

The effect of PERMA well-being on sexual satisfaction: empirical evidence from Mexico

BACKGROUND

Most research on the relationship between well-being and sexual satisfaction has focused on hedonic or eudaimonic well-being. In contrast, the PERMA model integrates both axes of this phenomenon. In addition, Latin American samples are underrepresented in sexuality research. Therefore, this study aimed to identify the direct relation between PERMA well-being and subjective sexual satisfaction in a Mexican sample.

PARTICIPANTS AND PROCEDURE

This research was a quantitative, non-experimental cross-sectional study and included 237 people from a northwest state in Mexico. The scales implemented were Subjective Sexual Satisfaction and PERMA-Profiler. The database was downloaded and adapted for analysis through SPSS and AMOS. Five analyses were performed: a) confirmatory factor analysis, b) Cronbach's alpha, c) descriptive and data distribution statistics, d) correlation matrix, and e) structural equation model.

RESULTS

According to the correlation matrix, subjective sexual satisfaction presents significant associations with PERMA well-being ($.21, p < .01$). In addition, the structural equation model (SEM) indicated that PERMA well-being presents a positive and direct relation with sexual satisfaction ($.31, p < .01$).

CONCLUSIONS

As expected, well-being was directly associated with sexual satisfaction, suggesting that higher perceived well-being may contribute to increased sexual satisfaction. These results provide evidence of the close relationship between these two constructs.

KEY WORDS

mental health; sexual health; psychological well-being

ORGANIZATION – Instituto Tecnológico de Sonora, Guaymas, Mexico

AUTHORS' CONTRIBUTIONS – A: Study design · B: Data collection · C: Statistical analysis · D: Data interpretation · E: Manuscript preparation · F: Literature search · G: Funds collection

CORRESPONDING AUTHOR – Maria F. Durón-Ramos, Ph.D., Instituto Tecnológico de Sonora, Carr. a Aeropuerto de Guaymas 870-Km 3, 85500 Guaymas, Mexico, e-mail: maria.duron163019@potros.itson.edu.mx

TO CITE THIS ARTICLE – Nava-Cordero, C. A., Durón-Ramos, M. F., & Pérez-Ibarra, R. E. (2026). The effect of PERMA well-being on sexual satisfaction: empirical evidence from Mexico. *Health Psychology Report*. <https://doi.org/10.5114/hpr/218886>

RECEIVED 10.06.2025 · REVIEWED 06.12.2025 · ACCEPTED 05.03.2026 · ONLINE PUBLICATION 30.04.2026



BACKGROUND

International and national organizations have demonstrated that sexuality is an essential aspect of human life (World Health Organization, 2022; Mexican Social Security Institute and National Council for Educational Development [Instituto Mexicano del Seguro Social y Consejo Nacional de Fomento Educativo], 2016). Furthermore, sexuality is inherent to humans and encompasses the biological, psychological, social, and emotional dimensions (Zapata & Gutiérrez, 2016). Sexuality can affect three areas of health: physical, psychological, and social (Saeteros et al., 2013). Most research on sexuality includes risk factors and negative aspects; however, recent studies have focused on the positive aspects that could be acquired through healthy sexuality (Anderson, 2013; Williams et al., 2013).

Sexuality is an aspect that is closely related to the search for affection, tenderness, contact, pleasure, and intimacy; it is influenced by thoughts, interpersonal relationships, and health (Morell-Mengual et al., 2018). The positive sexuality framework is concerned with how people can be happy and satisfied with their unique sexuality and sexual expression, which contributes to their overall well-being and quality of life (Williams et al., 2013). Sexual satisfaction is considered a key factor of sexual health and well-being (Sánchez-Fuentes et al., 2014) – hence the importance of evaluating sexual satisfaction as a positive aspect related to well-being.

SEXUAL SATISFACTION

One of the main elements used as a reference for positive sexuality is sexual satisfaction, as it reflects the degree of pleasure derived from sexual activity (Carrables et al., 2011). Sexual satisfaction is an affective response resulting from a perception and evaluation of the positive and negative dimensions accompanying the sexual relationship (Byers et al., 1998; Sánchez-Fuentes et al., 2014).

When evaluating sexual satisfaction, it is necessary to determine its components: Subjective evaluation refers to the positive or negative evaluation of the person's sexual life, according to fulfilling their expectations. The emotional aspect is related to the final phase of resolution in sexual arousal; it examines positive or negative emotions to determine the degree of satisfaction. Finally, self-image focuses on people's self-perception, which influences their sexual expression and performance (González-Rivera et al., 2017).

