

## Accepted Manuscript

Title: Does Increased Sexual Frequency Enhance Happiness?

Author: George Loewenstein Tamar Krishnamurti Jessica  
Kopsic Daniel McDonald



PII: S0167-2681(15)00131-6  
DOI: <http://dx.doi.org/doi:10.1016/j.jebo.2015.04.021>  
Reference: JEBO 3577

To appear in: *Journal of Economic Behavior & Organization*

Received date: 12-2-2015  
Revised date: 6-4-2015  
Accepted date: 25-4-2015

Please cite this article as: Loewenstein, G., Krishnamurti, T., Kopsic, J., McDonald, D., Does Increased Sexual Frequency Enhance Happiness?, *Journal of Economic Behavior and Organization* (2015), <http://dx.doi.org/10.1016/j.jebo.2015.04.021>

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## Does Increased Sexual Frequency Enhance Happiness?

George Loewenstein\*

Tamar Krishnamurti

Jessica Kopsic

Daniel McDonald

Carnegie Mellon University

Keywords: Sex, Happiness

### Highlights:

- Research has found a positive correlation between sexual frequency and happiness
- The causal connection between the two variables is unclear
- We assessed causation by randomly assigning some couples to increase their frequency of sex
- The manipulation did increase frequency, but decreased happiness and sexual enjoyment

\* Corresponding author: George Loewenstein, Department of Social and Decision Sciences, Carnegie Mellon University, Pittsburgh PA 15213. phone: 412-268-8787. email: GL20@andrew.cmu.edu

We thank Saurabh Bhargava, Maxim Massenkoff, and seminar participants at the University of Chicago and London School of Economics for helpful comments, and Carolina Velez for research assistance. The study was supported by a grant from the Pennsylvania Department of Health.

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