

## Research Article

The Mediating Role of Sexual Sensation Seeking in the  
Marital Relationships in Individuals with Attention Deficit  
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## Abstract

**Objective:** Extramarital relationships pose challenges to family life and can affect the mental health and well-being of family members. The purpose of the present study was to investigate the mediating role of sexual sensation seeking on marital infidelity, sexual performance, and sexual satisfaction in individuals with attention deficit hyperactivity disorder.

**Method:** The present research was conducted based on a correlation and structural equation design. Among all married individuals referring to counseling and psychological service centers in Qazvin in 2022, 216 were selected through purposive sampling and participated as subjects. Data were collected using the self-report scale of Attention Deficit Hyperactivity Disorder, the Infidelity Scale, the Sexual Satisfaction Questionnaire, the Sexual Function Questionnaire, and the Kalichman and Rompa Questionnaire. Data analysis was performed using SPSS version 25, Smart PLS version 3.3, and structural equation modeling.

**Results:** The results showed that the relationship between sexual performance and the mediating variable of sexual excitement ( $\beta=0.25$ ,  $t=4.20$ ), sexual satisfaction and the mediating variable of sexual excitement ( $\beta=0.18$ ,  $t=3.87$ ), the relationship between sexual performance and extramarital relationships ( $\beta=0.12$ ,  $t=3.17$ ), the relationship between sexual satisfaction and extramarital relationships ( $\beta=0.20$ ,  $t=3.53$ ), and the relationship between sexual excitement and extramarital relationships ( $\beta=0.25$ ,  $t=5.28$ ) were significant.

**Conclusion:** The results of the study showed that sexual satisfaction, sexual function, and sexual sensation seeking can predict attitudes toward marital infidelity. Therefore, it is necessary to provide this information to couples in premarital counseling so that they can discuss sexual problems with a marriage counselor and a sex therapist in couples and receive specialized counseling for treatment if needed, to prevent the tendency toward marital infidelity.

**Keywords:** Health, Extramarital relationships, Sexual satisfaction, Sexual function, Excitement.

## Extended Abstract

### Background and objective

Attention deficit hyperactivity disorder (ADHD) is a common neuropsychiatric disorder whose symptoms start in early childhood and continue into adulthood. In adults, the main features of ADHD may include difficulty paying attention, impulsiveness, and restlessness. Marital infidelity is having an emotional-sexual relationship with someone other than the spouse without their knowledge and consent, which may be formed and continued in a virtual or real way. Infidelity activates a wide range of negative emotions such as anger, frustration, helplessness, sadness, pain, and depression in couples. Sexual satisfaction or in another word the satisfaction of that person's sex claim, is an important indicator of a successful marriage which ensures the survival and health of the family. It can be defined as having the positive and pleasurable sexual experiences such a good and positive feeling and have an excited orgasm. It build up the story of a couple's relationship as a lover like, express feelings to each other, frequent sexual activity, and desire together. Another factor in marital satisfaction is the sexual function in marital relationships. In a healthy marriage, the existence of a desirable sexual relationship in a way that can provide marital satisfaction to both plays a very important and fundamental role in the success and stability of the family. In the correct functioning of sexual relations, pleasurable participation occurs in order to deepen and strengthen intimacy and reduce the stresses of marital life. Given that sexual relations are one of the most intimate and private relationships between couples, the problems of this relationship also extend to other aspects of life.

Sexual sensation seeking is also one of the variables that has been associated with sexual diversity and increases the likelihood of individuals engaging in extramarital relationships. Sexual sensation seeking can act as a mediating factor in marital interactions, sexual performance, and sexual satisfaction of individuals because these factors can all affect individuals' psychological and behavioral structures in a related manner. The experience of infidelity and reduced marital adjustment potentially disrupt the relationship and are among the most damaging events that occur in couple relationships and challenge family stability. Comprehensive support, education, and assistance help individuals involved in infidelity to set higher goals in their lives and, as a result, to enjoy a better psychosocial status. Therefore, considering the above, the purpose of the present study was to investigate the mediating role of sexual sensation seeking on marital infidelity, sexual performance, and sexual satisfaction in individuals with attention deficit hyperactivity disorder.

