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Sexual Consequences at the Most Recent Encounter in Emerging Adulthood: A Person-Centered Approach

Kristin L. Moilanen <sup>ab</sup>, Lisa J. Crockett <sup>b</sup>, Jessica Boyles <sup>b</sup>,

Adrianna Pierson <sup>c</sup>, and Meredith Cartwright <sup>b</sup>

<sup>a</sup> University of Illinois at Chicago

<sup>b</sup> University of Nebraska – Lincoln

<sup>c</sup> West Virginia University

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Correspondence concerning this poster should be addressed to Kristin L. Moilanen.

Email: [kmoilanen2@huskers.unl.edu](mailto:kmoilanen2@huskers.unl.edu)



# Sexual Consequences at the Most Recent Encounter in Emerging Adulthood: A Person-Centered Approach

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<sup>a</sup> University of Illinois at Chicago, <sup>b</sup> University of Nebraska – Lincoln, <sup>c</sup> West Virginia University



### Introduction

Young adults report varying consequences of their sexual encounters, which may have downstream implications for their future sexual practices. In general, episodes characterized by high positive consequences (e.g., enhanced intimacy) tend to have low negative consequences (e.g., regret), but this correlation is relatively modest, suggesting considerable individual variability. To date, little is known about whether psychosocial consequences form coherent profiles, and if those profiles vary in meaningful ways. The sole person-centered inquiry centered on consequences following first intercourse, and revealed discrete gender-specific profiles of positive, negative, and mixed consequences (Vasilenko et al., 2022). However, it is unknown whether these findings generalize to other types of sexual encounters and how the profiles relate to individual characteristics and contextual factors. In this study, we explored the number and composition of profiles of consequences related to young adults’ most recent sexual encounter (MRE) and to their encounters over the past year (LY). We also explored consistency in both sets of profiles and linked group membership to theoretically-relevant covariates.

