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Reasons to pretend to orgasm and the mating psychology of those who endorse them[★]



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ABSTRACT

Considerable work has examined the reasons men and women pretend to orgasm, but few studies have examined how mating motives relate to the various reasons they might do so. Data from an online (N=656), snowball sample revealed—through factor analysis—five potential reasons people pretend to orgasm (i.e., positive feedback, enhancing pleasure, avoidance, mate deception, and sexual boredom). These reasons were differentially related to an array of individual differences in mating psychology as captured with the Dark Triad traits (i.e., narcissism, psychopathy, and Machiavellianism), sociosexuality, and (self-reported) mate value. There were also sex differences in who pretended for some of the reasons (e.g., women pretended more to offer positive feedback; men pretended more to avoid an awkward situation) and differences depending on whether people genuinely pretended or quasi-pretended (i.e., exaggerated their enjoyment). This study adds to the relevant literature on the reasons people pretend to orgasm but examined how individual differences in mating psychology predict those reasons. It seems that pretending to orgasm may be motivated by different relationship goals and interpersonal styles.

1. Introduction

Despite the potential importance of orgasms in people's sex lives (Baker & Bellis, 1995; Chadwick & van Anders, 2017), 25-75% of people pretend to orgasm (Frederick, John, Garcia, & Lloyd, 2018; Muehlenhard & Shippee, 2010; Séguin & Milhausen, 2016; Séguin, Milhausen, & Kukkonen, 2015). Research on this topic tends to come from a feminist (Lafrance, Stelzl, & Bullock, 2017) or evolutionary (Kaighobadi, Shackelford, & Weekes-Shackelford, 2012) framework and is often qualitative in nature (Muehlenhard & Shippee, 2010; Salisbury & Fisher, 2014) and when it is quantitive, is often primarily concerned with scale development (Cooper, Fenigstein, & Fauber, 2014; Goodman, Gillath, & Haj-Mohamadi, 2017; McCoy, Welling, & Shackelford, 2015; Séguin et al., 2015). Nevertheless, these studies agree that men (less so) and women pretend to orgasm for communal (e.g., being sensitive about another's feelings; emotional communication) and agentic (e.g., mate deception; hedonism) reasons. This study attempts to better understand why men and women fiegn orgasm and how their reasons are related to individual differences in their mating psychology.

Prior work examining the mating psychology surrounding reasons

to fake orgasm were often from an evolutionary framework and limited in scope. For instance, faking orgasm has been linked to mating deception (Brewer, Abell, & Lyons, 2016) and mate retention (Kaighobadi et al., 2012). Other work suggests faking orgasms might be related to relationship quality, sexual satisfaction (Darling & Davidson, 1986), and wanting to bring a disappointing act of sex to an end (Thomas, Stelzl, & Lafrance, 2017). And work in "swingers" suggests women may fake orgasm because of sexual boredom (Jankowiak & Mixson, 2008). Despite the spotty nature of these findings, they suggest that faking orgasm might be done for agentic, even exploitive mating motives.

The Dark Triad traits are characterized by grandiosity and self-centeredness (i.e., narcissism), manipulation and cynicism (i.e., Machiavellianism), and callous social attitudes and impulsivity (i.e., psychopathy). The traits are linked to selfish and antisocial values (Jonason, Strosser, Kroll, Duineveld, & Baruffi, 2015), related to the use of the manipulative mating strategy of "playing hard-to-get" (Jonason & Li, 2013), are behind people's casual sex dispositions (Jonason, Li, Webster, & Schmitt, 2009), create hedonistic biases in people (Jonason, Sitnikova, & Oshio, 2018), and are associated with rape-enabling attitudes (Jonason, Girgis, & Milne-Home, 2017). As traits linked to such motivations, they should be unlinked with faking orgasm for their

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partner's sake. In contrast, because the traits are agentic, they should be associated with faking orgasm to improve their own sexual enjoyment (e.g., enhancing pleasure, avoiding sexual boredom), to deceive their current partner, and to avoiding the uncomfortable event of telling someone they did not orgasm.

