

# WASC Survey

## The Impact of COVID-19 on Sexual Behavior

Sponsored by World Association of Sex Coaches  
In cooperation with Sex Coach U



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In order to better understand the global impact of COVID-19 on sexuality, and to generate ideas about how to help people deal with the fallout from this time period, the World Association of Sex Coaches (WASC) teamed up with Sex Coach U (SCU) to produce an informal international survey to examine these issues. We are devoted to discovering how we can best serve the needs of the people who rely on us for assistance.

Our survey ran from April 15, 2020 until June 5, 2020, and we received 921 responses. Of these, 12 were disqualified.

All survey questions, aside from the two qualifying statements (Q1 *"I am 18 years or older"* and Q2 *"I grant permission for anonymous use of my survey responses for the benefit of sexual health in the world"*) were voluntary.

The majority of our respondents were aged 25-54 (521 respondents); ages ranged from 18 to 65+.

Respondents came from 37 countries on all six populated continents: North and Central America (355 respondents), Europe (200), Africa (45), Australia and New Zealand (19), Asia (6), South America (2). This data represents 627 of the 921 respondents.

The data on the following pages represents the more noticeable trends captured by our survey. We are sharing our findings so we can all serve our communities more effectively.

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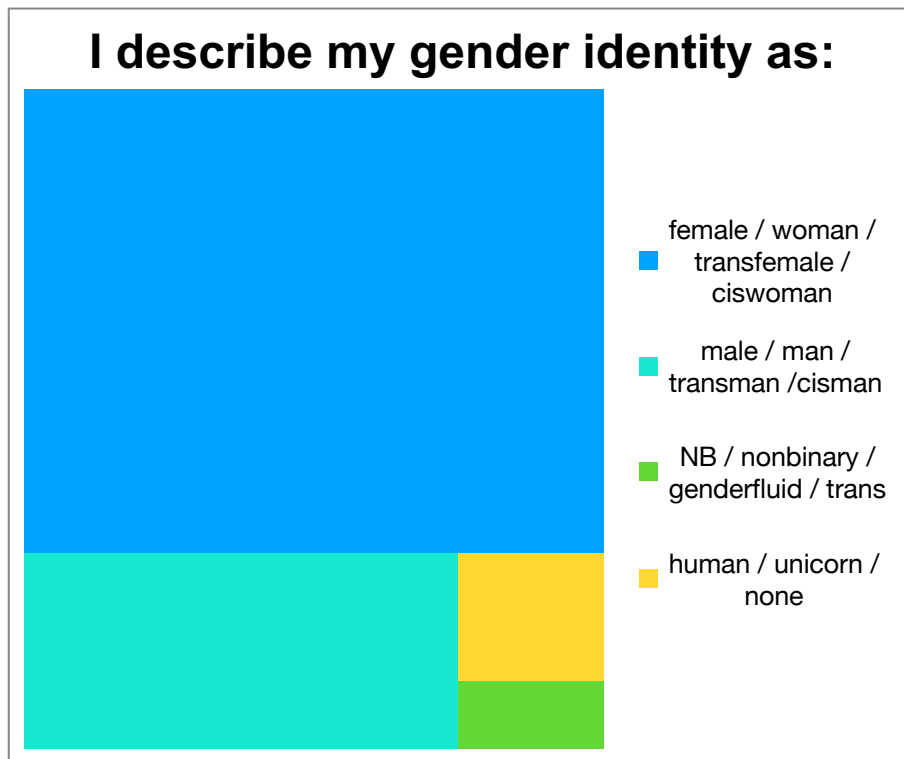
<https://sexcoachu.com/wasc-survey-covid-19-sexual-behavior/>

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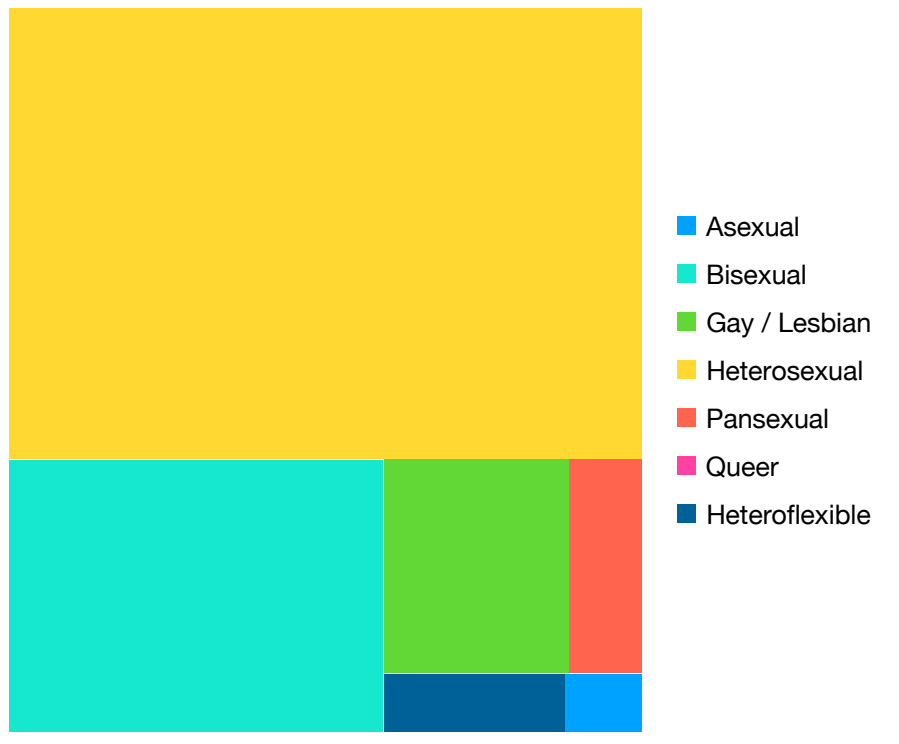
## Sexual Identity, Relationships, Emotional Well-being