Most research has focused on negative aspects, such as unsafe sexual practices, STIs, unwanted pregnancies, and clandestine abortions with obsolete methods (Delgado et al., 2020; Haithem et al., 2018). Arakawa et al. (2013) performed a meta-analysis of sexual-related articles published in six different years

(1965, 1973, 1983, 1999, 2004, and 2010) and found that only 7% of the articles included positive aspects. Although it is crucial to study the negative or harmful practices, it is also imperative to address the benefits of a conscious, safe, and pleasant sexual life (Valente et al., 2021). Therefore, the present study incorporates well-being.

PERMA WELL-BEING

Well-being refers to the perception of an individual about how well they are in general (Ryff et al., 2021); these impressions could be obtained superficially or more profoundly. Science has studied well-being in accordance with two approaches: first, hedonic well-being, which is described as the perception of well-being obtained through pleasurable experiences; second, eudaimonic well-being, which derives from meaningful experiences (Gallagher, 2009; Ryan & Deci, 2001). These two sources of well-being are complementary (Delle & Negri, 2020). In this regard, Seligman's well-being model (PERMA) proposes five core components of well-being: positive emotion, engagement, relationships, meaning, and accomplishment (Seligman, 2011). This model provides a comprehensive framework for understanding well-being because it combines hedonic and eudaimonic approaches.

PERMA well-being is integrated by five dimensions (Seligman, 2011, 2018). The first dimension is positive emotions (P), which refers to the contribution based on good experiences; positive emotions are a key component of well-being, as they support emotional regulation processes and may alleviate depressive symptoms (Silton et al., 2020). The second dimension is engagement (E), which alludes to a source of well-being through engaging in activities relevant to the person; current evidence suggests that engagement and mental health are correlated (Kotera et al., 2022). The third dimension is positive relations (R), and implies good connections with others; positive relationships influence multiple dimensions of well-being such as higher levels of self-efficacy among students (Ferradás-Canedo & Freire-Rodríguez, 2020). The fourth dimension is called meaning (M), and it is the well-being that derives from doing something relevant for the society or something greater than oneself; recent literature highlights meaning in life as a key protective factor for well-being (Corbella et al., 2025). Finally, accomplishment (A) is the fifth dimension, and refers to achievement of life goals; it is closely associated with eudaimonic well-being (Siebecke, 2026).

SEXUAL SATISFACTION AND WELL-BEING

The mere absence of difficulties or negative aspects of sexuality does not necessarily imply sexual satis-

Cassandra A.
Nava-Cordero,
Maria F.
Durón-Ramos,
Ricardo E.
Pérez-Ibarra

faction or sexual well-being (Byers & Rehman, 2014). Therefore, more research should focus on identifying how people can enhance positive aspects of sexuality. For example, sexual satisfaction can provide positive perceptions in people, such as well-being (Colán-Félix & Fukabori-Soto, 2019; Pérez-Aranda et al., 2017).

When studying the relationship between well-being and sexual satisfaction, some researchers have focused on the correlation between these two variables (Mónaco et al., 2018; Pérez-Aranda et al., 2017); in addition, there is empirical evidence that sexual satisfaction influences well-being, both individually (Colán-Félix & Fukabori-Soto, 2019; Montañez et al., 2016) and relationship well-being (Holmberg et al., 2010). However, there is a lack of research emphasizing the inverse relation. Therefore, this study is focused on the relationship between well-being and sexual satisfaction.

PRESENT STUDY

Most research in sexuality is focused on the physiological variables of this construct (Schubert & Pope, 2023) or the negative aspects surrounding sexuality (Arakawa et al., 2013). Mental health or wellness in sexuality has some contributions in the literature, for example, sexual well-being (Byers & Rehman, 2014), but there are very few compared to those examining negative aspects of sexuality. Therefore, this study focused on sexual satisfaction, a positive element of sexuality that is a crucial factor for an individual's well-being (Sánchez-Fuentes et al., 2014). The aim of this study was to identify the direct relationship between PERMA well-being and sexual satisfaction.

We expected significant correlations between the three components of sexual satisfaction and the five components of PERMA well-being (hypothesis 1, H1), given that sexual satisfaction has been associated with well-being (Joshi, 2015; Sánchez-Fuentes et al., 2014) and some of the dimensions of PERMA (Safinia & Vafaii, 2016; Stephenson & Meston, 2015). In addition, we hypothesized that PERMA well-being would directly relate to sexual satisfaction (hypothesis 2, H2), since this association was established previously in the elderly population (Buczak-Stec et al., 2019).

PARTICIPANTS AND PROCEDURE

STUDY DESIGN AND PROCEDURE

The research was a quantitative, non-experimental, cross-sectional study. Data were collected using an online self-report questionnaire administered via Google Forms. The link was promoted through social

media (Facebook and WhatsApp). All participants read the confidentiality of data statements and provided informed consent prior to participation.

