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**Development of the Sexual Arousal and Desire Inventory (SADI) for the Assessment of
the Psychological and Subjective Experience of Sexual Arousal and Desire**

Rachel Toledano

A Thesis

In

The Department

Of

Psychology

**Presented in Partial Fulfillment of the Requirements
For the Degree of Master of Arts at
Concordia University
Montreal, Quebec, Canada**

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Abstract

Development of the Sexual Arousal and Desire Inventory (SADI) for the Assessment of the Psychological and Subjective Experience of Sexual Arousal and Desire

Rachel Toledano

Two experiments were conducted with the goal of developing an assessment tool to evaluate the psychological and subjective experience of sexual arousal and desire. The first experiment included a three-questionnaire inventory that was filled out by 85 men and 156 women. Subjects provided demographic information in the first questionnaire and then rated 86 descriptors as they applied to their experience of arousal and desire separately on 0-5 point Likert scales on the second and third questionnaires. Results showed that men and women rated their subjective experiences of arousal and desire in similar ways and that subjects failed to differentiate between these two phases of the sexual response cycle. Principle component analysis (PCA) also indicated that the subjective experience of arousal and desire could be described comprehensively by three main factors, including a cognitive-emotional, a motivational, and a physiological factor. A fourth negative control factor was also extracted that reflected dimensions of aversion or inhibition. The second experiment consisted of a two-questionnaire inventory in which only those descriptors with means ≥ 2.5 or ≤ 1.0 , and/or with factor loadings ≥ 3.00 , were retained. Eighty-two men and 154 women provided demographic information in the first questionnaire, and rated the 54 descriptors retained for arousal and desire in a single questionnaire using the same 0-5 point Likert scale. The same three main factors and the negative control factor were extracted through a second PCA. Results also indicated that, in general, both sexes rated their subjective experiences in similar ways, with the exception of certain items which males and females rated in opposite directions.

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Development of the Sexual Arousal and Desire Inventory (SADI) for the Assessment of the Psychological and Subjective Experience of Sexual Arousal and Desire

In attempting to develop a tool that would aid in evaluating the subjective experience of sexual desire and arousal in humans, it is appropriate to determine how sexual arousal and desire have been defined theoretically. Several models have been proposed which have operationally defined sexual behavior as being composed of anywhere from two to four phases. Many early theories were two-phase models of sexual behavior. Typically, such models described the first phase as seeking sexual encounters and the second phase as engaging in copulation (e.g., sex drive versus performance, appetitive versus consummatory sexual behavior, or courtship behavior versus copulatory behavior; reviewed in Nelson, 2000, Pfaus, 1999). One of the first models to use the statistical relationship among measures of sexual behavior was proposed by Beach (1956) to account for the sexual behavior of male rats. He postulated a two-factor model in which sexual behavior and copulation were initiated through a Sexual Arousal Mechanism (SAM) that activated physiological and psychological excitement in the presence of a sexual incentive. In this model, copulation was maintained by an Intromission and Ejaculation Mechanism (IEM) that further increased the male's internal sensations sufficiently for ejaculation to occur. Ejaculation then acted as an inhibitory mechanism for both the SAM and IEM. Beach (1956) suggested that the IEM was composed of stereotyped or species-specific behaviors, for example, mounts by male rats, whereas the SAM was composed mainly of labile behaviors, for example anogenital investigation, that are influenced by learning.

A four-phase physiological model of human sexual response was proposed by Masters and Johnson (1966), and referred to as the "EPOR model". This model emphasized a cascade of sexual responses that formed around a build-up and release of sexual excitement. The four phases, which are each accompanied by genital and extragenital change, are described as follows: excitement, plateau, orgasm, and resolution. The EPOR model is based entirely on observations of bodily responses during sexual arousal and sexual intercourse. It is interesting to note that this model assumes male-female similarities in sexual response.