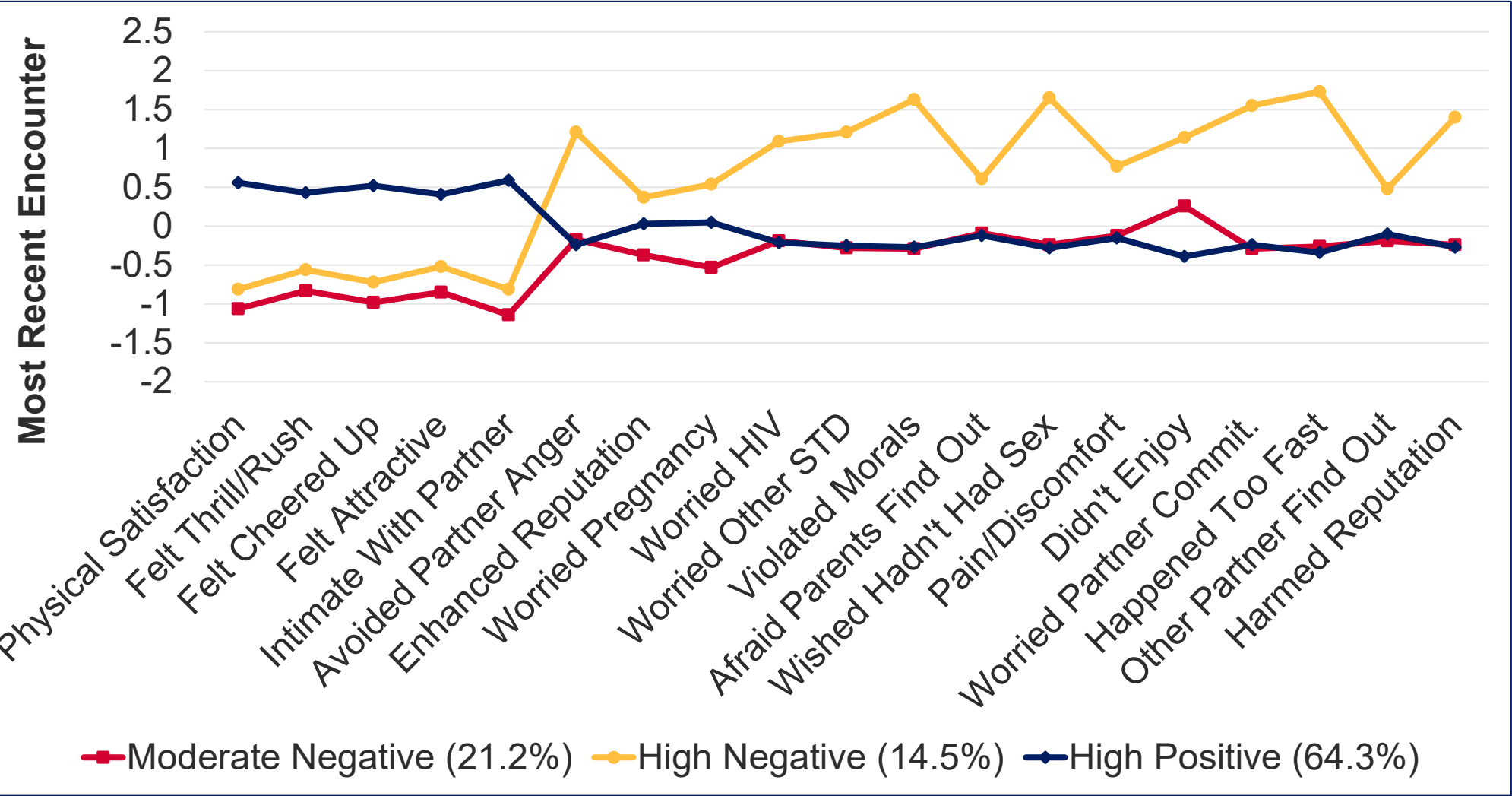
### Method

Respondents were 258 sexually-experienced young adults ages 18-22 years ( $M = 19.48$ ,  $SD = 1.23$ ; 85.7% female, 87.8% European American, 90.3% heterosexual) from two U.S. universities. Participants completed an online survey about the characteristics and consequences of their most recent sexual encounter and of their encounters over the past year (Moilanen et al., 2023; Vasilenko et al., 2012), and standard measures of correlates.

### Results

#### Profiles at the Most Recent Encounter

Cluster analysis of the 19 MRE consequences revealed three profiles: one with high positive and moderate negative (HP) consequences, and two with low positive and either moderate (MN) or high negative (HN) consequences.