Respondents were mixed but not necessarily a representative sample. For example, we have a higher incidence of BDSM and polyamorous folks than one might find in a sampling not targeting these communities. There is also greater diversity in the stated identities of participants, partially due to the open response structure of the survey. We attribute this to the nature of the survey distribution, via our various sexology channels, where people are more likely to be sexual explorers than in some other communities.

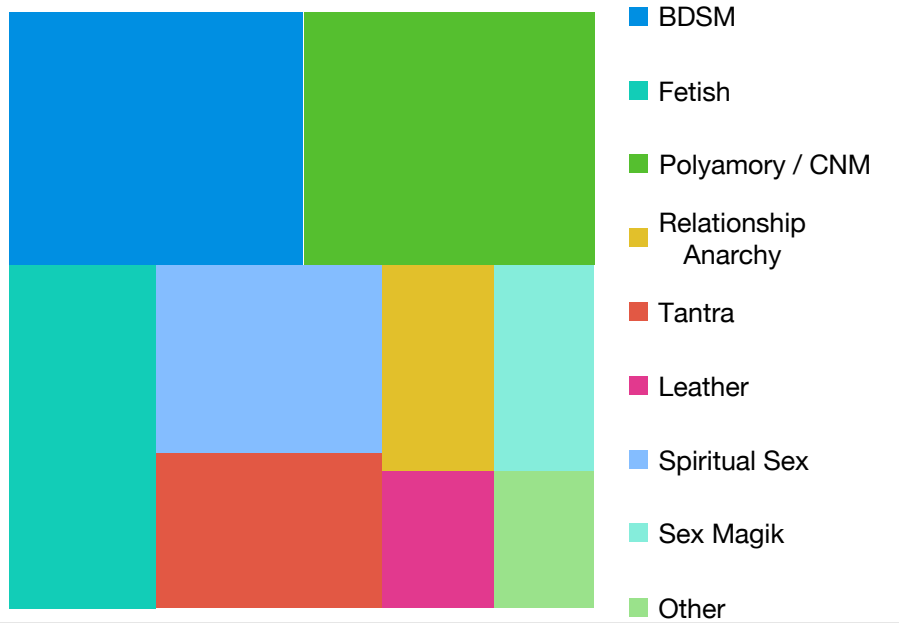
Emotionally, stress and anxiety were reported to be greater than before but arguing and disintegration of partnerships were not.



### I describe my sexual identity as:



### Which are part of your sexual expression or identity?

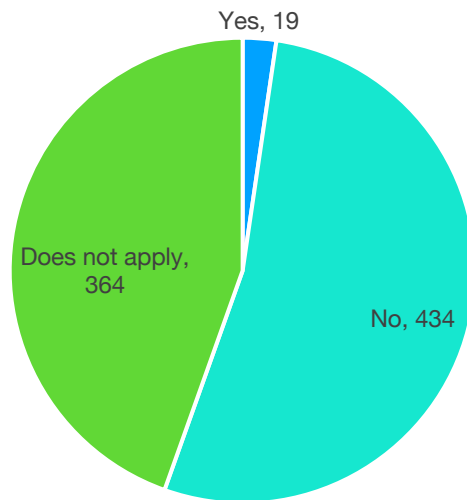


<b>What is your current living situation? (Check all that apply)</b>	
<b>Answer Choices</b>	<b>Responses</b>
I live with my spouse	23
I live alone	185
I live with my romantic and/or sexual partner	184
I live with my children	182
I live with one or more roommates or housemates	125
I live with my parents	108
Other (please specify)	46

<b>Which of the following best describes your current relationship status?</b>	
<b>Answer Choices</b>	<b>Responses</b>
Married	204
Solo / Single	173
Dating	151
Domestic Partnership	115
Multiple partnerships	85
Other (please specify)	66
Divorced	15
Separated	7
Widowed	1

<b>Are you quarantined together or apart from your sexual partner(s)?</b>	
<b>Answer Choices</b>	<b>Responses</b>
Together	303
Apart and can visit	155
I do not have a sexual partner	139
Apart and cannot visit	124
Together and apart (I have more than one partner)	70
Other (please specify)	0

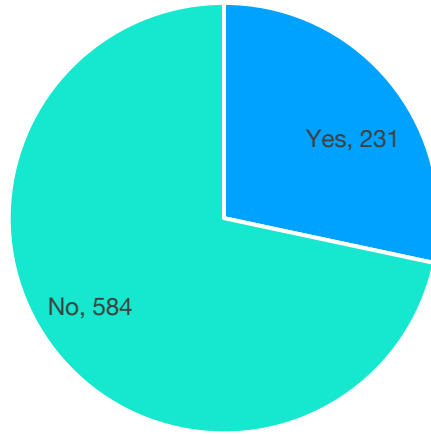
Have you engaged in sexual activity with housemates you typically are not sexually or romantically involved with because of social distancing?