STUDY PARTICIPANTS AND SAMPLING

Participants were eligible for inclusion if they (a) were between 18 and 35 years of age, corresponding to emerging and early adulthood (Papalia & Martorell, 2017), and (b) resided in the state of Sonora, Mexico. The final sample consisted of 237 participants from a northwestern state of Mexico, with a mean age of 23.4 years ($SD = 2.72$). 57% were female, 40% were male, and 3% preferred not to indicate their gender. 37.6% of the people surveyed were in a stable relationship, while 38% were single, 11.4% were married, 12.7% were living with their boy/girlfriend, and 0.4% indicated that they were widowed. Regarding their sexual life, 28% said they did not have a sexual partner, 63.6% had a stable sexual partner, and 8.5% had different sporadic partners.

STUDY INSTRUMENTS

Sexual satisfaction. An adaptation of the scale presented by González-Rivera et al. (2017) was implemented. The short version used included nine items distributed in three dimensions: subjective assessment (3 items; i.e., "My sex life is fun"), self-image (3 items; i.e., "I consider myself a good lover"), and emotional aspects (3 items; i.e., "I experience emotional gratification after having sex"). Participants responded using a four-point scale with values from 1 (*totally disagree*) to 4 (*totally agree*). Reliability was calculated through Cronbach's α , with a total for the global scale of .81, with similar values between dimensions (.67 to .74). The validity of the scale was assessed using confirmatory factor analysis (CFA), which indicated acceptable goodness of fit: $\chi^2 = 50.69$ ($df = 24$, $p = .001$); SRMR = 0.043; CFI = 0.97; RMSEA = 0.066, 90% CI [0.040, 0.091].

PERMA well-being. The scale implemented was PERMA-Profiler (Butler & Kern, 2016). The scale was administered in Spanish. The instrument was translated by a native Spanish-speaking bilingual author with expertise in positive psychology. The instrument has 15 items equally distributed on the five dimensions of the PERMA model: positive emotions (i.e., "How often do you feel positive?"), engagement (i.e., "How often do you lose track of time while doing something you enjoy?"), positive relations (i.e., "To what extent have you been feeling loved?"), meaning (i.e., "To what extent do you feel that what you do in your life is valuable and worthwhile?"), and accomplishment (i.e., "How much of the time do you feel you are making progress towards accomplish-

ing your goals?”). Participants could respond using a 5-point Likert scale from 1 (*not at all*) to 5 (*completely*). Cronbach’s α obtained for the global scale was .94, with similar values between dimensions (.64 to .89). The validity of the scale was obtained through confirmatory factor analysis (CFA), which presented acceptable goodness of fit: $\chi^2 = 171.97$ ($df = 77$, $p = .001$); SRMR = 0.045; CFI = 0.96; RMSEA = 0.069, 90% CI [0.056, 0.083].

Cassandra A.
Nava-Cordero,
Maria F.
Durón-Ramos,
Ricardo E.
Pérez-Ibarra

DATA ANALYSIS

The database was downloaded and adapted for analysis through SPSS and AMOS. To assess construct validity, a confirmatory factor analysis (CFA) was conducted for each scale. Model fit was evaluated using the following goodness-of-fit indices: the chi-square statistic with its associated probability ($p \geq .01$); the standardized root mean square residual (SRMR $\leq .05$); the goodness-of-fit index (GFI $\geq .90$); the incremental fit index (IFI $\geq .90$); the comparative fit index (CFI $\geq .95$); and the root mean square error of approximation (RMSEA $\leq .08$), in accordance with the criteria proposed by Valdés et al. (2019). Reliability was calculated with Cronbach’s alpha. In addition, descriptive statistics and a correlation matrix were obtained in order to test hypothesis 1. Finally, a structural equation model (SEM) was used to confirm hypothesis 2.

ETHICAL ASPECTS

The protocol was approved by the Ethics Committee at a university in Northwest Mexico (document 293). All participation was voluntary and anonymous.

RESULTS

Table 1 presents descriptive statistics of the two variables and their components. Overall, participants reported similar means of PERMA well-being (3.83, $SD = 0.86$) and sexual satisfaction (2.92, $SD = 0.51$). The five components of PERMA well-being presented similar values, with differences of .14 or less. A similar pattern was observed for sexual satisfaction, where the three dimensions differed by no more than .12. Skewness and kurtosis analysis indicated that the data were approximately normally distributed (−0.50 to −0.99).

