



WHAT IS THIS PUBLICATION ABOUT?

We conducted a literature review on sexual problems and relationship factors in self-identified bisexual individuals to highlight areas where more research is needed.



WHEN CONSIDERED IN RESEARCH, BISEXUAL INDIVIDUALS ARE OFTEN THOUGHT OF AS A GROUP, BUT THERE MAY BE IMPORTANT DIFFERENCES BETWEEN BISEXUAL INDIVIDUALS IN SAME-GENDER OR MIXED-GENDER RELATIONSHIPS.

FOR EXAMPLE, IT IS POSSIBLE THAT SHARING SIMILAR BODY TYPES TO ONE'S PARTNER MAY BE RELATED TO DIFFERENCES IN THE SEXUAL EXPERIENCES OF BISEXUAL INDIVIDUALS IN SAME-GENDER AS COMPARED TO MIXED-GENDER RELATIONSHIPS.

ALSO, EVER HAVING BEEN SEXUAL WITH A SAME-GENDER PARTNER MAY BROADEN THE SEXUAL REPERTOIRES (SEXUAL SCRIPTS) OF SELF-IDENTIFIED BISEXUAL INDIVIDUALS.



RESEARCH SHOULD INVESTIGATE HOW THE GENDER AND SEXUAL ORIENTATION OF ONE'S CURRENT PARTNER IS ASSOCIATED WITH SEXUALITY VARIABLES.

FUTURE RESEARCH SHOULD TARGET RECRUITMENT TO INCLUDE INDIVIDUALS WITH DIVERSE GENDER IDENTITIES.



RESEARCH SHOULD INVESTIGATE HOW SEXUAL RELATIONSHIP OUTCOMES MAY DIFFER DEPENDING ON HOW RESEARCHERS CLASSIFY INDIVIDUALS AS BEING BISEXUAL.

FOR EXAMPLE, IS BISEXUALITY DEFINED AS SELF-IDENTIFIED SEXUAL ORIENTATION, SEXUAL HISTORY, SEXUAL ATTRACTION, SEXUAL BEHAVIOUR, OR COMBINATIONS OF THESE ASPECTS?



CLINICIANS SHOULD REFRAIN FROM ASSUMING THE SEXUAL ORIENTATION OF THEIR PATIENTS BASED ON THE GENDER OF THEIR PARTNER.

TO AVOID MAKING ASSUMPTIONS, CLINICIANS SHOULD ASK CLIENTS ABOUT HOW THEY SELF-IDENTIFY IN TERMS OF THEIR SEXUAL ORIENTATION.



WHAT ARE THE IMPLICATIONS OF THIS PUBLICATION?

We found gaps in the literature regarding information on sexual problems, sexual scripts, sexual communication, and partner responses. This publication presents important recommendations for future research.