Pfaus (1996, 1999) developed the Incentive Sequence Model, whereby appetitive and consummatory sexual responses are conceived of as overlapping Venn diagrams in which the behavioral stream moves from left to right, that is from appetitive to consummatory phases, with the overlap consisting of precopulatory behaviors. This model emphasizes that the division between these two phases is not necessarily fixed and that certain responses can be placed into both phases, for example solicitation and foreplay. The author describes that, for both men and women, the appetitive phase manifests itself in terms of sexual desire, with distinct, but not exclusive, subclasses of fantasy, sexual excitement, and preparatory behaviors. The consummatory phase is described by behaviors that are directed toward genital stimulation and orgasm and includes such precopulatory behaviors as solicitation, arousal, foreplay and refractory periods between successive copulations. It is important to note that, in the Incentive Sequence Model, sexual excitement and arousal are considered conceptually and temporally distinct (Pfaus, 1999). This indicates that, although sexual arousal is generally conceptualized as an appetitive response, it is placed into the overlapping precopulatory

category because it can be induced by fantasy or visual stimulation that is distal to the observer. This means that contact with the sexual incentive is made "psychologically" and that sexual desire and arousal, although they remain conceptually distinct, can be viewed as overlapping phases.

A study examining the neuroanatomical correlates of visually evoked sexual arousal in human males led to the proposal of a neurobehavioral model of sexual arousal, comprising perceptual-cognitive, emotional, motivational, and physiological components (Stoleru et al., 1999). For the purpose of their study, the authors developed a Likert-type rating scale that assessed perceived sexual arousal (Stoleru et al., 1999). The authors suggested that the cognitive component comprises a process of appraisal through which a stimulus is categorized as a sexual incentive and qualitatively evaluated as such. The emotional component includes the specific hedonic quality of sexual arousal, which refers to the pleasure associated with arousal and with the perception of specific bodily changes, such as vaginal lubrication or penile erection. The motivational component was described as comprising of the processes that direct behavior to a sexual goal, such as an urge to express overt sexual behavior. The physiological component, which includes autonomic and endocrinological factors, such as respiratory or cardiovascular functioning, results in a physiological readiness for sexual behavior. The authors underlined that these four components should be conceived as closely interrelated and coordinated. The authors further specified the components of this model of sexual arousal and used it to interpret the results of a follow-up study which examined brain processing of visual sexual stimuli in human males (Rédoute et al., 2000).

It is evident that the models proposed thus far demonstrate the multidimensional nature of the sexual response cycle, including that of the arousal and desire phases. For

the purpose of this study, sexual arousal has been defined as the physiological responses that accompany or follow sexual desire, for example experiencing penile erection or vaginal lubrication, and involving the more physiological aspects of wanting sex. Sexual desire has been defined as an energizing force that motivates a person to seek out or initiate sexual contact and behavior, and involving the more psychological aspects of wanting sex. To date, most of the research conducted on sexual arousal has been aimed at understanding peripheral and physiological components (i.e., penile or vaginal blood flow or volume). In the case of sexual desire, the focus has been mainly on measures of behavioral frequency, such as masturbation or intercourse frequency, incidence of sexual thoughts, and number of sexual contacts leading to orgasm (Leiblum & Rosen, 1988). These methods have been successful in providing the field with a wide range of information that has become useful both in research and applied settings. Nonetheless, the emphasis has remained mostly on physiological responses related to sexual arousal and desire. It has become apparent, however, that physiological aspects alone are not sufficient to fully describe the range of experiences involved in these areas of human sexuality (Rosen & Beck, 1988). Only recently have investigators begun to incorporate cognitive and subjective aspects of sexual arousal and desire into their research applications.

For example, Delizonna, Wincze, Litz-Brett, Brown, and Barlow (2001) conducted a study in which they used subjective and objective parameters of sexual arousal to compare the experience of a mechanically attained erection, through the use of a penile vacuum versus an erotically stimulated erection. Men without sexual dysfunction were asked to reach a full erection either by using a penile vacuum or by self-stimulating

while watching an erotic video. Although erection was successfully attained through use of the penile vacuum, it was not accompanied by a subjective state of sexual arousal. Thus, the mere physical presence of an erection did not seem to evoke bodily or mental feelings of sexual arousal, making attention to the psychosexual components of the individual's sexual experience a critical component of subjective sexual arousal.