According to the correlation matrix, the index computed for sexual satisfaction presents significant associations with PERMA well-being (.21) and the five dimensions (.16 to .22). However, when analyzed separately, self-image does not exhibit significant associations with PERMA well-being. This information is presented in Table 2.

Finally, the structural equation model (SEM) indicated that PERMA well-being, composed of five dimensions (positive emotions, engagement, relationships, meaning, and accomplishment), presents a positive and direct relation with sexual satisfaction (.31, $p < .01$), composed of subjective assessment, self-image, and emotional aspect. The R^2 for sexual satisfaction is .10. All goodness-of-fit indices indicated that the data supported the model ($\chi^2 = 41.37$ [$df = 19$, $p = .002$]; SRMR = 0.03; GFI = 0.96; CFI = 0.98; TLI = 0.98; RMSEA = 0.07, 90% CI [0.04, 0.10]).

DISCUSSION

Investigations surrounding sex are mostly performed in Western, Educated, Industrial, Rich, and Demo-

Table 1

Descriptive statistics of sexual satisfaction and PERMA well-being

	Min	Max	Mean	SD	Skewness	Kurtosis
Sexual satisfaction	1	4	2.92	0.51	−0.73	0.06
Subjective assessment	1	4	2.97	0.66	−0.56	−0.31
Self-image	1	4	2.85	0.62	−0.82	0.24
Emotional aspect	1	4	2.94	0.66	−0.99	0.62
PERMA well-being	1	5	3.83	0.86	−0.98	0.49
Positive emotions	1	5	3.81	0.92	−0.58	−0.35
Engagement	1	5	3.90	0.82	−0.54	0.92
Positive relationships	1	5	3.79	0.91	−0.50	−0.06
Meaning	1	5	3.93	1.04	−0.62	0.57
Accomplishment	1	5	3.70	1.05	−0.53	0.59

Table 2

Correlation matrix between sexual satisfaction and PERMA well-being

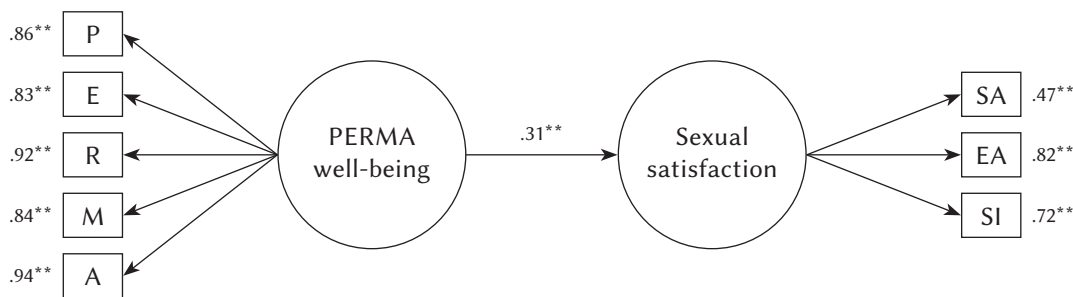
	1	1.1	1.2	1.3	2	2.1	2.2	2.3	2.4	2.5
(1) Sexual satisfaction	1									
(1.1) Subjective assessment	.82**	1								
(1.2) Self-image	.72**	.35**	1							
(1.3) Emotional aspect	.83**	.58**	.38**	1						
(2) PERMA well-being	.21**	.24**	.00	.26**	1					
(2.1) Positive emotions	.22**	.25**	.03	.24**	.89**	1				
(2.2) Engagement	.19**	.17**	.03	.23**	.86**	.70**	1			
(2.3) Positive relationships	.20**	.20**	.01	.24**	.92**	.80**	.77**	1		
(2.4) Meaning	.16**	.22**	-.05	.20**	.88**	.76**	.65**	.75**	1	
(2.5) Accomplishment	.21**	.22**	-.00	.27**	.94**	.78**	.78**	.85**	.80**	1

The effect of PERMA well-being on sexual satisfaction

Note. **The correlation is significant at the .01 level (bilateral).

Figure 1

Results of the structural equation model



Note. P – Positive emotion; E – Engagement; R – Relationships; M – Meaning; A – Accomplishment; SA – Subjective assessment; EA – Emotional aspect; SI – Self-image. Sexual satisfaction $R^2 = .10$; ** $p < .01$.

cratic (WEIRD) countries (Klein et al., 2022) and primarily focus on negative aspects of sexuality (Arakawa et al., 2013). To fill this gap in the literature, we targeted one positive aspect of sexuality and included well-being of the person to determine whether it presents an effect on sexual satisfaction in a Mexican population.