### Method and Materials

The present research was carried out in the form of a correlation and structural equation design. 216 married individuals (based on Morgan table) referred to counseling and psychological service centers in Qazvin in 2022 were selected through purposive sampling and participated as subjects. After receiving the code of ethics from the Islamic Azad University, Abhar Branch, active counseling centers in Qazvin were visited, and after providing explanations, the centers that were willingness to cooperate were identified. In the second stage, research questionnaires were prepared and provided to impartial interviewers who had been given the necessary training to collect data. After establishing a sincere relationship with the subjects and obtaining their informed consent to participate in the research, the interviewers provided them with the questionnaires. They answered the questions while completing the questionnaires. Finally, 216 questionnaires were selected from among the distributed questionnaires according to the inclusion criteria for the study. The data collection process lasted for 3 months. The Adult ADHD Self-Report Scale (ASRS v1.1), Sexual Function Questionnaire, Sexual Sensation Seeking Scale, and Marital infidelity tendency questionnaire were used to examine the variables. Descriptive statistics were used to describe the individual characteristics of the subjects and to draw tables. The Kolmogorov-Smirnov test was used to examine the normality of the data distribution. Data were analyzed using SPSS version 25, Smart PLS version 3.3, and structural equation modeling.

### Results

The mean and standard deviation of the research variables shows that based on the scoring method of the research

questionnaires, the mean score of attitude towards marital relationships is medium to high, the mean score of sexual satisfaction of the participants is medium, and the mean score of sexual performance and sexual sensation seeking is medium. The results of the Kolmogorov-Smirnov test showed that the research variables have a normal distribution. Also, there is an inverse relationship between extramarital affairs and sexual satisfaction and sexual function, and there is a direct and significant relationship between marital infidelity and sexual excitement seeking ( $p < 0.005$ ). There is an inverse relationship between extramarital affairs and sexual satisfaction and sexual performance, and there is a direct and significant relationship between marital infidelity and sexual sensation seeking ( $p < 0.005$ ). The direct and indirect effects of sexual performance, sexual satisfaction, and sexual sensation seeking on marital infidelity are significant ( $p < 0.005$ ). Regarding the goodness of fit of the model, although there is no absolute standard in the theoretical literature for the aforementioned indices, the standardized root mean square index is equal to or less than 0.08, the normed fit index (NFI) is equal to or more than 0.9 are acceptable (25). In the present study, the values obtained from the standardized root mean square index were equal to 0.000 and the norm fit index was equal to 1, which indicates a proper fit of the model. A goodness of fit index higher than 0.36 indicates a desirable fit of the model. The value of the goodness of fit index in the present study is 0.38, which indicates a proper fit of the model.

## Discussion and Conclusion

The results showed that sexual satisfaction can predict attitudes toward marital infidelity. In explaining this finding, it can be said that one of the most important factors affecting the quality and stability of a couple's relationship is sexual satisfaction. Experiencing sexual satisfaction will reduce relationship tensions by increasing intimacy in the relationship. As a result, in a healthy marriage, the existence of a desirable sexual relationship in a way that can provide satisfaction to both parties plays a very important and fundamental role in the success and stability of the family and the prevention of marital infidelity. Also, the results of the study showed that sexual satisfaction can predict attitudes towards marital infidelity. This means that with improved sexual performance, attitudes towards marital infidelity decrease. Humans have sexual needs and desires that must be met for satisfaction in a marital relationship. Poor sexual performance can lead to sexual dissatisfaction in a marital relationship. This dissatisfaction may lead to thoughts and decisions about seeking other solutions to meet their sexual needs and desires, including marital infidelity. Poor sexual function can lead a person to seek new and better sexual experiences. If sexual function is inadequate and sexual satisfaction in the relationship decreases, the likelihood of tensions and problems in the marital relationship increases. In addition, the results showed that sexual sensation seeking can predict marital infidelity and mediate between sexual function and sexual satisfaction with marital infidelity. Also, in explaining the mediating role of sexual sensation seeking on marital infidelity, it can be said that sexual sensation seeking can affect people's sexual satisfaction.

It is suggested that extramarital infidelity be predicted based on sexual satisfaction and performance in individuals with attention deficit hyperactivity disorder in other cultures as well as normal married individuals (without attention deficit hyperactivity disorder). The results of the study showed that sexual satisfaction, sexual function, and sexual sensation seeking can predict attitudes toward marital infidelity.