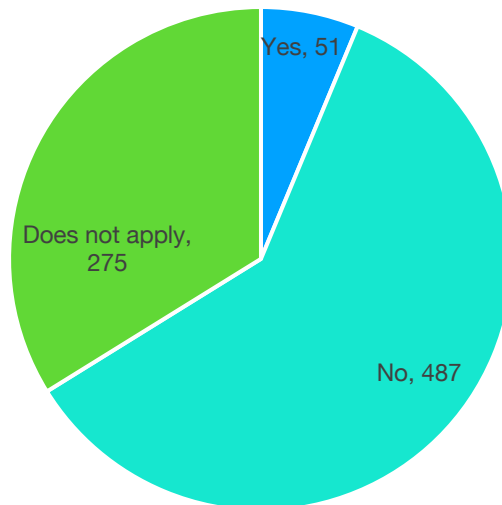
Which of these feelings have you experienced since the beginning of the Covid-19 pandemic?



Since the beginning of the Covid-19 pandemic, is there more tension and arguing in your household?



If you are in a partnership, marriage, or other committed relationship, have you and your partner discussed or decided to separate or divorce since the start of the Covid-19 pandemic?

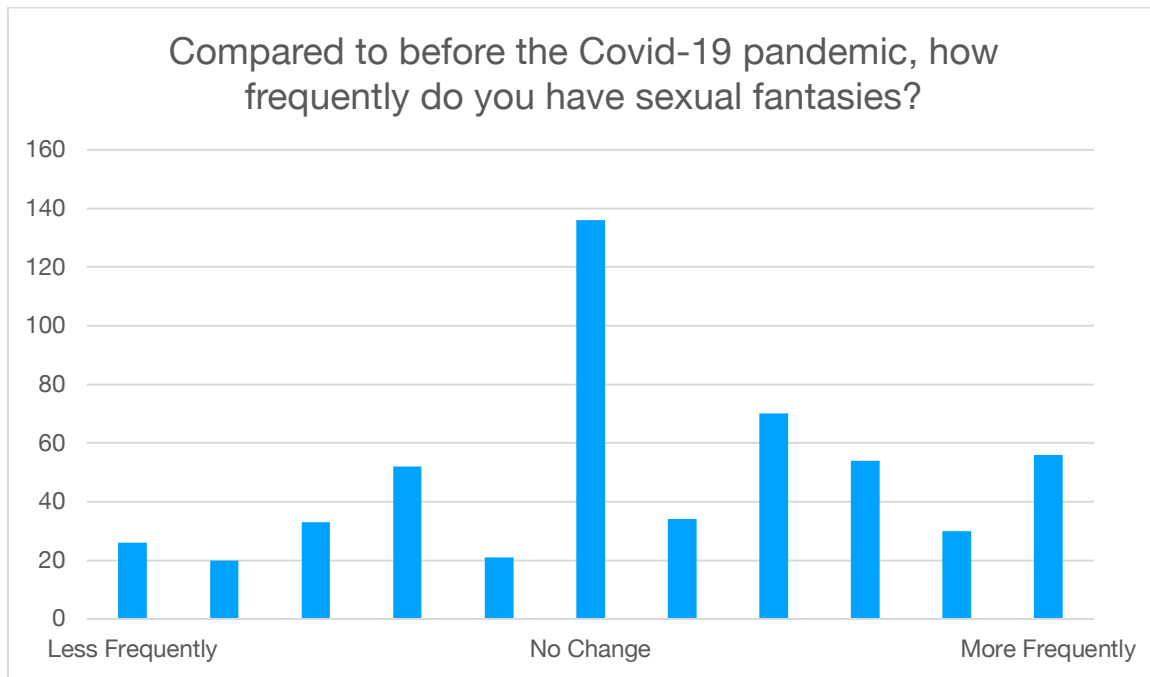




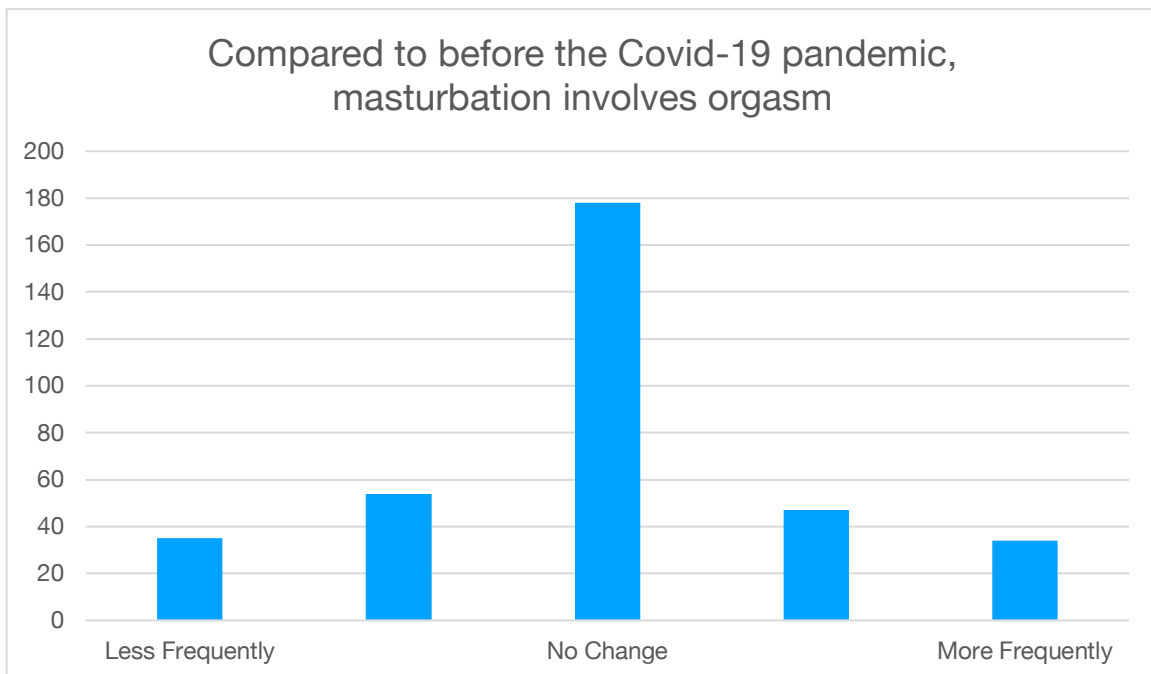
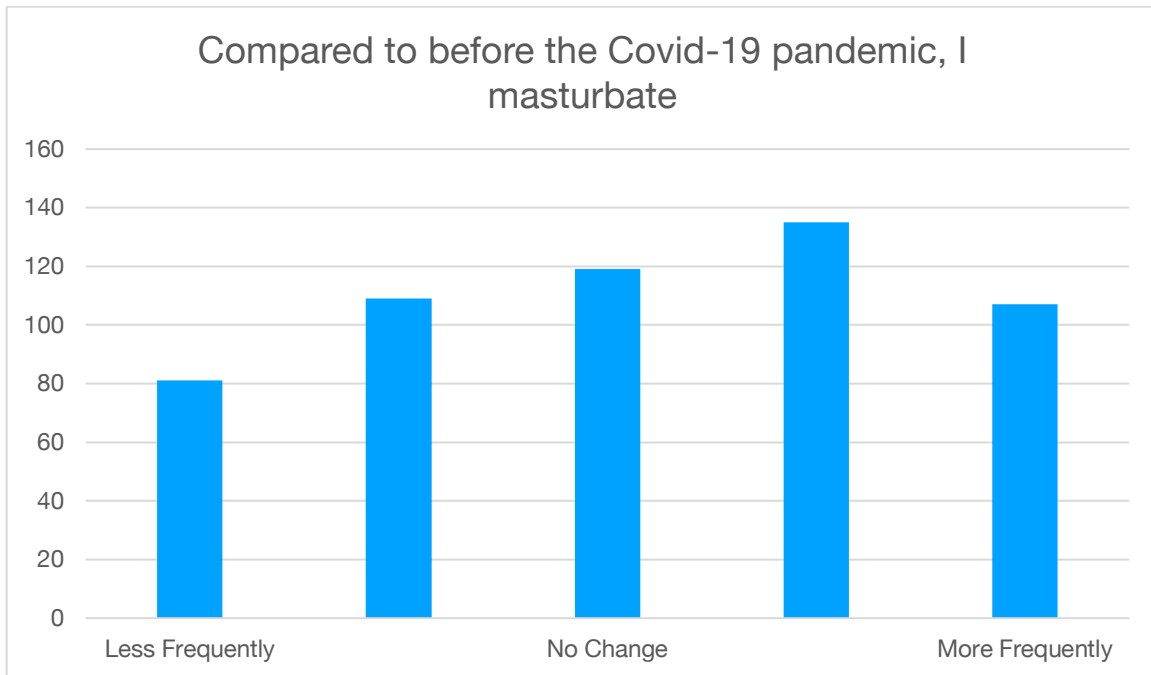
## Changes in Sexual Behavior: Solo Sex