The first hypothesis of the present study aimed to examine the correlations among the dimensions of the two main variables studied (sexual satisfaction and PERMA well-being); the results indicated significant values that ranged from .16 to .26 ($p < .001$) between the five components of PERMA well-being and two dimensions of sexual satisfaction (subjective assessment and emotional aspect). However, self-image did not show a significant direct association with PERMA well-being. This finding may be explained by the multifactorial nature of self-image, which is shaped not only by internal psychological processes but also by a wide range of external influences. Fac-

tors such as feedback and evaluations from significant others, prevailing social norms, and exposure to social media representations may play a substantial role in the construction of self-image (López-Alonso, 2017). Recent research has shown that appearance-related preoccupation on social media is associated with self-esteem, well-being, and mental health, highlighting the complex role of external influences on self-image (Fabio & Tripodi, 2024). These external influences may operate independently of individuals' subjective well-being or may even exert contradictory effects, potentially attenuating a direct relationship between self-image and PERMA well-being. Consequently, self-image may function as a more context-dependent construct, whose relationship with well-being is indirect or mediated by other psychological or social variables.

As expected, PERMA well-being is directly related to sexual satisfaction (H2), indicating that higher perceived well-being may contribute to increased

sexual satisfaction. This aligns with previous research that pointed out the closeness between these two constructs (Colán-Félix & Fukabori-Soto, 2019; Montañez et al., 2016).

It is important to highlight three limitations when interpreting these results. First, the study employed a cross-sectional design; therefore, the analysis represents the reality for a specific context, a state from the north of Mexico. However, the results provide empirical evidence from a non-WEIRD country, which could serve as a starting point to increase research in this region. Secondly, one dimension of sexual satisfaction did not present significant correlations with the dimensions of well-being; hence, for future research, we recommend focusing on body image instead, which has been linked with well-being in previous studies (Swami et al., 2015, 2018). Finally, the R^2 of sexual satisfaction is low, indicating that only 10% of this phenomenon is influenced by PERMA well-being. In some research on sexual satisfaction, participants reported low levels of sexual satisfaction, which could be a reason why the explanation of this phenomenon is complex (Fallis et al., 2016; Knowles et al., 2013).

Despite the limitations, this study provides evidence of the relationship between PERMA well-being and sexual satisfaction. This relation could serve as a threshold for future intervention in young adults, highlighting positive aspects of sexuality, such as sexual satisfaction and well-being. Programs to increase sexual satisfaction do not necessarily imply a high investment in time or money. A two-study report by Dawson et al. (2022) proved that a short educational video on sexual mindfulness (commonly used with people presenting sexual dysfunction) increased sexual well-being in non-clinical participants. Another example of intervention is positive sexuality counseling, which can help to provide more holistic treatments, expand understanding, and consider identities, processes, and results in sexuality; this intervention understands that various sexual practices are normal, healthy, and essential for human development and connection with others (Burnes et al., 2017; Cruz et al., 2017).

CONCLUSIONS

In conclusion, when sexual satisfaction is examined as a latent construct within the structural equation modeling framework, individuals with higher levels of PERMA well-being tend to report greater overall sexual satisfaction. This association is primarily reflected through the subjective assessment and emotional components of sexual satisfaction. These findings underscore the relevance of working on well-being interventions for their contributions in other areas, such as sexual life. It also provides a pos-

itive aspect in sexuality research, which is in line with recent investigations focused not only on negative sexual issues but also on transforming healthy sexual education into a comprehensive system of knowledge where sexuality is considered valuable and healthy.

DISCLOSURES

This study was supported by Instituto Tecnológico de Sonora.

The study was approved by the Ethics Committee of Instituto Tecnológico de Sonora (protocol code 293). The authors declare no conflict of interest.