Individual differences in mating psychology were captured in two other ways. First, the role of sociosexuality (Jackson & Kirkpatrick, 2007) is considered. There is evidence that a person interested in casual sex is likely motivated by their own sexual enjoyment (Jonason, 2013), therefore, such a person may be unlikely to pretend to orgasm to provide positive feedback or to relieve sexual boredom, but may be more likely than others to pretend for the purposes of mate deception. In contrast, someone interested in long-term romantic relationships may not pretend for mate deception purposes, as they are likely to be committed to the person with whom they are having sex. Such an individual may also not pretend because of boredom, or avoidance as they may be more tolerant of the occasionally disappointing sexual interaction given their desire to remain in stable relationships.

Second, the role of (self-reported) mate value was considered. Prior research has examined factors like sexual self-esteem as a means of understanding reasons to pretend orgasms (Wiederman, 1997). Selfesteem is a global evaluation of a person's worth and sexual self-esteem centers on a person's prowess and attractiveness as a sex partner. A related construct may be individual differences in mate value that reflects how desirable someone is as a relationship partner. Individual differences in how one rates their value as a mate might predict the use of reasons to pretend. Those with more self-perceived mate value might be more demanding of their partners and, when not sexually satisfied, more likely to leave their current partners and find others, because they perceive they successfully can. Those high in mate value tend to have more relationship and sexual dealbreakers and "bad sex" may operate as dealbreaker (Jonason, Garcia, Webster, Li, & Fisher, 2015). As a result, those who think they have more mate value may be less willing to tolerate bad sex and, therefore, refuse to feign orgasm.

Beyond these aspects of mating psychology, the role of participant's sex and whether their pretending (1) did not involve faking an orgasm (i.e., "quasi-pretending"), or (2) constituted a genuinely faked orgasm (i.e., "full pretending"), because not all levels of pretending are necessarily equivalent (Séguin & Milhausen, 2016) was examined. Faking might differ in difficulty with a genuine fake being hardest to commit successfully (i.e., more detectable, an overt lie) and a quasi-fake may be easier to commit (i.e., less detectable; an exaggeration not a lie). In reference to sex differences, the research is often qualitative in nature (Salisbury & Fisher, 2014) which prohibits making strong statements about sex differences. It may be that women are more likely to pretend to orgasm for prosocial reasons like providing positive feedback and to enhance enjoyment because they are more likely to think of the needs of the couple over themselves. It may also be the case, on the other hand, that men pretend to orgasm to avoid having to explain why they did not orgasm, given that not doing so may call into question their masculinity (Chadwick & van Anders, 2017). It is clear, however, that women are more likely than men are to pretend to orgasm (Muehlenhard & Shippee, 2010; Séguin et al., 2015). This tends to be interpreted through one, possible feminist lens, such that women are portrayed as feeling they need to serve men's egos. It may, however, be that men are equally concerned with women's egos, but because they are more likely to orgasm than women are (Frederick et al., 2018), they do not (as often) fully-pretend and may more often answer "no" to a question as to whether they have pretended. Instead, men may quasipretend, acting more excited than they really are, to avoid hurting a woman's feelings or to promote her excitement. Lastly, fully pretending (compared to quasi-pretending) may be motivated by a desire to be a good partner. That is, it may be done for positive feedback and to avoid difficult conversations that may undermine relationship functioning. On the other hand, those who quasi-pretend may do so more to ensure sexual pleasure than do those who fully-pretend.

The topic of faking orgasm has received considerable attention but rarely have researchers examined people's reasons to fake orgasm in relation to individual differences in mating psychology. In this study, factor analytic methods were used to understand the higher-order reasons people pretend to orgasm. The study further examines sex differences in those reason and explores the role of type of faked orgasm.

2. Methods

2.1. Participants and procedure

In late 2015, 656 (373 women) online volunteers (i.e., snowball) were solicited through online sex research (SmartLab) and social media (e.g., Facebook) sites to participate in a study entitled "Who Pretends and Doesn't Pretend to Have an Orgasm, and Why?" The average age of participants was 32.09 (SD = 9.95, Range = 18–73). The sample was 82% white/European ancestry, 77% heterosexual, 54% not in a committed relationship, and 52% resident in the U.S. Participants indicated whether they had ever (1) fully pretended (68%; "Yes, I have pretended to have an orgasm during sexual relations."), (2) quasi-pretended (22%: "I have never pretended to have an orgasm, but I have pretended to be more sexually excited than I actually was during sexual relations."), or (3) neither (10%; "No, I have never pretended to have an orgasm or to be more sexually excited than I actually was during sexual relations.").

