

High Testosterone in Men and Women

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Multiple partners are associated with higher testosterone in North American men and women

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Previous research has shown that being partnered is associated with lower testosterone (T) in men and women. To address how multiple partners may be associated with T, we examined 47 men and 48 women who were single, monoamorously partnered (partnered), polyamorous (having multiple committed relationships), or in a polyamorous lifestyle but not currently multipartnered. Men who were partnered had lower T than all other men, and polyamorous men had higher T than single men. Polyamorous women had higher T than all other women. Measures of sociosexual orientation (SOI) and sexual desire differed in women by relationship type, but not in men. Findings are interpreted in light of 'competitive' and 'bond-maintenance' relationship orientations and statuses.

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