REFERENCES

- Anderson, R. (2013). Positive sexuality and its impact on overall well-being. *Bundesgesundheitsblatt-Gesundheitsforschung-Gesundheitsschutz*, *56*, 208–214. <https://doi.org/10.1007/s00103-012-1607-z>
- Arakawa, D. R., Flanders, C. E., Hatfield, E., & Heck, R. (2013). Positive psychology: What impact has it had on sex research publication trends? *Sexuality & Culture*, *17*, 305–320. <https://doi.org/10.1007/s12119-012-9152-3>
- Buczak-Stec, E., König, H. H., & Hajek, A. (2019). The link between sexual satisfaction and subjective well-being: a longitudinal perspective based on the German Ageing Survey. *Quality of Life Research*, *28*, 3025–3035. <https://doi.org/10.1007/s11136-019-02235-4>
- Burnes, T. R., Singh, A. A., & Witherspoon, R. G. (2017). Sex positivity and counseling psychology: an introduction to the major contribution. *The Counseling Psychologist*, *45*, 470–486. <https://doi.org/10.1177/0011000017710216>
- Butler, J., & Kern, M. L. (2016). The PERMA-Profiler: a brief multidimensional measure of flourishing. *International Journal of Wellbeing*, *6*, 1–48. <https://doi.org/10.5502/ijw.v6i3.526>
- Byers, E. S., Demmons, S., & Lawrance, K. (1998). Sexual satisfaction within dating relationships: a test of the interpersonal exchange model of sexual satisfaction. *Journal of Social & Personal Relationships*, *15*, 257–267. <https://doi.org/10.1177/0265407598152008>
- Byers, E. S., & Rehman, U. S. (2014). Sexual well-being. In D. L. Tolman, L. M. Diamond, J. A. Bauermeister, W. H. George, J. G. Pfaus, & L. M. Ward (Eds.), *APA handbook of sexuality and psychology, Vol. 1. Person-based approaches* (pp. 317–337). American Psychological Association. <https://doi.org/10.1037/14193-011>
- Carrobes, J., Gámez-Guadix, M., & Almendros, C. (2011). Funcionamiento sexual, satisfacción sexual

Cassandra A.
Nava-Cordero,
Maria F.
Durón-Ramos,
Ricardo E.
Pérez-Ibarra

- y bienestar psicológico y subjetivo en una muestra de mujeres españolas [Sexual functioning, sexual satisfaction, and subjective and psychological well-being in Spanish women]. *Anales de Psicología*, 27, 27–34. <https://doi.org/10.6018/analesps>
- Colán-Félix, Y., & Fukabori-Soto, E. (2019). *Satisfacción sexual y bienestar psicológico en personas que estudian y trabajan* [Sexual satisfaction and psychological well-being in people who study and work]. [Undergraduate thesis]. Universidad Peruana de Ciencias Aplicadas. <https://doi.org/10.19083/tesis/625730>
- Corbella, G., Pierobon, A., & Maffoni, M. (2025). What is life worth living for? A systematic review on meaning in life and meaning in work as protective factors for healthcare professionals' wellbeing. *Health Psychology Report*, 13, 111–132. <https://doi.org/10.5114/hpr/199541>
- Cruz, C., Greenwald, E., & Sandil, R. (2017). Let's talk about sex: Integrating sex positivity in counseling psychology practice. *The Counseling Psychologist*, 45, 547–569. <https://doi.org/10.1177/0011000017714763>
- Dawson, S. J., Jang, G. E., & Goldberg, S. Y. (2022). A brief psychoeducational sexual mindfulness intervention to bolster sexual well-being. *Mindfulness*, 13, 2827–2844. <https://doi.org/10.1007/s12671-022-01999-0>
- Delgado, E. S., Ortega, D., & Arriaga, M. Y. (2020). Representaciones sociales sobre el embarazo adolescente entre adolescentes escolares de la localidad de Colotlán, Jalisco, México [Social representations about teen pregnancy among school teenagers in the town of Colotlán, Jalisco, Mexico]. *Novedades en Población*, 16, 18–30.
- Delle Fave, A., & Negri, L. (2020). Multiple perspectives for an evolving concept. In C. R. Snyder, S. J. Lopez, L. M. Edwards, & S. C. Marques (Eds.), *The Oxford handbook of positive psychology* (pp. 125–140). Oxford University Press.