## Introduction

Attention-deficit hyperactivity disorder (ADHD) is a common neuropsychiatric disorder whose symptoms start in early childhood and continue into adulthood. Some people with ADHD have fewer symptoms as they age, but some adults continue to have major symptoms that interfere with daily functioning. In adults, the main features of ADHD may include difficulty paying attention, impulsiveness, and restlessness. Symptoms can range from mild to severe (American Psychiatric Association & American Psychiatric Association, 2013). Behavioral symptoms in adults with this disorder include: hyperactivity and impulsivity, procrastination and delay in completing tasks, severe reactions to frustration and disappointment, low motivation, sleep

problems, time management problems, rudeness, suicide attempts, problems with self-expression, driving offenses, restlessness rather than hyperactivity, internet addiction, and substance abuse (Davidson, 2008). Other symptoms of this disorder include emotional instability, sudden and intense anger, intense emotional responses, confusion in performing tasks, instability in interpersonal relationships, occupational and academic failures, alcohol abuse, and unusual responses to psychotherapy (Adamis et al., 2022; Asherson, 2012; French et al., 2024). This disorder affects many family areas, such as marital infidelity, sexual functioning, and sexual satisfaction.

Marital infidelity is having an emotional-sexual relationship with someone other than the spouse without their knowledge and consent, which may be formed and continued in a virtual or real way (Papagianni, 2024). Infidelity activates a wide range of negative emotions such as anger, frustration, helplessness, sadness, pain, and depression in couples (Laaser et al., 2017; Ngwasheng & Mbedzi, 2024). The prevalence of marital infidelity has been reported to vary in different studies and ranges from 12 to 85.5 percent. This reported percentage depends on how individuals define extramarital affairs, sampling methods, and research implementation (Xin & Hassan, 2020). It is estimated that about 20-40% of men and 20-25% of women experience extramarital affairs during their marriage. Marital infidelity occurs under the influence of various causes and factors, and it is accompanied by a range of intrapersonal, interpersonal, and environmental harms, disrupting the stability of the family system (Belu & O'Sullivan, 2024; Rokach & Chan, 2023).

Sexual satisfaction, or in other words, the satisfaction of that person's sexual needs, is an important indicator of a successful marriage, which ensures the survival and health of the family. It can be defined as having positive and pleasurable sexual experiences, such as good feelings and an exciting orgasm. It builds up the story of a couple's relationship as lovers, expressing feelings to each other, frequent sexual activity, and desire together (Daneshfar & Keramat, 2023; Shahhosseini et al., 2014). Ali Akbari Dehkordi (2024) investigated the Construction, Validation, and Standardization of the Iranian Scale for Quality of Sexual-Marital Relationships (ISQSMR) and reported that the instrument designed in Iranian samples has sufficient reliability, validity, and fitness (Aliakbari Dehkordi, 2024).

Several studies have been conducted on the relationship between sexual satisfaction and marital infidelity. Shackelford et al. (2008) showed that the level of marital satisfaction predicts marital infidelity (Shackelford et al., 2008). Soltanizadeh and Bajelani (2010) investigated the prediction of attitudes towards marital infidelity based on sexual dysfunction, intimacy, and sexual satisfaction in married men and women and concluded that there is a negative relationship between orgasmic function, marital intimacy, and sexual satisfaction and attitudes towards infidelity in married men (Soltanizadeh & Bajelani, 2020). Nazari et al. (2024) showed that marital infidelity is influenced by sexual satisfaction (Nazari et al., 2024). Eskandari and Parandin (2014) showed in their study that the components of sexual satisfaction, including desire for sex, sexual attitude, quality of sex life, sexual adjustment, and intimacy, have a negative and significant correlation with attitudes towards marital infidelity in couples (Eskandari and Parandin, 2022).

Another factor in marital satisfaction is the sexual function in marital relationships. In a healthy marriage, the existence of a desirable sexual relationship in a way that can provide marital satisfaction to both plays a very important and fundamental role in the success and stability of the family (Peixoto & Lopes, 2023). In the correct functioning of sexual relations, pleasurable participation occurs to deepen and strengthen intimacy and reduce the stresses of marital life (Girma Shifaw, 2024). Given that sexual relations are one of the most



intimate and private relationships between couples, the problems of this relationship also extend to other aspects of life (Galati et al., 2023).