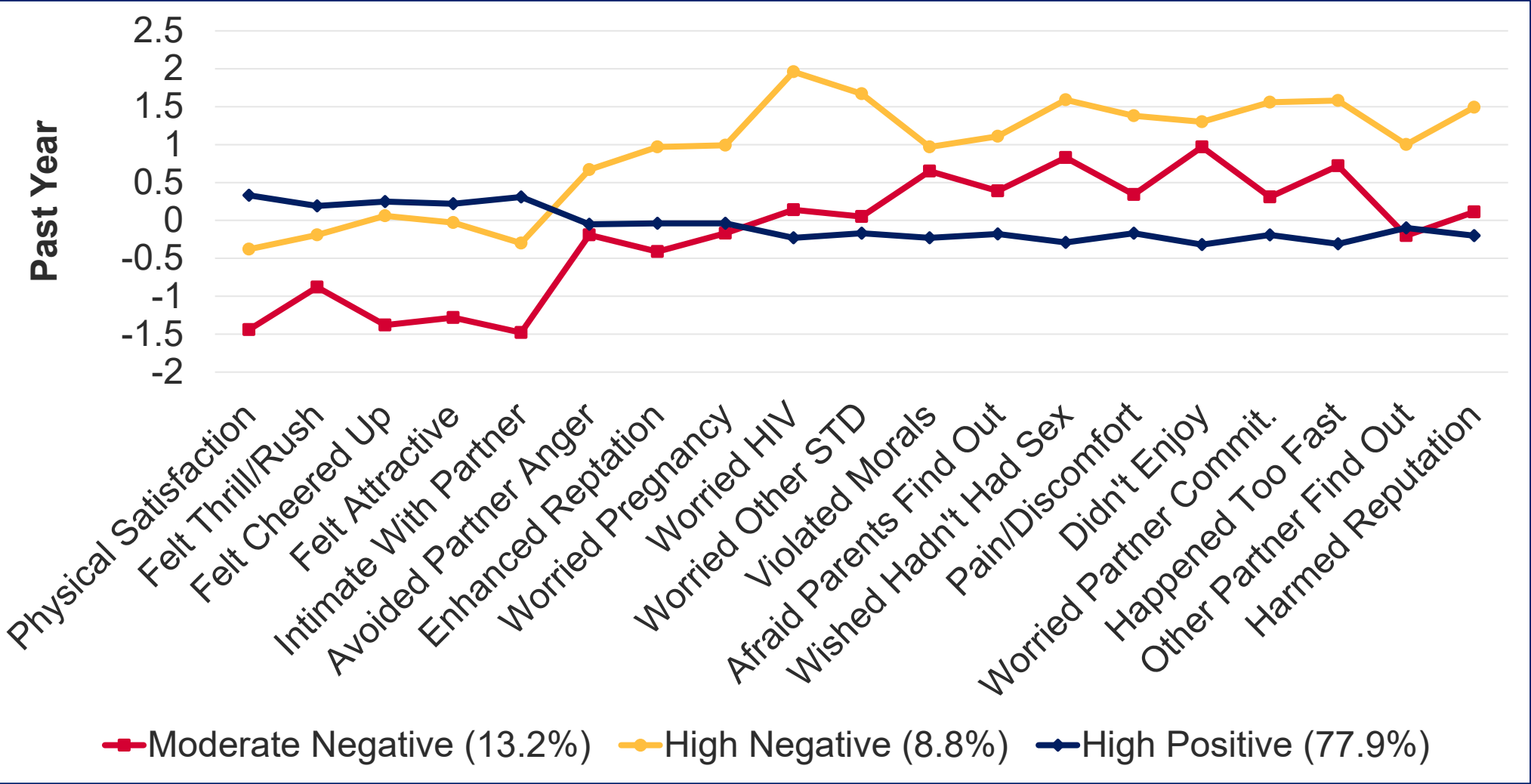
#### Covariates of MRE Profiles

Respectively, the HP and HN profiles exhibited the best and worst patterns of sexual wellbeing (see Table 1). The HP profile was characterized by encounters with romantic partners that were recent, consensual, planned, and that involved penile-vaginal sex and low levels of condom use. The HN and MN profiles were more diverse in partner types and included more first encounters, but the MN profile reported less sexual experience and somewhat better wellbeing, whereas the HN profile reported the highest number of non-volitional encounters.