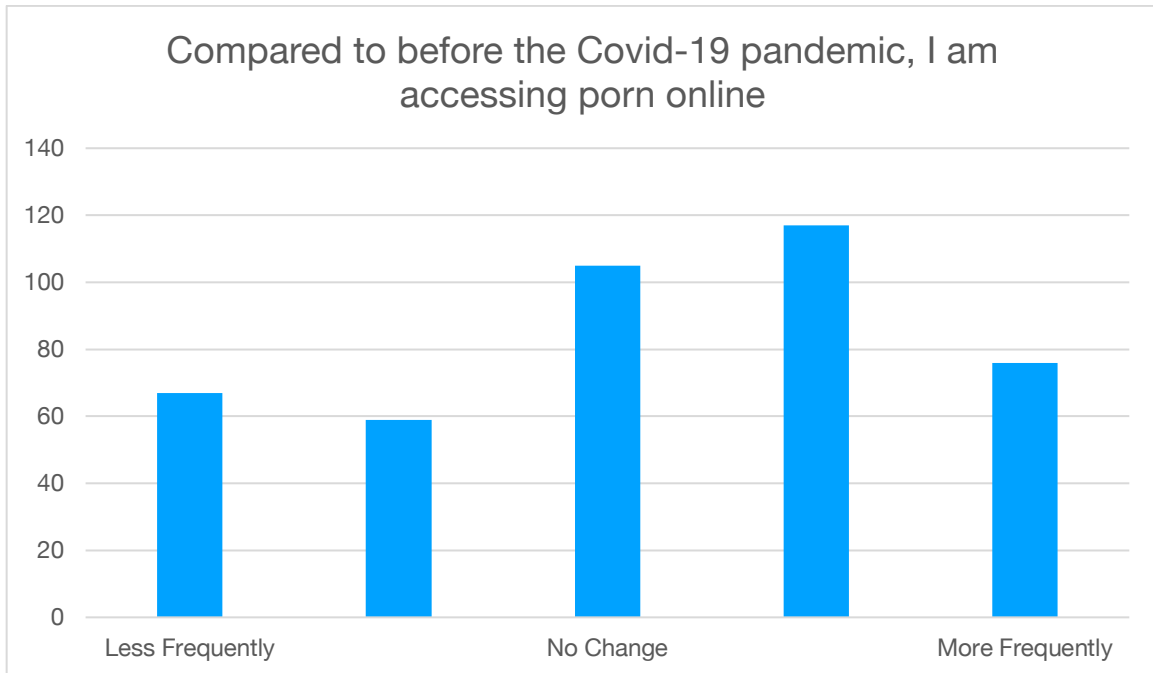
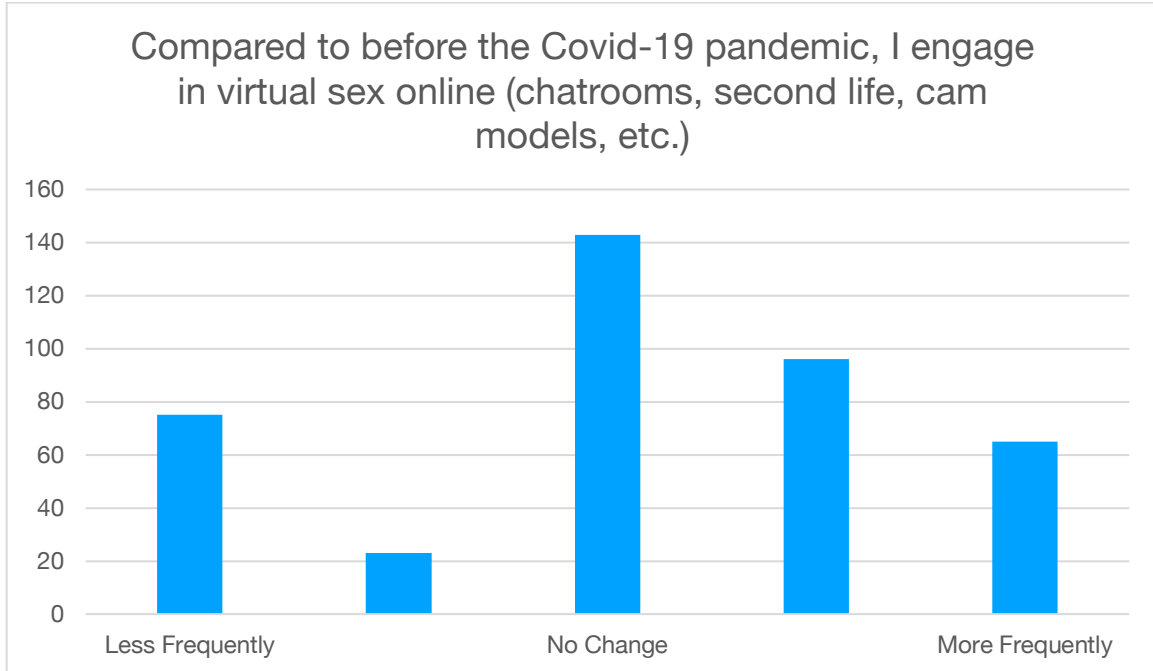
According to this data, respondents tended to continue their established patterns of solo sex practice. There was no consistent indicator for why behavior increased or decreased for some (e.g. availability of partner, presence of roommates/family, etc).

Several respondents described fantasies involving being reunited with their partner. Respondents also described frustration around isolation or quarantining in close quarters with parents.



<b>How has the Covid-19 pandemic affected your sexual fantasies?</b>	
<b>Answer Choices</b>	<b>Responses</b>
My fantasies are not at all pandemic-related or influenced	544
My fantasies offer escapes to a place where there is no pandemic	147
I am not having any sexual fantasies right now	143
My fantasies feature me as a hero or someone being saved in this pandemic	9
My fantasies involve medical scenarios related to the pandemic	9
Other (please specify)	42





## Changes in Sexual Behavior: Partnered Sex

Respondents indicated increased communication and/or attention to their relationship and/or sex, sometimes due to being together all the time or having more time due to quarantine. Some open responses indicated that partners were more attentive and gentler in their communication, others mentioned new interests (e.g. shared workouts).

Respondents reported being interested in sex but engaging in more flirting and affectionate behavior than sex (self-defined). Data on substance use (cannabis, alcohol, and prescriptions) and extra-relational sexual engagements were inconsistent and therefore disqualified.