Numerous studies have been conducted on the relationship between sexual performance and marital infidelity. Haseli et al. (2019) showed in their research that there is a significant correlation between marital infidelity and demographic factors, personality traits, and sexual performance (Haseli et al., 2019). Morovati (2021) concluded that there is a significant relationship between marital infidelity and sexual performance, as well as between marital infidelity and lovemaking styles (Morovati, 2021). Abbasi-Ghomi et al (2022) investigate the effects of perceived and actual body ratings on marital Life (Abbasi-Ghomi et al., 2022). They concluded that despite a meager difference between husbands' and wives' views about body image, this variable and the two sub-constructs associated with it correlated with SEE and served as statistically significant predictors of SEE and QMR. These findings have implications for psychologists, psychotherapists, and counselors.

Sexual sensation seeking is also one of the variables that has been associated with sexual diversity and increases the likelihood of individuals engaging in extramarital relationships (Hosseinneshad et al., 2021). Kalichman and Rompa (1995) proposed the term excitement combined with sex, and called it sexual sensation seeking, which is described as "the need for diverse, novel, and complex sexual experiences, and the willingness to be exposed to physical and social risks to increase and enhance sexual excitement" (Kalichman & Rompa, 1995). Sexual excitement is a behavioral dimension of sensation seeking and has been reported as a strong predictor of risky sexual behaviors, seeking new sexual experiences, and interpersonal problems in couples (Hosseinneshad et al., 2021). Vu et al. (2017) showed that sexual sensation seeking is often associated with risky sexual relationships and multiple sexual partners (Vu et al., 2017). Sexual sensation seeking can act as a mediating factor in marital interactions, sexual performance, and sexual satisfaction of individuals because these factors can all affect individuals' psychological and behavioral structures in a related manner.

The marital bond is a two-way relationship, and individuals play an important role in providing appropriate conditions, as well as improving and maintaining it (Keshavarz-Afshar et al., 2015). The experience of infidelity and reduced marital adjustment potentially disrupts the relationship and is among the most damaging events that occur in couple relationships, and challenges family stability. Comprehensive support, education, and assistance help individuals involved in infidelity to set higher goals in their lives and, as a result, to enjoy a better psychosocial status. Therefore, considering the above, the purpose of the present study was to investigate the mediating role of sexual sensation seeking on marital infidelity, sexual performance, and sexual satisfaction in individuals with attention deficit hyperactivity disorder.

## Method

The present research was carried out in the form of a correlation and structural equation design. 216 married individuals (based on Morgan table) referred to counseling and psychological service centers in Qazvin in 2022 were selected through purposive sampling and participated as subjects. The inclusion criteria were: obtaining a score higher than the average on the Adult ADHD Self-Report Scale (ASRS), age range 25-40 years, and not receiving psychotropic medications in the past six months. Also, the exclusion criteria were: failure to complete the questionnaires, simultaneous participation in another intervention program (such as couples therapy), and failure to answer 20 percent of the research questions.

## Ethical Statement

The present study was conducted under the ethics code IR.IAU.ABHAR.REC.1402.002 of the Ethics Committee of Islamic Azad University, Abhar Branch. In this study, respect for scientific honesty and trustworthiness, informed consent to participate in the research, respect for the right of the scales to be anonymous and the subjects to remain anonymous and to keep their information confidential, the right to withdraw from the study, answer questions, and make the results available if desired, has been taken into account.

After receiving the code of ethics from the Islamic Azad University, Abhar Branch, active counseling centers in Qazvin were visited, and after providing explanations, the centers that were willing to cooperate were identified. In the second stage, research questionnaires were prepared and given to impartial interviewers who had been given the necessary training to collect data. After establishing a sincere relationship with the subjects and obtaining their informed consent to participate in the research, the interviewers provided them with the questionnaires. They answered the questions while completing the questionnaires. Finally, 216 questionnaires were selected from among the distributed questionnaires according to the inclusion criteria. The data collection process lasted for 3 months. In this study, the issues raised in the Declaration of Helsinki (2013), such as the principle of honesty and trustworthiness, informed consent of the subjects to participate in the research, anonymity of the subjects and keeping their information confidential, the right to withdraw from the study and answer questions, were observed (Duncan et al., 2005).

## Measures

**The Adult ADHD Self-Report Scale (ASRS v1.1):** The Adult ADHD Self-Report Scale (ASRS v1.1) is an 18-item self-report questionnaire designed to assess Attention Deficit Hyperactivity Disorder (ADHD) symptoms in adults (18+). This scale is based on the World Health Organization Composite International Diagnostic Interview (2001), and the questions are consistent with both DSM-IV and DSM-5-TR criteria, specifically worded to reflect symptom manifestation in adults.