This project was approved by the ethics board at Western Sydney University. After being informed of the nature of the study each participant provided consent through a "tick box". The survey was self-directed and composed of basic demographic questions, a question as to whether the participant was anorgasmic (if they were, they were ejected from the study with our thanks), a question as to whether they had ever pretended either orgasm or sexual excitement, questions about the reasons for pretending with reasons (presented in random order), several validated scales, and finally a debriefing.

2.2. Measures

To capture individual differences in the reasons people might pretend to orgasm, two sex researchers who were independent of the author compiled a list of 37 potential reasons people might pretend to orgasm based on prior assessments (Cooper et al., 2014; Kalish & Kimmel, 2011; Muehlenhard & Shippee, 2010; Salisbury & Fisher, 2014.).3,4 Participants were asked to "think back to all the times you have pretended. Please indicate how much you agree" (1 = Completely disagree; 7 = Completely agree) and they were provided the option to select "Prefer not to answer/not applicable". The items were subjected to principle axis factor analysis with a varimax rotation (Kaiser-Meyer-Olkin = 0.89; Barttlet's Sphericity χ^2 [630] = 8561.37, p < .01), uncovering eight factors accounting for 49.33% of the variance; seven factors with Eigen values > 1. Cross-factor loadings were reduced by suppressing values > 0.45 (costing six items; 1.56% of the variance) and two factors were excluded that contained two items each. The remaining five factors were interpreted as positive feedback (8 items; e.g.,

 $^{^{1}}$ 1120 people started the survey, those with too much missing data or completed it in 5 min or less were excluded.

²There were no differences in the reasons people faked when comparing participants from America or elsewhere and the same can be said for relationships status. Comparisons were unwarranted for sexual orientation and ethnicity given sample size.

³ Each of the 37 reasons are available from the authors upon request.

⁴All reasons from each were used, with minor wording changes to reduce redundancy, only. Note that articles on non-heterosexual faking and faking within special populations (e.g., individuals with prostheses) other than non-orgasmic women, were not included.

"make my partner think he/she had done a good job"; Cronbach's $\alpha=0.87, 21.29\%$), enhancing enjoyment (6 items; e.g., "help my partner have an orgasm"; $\alpha=0.80, 8.49\%$), avoidance (6 items; e.g., "avoid an uncomfortable conversation"; $\alpha=0.83, 6.99\%$), mate deception (4 items; e.g., "I was thinking of cheating on my partner and didn't want her/him to suspect"; $\alpha=0.79, 3.91\%$), and sexual boredom (3 items; e.g., "I wanted the sex to end"; $\alpha=0.67, 2.99\%$).

The Dark Triad traits were measured using the 27-item Short Dark Triad (Jones & Paulhus, 2014). Participants reported their agreement (1 = Strongly disagree; 5 = Strongly agree) with statements such as "Make sure your plans benefit yourself, not others" (i.e., Machiavellianism), "I like to get acquainted with important people" (i.e., narcissism), and "People who mess with me always regret it" (i.e., psychopathy). Items were averaged to create indices of Machiavellianism (Cronbach's $\alpha=0.81$), narcissism ($\alpha=0.72$), and psychopathy ($\alpha=0.69$).⁵

The 17-item Mate Value Inventory was used to measure self-perceived mate value (Kirsner, Figueredo, & Jacobs, 2003). Participants were asked to agree with items such as "I am a person with a good sense of humor" (1 = extremely low on this trait; 7 = extremely high on this trait). Items were averaged to create a mate value index ($\alpha = 0.78$).

Sociosexuality was measured with the Jackson and Kirkpatrick's (2007) Sociosexual Behavior measure. The items for each dimension were averaged to create a measure of short-term mating orientation (10 items; e.g., "I can easily imagine myself being comfortable and enjoying "casual" sex with different partners"; $\alpha=0.86$), long-term mating orientation (9 items; e.g., "I can easily see myself engaging in a long-term romantic relationship with someone special"; $\alpha=0.86$), and (z-scored for standardization) sexual experiences (5 items; e.g., "With how many partners of the opposite sex have you had sexual intercourse within the past year?"; $\alpha=0.80$).