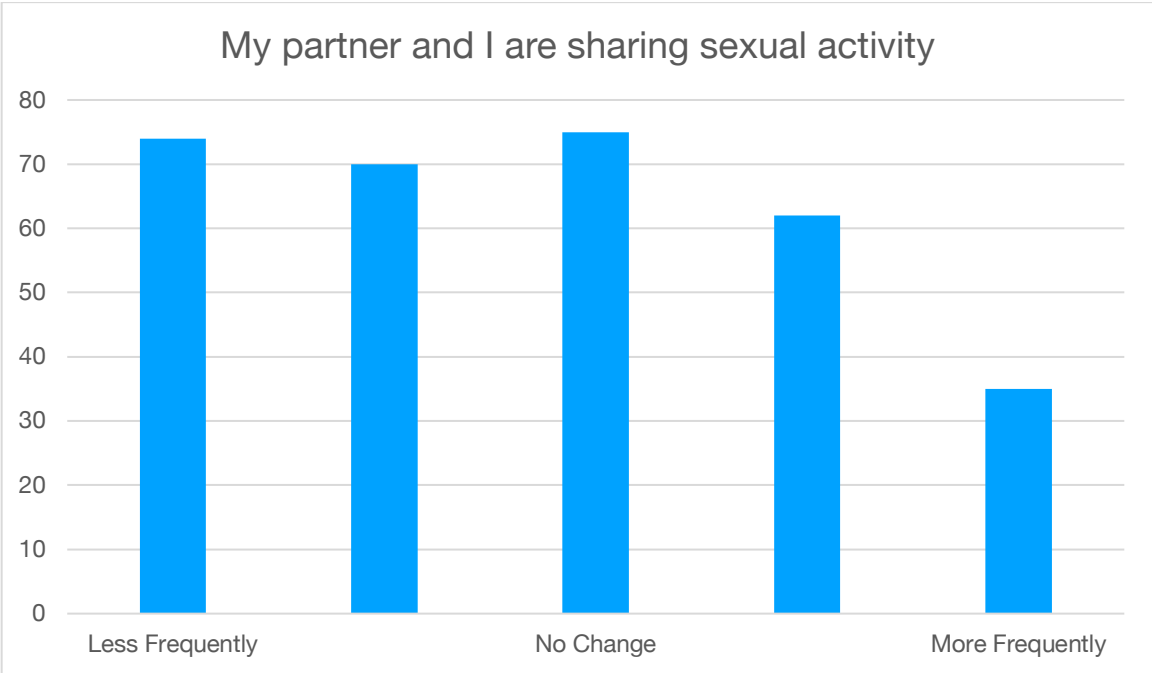
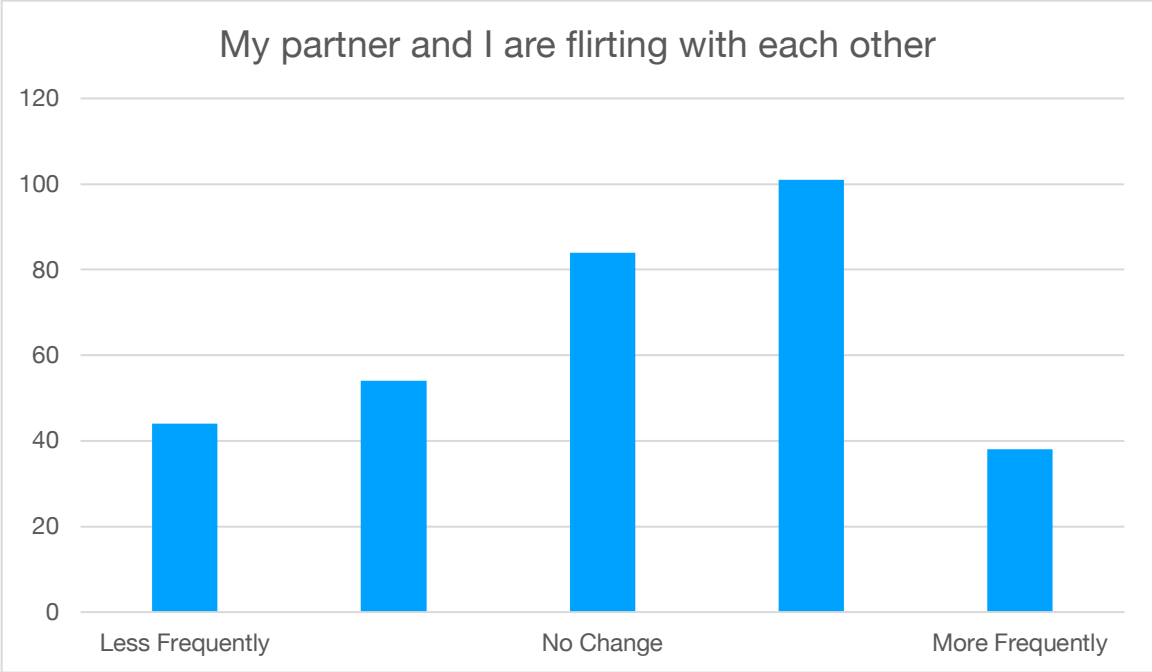
<b>How are you communicating with your partner? Please check all that apply.</b>	
<b>Answer Choices</b>	<b>Responses</b>
We share conversation regularly	337
Our communication patterns are unchanged	213
We have established quiet hours to allow for work/study/hobbies/space	137
We are more cooperative now	104
There is increased tension between us	100
We text each other from inside the same domicile	87
Other (please specify)	28