**Sexual satisfaction questionnaire:** This questionnaire was developed by Larson et al. (1998), with 25 questions on a five-choice Likert scale. The scores considered for data analysis should be between 25 and 125, according to the score obtained. A score of less than 50 indicates sexual dissatisfaction, 51-75 indicates low satisfaction, 76-100 indicates moderate satisfaction, and more than 100 indicates high sexual satisfaction. To assess the internal reliability of the Larson Sexual Satisfaction Questionnaire, Cronbach's alpha was calculated in two ways (Larson, Anderson, Holman, & Niemann, 1998). First, the alpha value was calculated for all questions based on positive and negative questions, and then for each extracted factor. The internal consistency of the instrument would be considered appropriate if it were more than 0.7.

**Sexual Function Questionnaire:** This questionnaire was developed by Farajnia et al. (2014) (Farajnia et al., 2014). This scale has 20 items that are classified into 2 components: sexual knowledge and sexual attitude. The response method was a 5-point scale (5-point Likert scale): completely agree (5), agree (4), somewhat agree (3), disagree (2), and completely disagree (1). The range of scores for this questionnaire ranged from a minimum of 20 to a maximum of 100; Higher scores indicate higher sexual knowledge and attitude of the subject. In the study by Farajnia et al. (2014) titled "Development and Evaluation of Psychometric Properties of the Marital Sexual Function Scale", the face and content validity of the questions were examined and confirmed by asking 5 expert professors for their opinions. Also, the reliability of the questionnaire using

Cronbach's alpha coefficient for all questions of the questionnaire was 0.89.

**Sexual Sensation Seeking Scale:** The Sexual Sensation Seeking Scale was originally derived from the Sensation Seeking Scale (Zuckerman, 1994), with items redefined for sexual relevance. A three-step process was used to develop the original scale. The first step involved carefully examining the item content of Zuckerman's Sensation Seeking Scale and selecting items that demonstrated the highest loadings on the factors from Zuckerman's original factor analysis (e.g., thrill and adventure seeking, disinhibition, boredom susceptibility). The second step involved conducting focus groups with adults on the appropriateness of the item content and framing of items for sexual content. For example, we revised the item "I like wild and uninhibited parties" to "I like wild and uninhibited sexual encounters." The final step involved clarifying content and refining the wording of the original scale items with additional focus groups of gay, bisexual, and heterosexual men and women. Items were refined following community feedback and were scored on a 4-point scale (1=Not at all Like Me, 2=Slightly Like Me, 3=Mainly Like Me, 4=Very Much Like Me). Following initial scale development research (Kalichman et al., 1994), the items were further refined with original items that tapped sexually coercive behavior replaced with items reflecting sexual adventurism. The final scale consists of 10 items developed for use with men and women and has shown utility with adolescents and adults of all ages (Kalichman & Rompa, 1995).

**Marital infidelity tendency questionnaire:** This questionnaire was designed and developed by Bashirpour et al. (2018) to measure marital infidelity tendency according to the criteria of Iranian culture. This questionnaire has 45 questions and three components: family, individual, and social. It measures marital infidelity tendency based on a Likert scale with questions such as (I feel that it is difficult for me to tolerate my spouse's morals and behavior. In this study, the tendency towards marital infidelity refers to the score that respondents give to the 45-item questionnaire. In the study of Bashirpour et al. (2018), the content, face, and criterion validity of this questionnaire were assessed as appropriate. Also, the calculated Cronbach's alpha coefficient related to the reliability of this questionnaire in the study of Bashirpour et al. (2018) was estimated to be above 0.7 (Navabinejad, Rostami, & Parsakia, 2023).

Descriptive statistics were used to describe the individual characteristics of the subjects and to draw tables. The Kolmogorov-Smirnov test was used to examine the normality of the data distribution. Data were analyzed using SPSS version 25, Smart PLS version 3.3, and structural equation modeling.

## Results

The results of the subjects' personal information showed that 55.09% (119 people) were male and 44.90% (97 people) were female. Also, 46.29% (100 people) had a diploma, 34.25 % (74 people) had a bachelor's degree, 15.27% (33 people) had a master's degree, and 4.16% (9 people) had a doctorate. The results related to the factors examined are presented in Table 1.