3. Results

The majority (68%) of the sample had previously fully pretended. 22% had quasi-pretended (vet not fully pretended), and 10% had never done either ($\chi^2[2] = 362.94$, p < .01). Women, more frequently $(\chi^2[2] = 46.77, p < .01, \Phi = 0.27)$ than men, fully pretended (79% v. 53%) and men more frequently quasi-pretended (31% vs. 15%) or never pretended (15% vs. 6%). Individual differences in mating psychology of those who reported pretending or quasi-pretending to orgasm with each of the reasons to pretend to orgasm are reported Table 1. Machiavellian individuals faked for avoidance, deception, and boredom. Narcissists faked for pleasure and deception. Psychopathic people faked for pleasure, avoidance, deception, and boredom. Those interested in casual sex faked for deception and boredom, but not to provide positive feedback to one's partner. Those interested in serious relationships and with more mate value did not fake for avoidance, deception, and boredom. Those with more previous mating behaviors faked for avoidance, deception, and boredom. These correlations differed little as a function of the type of pretending participants reported engaging in (5%) and participant's sex (3%).

A series of 2 (participant's sex) \times 3 (pretending) ANOVAs were tested where the traits were treated as dependent variables. Only one case where the two interacted with mate value was detected (F[2, 655] = 4.21, p < .05, η_p^2 = 0.01), such that only in the condition of quasi-pretending, women reported more mate value than men did (t = 2.21, p < .05). Otherwise, men were more psychopathic (F[1,

656] = 16.52, p < .01, $\eta_p^2 = 0.03$), Machiavellian (F[1, 656] = 6.43, p < .01, $\eta_p^2 = 0.01$), narcissistic (F[1, 656] = 4.97, p < .05, $\eta_p^2 = 0.01$), had more past sexual behavior (F[1, 656] = 7.03, p < .01, $\eta_p^2 = 0.01$), and were more oriented towards short-term mating (F[1, 656] = 11.47, p < .01, $\eta_p^2 = 0.02$).

When how much participants used each reason were compared (F[4, 3534] = 505.09, p < .01, $\eta_p^2 = 0.46$), few significant differences were found (p < .01) between them all, except when comparing *enhancing pleasure* to *sexual boredom*. Otherwise, the reasons ranked by mean endorsement level: (1) providing positive feedback (M = 5.23, SD = 1.36), (2) sexual boredom (M = 4.35, SD = 1.72), (3) enhanced pleasure (M = 4.31, SD = 1.51), (4) avoidance (M = 3.74, SD = 1.65), and (5) mate deception (M = 1.96, SD = 1.57). These dimensions were uncorrelated with participant's age.

Next, sex differences were assessed in the reasons to pretend to orgasm, whether there were differences across pretending type (i.e., full pretending, quasi-pretending), and whether the two interacted in a series of 2 (participant's sex) × 2 (pretending) ANOVAs (those who reported never having pretended were excluded). Three interactions were found when trying to predict pretending to orgasm to provide positive feedback (F[2, 589] = 9.85, p < .01, $\eta_p^2 = 0.02$), to avoid embarrassment (F[1, 589] = 9.44, p < .01, $\eta_p^2 = 0.02$), and for the purpose of sexual pleasure (F[2, 589] = 9.92, p < .01, $\eta_p^2 = 0.01$). All three of these interactions revealed the same effect: women were more likely to use these than men were if they fully pretended (ts = 4.28 to 7.72, ps < 0.01) with no sex differences for quasi-pretending. Sex differences (see Fig. 1, bottom panel) suggest women pretended more for the reasons of providing positive feedback (F[1, 589] = 3.91, p < .05, $\eta_p^2 = 0.01$), enhancing sexual pleasure (F[1, 589] = 23.17, p < .01, $\eta_p^2 = 0.04$), and sexual boredom (F[1, 589] = 6.74, p < .01, $\eta_p^2 = 0.01$). Men were more likely to pretend for avoidance (F[1, $[589] = 4.20, p < .05, \eta_p^2 = 0.01)$. Main effects were detected for the extent of pretending participants engaged in (see Fig. 1, top panel), suggesting those who fully pretended were more likely than those who quasi-pretended to do so to provide positive feedback (F[1, 589] = 6.46, p < .04, $\eta_p^2 = 0.01$), for avoidance (F[1, 589] = 8.51, $p<.01,~\eta_p^2=0.01),~$ and for sexual boredom (F[1, 589] = 15.72, $p<.01,~\eta_p^2=0.03).$ Those who quasi-pretended did so for the purpose of sexual pleasure ($F[1, 589] = 28.26, p < .01, \eta_p^2 = 0.05$) more than did those who fully pretended.