Table 1 Covariates of MRE Profiles				
	Most Recent Encounter Profile			$\eta^2$ / V
	Mod. Negative Low Positive (MN)	High Negative Low Positive (HN)	High Positive Mod. Negative (HP)	
Covariate	Individual Characteristics (Indicators of Sexual Wellbeing)			
Sexual Subjectivity	3.40 (.47) <sup>a</sup>	3.33 (.43) <sup>a</sup>	3.77 (.46) <sup>b</sup>	.15***
Sexual Autonomy	3.23 (.58) <sup>a</sup>	2.87 (.59) <sup>b</sup>	3.41 (.51) <sup>a</sup>	.11***
Sexual Anxiety	2.36 (.60) <sup>a</sup>	2.65 (.65) <sup>a</sup>	1.93 (.52) <sup>b</sup>	.20***
Lifetime Number of Sexual Behaviors	3.29 (1.25) <sup>a</sup>	3.69 (1.02) <sup>a</sup>	4.12 (.60) <sup>b</sup>	.14***
Positive Emotions After Encounter	2.47 (1.01) <sup>a</sup>	2.41 (1.29) <sup>a</sup>	4.18 (.75) <sup>b</sup>	.46***
Negative Emotions After Encounter	1.46 (.66) <sup>a</sup>	2.70 (1.12) <sup>b</sup>	1.14 (.30) <sup>c</sup>	.47***
	Partner and Encounter Characteristics			
Partner Type				.36***
Romantic Partner	37.5% <sup>a</sup>	24.2% <sup>a</sup>	80.3% <sup>b</sup>	
Friend	20.8% <sup>a</sup>	33.3% <sup>a</sup>	7.9% <sup>b</sup>	
Former Romantic Partner	18.8% <sup>a</sup>	12.1% <sup>a</sup>	7.9% <sup>a</sup>	
Other Casual Partner	22.9% <sup>a</sup>	30.3% <sup>a</sup>	3.9% <sup>b</sup>	
First Encounter With This Partner	43.1% <sup>a</sup>	57.1% <sup>a</sup>	12.5% <sup>b</sup>	.41***
Expect Future Encounters With This Partner	52.4% <sup>a</sup>	28.1% <sup>a</sup>	92.5% <sup>b</sup>	.58***
Most Advanced Sexual Behavior in Encounter				.33***
Kissing	7.8% <sup>a</sup>	2.9% <sup>a</sup>	0.0%	
Petting	29.4% <sup>a</sup>	8.6% <sup>ab</sup>	3.2% <sup>b</sup>	
Oral Sex	17.6% <sup>a</sup>	20.0% <sup>a</sup>	11.0% <sup>a</sup>	
Coitus	45.1% <sup>a</sup>	62.9% <sup>a</sup>	82.6% <sup>a</sup>	
Anal Sex	0.0% <sup>a</sup>	5.7% <sup>a</sup>	3.2% <sup>a</sup>	
Condom Risk <sup>#</sup>	21.6% <sup>a</sup>	37.1% <sup>ab</sup>	52.9% <sup>b</sup>	.26***
Other Birth Control Risk <sup>#</sup>	9.8% <sup>a</sup>	20.0% <sup>a</sup>	15.0% <sup>a</sup>	.09
Planned Encounter	54.0% <sup>ab</sup>	42.9% <sup>b</sup>	67.1% <sup>a</sup>	.19*
Non-volitional Encounter	2.0% <sup>a</sup>	25.7% <sup>b</sup>	0.0% <sup>a</sup>	.45***
Alcohol/Drugs Before Encounter	33.3% <sup>a</sup>	34.3% <sup>a</sup>	20.6% <sup>a</sup>	.14*
Occurred Within Last Two Months	66.7% <sup>a</sup>	68.6% <sup>a</sup>	92.3% <sup>b</sup>	.32***
<i>Note.</i> Mod. = Moderate. No statistics are reported for demographic variables, as there were no significant group differences for these covariates. <sup>#</sup> Scored as 0 = low risk (encounter did not involve oral, penile-vaginal, or anal sex; or encounter involved any of these behaviors and condoms were used) and 1 = high risk (encounter involved any of these behaviors but condoms were not used). Other birth control risk was scored similarly but referred to other forms of contraception (e.g., pills). Groups with different superscripts differ significantly, with a Bonferroni correction for multiple comparisons.				
* $p < .10$ . * $p < .05$ . ** $p < .01$ . *** $p < .001$ .				

#### Profiles Over the Last Year

A separate cluster analysis of consequences over the last year (LY) revealed three profiles which resembled those at the MRE: one with high positive and moderate negative (HP) consequences, and two with low positive and either moderate (MN) or high negative (HN) consequences.



#### Consistency Across Profiles

There was consistency across the two sets of profiles, with most participants (77.7%) classified to the same profile in both analyses,  $X^2(4) = 82.56$ ,  $p < .001$ ,  $V = .46$  (see Table 2). Of those with inconsistent classifications across the two analyses, a larger proportion shifted from the MN and HN profiles at the last encounter to comparatively positive profiles over the last year (blue cells) rather than the reverse (red cells; 15.7% vs. 6.6%).

Table 2 Crosstabulation of Profiles			
MRE Profile	Last Year Profile		
	MN (n = 26)	HN (n = 18)	HP (n = 153)
MN (n = 35)	Consistently MN: 16 (45.7%)	LY worse than MRE: 2 (5.7%)	LY better than MRE: 17 (48.6%)
HN (n = 24)	LY better than MRE: 5 (20.8%)	Consistently HN: 10 (41.7%)	LY better than MRE: 9 (37.5%)
HP (n = 138)	LY worse than MRE: 5 (3.6%)	LY worse than MRE: 6 (4.3%)	Consistently HP: 127 (92.0%)
<i>Note.</i> Percentages in rows add to 100%.			