**Table 1** Mean, standard deviation, and results of normality testing of research variables

Variable	Mean	SD	Kolmogorov-Smirnov test	
			p	z
Extramarital affair	91.95	1.58	0.04	1.19
Desire to have sexual relations	13.62	1.93	0.84	0.34

Variable	Mean	SD	Kolmogorov-Smirnov test	
			p	z
Sexual attitude	13.19	1.69	0.08	1.79
Quality of sex life	12.99	2.53	0.47	1.51
Sexual compatibility	12.87	3.09	0.08	1.29
Overall sexual satisfaction score	72.14	6.86	0.08	2.12
Sexual knowledge	18.27	3.28	0.94	0.14
Sexual attitude	21.96	3.47	0.07	1.90
Overall sexual performance score	41.50	6.64	0.09	1.51
Sexual Sensation Seeking	34.93	5.76	0.03	4.32

The mean and standard deviation of the research variables in Table 1 show that, based on the scoring method of the research questionnaires, the mean score of attitude towards marital relationships is medium to high, the mean score of sexual satisfaction of the participants is medium, and the mean score of sexual performance and sexual sensation seeking is medium. The results of the Kolmogorov-Smirnov test showed that the research variables have a normal distribution.

**Table 2** Correlation matrix between research variables

Variable	1	2	3	4
Sexual satisfaction	1			
Sexual function	0.12**	1		
Sexual Sensation Seeking	-0.19**	-0.27**	1	
Marital infidelity	-0.22**	-0.13*	0.27**	1

As can be seen in Table 2, there is an inverse relationship between extramarital affairs and sexual satisfaction and sexual function, and there is a direct and significant relationship between marital infidelity and sexual excitement seeking ( $p < 0.005$ ).

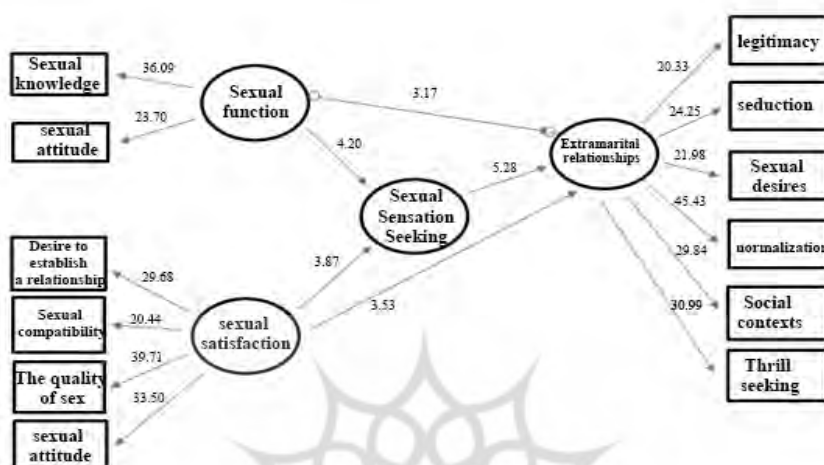
As can be seen in Table 2, there is an inverse relationship between extramarital affairs and sexual satisfaction and sexual performance, and there is a direct and significant relationship between marital infidelity and sexual sensation seeking ( $p < 0.005$ ). The results of the direct and indirect relationships of attitudes towards marital infidelity based on sexual satisfaction and performance mediated by sexual sensation seeking in people with attention-deficit/hyperactivity disorder are presented in Table 3.

**Table 3** The direct and indirect effects of sexual performance, sexual satisfaction, and sexual excitement seeking on marital infidelity