Schacter and Singer (1962) proposed a theory of cognitive arousal which postulates that, "the experience of emotion is predicated on the occurrence of both physiological arousal and a state of emotional cognition". From this theory, it can be hypothesized that following the appraisal of a situation as sexual, environmental cues can lead to physiological arousal and a cognitive labeling process can follow. It is often the case that physiological aspects are monitored within an experimental setting, but that the cognitive aspects of the experience are ignored. With this in mind, Rosen and Beck (1988) argue that it is imperative that the interaction among several dimensions of sexual arousal and desire, such as the physiological, cognitive, affective and motivational components, be studied simultaneously. These authors suggest that it is not possible to correctly define sexual arousal without exploring and highlighting the crucial role of cognitive labeling and subjective experience. They argue that a primary component in defining a sexual experience would involve the assessment of each individual's awareness or self-report of internally experienced desire and arousal.

In clinical settings, the sexual complaints that are likely to be encountered include the five syndromes found under the category Sexual and Gender Identity Disorders in the Diagnostic and Statistical Manual of Mental Disorders Fourth Edition (DSM-IV, 1994). These include Sexual Desire Disorders, Sexual Arousal Disorders, Orgasmic Disorders,

Sexual Pain Disorders, and Sexual Dysfunction Due to a General Medical Condition.

DSM-IV (1994) states that, "the Sexual Dysfunctions are characterized by disturbance in sexual desire and in the psychophysiological changes that characterize the sexual response cycle and cause marked distress and interpersonal difficulty". The DSM-IV (1994) divides the sexual response cycle into four specific phases, including desire, excitement, orgasm, and resolution, after Masters and Johnson's EPOR model (1966). The focus here will be on the Sexual Desire Disorders and Sexual Arousal Disorders. The desire phase, "consists of fantasies about sexual activity and the desire to have sexual activity" (DSM-IV, 1994). The excitement phase, "consists of a subjective sense of sexual pleasure and accompanying physiological changes" (DSM-IV, 1994). Such physiological changes as penile tumescence and erection, and vasocongestion in the pelvis, vaginal lubrication and expansion, and swelling of the external genitalia, are expected to take place during the excitement phase.

Sexual Desire Disorders include Hypoactive Sexual Desire Disorder, in which the client usually exhibits a persistent or recurrent deficiency in sexual fantasies and desire for sexual activity, causing marked distress or interpersonal difficulty (DSM-IV, 1994). The second type of Desire Disorder is the Sexual Aversion Disorder, in which the client usually exhibits a persistent or recurrent extreme aversion to, and avoidance of all, or almost all, genital sexual contact with a sexual partner, causing marked distress or interpersonal difficulty (DSM-IV, 1994). Sexual Arousal Disorders include Female Sexual Arousal Disorder, which is characterized by a persistent or recurrent inability to attain or maintain an adequate level of vaginal lubrication and swelling until sexual activity is completed, causing marked distress or interpersonal difficulty (DSM-IV,

1994). The second type of Sexual Arousal Disorder is the Male Erectile Disorder, which is characterized by a persistent or recurrent inability to attain or maintain an adequate erection until sexual activity is completed, causing marked distress or interpersonal difficulty (DSM-IV, 1994). Psychosexual problems that are amenable to sex therapy currently include "desire phase inhibition", "excitement or arousal phase inhibition", and "orgasm phase inhibition" (DSM-IV, 1994).

Given the number of sexual disorders, and their potential for overlap, diagnosis remains the single, most important function of a clinician dealing with sexual complaints. Without a correct diagnosis, effective treatment planning is not possible. In order to achieve a correct diagnosis, a complete and functional pretreatment assessment of the client must be conducted. The primary purposes of this assessment include (a) describing the client's current level of functioning and the severity of the disturbance caused by the symptoms; (b) confirming, refuting, or modifying the impressions formed by the clinician through the less structured interactions with the client, such as the intake interview; (c) identifying the client's therapeutic needs, highlighting issues that will be relevant in treatment, recommending forms of intervention and offering guidance about possible outcomes; (d) aiding in the differential diagnosis of possible disorders; (e) monitoring treatment over time to evaluate the success of interventions or to identify new issues that may require attention as original concerns are resolved; and (f) providing skilled feedback as a therapeutic means itself (Meyer et al., 2001). The pretreatment assessment should also include a variety of test scores, generally obtained from multiple test methods. These data should be considered in the context of the client's history, referral information, and observed behavior. This helps the clinician arrive at a better

understanding of the person being evaluated, answer the referral questions, and finally, communicate findings to the client, his or her significant others, and referral sources (Meyer et al, 2001). In the case of sexual disorders in particular, accurate assessment is key, because a large variety of psychological and biological factors can result in identical symptoms. For example, difficulty achieving or maintaining an erection can result from a psychological, anticipatory anxiety or from a physiological deficiency. Treatment failures can often be traced back to an incorrect evaluation of the presenting problem.