#### Covariates of LY Consequences Profiles

As in the MRE profile comparisons, the HP profile exhibited the most favorable pattern across the past year and lifetime sexual wellbeing indicators (see Table 3): relative to the MN and HN profiles, they reported higher sexual self-restraint, sexual subjectivity and autonomy, and lower sexual anxiety.

Table 3 Covariates of LY Profiles				
	Last Year Profile			$\eta^2$ / V
	Mod. Negative Low Positive (MN)	High Negative Low Positive (HN)	High Positive Mod. Negative (HP)	
Covariate	Individual Demographic Characteristics and Lifetime Indicators of Sexual Wellbeing			
Age	18.74 (.81) <sup>a</sup>	19.11 (.96) <sup>ab</sup>	19.64 (1.26) <sup>b</sup>	.07***
White	77.8% <sup>a</sup>	77.8% <sup>ab</sup>	92.9% <sup>b</sup>	.21*
Sexual Self-Restraint	3.59 (.86) <sup>ab</sup>	3.24 (.73) <sup>a</sup>	3.68 (.66) <sup>b</sup>	.03*
Sexual Subjectivity	3.33 (.37) <sup>a</sup>	3.58 (.44) <sup>ab</sup>	3.76 (.46) <sup>b</sup>	.11***
Sexual Autonomy	3.01 (.68) <sup>a</sup>	3.00 (.56) <sup>a</sup>	3.39 (.54) <sup>b</sup>	.08***
Sexual Anxiety	2.56 (.48) <sup>a</sup>	2.50 (.48) <sup>a</sup>	1.95 (.54) <sup>b</sup>	.18***
Lifetime Sexual Experiences (yes/no)				
Petting	92.6% <sup>a</sup>	100.0% <sup>ab</sup>	99.4% <sup>b</sup>	.19*
Oral Sex	85.2% <sup>a</sup>	94.4% <sup>ab</sup>	97.5% <sup>b</sup>	.20*
Penile-Vaginal Sex	63.0% <sup>a</sup>	94.4% <sup>b</sup>	89.3% <sup>b</sup>	.27***
Anal Sex	7.4%	16.7%	23.9%	.14
Any Lifetime Nonconsensual Sexual Experiences	26.9%	52.9%	25.7%	.17+
Age of Coital Debut	17.29 (1.07)	16.18 (2.01)	16.79 (1.70)	.02
	Last Year Relational and Sexual Behavioral Characteristics			
Any Romantic Relationships in LY	84.2% <sup>a</sup>	100.0% <sup>ab</sup>	97.3% <sup>b</sup>	.22*
Positive Emotions After Sexual Encounters	2.57 (.85) <sup>a</sup>	3.56 (1.16) <sup>b</sup>	4.31 (.67) <sup>c</sup>	.40***
Negative Emotions After Sexual Encounters	2.52 (1.13) <sup>a</sup>	2.88 (.76) <sup>a</sup>	1.52 (.58) <sup>b</sup>	.33***
Number of Penile-Vaginal Encounters	2.28 (2.85) <sup>a</sup>	5.41 (3.06) <sup>b</sup>	6.04 (2.96) <sup>b</sup>	.15***
Number of Penile-Vaginal Partners	1.93 (2.48) <sup>a</sup>	3.67 (2.66) <sup>b</sup>	1.89 (1.85) <sup>a</sup>	.06**
Inconsistent Condom Use	30.8% <sup>a</sup>	77.8% <sup>b</sup>	76.1% <sup>b</sup>	.33***
Inconsistent Other Birth Control Use	31.3%	23.5%	19.7%	.08
Any Casual Sex	47.8% <sup>a</sup>	88.9% <sup>b</sup>	34.0% <sup>a</sup>	.32***
Any One-Night Stands	26.1% <sup>ab</sup>	52.9% <sup>a</sup>	16.0% <sup>b</sup>	.26***
Any High Risk Partners	17.4% <sup>ab</sup>	27.8% <sup>a</sup>	6.4% <sup>b</sup>	.23**
Alcohol/Drugs Before Any Encounters	21.7% <sup>a</sup>	66.7% <sup>b</sup>	58.2% <sup>ab</sup>	.25**
Any Unplanned Encounters	51.9%	33.3%	35.7%	.12
Any Non-volitional Encounters	3.7% <sup>ab</sup>	11.1% <sup>a</sup>	1.3% <sup>b</sup>	.18*