- Fabio, R. A., & Tripodi, R. (2024). Exploring social media appearance preoccupation in relation to self-esteem, well-being, and mental health. *Health Psychology Report*, 12, 286–294. <https://doi.org/10.5114/hpr/189698>
- Fallis, E. E., Rehman, U. S., Woody, E. Z., & Purdon, C. (2016). The longitudinal association of relationship satisfaction and sexual satisfaction in long-term relationships. *Journal of Family Psychology*, 30, 822–831. <https://doi.org/10.1037/fam0000205>
- Ferradás-Canedo, M., & Freire-Rodríguez, C. (2020). Relaciones positivas con otras personas y autoeficacia en estudiantes universitarios [Positive relationship with others and self-efficacy in university students]. *Revista INFAD de Psicología*, 1, 371–378. <https://doi.org/10.17060/ijodaep.2020.n1.v1.1794>
- Gallagher, M. W. (2009). Well-being. In S. J. Lopez (Ed.), *The encyclopedia of positive psychology* (pp. 1030–1034). Wiley-Blackwell.
- González-Rivera, J. A., Veray, J., Santiago, D., Castro, S., & Quiñones, R. (2017). Desarrollo y validación de una escala para medir satisfacción sexual subjetiva en adultos puertorriqueños [Development and validation of a scale to measure subjective sexual satisfaction in Puerto Rican adults]. *Salud y Conducta Humana*, 4, 52–63.
- Haithem, T. H., Quintana, U. M., & Rodríguez, M. L. (2018). Promoción de salud y prevención de enfermedades de transmisión sexual en estudiantes universitarios [Health promotion and sexually transmitted diseases prevention in university students]. *EduMeCentro*, 10, 158–173.
- Holmberg, D., Blair, K. L., & Phillips, M. (2010). Women's sexual satisfaction as a predictor of well-being in same-sex versus mixed-sex relationships. *Journal of Sex Research*, 47, 1–11. <https://doi.org/10.1080/00224490902898710>
- Instituto Mexicano del Seguro Social y Consejo Nacional de Fomento Educativo (2016). *Hablemos de sexualidad: Guía para instructores comunitarios y promotoras de educación inicial* [Let's talk about sexuality: a guide for community instructors and early childhood education promoters]. Consejo Nacional de Fomento Educativo.
- Joshi, Z. (2015). A study on the relationship between sexuality, spirituality and well-being amongst adults in Mumbai. *Indian Journal of Mental Health*, 2, 27–34. <https://doi.org/10.30877/IJMH.2.1.2015.27-34>
- Klein, V., Savaş, Ö., & Conley, T. D. (2022). How WEIRD and androcentric is sex research? Global inequities in study populations. *The Journal of Sex Research*, 59, 810–817. <https://doi.org/10.1080/00224499.2021.1918050>
- Knowles, S. R., Gass, C., & Macrae, F. (2013). Illness perceptions in IBD influence psychological status, sexual health and satisfaction, body image and relational functioning: a preliminary exploration using structural equation modeling. *Journal of Crohn's Colitis*, 7, 344–350. <https://doi.org/10.1016/j.crohns.2013.01.018>
- Kotera, Y., Green, P., & Sheffield, D. (2022). Positive psychology for mental wellbeing of UK therapeutic students: Relationships with engagement, motivation, resilience and self-compassion. *International Journal of Mental Health and Addiction*, 20, 1611–1626. <https://doi.org/10.1007/s11469-020-00466-y>
- López-Alonso, M. S. (2017). Análisis del orden en el que el autoconcepto, la autoestima y la autoimagen deberían aparecer en el proceso de maduración personal para alcanzar el bienestar emocional [Analysis of the order in which the autoconcepto, the self-esteem and the autoimagen should appear in the personal maturation process to achieve the emotional welfare]. *Revista INFAD de Psicología*, 1, 257–264. <https://doi.org/10.17060/ijodaep.2017.n2.v1.1126>
- Mónaco Gerónimo, E., Tamarit Chulià, A., & Montoya Castilla, I. (2018). Satisfacción sexual y bien-