Once diagnosis has been established and the clinician has determined what phase of the sexual response has been disrupted, the next step is to obtain a highly detailed description of the individual's current sexual experience. Kaplan (1983) refers to this step as the sexual status examination. Kaplan describes this examination as the closest approximation of actually observing the client's sexual interaction with his or her partner. This type of examination has an advantage over physical observation in the sense that it also provides the clinician with information about the subjective experiences and mental processes of the client. The goal of the sexual status examination is to arrive at a clear picture of the client's underlying emotional and mental experiences, behaviors, and interactions during a sexual encounter. All three phases of the sexual experience, the desire, excitement, and orgasm phases, are assessed. The clinician can then make inferences about the etiology of the disorder based on the information gathered, and can test and confirm the inferences made by further examining the client's psychosexual history and results of medical tests.

Unfortunately, it is difficult for many clients to provide detailed descriptions of their subjective experiences and mental processes in sexual contexts. It is also difficult

for clients, in many instances, to provide information on the location and intensity of specific physical sexual sensations. Also, few people readily divulge their sexual weaknesses to a stranger, even within medical or therapeutic circumstances. Information gathering can be made difficult by such factors as the client's feelings of embarrassment, a desire to convey a certain image of themselves, anxieties about discovering where the problem truly lies, and sometimes even hostility toward the examination situation. In cases where the clinician has no available resources to gather the necessary information, other than through interviewing the client, it can become very difficult to obtain detailed personal information of a sexual nature from the client. However, Kaplan (1983) states that, unless the clinician has a clear mental image of the client's emotional and physical experiences, the sexual status examination should not be considered finished.

The need for clinical tools, which allow the assessment of various aspects of sexuality, spurred the development of a wide range of inventories to aid information gathering during the sexual status examination (Rosen & Beck, 1988). For instance, Rust and Golombok (1986) developed the Golombok-Rust Inventory of Sexual Satisfaction (GRISS) to assess the presence and severity of sexual problems in heterosexual couples. Examples of main problems assessed are anorgasmia, vaginismus, impotence and premature ejaculation. This tool also evaluates noncommunication, infrequency of sexual experiences, male and female avoidance, male and female nonsensuality, and male and female dissatisfaction. The focus of the GRISS is on the couple, not the individual, and it is not a tool that is specifically designed to evaluate level of sexual functioning specific to the desire and arousal phases of the sexual response cycle.

Another tool is the Arousal Predisposition Scale (APS), developed by Coren and Mah (1993). The APS is a short self-report questionnaire which contains 12 items that assess an individual's predisposition toward physiological arousability, with arousal being defined as a person's responsiveness to particular variations in environmental conditions. It is generally used to predict individual differences in physiological measures of arousal such as electrodermal and electromyographic responses. High scores on the APS are usually accompanied by greater changes in a person's physiological responses to these two measures. Evidence suggests that the APS is effective at predicting individual differences in autonomic and possibly affective arousal. However, the APS was not specifically designed to examine subjective aspects of emotional and physical sexual responsiveness related to the phases of desire and arousal.

Another assessment tool, which was developed with the aim of aiding clinicians in their assessment of clients who complain of sexual problems, is the Derogatis Sexual Functioning Inventory (DSFI), with its matching self-report questionnaire, the DSFI-SR. The DSFI has been described as a multidimensional tool designed to measure the quality of a person's sexual functioning (Derogatis, 1997). The DSFI subscales include Information, Experience, Drive, Attitudes, Psychological Symptoms, Affects, Gender Role Definition, Fantasy, Body Image, and Sexual Satisfaction (Derogatis & Melisaratos, 1979). This inventory provides an overview of the person's general level of sexual functioning, without focusing specifically or exclusively on sexual desire or arousal disorders.