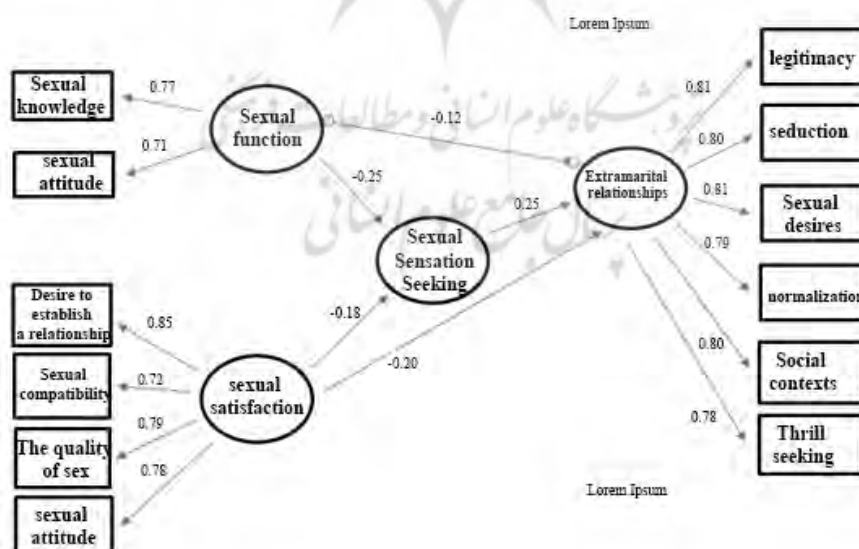
Way	$\beta$	CI 95%	T	P
Direct effect				
Sexual function -> Sexual Sensation Seeking	-0.25	-130,-0.37	3.98	0.001
Sexual satisfaction > Sexual Sensation Seeking	-0.18	-0.40,-0.17	2.12	0.001
Sexual function -> extramarital affair	-0.12	-0.21, -0.34	2.34	0.001
Sexual satisfaction -> extramarital affair	-0.20	-0.51, -0.23	4.19	0.001
Sexual Sensation Seeking -> extramarital affair	0.25	0.37, 0.16	4.40	0.001
Indirect effect				
Sexual function > Sexual Sensation Seeking > Extramarital affair	-0.18	-0.20, -0.30	4.59	0.001
Sexual satisfaction > Sexual Sensation Seeking > Extramarital affair	-0.22	-0.35, -0.20	5.73	0.001



As the results of Table 3 show, the direct and indirect effects of sexual performance, sexual satisfaction, and sexual sensation seeking on marital infidelity are significant ( $p < 0.005$ ). The graphical results of the brushed model of the mediating role of sexual sensation seeking in the relationship between marital infidelity, sexual performance, and sexual satisfaction in people with attention-deficit/hyperactivity disorder in the form of standard coefficients and t-tests are reported in Figures a and b.



**Figure a.** The model of the mediation role of sexual sensation seeking in the relationship between marital infidelity, sexual performance, and sexual satisfaction in people with attention-deficit/hyperactivity disorder in the case of standardized coefficients



**Figure b.** The model of the mediation role of sexual sensation seeking in the relationship between marital infidelity, sexual function, and sexual satisfaction in people with attention deficit hyperactivity disorder, in the case of t-coefficients

Regarding the goodness of fit of the model, although there is no absolute standard in the theoretical literature for the aforementioned indices, the standardized root mean square index is equal to or less than 0.08, and the normed fit index (NFI) is equal to or more than 0.9, which are acceptable (25). In the present study, the values obtained from the standardized root mean square index were 0.000, and the norm fit index was 1, which indicates a proper fit of the model. A goodness-of-fit index of more than 0.36 indicates a desirable fit of the model. The value of the goodness-of-fit index in the present study is 0.38, which indicates a proper fit of the model.

## Discussion

The present study aimed to investigate the mediating role of sexual sensation seeking in the relationship between marital infidelity, sexual function, and sexual satisfaction in people with attention deficit/hyperactivity disorder. The results of the present study showed that there is a negative and significant relationship between extramarital affairs and sexual function. In other words, as the level of sexual function decreases in marital relationships, the likelihood of individuals' tendency to infidelity and have extramarital affairs increases. Also, the results of the study showed that sexual function can predict the tendency to marital infidelity. This means that with improving sexual function, the tendency to marital infidelity decreases. This result is consistent with the findings of Haseli et al. (2019) and Morovati (2021), who examined and confirmed the prediction of marital infidelity based on sexual function (Haseli et al., 2019; Morovati, 2021).

If sexual function is poor and incomplete, and a person cannot meet their sexual needs in a marital relationship, the likelihood of a tendency to infidelity and extramarital affairs to meet these needs will increase (Aydın & Onger, 2022). In addition, psychological factors such as lack of emotional connection, stress, anxiety, and depression can also affect sexual function and lead to marital infidelity. Poor sexual function can exacerbate psychological disorders such as depression, anxiety, stress, and distress (Beltran et al., 2024). On the other hand, these psychological disorders can cause a person to seek other solutions to meet their sexual needs. Poor sexual function can lead a person to seek new and better sexual experiences. A person may seek sexual contact with another person to experience more pleasure and excitement (Fichman and May, 2017). These problems may encourage a person to commit marital infidelity.