Cassandra A.
Nava-Cordero,
Maria F.
Durón-Ramos,
Ricardo E.
Pérez-Ibarra

- estar en la juventud: su relación con el apego [Sexual satisfaction and well-being in youth: its relationship with attachment]. In M. Pérez-Fuentes, J. Gázquez, M. Molero, A. Belén Barragán, Á. Martos, M. Simón, & M. Sisto (Eds.), *Avances de investigación en salud a lo largo del ciclo vital* [Advances in health research across the lifespan] (Vol. II, pp. 325–331). Asociación Universitaria de Educación y Psicología (ASUNIVEP).
- Montañez, T., Martínez-Taboas, A., & Vélez, M. (2016). Mujer satisfecha, mujer feliz: un estudio exploratorio en una muestra de mujeres puertorriqueñas [Satisfied woman, happy woman: an exploratory study in a sample of Puerto Rican women]. *Ciencias de la Conducta*, *31*, 123–142.
- Morell-Mengual, V., Ceccato, R., Nebot-García, J. E., Chaves, I., & Gil-Llario M. D. (2018). Actitudes hacia la sexualidad y bienestar psicológico en personas mayores [Attitudes toward sexuality and psychological well-being in older people]. *Revista INFAD de Psicología*, *4*, 77–84.
- Papalia, D., & Martorell, G. (2017). *Desarrollo humano* [Human development] (13th ed.). McGraw Hill.
- Pérez-Aranda, G. I., Estrada-Carmona, S., Pacheco-Quijano, L. V., García-Reyes, L., & Tuz-Sierra, M. A. (2017). Bienestar psicológico y satisfacción sexual en personas de 40 a 70 años de edad [Psychological well-being and sexual satisfaction in people aged 40 to 70]. *Revista Iberoamericana de las Ciencias Sociales y Humanísticas*, *6*, 188–210. <https://doi.org/10.23913/ricsh.v6i11.115>
- Ryan, R. M., & Deci, E. L. (2001). On happiness and human potentials: a review of research on hedonic and eudaimonic well-being. *Annual Review of Psychology*, *52*, 141–166. <https://doi.org/10.1146/annurev.psych.52.1.141>
- Ryff, C. D., Boylan, J. M., & Kirsch, J. A. (2021). Eudaimonic and hedonic well-being: an integrative perspective with linkages to sociodemographic factors and health. In M. T. Lee, L. D. Kubzansky, & T. J. VanderWeele (Eds.), *Measuring well-being: Interdisciplinary perspectives from the social sciences and the humanities* (pp. 92–135). Oxford University Press. <https://doi.org/10.1093/oso/9780197512531.001.0001>
- Saeteros, R., Pérez, J., & Sanabria, G. (2013). Vivencias de la sexualidad en estudiantes universitarios [Sexuality experiences of university students]. *Revista Cubana de Salud Pública*, *39*, 915–928.
- Safinia, G., & Vafaii, M. (2016). Investigation of relationship between personality characteristics and emotional balance with women's sexual quality of life. *Journal of Fundamental and Applied Sciences*, *21*, 2891–2904. <https://doi.org/10.4314/jfas.v8i3s.381>
- Sánchez-Fuentes, M., Santos-Iglesias, P., & Sierra, J. C. (2014). A systematic review of sexual satisfaction. *International Journal of Clinical and Health Psychology*, *14*, 67–75. [https://doi.org/10.1016/S1697-2600\(14\)70038-9](https://doi.org/10.1016/S1697-2600(14)70038-9)
- Schubert, A. M., & Pope, M. E. (2023). *Handbook for human sexuality counseling: a sex positive approach*. American Counseling Association.
- Seligman, M. (2011). *Flourish: a visionary new understanding of happiness and well-being*. Free Press.
- Seligman, M. (2018). PERMA and the building blocks of well-being. *The Journal of Positive Psychology*, *13*, 333–335. <https://doi.org/10.1080/17439760.2018.1437466>
- Siebecke, D. (2026). The differing role of psychological well-being in academic success among Swedish students. *Child Indicators Research*, *19*, 113–140. <https://doi.org/10.1007/s12187-025-10297-9>
- Silton, R., Kahrilas, I., Skymba, H., Smith, J., Bryant, F., & Heller, W. (2020). Regulating positive emotions: Implications for promoting well-being in individuals with depression. *Emotion*, *20*, 93–97. <https://doi.org/10.1037/emo0000675>
- Stephenson, K. R., & Meston, C. M. (2015). The conditional importance of sex: Exploring the association between sexual well-being and life satisfaction. *Journal of Sex & Marital Therapy*, *41*, 25–38. <https://doi.org/10.1080/0092623X.2013.811450>
- Swami, V., Tran, U. S., Stieger, S., Voracek, M., & YouBeauty.com Team (2015). Associations between women's body image and happiness: Results of the YouBeauty.com Body Image Survey (YBIS). *Journal of Happiness Studies*, *16*, 705–718. <https://doi.org/10.1007/s10902-014-9530-7>
- Swami, V., Weis, L., Barron, D., & Furnham, A. (2018). Positive body image is positively associated with hedonic (emotional) and eudaimonic (psychological and social) well-being in British adults. *The Journal of Social Psychology*, *158*, 541–552. <https://doi.org/10.1080/00224545.2017.1392278>
- Valdés, M. A., García, F. I., Torres, G. M., Urías, M., & Grijalva, C. S. (2019). *Medición en investigación educativa con apoyo del SPSS y el AMOS* [Measurement in educational research with support from SPSS and AMOS]. Clave Editorial.
- Valente, D., Pellegrino, J., & Tatti, S. (2021). Sexualidad y salud sexual [Sexuality and sexual health]. *Revista de la Asociación Médica Argentina*, *134*, 9–14.
- Williams, D. J., Prior, E., & Wegner, J. (2013). Resolving social problems associated with sexuality: Can a “sex-positive” approach help? *Social Work*, *58*, 273–276. <https://doi.org/10.1093/sw/swt024>
- World Health Organization (2022). *Critical considerations and actions for achieving universal access to sexual and reproductive health in the context of universal health coverage through a primary health care approach*. WHO. Retrieved from <https://iris.who.int/bitstream/handle/10665/357614/9789240052659-eng.pdf?sequence=1>
- Zapata Boluda, R. M., & Gutiérrez Izquierdo, M. I. (2016). *Salud sexual y reproductiva* [Sexual and reproductive health]. Universidad de Almería.