<b>My partner and I are more sensitive to each other's needs now.</b>	
<b>Answer Choices</b>	<b>Responses</b>
Strongly agree	69
Agree	187
Neither agree nor disagree	166
Disagree	45
Strongly disagree	12

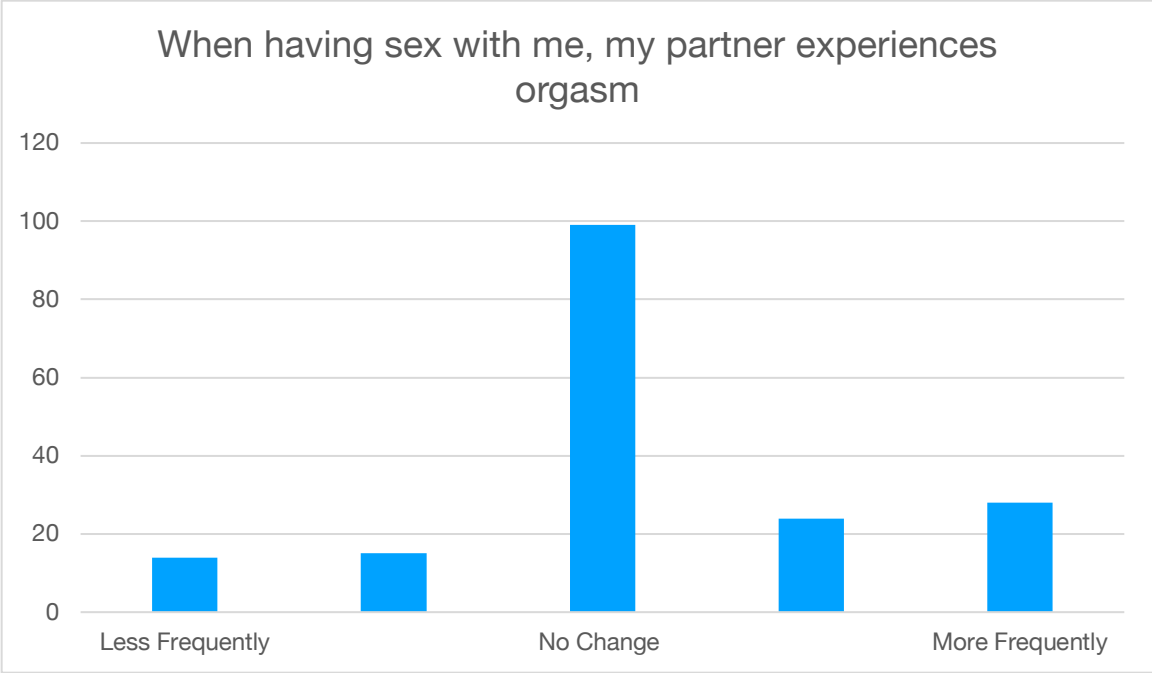
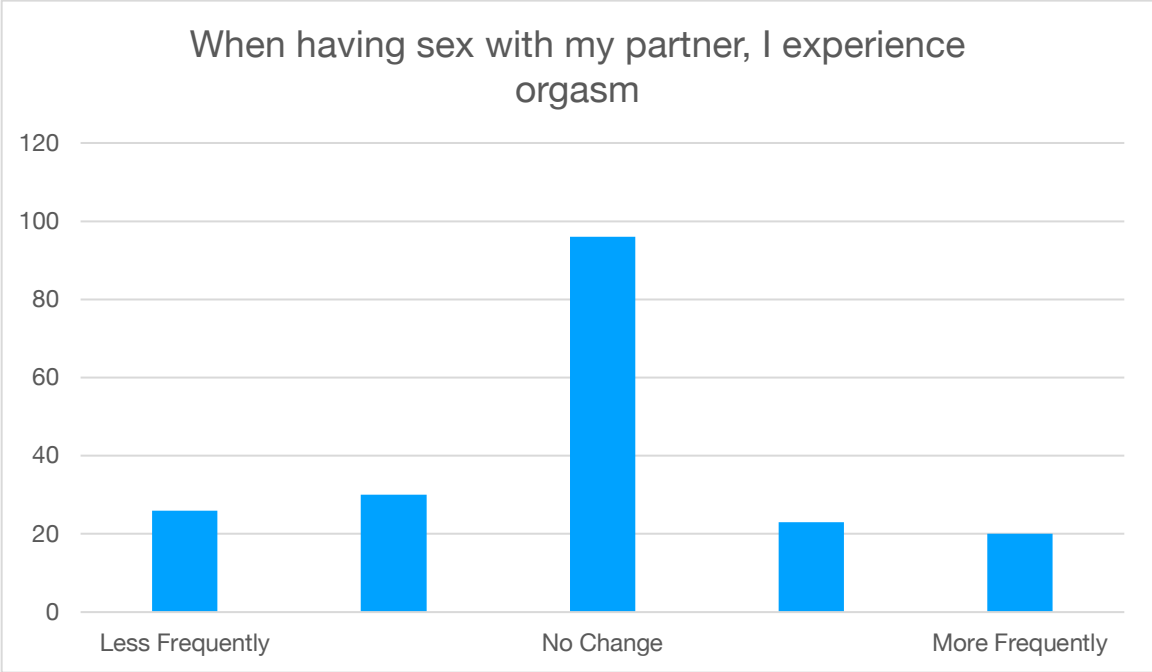
<b>Sex is more meaningful in my relationship now.</b>	
<b>Answer Choices</b>	<b>Responses</b>
Strongly agree	48
Agree	81
Neither agree nor disagree	255
Disagree	70
Strongly disagree	26