*Note.* Mod. = Moderate. No statistics are reported for other demographic variables, as there were no significant group differences for these covariates. Group differences for number of oral sex partners and encounters were consistent with those reported above for penile-vaginal sex and are thus not reported. The profiles did not differ in reports of anal sex during the past year. Groups with different superscripts differ significantly, with a Bonferroni correction for multiple comparisons. \*  $p < .10$ . \*  $p < .05$ . \*\*  $p < .01$ . \*\*\*  $p < .001$ .

As before, relative to the MN class, the HP and HN profiles reported greater lifetime sexual experience. In the past year, most of these participants reported having at least one romantic relationship. The HP profile reported higher positive and lower negative emotions after sexual encounters than both other profiles. The HP and HN classes reported having more frequent coitus and more inconsistent condom use than the MN class, but the HN profile reported higher numbers of coital partners and greater involvement in higher-risk practices and non-volitional encounters in the last year.

### Discussion

The present study demonstrates that young adults’ experiences of sexual consequences at the MRE and over the LY form coherent profiles. There was also consistency across the sets of profiles, particularly for the HP class, which was the largest and comprised youth who reported the most favorable array of consequences and correlates.

While the cross-sectional design precludes directional interpretations, these findings suggest that many young adults experience favorable profiles of consequences in the context of romantic relationships, which ideally provide a setting for shared exploration of sexual fulfillment. Repeated sexual encounters with a consistent partner may serve as a supportive setting for the development of sexual subjectivity and autonomy, which may in turn reduce sexual anxiety. In contrast, there is greater diversity in the partner types and the characteristics of encounters in which young adults experience comparatively less positive consequences. While relative sexual inexperience or unfamiliarity with a partner may hinder experiencing positive consequences at the most recent encounter and in aggregate over the last year, higher-risk and non-volitional encounters tend to culminate in elevated negative consequences.

#### Acknowledgements

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## Study Measurement Details

See Crockett et al. (2023) and Moilanen et al. (2023) for details about the measures of the characteristics of the partner and the most recent encounter and of the aggregate experiences over the past year.