The Center for Marital and Sexual Health Sexual Function Questionnaire (CMSH-SFQ) is also a tool that can be used in clinical assessment. One questionnaire,

specifically developed for males, measures erectile and orgasmic functioning, sexual drive, frequency of sexual behavior, and sexual satisfaction. Another questionnaire assesses the same factors in the female partner. The CSMH-SFQ is generally used to measure global sexual functioning in men and their partners (Corty, Althof, & Kurit, 1996). Again, this tool does not focus specifically on disorders of sexual desire or arousal, but rather on level of general sexual functioning.

The Sexual Interaction Inventory (SII) developed by LoPiccolo and Stegar (1974) is also available to help clinicians assess sexually dysfunctional couples. It is a paper-and-pencil self-report inventory that assesses sexual adjustment and sexual satisfaction in heterosexual couples. The scale consists of 17 items that reflect heterosexual behaviors. Men and women answer six questions using a 6-point rating scale with verbal labels relating to the frequency of behavior. Again, it is clear that this assessment tool was developed to assess couples, rather than individuals, and that subjective experiences and mental processes are not the focus of the scale. It focuses on sexual adjustment and satisfaction based on frequency ratings, but does not concentrate on problems related to sexual arousal or sexual desire phases.

The main purpose of the experiments reported in this thesis was to develop a multidimensional, theoretically-based assessment tool that would represent important dimensions of the psychological and subjective experience of sexual arousal and desire in men and women. This assessment tool would be derived from descriptor ratings of participants' sexual desire and arousal experiences. No such scale exists presently in the literature. Such a qualitative and descriptive assessment scale should provide a multidimensional framework and describe each dimension adequately, while recognizing their interdependent nature. It was

hypothesized that such a scale would reveal physiological (e.g., sensitive to touch, ticklish, flushed, and throbs in genital area), motivational (e.g., pleasure, relaxed, and excited), and evaluative or cognitive-emotional (e.g., happy, good, and sensual) dimensions. This hypothesis was based on the findings of several studies that have investigated such psychophysiological phenomena as pain, and which have similarly described the subjective experiences involved by using a multidimensional approach. For example, the McGill Pain Questionnaire consists primarily of three major classes of word descriptors, including a sensory, an affective, and an evaluative class of descriptors, that are used by patients to specify the subjective experience of pain (Melzack & Torgerson, 1971). These descriptors are used by physicians to provide quantitative measures of clinical pain, and aid greatly in the diagnosis of specific types and locations of pain. Likewise, Mah and Binik (2000) examined whether there is a core set of characteristics common to all orgasm experiences. The authors developed a questionnaire to address whether the pattern of adjective ratings conveying orgasm experiences could be characterized by a three-dimensional model with sensory (e.g., contractile sensations, muscle-tensing sensations), evaluative (e.g., intensity, pleasure, satisfaction) and affective components (e.g., ecstasy, intimacy/love). This three-dimensional model was shown to adequately characterize both male and female orgasm experiences, suggesting that they are similar. Results of factor analyses confirmed that the three-dimensional model adequately described the experience of both male and female orgasm. The present study was modeled after both the Melzack et al. (1971) and the Mah and Binik (2000) studies.

The development of a multidimensional, theoretical and descriptive assessment scale, that focuses on the psychological experience of sexual arousal and desire, should aid clinicians in their evaluation of how people subjectively describe their experiences and feelings of sexual

arousal and desire. The goal would be to facilitate the sexual status examination conducted by clinicians in their assessment of clients who they believe fall into the diagnostic categories of either sexual arousal and/or desire disorders. This tool would also be useful to researchers who focus their studies on human sexuality. The development of a theoretically-based, multidimensional model of the psychological and subjective experience of sexual arousal and desire would also contribute to the knowledge of human sexual functioning and facilitate research in human sexuality by providing a psychometric tool that would be useful to evaluate pre-treatment and post-treatment subjective levels of perceived sexual arousal and desire in human subjects. The goal of the present study was to develop such a scale, and examine its internal validity.

Method

Experiment 1: Development of a self-rating questionnaire and of a multi-dimensional model of the psychological and subjective experience of sexual desire and sexual arousal.