<b>My current desire for sex could be described as</b>	
<b>Answer Choices</b>	<b>Responses</b>
Extremely interested	115
Very interested	160
Somewhat interested	135
Not so interested	60
Not at all interested	13

<b>My sexual interest now as compared to before is</b>	
<b>Answer Choices</b>	<b>Responses</b>
A great deal more	27
A lot more	91
About the same	242
A little less	112
None at all	10







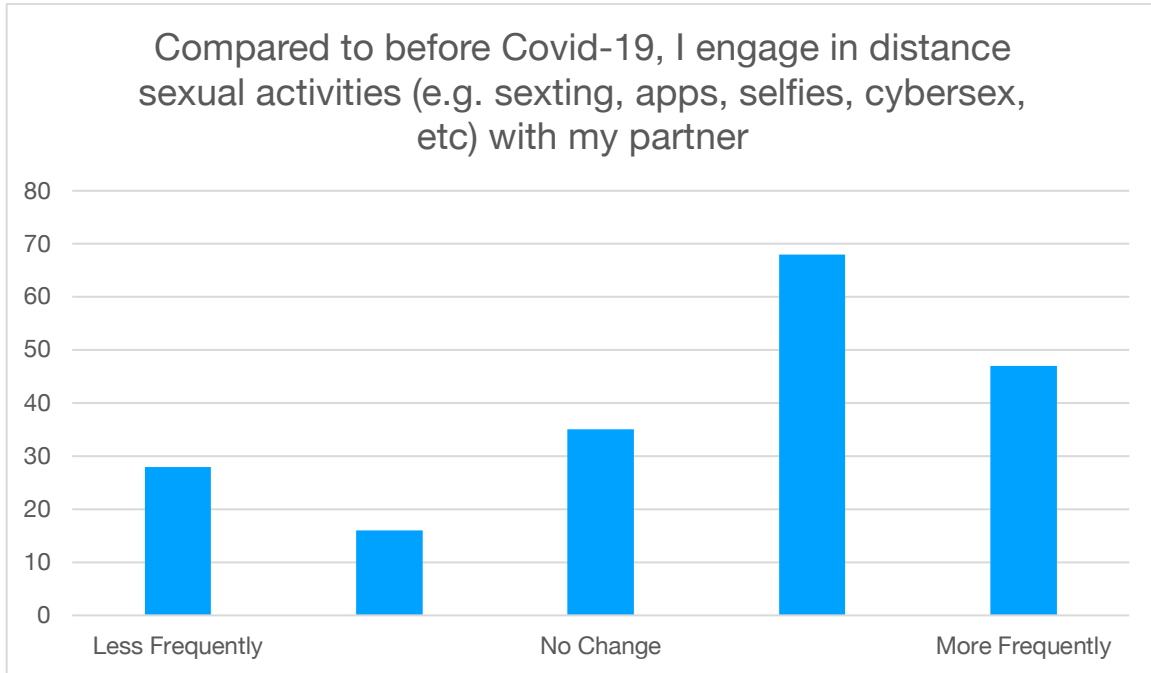
## Changes in Sexual Behavior: Social Distancing and Relationships

Based on narrative responses not cataloged in this report, social distancing has put a stress on relationships, but people are creative. This section asked about some of the ways partners are connecting at a distance, until they can meet again.

<b>My partner and I aren't quarantined together. We are</b>	
<b>Answer Choices</b>	<b>Responses</b>
Visiting each other when we can	138
Unable to visit each other because of social distancing	93
Unable to visit each other because of travel restrictions	58
Does not apply	275
Other	19

<b>My partner and I aren't quarantined together. We share sex by</b>	
<b>Answer Choices</b>	<b>Responses</b>
Sexting (sending each other sexy text messages)	165
Sending each other semi-nude or nude selfies	156
Sharing fantasies	119
Sharing cybersex via video chat	61
Playing with app-controlled toys (one controls the other's toy remotely via app)	13
Other (please specify)	71

*Among those that fell into the "Other" category, 20 reported that none of these activities were taking place, 6 had no interest or were waiting until they could reunite in person, and 3 had just met their new partner before quarantine began and hadn't "gone there" yet.*



## Conclusions

Data compiled in this survey suggest that although people are stressed and suffering negative emotions and effects due to the Covid-19 pandemic, relationships are not necessarily failing, and sex has not stopped. Partners are finding new and innovative ways to connect, whether they live together or apart. Single people are suffering more acute loneliness than those who are partnered, though many of them are also finding creative ways to get their sexual needs met. At the time of this survey, there was increased loneliness but also increased appreciation and compassion for others. These sentiments were expressed in the narrative responses we received and reflected in questions about emotional states and feelings toward others.

As of the date of publication of this report, many parts of the globe are experiencing another wave of Covid-19 and social distancing. It might be interesting to pursue another survey and compare the data to determine whether there is a significant difference from the initial waves in the Spring of 2020. At this time, the research team has no plan to do so.

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Report compiled by: Dr. Celina Criss

Please send questions to our team at [SCUSurveys@SexCoachU.com](mailto:SCUSurveys@SexCoachU.com)