Measure	Source	# Items	$\alpha$	Sample Item	Response Scale	<i>M (SD)</i> / %	Range
Sexual Consequences at the Most Recent Encounter	Moilanen et al.'s (2023) modification of Vasilenko et al. (2012)	19		“Wished you had not had sex.”	1 ( <i>not at all</i> ) to 5 ( <i>very much</i> )		
Sexual Consequences Over the Past Year		19		“Felt close to partner.”			
Individual Demographic Characteristics and Lifetime Indicators of Sexual Wellbeing							
Sexual Self-Restraint	Galliot and Baumeister (2007)	10	.83	“When I set a limit on my sexual behaviors, I stick to what I had planned.”	1 ( <i>not at all like me</i> ) to 5 ( <i>very much like me</i> )	3.67 (.70)	1.30 – 5.00
Sexual Subjectivity	Horne and Zimmer-Gembeck (2006) and Zimmer-Gembeck and French (2016)	27	.88	“I would expect a sexual partner to be responsive to my sexual needs and feelings.”	1 ( <i>strongly disagree</i> ) to 5 ( <i>strongly agree</i> )	3.63 (.49)	1.76 – 4.90
Sexual Autonomy	Hensel and Fortenberry (2013)	3	.71	“It's easy for me to say no if I don't want to have sex.”	1 ( <i>strongly disagree</i> ) to 4 ( <i>strongly agree</i> )	3.28 (.57)	1.33 – 4.00
Sexual Anxiety		5	.81	“I worry about being taken advantage of sexually.”		2.12 (.61)	1.00 – 3.80
Lifetime Number of Sexual Behaviors		5		Count of behaviors reported in lifetime (i.e., kissing, petting, oral sex, penile-vaginal intercourse, anal sex)	0 ( <i>no</i> ) to 1 ( <i>yes</i> )	3.91 (.88)	1 - 5
Lifetime Sexual Experience: Petting		2		“In your lifetime, have you ever felt or touched each other above the waist (light petting)?”	0 ( <i>no: neither light or heavy petting</i> ) to 1 ( <i>yes: either/both light and/or heavy petting</i> )	96.9%	0 - 1
Lifetime Sexual Experience: Oral Sex		2		“In your lifetime, have you ever received oral sex from a partner?”	0 ( <i>no: neither received or gave oral sex</i> ) to 1 ( <i>yes: either/both given and/or received oral sex</i> )	90.7%	0 - 1
Lifetime Sexual Experience: Penile-Vaginal Sex		1		“Have you ever had sexual intercourse with a partner?”	0 ( <i>no</i> ) to 1 ( <i>yes</i> )	79.1%	0 - 1
Lifetime Sexual Experience: Anal Sex		1		“Have you ever had anal intercourse with a partner?”	0 ( <i>no</i> ) to 1 ( <i>yes</i> )	22.1%	0 - 1
Any Lifetime Nonconsensual Sexual Experience		1		“In your lifetime, have you ever been forced, threatened, coerced, or pressure to engage in any sexual activities when you didn't want to?”	0 ( <i>no</i> ) to 1 ( <i>yes</i> )	26.4%	0 - 1
Age of Coital Debut	Moilanen and Manuel (2018)	1		“How old were you in years the first time you had sexual intercourse?”	Age in years	16.65 (1.64)	10 - 21

Characteristics of the Most Recent Encounter							
Positive & Negative Emotions After the Encounter	Owen et al. (2011)	P: 5 N: 5	.93 .89	“Happy” “Awkward”	1 ( <i>not at all</i> ) to 5 ( <i>very much</i> )	3.57 (1.23) 1.43 (.78)	1 - 5 1 - 5
Partner Type	Crockett et al. (2023)	1		“What was your relationship with this partner?”	1 ( <i>romantic partner</i> ) 2 ( <i>friend or friend with benefits</i> ) 3 ( <i>former romantic partner</i> ) 4 ( <i>other casual partner: a hookup, booty call, fuck buddy, stranger, prostitute, or customer</i> )	RP: 63.5% FR: 14.2% FRP: 10.7% OC: 11.6%	1 - 4
First Encounter with Partner		1		“Was this your first encounter with this partner?”	0 ( <i>no</i> ) to 1 ( <i>yes</i> )	25.9%	0 - 1
Expect Future Encounters with Partner		1		“Do you expect to have any sexual encounters with this partner again in the future?”	0 ( <i>no</i> ) to 1 ( <i>yes</i> )	72.8%	0 - 1
Most Advanced Sexual Behavior in Encounter		5		“From the list below, indicate which behaviors were included in that [most recent] encounter: ...”	1 ( <i>kissing</i> ) to 5 ( <i>anal sex</i> )	K: 2.1% P: 9.5% O: 13.7% PV: 71.8% A: 2.9%	0 - 5
Condom Risk (CR) & Other Birth Control Risk (OBC)	Crockett et al. (2023)	10		“If any, what type(s) of birth control did you or your partner use at this most recent encounter? Please check all that apply.”	0 ( <i>low risk: encounter did not involve oral, penile-vaginal, or anal sex; or encounter involved any of these behaviors and condoms/other forms of contraception were used</i> ) to 1 ( <i>high risk: encounter involved any of these behaviors but condoms/other forms of contraception were not used</i> )	CR: 41.9% OBC: 14.6%	0 - 1
Planned Encounter	Crockett et al. (2023)	1		“Was this encounter expected/planned?”	0 ( <i>no</i> ) to 1 ( <i>yes</i> )	60.2%	0 - 1
Non-Volitional Encounter	Crockett et al. (2023) Moilanen et al. (2023)	1		“Was this encounter in any way against your will? ‘Against your will’ means that your partner tried to engage in sexual activity with you when you didn’t want to; they may have tried to force, threaten, pressure, or coerce you into this encounter.”	0 ( <i>no</i> ) to 1 ( <i>yes/unsure</i> )	4.3%	0 - 1
Alcohol/Drugs Before Encounter	Crockett et al. (2023)	1		“Had you used alcohol or any other intoxicating substance prior to the encounter?”	0 ( <i>no</i> ) to 1 ( <i>yes</i> )	26.2%	0 - 1
Occurred Within the Last two Months	Moilanen et al. (2023)	1		“How recently did this encounter occur?”	1 ( <i>within the past week</i> ) to 7 ( <i>more than one year ago</i> ); recoded to 0 ( <i>more than two months ago</i> ) to 1 ( <i>within the last two months</i> )	82.9%	0 - 1