Participants:

In the first study, 88 male and 164 female participants volunteered to complete the original version of the Sexual Arousal and Desire Inventory (SADI). Eleven of these subjects (3 males and 8 females) met exclusion criteria and were not included in the study, resulting in a total number of 241 subjects (85 males and 156 females) between the ages of 16 and 62 (mean age = 22.63) that were included in this first experiment. The majority of the sample was composed of young, Canadian, heterosexual, undergraduate students. The demographic characteristics of this first pool of subjects are presented in Table 1. Subjects were recruited by word of mouth, in undergraduate and graduate classrooms of Concordia University, or through an information booth posted in the same university. Exclusion criteria included reporting a score of 3, 4, or 5 (often to always), on a scale from 0 to 5 (0 = "never", 5 = "always"), to the question, "Do you experience difficulty engaging in sexual activity?" Subjects were also asked to rate their level of fluency in the English language on a scale from 0 to 5 (0 = "very poor", 5 = "very fluent"). Subjects who rated their level of English fluency as being smaller than 3 were excluded from the study. No incentives were provided for participation in this study. All participants were assured of anonymity and confidentiality of responses and signed a participant consent form (Appendix A).

Materials

Questionnaire development. A list of 86 descriptors was initially compiled informally by randomly interviewing people, both in person and via internet sex chat rooms, about words that they would use to subjectively describe their experiences of sexual arousal and sexual desire. Items that subjectively described negative experiences of sexual desire or arousal, or that were opposite to those items deemed to describe a positive subjective experience of sexual

Table 1

Demographic Information for 241 Subjects of Experiment 1

	<u>All Subjects</u>	<u>Females</u>	<u>Males</u>
Mean Age	22.63	22.68	22.6
Age Range	16 to 62	17 to 50	16 to 62
Religion (number of subjects)			
Catholicism	94	65	29
Protestantism	32	24	8
Judaism	54	26	28
Islam	7	5	2
Other	20	14	6
No Religion	34	22	12
Level of Education (number of subjects)			
High School	2	7	10
College or Cegep	18	5	13
Trade School	4	1	0
Undergrad Program	197	140	57
Graduate Program	8	3	5
Postgraduate Program	0	0	0
Sexual Orientation (number of subjects)			
Heterosexual	225	147	78
Homosexual	6	2	4
Bisexual	10	7	3
Average Number of Times Masturbate/Week			
0	95	78	17
1-4	121	69	52
5-8	18	6	12
9 or more	7	3	4

Table 1 (continued)

Demographic Information for 241 Subjects of Experiment 1

	<u>All Subjects</u>	<u>Females</u>	<u>Males</u>
Average Number of Times Sexual Intercourse/Week			
0	73	48	25
1-4	139	91	48
5-8	23	13	10
9 or more	6	4	2
Average Number of Times Other forms of Sex Play/Week			
0	103	71	32
1-4	98	66	32
5-8	30	14	15
9 or more	10	3	6
Average Number of Times Think about Sex/Week			
0	2	2	0
1-5	79	66	13
6-10	60	44	16
10-15	29	21	8
15 or more	71	23	48

desire or arousal, such as "aversion", "repulsion", and "displeasure", were included as well in order to discern those participants that answered opposite items in the same direction. These "negative control" descriptors were also included for the purpose of differentiating between normal and clinical populations once the assessment tool has been psychometrically evaluated.

The original version of the SADI was composed of three questionnaires (Appendix B). The first questionnaire was used to gather demographic information about the participants, such as sex, age, nationality, religion, and sexual orientation. The second and third parts of the SADI involved the two initial descriptor-ratings questionnaires, one for sexual desire and one for sexual arousal. In both questionnaires, participants were provided with a definition of sexual desire or arousal, and the descriptors were placed in the same order. Sexual desire was described as, "an energizing force that motivates a person to seek out or initiate sexual contact and behavior", and sexual arousal was described as, "the physiological responses that accompany or follow sexual desire". All participants filled out the desire questionnaire prior to filling out the arousal questionnaire of the SADI. Participants were asked to rate each descriptor on a 0-5 scale (0 = "does not describe it at all", 5 = "describes it perfectly") according to how well it describes their subjective experience of sexual desire and sexual arousal.

Results

Statistical Procedures:

The following analyses were conducted on the subjective ratings of all subjects for the 86 descriptors provided in the original version of the SADI. Prior to analyses, missing values in participants' descriptor ratings were replaced using the mean descriptor rating for the sex of the participant.

