a positive attitude towards sexual freedom; and a positive attitude towards sexual shyness in the eight ASS items

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Apéndice C.

Primera página del artículo correspondiente al Estudio 3 publicado en *The European Journal of Psychology Applied to Legal Context*.

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The European Journal of Psychology Applied to Legal Context

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Typologies of Sexual Double Standard Adherence in Spanish Population

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ABSTRACT

Sexual double standard (SDS) involves evaluating the same sexual behaviors in men and women using different criteria. The support for man-favorable SDS is related to sexual aggression and sexual victimization. Yet to date, studies have not examined the prevalence of SDS adherence. This study aims to identify the prevalence per gender and age of the Spanish population who adheres to the SDS typologies (man-favorable, woman-favorable, egalitarian, ambivalent) by considering sexual freedom and sexual shyness areas. A sample of 2,002 Spanish heterosexual adults (50% men, 50% women), distributed into four age groups (18-25, 26-35, 36-55 and over 55 years old), answered the Sexual Double Standard Scale. The results showed differences in the prevalence of SDS typologies by gender and age. By gender, a higher prevalence of the man-favorable typology was observed in men and a higher prevalence of the egalitarian typology and the woman-favorable typology was observed in women. By age groups, significant differences in man-favorable and woman-favorable typologies were found in both men and women. Based on the evidence of four adherence to SDS typologies, it is recommended studying the relation of these typologies with sexual aggression/victimization to design more efficient programs for prevention and intervention of sexual violence.

Tipologías de adhesión al doble estándar sexual en población española

RESUMEN

El doble estándar sexual (DES) consiste en evaluar los mismos comportamientos sexuales en hombres y mujeres usando diferentes criterios. El apoyo al DES favorable al hombre está relacionado con la agresión y la victimización sexual. Sin embargo, hasta la fecha, los estudios no han examinado la prevalencia de la adhesión al DES. Este estudio pretende identificar la prevalencia por género y edad de la población española que se adhiere a las tipologías de DES (favorable al hombre, favorable a la mujer, igualitaria, ambivalente) considerando los ámbitos de la libertad sexual y del recato sexual. Una muestra de 2.002 adultos heterosexuales españoles (50% hombres, 50% mujeres), distribuidos en cuatro grupos de edad (18-25, 26-35, 36-55 y más de 55 años), respondió a la *Sexual Double Standard Scale*. Los resultados mostraron diferencias en la prevalencia de las tipologías de DES por género y edad. Por género se observó una mayor prevalencia de la tipología favorable al hombre en los hombres y una mayor prevalencia de la tipología igualitaria y la tipología favorable a la mujer en las mujeres. Por grupos de edad se encontraron diferencias significativas en las tipologías favorable al hombre y favorable a la mujer, tanto en hombres como en mujeres. De acuerdo con la evidencia de las cuatro tipologías de adhesión al DES, se recomienda estudiar la relación de estas tipologías con la agresión/victimización sexual para diseñar programas más eficientes de prevención de la violencia sexual e intervención en la misma.

Sexism ideology holds that men and women are not equal, which thus promotes and maintains different behaviors according to gender, gender inequality (O'Brien & Major, 2005; Sutton et al., 2008), and legitimizing violence against women (Garrido-Macías et al., 2020; Lila et al., 2013). This context includes sexual double standard (SDS), which refers to making an evaluation with different criteria of the same sexual behavior in men and women (Milhausen & Herold, 2002). Thus, by way of example, man-favorable SDS is taken as being

normative insofar as men should enjoy more sexual freedom than women.

It is important to distinguish between adherence (i.e., support) to SDS and prevalence to SDS. By adherence we understand the intensity or strength with which someone is in favor of SDS. In operational terms, the degree of adherence will be the score obtained by someone on the scale evaluating SDS. In group terms (e.g., men or women), it will be group's average score. Conversely, prevalence

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Apéndice D.

Primera página del artículo correspondiente al Estudio 4 publicado en *Sexuality Research and Social Policy*.

Sexuality Research and Social Policy
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Sexual Double Standard: a Cross-Cultural Comparison of Young Adults Spanish, Peruvian, and Ecuadorian People

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Abstract

Introduction The sexual double standard (SDS) implies men and women are being evaluated differently as regards sexuality. To date, no cross-cultural comparisons have been made regarding the prevalence of the various forms that adherence to SDS takes. This research work describes differences among Spain, Peru, and Ecuador in the prevalence of three different types of adherence to the SDS (egalitarian, man-favorable, and woman-favorable), which refer to sexual freedom and sexual shyness in 18–25-year-old youths.

Method A sample of 2229 heterosexual adults (34.2% Spanish, 33.7% Peruvian, and 32.1% Ecuadorian) answered the Sexual Double Standard Scale. Participants were collected between September 2019 and March 2021.

Results The results showed differences between countries, both in the total sample and in the sample of men and women separately, and in conducts related to sexual freedom and sexual shyness. The most prevalent typologies were as follows: the egalitarian typology in Spain, the man-favorable typology in Peru and Ecuador, and the woman-favorable typology in Ecuador.

Conclusion These findings conclude that the socio-structural conditions of how resources are distributed between men and women could be related to the prevalence of different gender-related sexual norms. In those contexts in which the gender-egalitarian sexual norm prevailed, resources were more equally distributed between men and women.

