Pretty wife, plain mistress

That could happen because some men feel more secure being the better-looking one or because they just want variety in bed partners.

"Some people may prefer a plainer or uglier partner to feel more secure about themselves." - ANG THIAM HONG, family life coach

Arnold Schwarzenegger (with wife Maria Shriver, left) had an affair with the plain-looking Mildred Patricia Baena (right).

"In fact, what marriage counsellor Dr Gary Neuman found in his study of 100 cheating men in the United States is that only 12 per cent reported that the ‘other woman’ was better-looking than their wives."

Dr Norman Li, associate professor of psychology at Singapore Management University, shares the rather pessimistic viewpoint that men cheat, "not to replace their wives but to obtain sexual variety”.

"People have affairs because they want to fill unmet needs, to feel more secure being the better-looking one or because they just want variety in bed partners."

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