4. Discussion

There are individual differences in the ease to which men and women can orgasm during sex (Frederick et al., 2018; Lafrance et al., 2017). Ninety percent of the participants, regardless of their sex, had, at least once, pretended to orgasm or to be more sexually excited than they actually were, with a minority claiming to never have done so. Given such a large percentage of people who have pretended to orgasm and/or feigned sexual excitement, it seems justifiable for researchers from different specialties—personality psychology in this case—to explore the reasons people do so and what kinds of people are likely to pretend for various reasons. In this study, five higher-order reasons were detected about why people faked orgasm, sex differences were examined, the distinction between faking orgasm and faking sexual enjoyment was considered, and individual differences in mating psychology were assessed.

Five reasons were uncovered, consistent with prior work, for why people pretend to orgasm (Cooper et al., 2014; Goodman et al., 2017; McCoy et al., 2015). For example, people pretended to orgasm because the sex was boring (Thomas et al., 2017), to deceive their current partner (Brewer et al., 2016), or to provide feedback to encourage their partner (Séguin et al., 2015). These reasons appear to reflect the communion-agency distinction commonly cited in personality psychology. This suggests that the fundamental, underlying motivation of pretending may reflect concerns for the partner/partnership or the self.

⁵ Machiavellianism was correlated with narcissism (r = 0.37) and psychopathy (r = 0.48) and narcissism was correlated with psychopathy (r = 0.44).

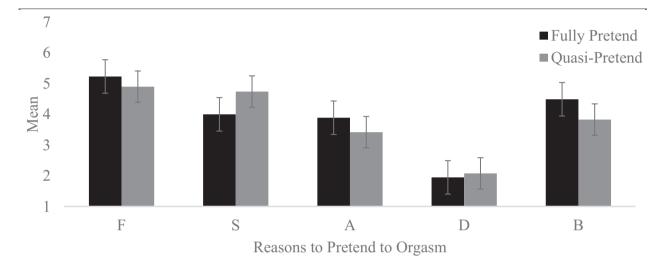
⁶ One item in the LTMO sub-scale was inadvertently omitted, "I would like to have at least one long-term committed relationship during my lifetime." but given the relatively large number of items in this measure, any loss of validity should be minimal as seen in the corresponding internal consistency.

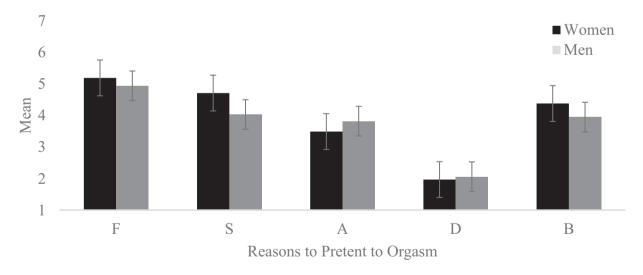
Table 1
Correlations between personality and sexuality variables and five reasons to fake orgasm.

Personality	Positive feedback	Enhancing pleasure	Avoidance	Mate deception	Sexual boredom
Machiavellianism	0.05	0.08	0.15**	0.12**	0.18**
Narcissism	0.01	0.12**	-0.02	0.10*	0.07
Psychopathy	0.04	0.10*	0.17**	0.20**	0.11**
Sexuality					
Short-term mating orientation	-0.10*	-0.02	0.02	0.10*	0.10*
Long-term mating orientation	0.06	0.07	-0.13**	-0.17**	-0.13**
Previous sexual behavior	0.01	-0.03	0.13**	0.10*	0.10*
Mate value	-0.05	0.06	-0.19**	-0.10*	-0.10*

^{*} p < .05.

^{**} p < .01.





Note. F = Positive Feedback; S = Sexual Enhancement; A = Avoidance; D = Mate Deception; B = Sexual Boredom

Fig. 1. Type of faking (top panel) and sex differences (bottom panel) for the reasons people pretend to orgasm. Note. F = Positive Feedback; S = Sexual Enhancement; A = Avoidance; D = Mate Deception; B = Sexual Boredom.