Policy Implications It highlights the role of the socio-structural conditions in the distribution of resources between men and women and the differences between men and women, to understand the cross-cultural differences in the prevalence of SDS adherence types.

Keywords Sexual double standard · Cross-cultural · Spain · Peru · Ecuador

Introduction

Cultural norms and social standards still differ about men's and women's sexuality (Klein et al., 2019). The sexual double standard (SDS) regulates heterosexual interactions insofar as men and women are differently evaluated as regards sex and sexuality (Marks & Fraley, 2005).

The majority of studies about the SDS have focused on adhering to the traditional SDS, that is, to maintain an attitude that supports more sexual freedom for men than for women. Moreover, this attitude has been examined in relation to behaviors associated with high sexual activity, and there are few studies on behaviors associated with low sexual activity (Endendijk et al., 2020). Recently, studies report that an attitude favorable to sexual shyness begins to be found in sectors of modern society (Álvarez-Muelas et al., 2019, 2021b; Sierra et al., 2018). Thus, the study of the attitude towards SDS has proposed to examine it in two different sexual behavior areas: sexual freedom and sexual shyness (Sierra et al., 2018). The attitude towards conducts related to the sphere of sexual freedom (SF) is defined as "the recognition and approval of the benefit for men and women, of freely having sex and respecting sexual rights," while the attitude towards conducts related

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Apéndice E.


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ORIGINAL ARTICLE

Study of Sexual Concordance in Men and Women with Different Typologies of Adherence to the Sexual Double Standard



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KEYWORDS

Sexual concordance
Genital response
Subjective sexual arousal
Sexual double standard
Ex post facto study

Abstract

Background/Objective: Sexual concordance (i.e., relationship between genital response and subjective sexual arousal) is higher in men than in women. Among the factors that could explain this difference would be the sexual double standard (SDS). Sexual concordance is examined by SDS typologies of adherence (egalitarian, man-favorable, and woman-favorable). *Method:* During exposure to a film with sexual content, genital response (penile circumference/vaginal pulse amplitude) and self-reported sexual arousal were recorded in 104 young adults (42 men and 62 women), distributed into SDS typologies of adherence on the basis of their scores on the Sexual Double Standard Scale. *Results:* Sexual concordance was obtained in men and women with egalitarian and man-favorable typology. Subjective sexual arousal explained a significant percentage of the variance in genital response in the egalitarian typology (men: $R^2 = .32, p < .01$; women: $R^2 = .19, p < .05$) and man-favorable typology (men: $R^2 = .21, p < .05$; women: $R^2 = .23, p < .05$). *Conclusions:* Agreement between genital responsiveness and subjective sexual arousal depends on DES adherence typology.

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PALABRAS CLAVE

Concordancia sexual;
Respuesta genital;
Excitación sexual
subjettiva;

Resumen

Antecedentes/Objetivo: La concordancia sexual (i.e., relación entre respuesta genital y excitación sexual subjetiva) parece ser mayor en hombres que en mujeres. Entre los factores que podrían explicar dicha diferencia estaría el doble estándar sexual (DES). Se examina la concordancia sexual en función de la tipología de adhesión al DES (igualitaria, favorable al hombre y

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Apéndice D.

Primera página del artículo correspondiente al Estudio 6 publicado en *Frontiers in Psychology*.



Study of Sexual Satisfaction in Different Typologies of Adherence to the Sexual Double Standard

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The sexual double standard (SDS) refers to the acceptance of different criteria to assess the same sexual behavior in men and women. To date, the few studies that have addressed the relationship between SDS and sexual satisfaction have obtained inconclusive results. In addition, no study has analyzed sexual satisfaction in people who maintain different forms of adherence to the SDS. This study establishes three SDS typologies of adherence (man-favorable, woman-favorable, egalitarian) in two areas of sexual behavior (sexual freedom and sexual shyness) to examine the predictive capacity of personal variables (age, social dominance orientation, propensity for sexual excitation/inhibition), interpersonal variables (relationship satisfaction) and social variables (gender norms about sexual behaviors) in sexual satisfaction. A sample of 1194 heterosexual adults (51.1% men, 48.8% women) aged between 18 and 87 years ($M = 40.63$; $SD = 15.67$), who had been in a relationship for more than 6 months, was evaluated. In men, the highest sexual satisfaction levels were obtained in the egalitarian typology in the sexual freedom area. In women, no significant differences were found between the typologies of adherence to the SDS. Regression models showed that relationship satisfaction was the main predictor of sexual satisfaction in all the typologies in both men and women. In addition, the predictive relationship of personal variables with sexual satisfaction varied according to gender and the SDS adherence type. The results show the importance of studying sexual satisfaction by taking into account not only the differences between men and women. Furthermore, it is essential to consider other differences between people; for example, the difference that derives from the way of psychologically internalizing attitude toward the SDS.

Keywords: sexual satisfaction, sexual double standard, typologies, predictors, gender

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INTRODUCTION

One of the most relevant manifestations of sexual health is sexual satisfaction (Henderson et al., 2009; World Health Organization., 2010), which suggests a subjective dimension of sexuality and is defined as “an affective response arising from one’s subjective evaluation of the positive and negative dimensions associated with one’s sexual relationship” (Lawrance and Byers, 1995, p. 268). Sexual satisfaction does not depend only on one’s own sexual relationships, but also on other personal, interpersonal, and socio-cultural factors (Sánchez-Fuentes et al., 2014; Calvillo et al., 2018); that is,