Poor sexual function can lead to a lack of sexual satisfaction in a marital relationship. The results of the present study showed that there is a negative and significant relationship between extramarital affairs and sexual satisfaction. In other words, as the level of sexual satisfaction in marital relationships decreases, the likelihood of individuals' tendency to infidelity and have extramarital affairs increases. Also, the results showed that sexual satisfaction can predict the tendency to marital infidelity. This means that with increasing sexual satisfaction, the tendency to marital infidelity decreases. This result is consistent with the findings of Shackelford et al. (2008), Soltanizadeh and Bajelani (2010), Eskandari and Parandin (2014), and Nazari et al. (2024), who confirmed the relationship between sexual satisfaction and marital infidelity (Eskandari & Parandin, 2022; Nazari et al., 2024; Shackelford et al., 2008; Soltanizadeh & Bajelani, 2020).

One of the most important factors affecting the quality and stability of a couple's relationship is sexual satisfaction (del Mar Sánchez et al., 2014). Sexual satisfaction is an emotional response arising from a person's positive and negative subjective evaluations of their sexual relationship with another person. Sexual relationship

affects marital satisfaction in various ways. The feeling of sexual satisfaction will reduce relationship tensions by increasing intimacy in the relationship (McNulty et al., 2016). As a result, in a healthy marriage, the existence of a desirable sexual relationship in a way that can provide satisfaction to both parties plays a vital and fundamental role in the success and stability of the family and the prevention of marital infidelity (Scheeren et al., 2018). In addition, dissatisfaction with the marital and sexual relationship leads to boredom and, as a result, marital infidelity. In other words, it can be said that sexual satisfaction has an encouraging role in the marital relationship (Morovati, 2021). If a spouse does not have sufficient sexual satisfaction, it can be considered a stressor. As a result, a person may seek other solutions, such as marital infidelity, to relieve this stress. Furthermore, it can be said that secure communication and trust in a marital relationship serve as a foundation for sexual satisfaction and relationship stability (Scott et al., 2018; Tong et al., 2023).

In addition, the results showed that sexual excitement can predict marital infidelity and play a mediating role between sexual function and sexual satisfaction with marital infidelity. This result is consistent with the study of Wu et al. (2017). In justification of this result, it can be said that a person with high sexual sensation seeking may seek new and diverse sexual experiences. People with high sexual sensation seeking may experience a decrease in commitment to their relationship and seek sexual relationships outside their marital relationship. Some people may seek to escape their relationship or psychological problems by experiencing positive sexual emotions, which can lead to marital infidelity (Haseli et al., 2019).

Also, in explaining the mediating role of sexual sensation seeking on marital infidelity, we can say that sexual sensation seeking can affect individuals' sexual satisfaction (Scheeren et al., 2018). People who have excessive sexual sensation seeking may not be able to enjoy their sexual relationships, which can lead to a decrease in their sexual satisfaction. In general, sexual sensation seeking can affect marital infidelity. People who have excessive sexual excitement may seek sexual experiences outside their marital relationship, which may lead to marital infidelity (Atkins et al., 2005).

## Conclusion

In summary, the results of the present study showed that there is a negative and significant relationship between marital infidelity and tendency to extramarital affairs, with the level of satisfaction and sexual function. In other words, if the level of satisfaction and sexual performance in marital relationships is high, people are less inclined to infidelity and have extramarital affairs. According to studies, if people's sexual needs are not met in a marital life, they will seek out extramarital affairs and experience new and better feelings to meet these needs.

Poor sexual function can have a direct impact on the stability of the marital relationship. If sexual function and sexual satisfaction in the relationship are insufficient, the likelihood of tensions and problems in the marital relationship increases. Based on the results of the present study, and in particular the mediating role of sexual sensation seeking on marital relationships, it is suggested that special attention be paid to the issue of sexual function and sexual satisfaction, and the provision of relevant solutions to strengthen and improve them in premarital counseling sessions, and especially during matrimony. However, the factors examined in the present study are not the only predictors of marital infidelity, and it is suggested that future studies consider the role of other factors affecting the quality and stability of matrimony, such as values, cultural attitudes, past experiences, and living conditions.

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