Indeed, when examining personality traits that are linked to agentic tendencies and exploitiveness, the Dark Triad traits revealed such a pattern. Individual differences in the Dark Triad traits were uncorrelated with faking to provide positive feedback or encouragement to one's partner, but for their own sexual enjoyment, to deceive their

partner, or to avoid boredom. That is, those characterized by agentic/exploitive traits do not index their feigned orgasms on their partner's, but, instead, on their own sexual and psychological feelings.

Beyond the results with the Dark Triad traits, sociosexuality and mate value revealed different patterns in reasons why people pretend to

orgasm. A noticeable convergence was found between long-term mating orientation and self-reported mate value. Those interested in serious relationships and felt they had more mate value were less likely to fake orgasm to avoid difficult conversations, deception, and boredom. Those interested in long-term relationships may be willing to tolerate boredom, be less likely to attempt to manipulate their mates with deception, and engage in healthy sexual communication so avoidance is not necessary. In contrast, those who are more promiscuous in nature may not feel that positive feedback is worthwhile given the short-term nature of their ideal relationships, to engage in mating deception towards the goals of mate switching, and to avoid boredom given the hedonic nature of casual sex (Jonason, 2013).

These underlying reasons were qualified by an examination of various individual differences. For instance, we found sex differences in the reasons men and women pretend to orgasm. However, by including something called "quasi-pretending", it appears that men may actually pretend more than women do, assuming all kinds of pretending (full pretending of orgasm versus not) are equivalent. This difference may translate into different reasons to pretend for men and women. That is because of physiological constraints that influence the ease to which people achieve orgasm (Baker & Bellis, 1995), men and women may develop different reasons to fake their orgasms.

5. Limitations and conclusions

Despite the use of a reasonably large sample and a cross-section of personality measures, the study was nonetheless characterized by several limitations. First, the sample could be described as Western, educated, industrialized, rich, and democratic (Henrich, Heine, & Norenzayan, 2010). Nevertheless, cross-cultural work examining the science of orgasm would, among other things, facilitate evolutionary psychological theory testing. For example, in societies whose sexual culture does not treat sexual enjoyment as a priority (e.g., ones with female genital mutilation; highly religious societies), unique reasons to fake may emerge. Second, although internal consistency estimates mostly passed the standard (i.e., 0.70) threshold (Nunnally, 1978), a few only passed the more liberal threshold (i.e., 0.50) as set out for basic research (Schmitt, 1996). Third, our results did not address female orgasm as a potential adaptation (Kaighobadi et al., 2012), sexism (Chadwick & van Anders, 2017), or the "orgasm gap" (LaFrance et al., 2017). Such considerations were beyond the scope of this study. Fourth, all associations were small in magnitude, suggesting that research will need to better ascertain what some of the more powerful factors are behind pretending to orgasm. Fifth, a potentially important consideration is the frequency by which people fake (in either form) which can serve as a valuable covariate for subsequent research. Sixth, a general limitation of work on faking orgasm is that it fails to consider the distinction between short-term and long-term relationships. A fuller understanding of (1) the probability/frequency of pretending to orgasm in committed as compared to uncommitted relationships would be telling and (2) the reasons people do so may be moderated by relationship context. There was some attempt to consider this at the dispositional level in the sociosexuality measure, but treating relationship context as its own variable may be worthwhile. Seventh, the focus here was on the assessment of individual differences with overt focus on mating motives but there are likely other individual differences of relevance. For instance, authenticity might be important because, in theory, an authentic person should be unlikely to fake orgasm. Eight, no claim can be made to have captured every reason that people fake orgasm and, instead, the study merely captured a cross-section of reasons people pretend to orgasm. People may fake for other self-enhancing or coupleenhancing reasons and even "darker" reasons like sexual economics motives worthy of subsequent investigations.

In conclusion, this study examined the mating psychology associated with individual differences in why people pretend to orgasm.

Five potential (higher-order) reasons people pretend to orgasm were revealed, sex differences were examined in the rates of pretending and the reasons people pretend, and these reasons tracked by personality traits suggesting that they may bias the person's sexual and relationship behaviors towards engaging in a form of deception that appears rampant, with 90% of the participants reporting having engaged in some form of faking. More work examining the reasons people pretend to orgasm from different epistemological/methodological perspectives is encouraged.

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