Last Year Relational and Sexual Behavioral Characteristics							
Any Romantic Relationships in the Last Year		1		“Approximately how many people have you had a romantic relationship with in the past year?”	0 ( <i>zero</i> ) to 6 ( <i>five or more</i> ); recoded to 0 ( <i>zero</i> ) to 1 ( <i>one or more</i> )	90.8%	0 - 1
Positive & Negative Emotions After Last Year Sexual Encounters	Owen et al. (2011)	P: 5	.90	“Excited”	1 ( <i>not at all</i> ) to 5 ( <i>very much</i> )	3.92 (1.04)	1 - 5
		N: 5	.83	“Disappointed”		1.81 (.86)	1 - 5
Number of Penile-Vaginal Encounters		1		“How many times have you had sexual intercourse during the past year?”	0 ( <i>zero times</i> ) to 8 ( <i>13 or more times</i> )	5.51 (3.19)	0 - 8
Number of Penile-Vaginal Partners	Crockett et al. (2023)	1		“With how many partners have you had sexual intercourse during the past year?”	0 ( <i>zero partners</i> ) to 10 ( <i>10 or more partners</i> )	2.05 (2.07)	0 - 10
Inconsistent Condom Use & Inconsistent Other Birth Control Use	Crockett et al. (2023)	9		“Thinking of all the times that you had sexual intercourse during the past 12 months, about what proportion of the time have you or a partner used each of these forms of birth control?”	For each method, original response scale was from 1 ( <i>none of the time</i> ) to 5 ( <i>all of the time</i> ), which we recoded to 0 ( <i>used condoms/other birth control all of the time</i> ) to 1 ( <i>used condoms/other birth control less than all of the time</i> )	CR: 70.4% OBC: 21.1%	0 - 1
Any Casual Sex	Crockett et al.’s (2023) adaption of Cooper et al. (1998)	1		“How recently did you last engage in casual sex?”	0 ( <i>no instances in the last year</i> ) to 1 ( <i>any instances within the last year</i> )	40.6%	0 - 1
Any One-Night Stands		1		“How recently did you last have a one-night stand?”		20.4%	0 - 1
Any High Risk Partners		2		“How recently did you last have oral, penile-vaginal, or anal intercourse with a stranger or prostitute?” “How recently did you last have oral, penile-vaginal, or anal intercourse with a high-risk partner? A high risk partner is someone who has had many sexual partners, has used IV drugs, or is infected with HIV/AIDS.”		9.6%	0 - 1
Alcohol/Drugs Before Any Encounters		1		“How recently did you last have oral, penile-vaginal, or anal intercourse while under the influence of alcohol or drugs?”		54.6%	0 - 1
Any Unplanned Encounters	Crockett et al. (2023)	1		Modification of most recent encounter variable that denotes whether that unplanned encounter occurred in the last year	0 ( <i>no</i> ) to 1 ( <i>yes</i> )	37.6%	0 - 1
Any Non-Volitional Encounters	Crockett et al. (2023)	1		Modification of most recent encounter variable that denotes whether that non-volitional encounter occurred in the last year.	0 ( <i>no</i> ) to 1 ( <i>yes</i> )	2.5%	0 - 1

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