Initial attempt to develop the assessment tool:

Principal components analysis (PCA) with varimax rotation, using Systat for Windows (Version 9.0), was initially employed to obtain statistically based components for hypothesis testing, and to reduce the number of descriptors to those that were found to be statistically relevant to each component revealed by the PCA. Separate PCAs were also conducted separately for each sex. Mean descriptor ratings for all 241 participants and for each sex separately were obtained as well. For both sexes, a total of 4 factors were extracted, the first representing the evaluative or cognitive-emotional component, the second reflecting the motivational component, the third representing the physiological (autonomic and endocrinological) component, and the fourth and final factor reflecting a negative control component of sexual arousal and desire. Figure 1 displays the scree plot for these factors. The negative control factor was retained to assure that participants were not rating opposite descriptors, such as "pleasure" and "displeasure", in the same direction and, because this factor could be relevant and useful in the assessment of clinical samples of subjects who report having difficulties with sexual desire and/or arousal. Table 2 contains the factor loadings of the 86 descriptors rated by all 241 subjects. Factor loadings obtained for the 86 descriptors as rated by males and females separately are presented in Appendices C and D respectively. Percent of total variance explained by the four factors was 37.814% when all data were collapsed, with the evaluative factor accounting for 10.39%, the motivational factor accounting for 3.94%, the physiological factor accounting for 9.65% and the negative control factor accounting for

Scree Plot

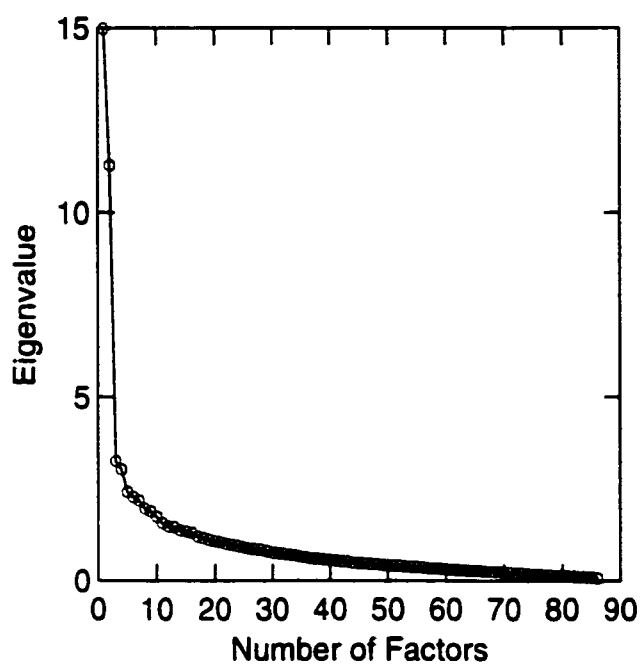


Figure 1. Scree plot of the factors extracted through principle components analysis for the 86 descriptors used in the original version of the SADI as rated by 241 subjects.

Table 2

Experiment 1: Factor Loadings for the 86 Descriptors Used in the Original Version of theSADI as Rated by 241 Subjects

<u>Variable</u>	<u>Evaluative</u>	<u>Negative Control</u>	<u>Motivational</u>	<u>Physiological</u>
Horny	0.469*	-0.071	0.199	0.186
Anticipatory	0.482*	-0.048	0.167	0.266
Good	0.526*	-0.106	-0.229	0.149
Tense	0.144	0.412	0.347	0.102
Nervous	0.103	0.494	0.290	0.201
Pleasure	0.554*	-0.097	-0.244	0.185
Excited	0.569*	-0.170	0.115	0.207
Hot	0.406*	-0.039	0.047	0.489*
Anxious	0.305*	0.300*	0.419*	0.141
Driven	0.518*	0.131	0.308*	0.199
Fear	0.065	0.672	0.065	0.115
Fantasize about sex	0.376*	0.023	0.042	0.044
Uninhibited	0.525	-0.013	0.117	0.020
Lustful	0.539*	-0.039	0.117	0.068
Aggressive	0.376	0.159	0.232	0.086
Light	0.249	0.188	-0.179	0.315
High/Intoxicated	0.245	-0.043	0.254	0.274
Forget about all else	0.362*	0.035	0.156	0.290
Tingly all over	0.188	0.014	-0.083	0.648*
Tingling genital area	0.192	-0.032	0.087	0.677*
Tingling in gut	0.149	0.127	-0.082	0.574*
Wet/Moist	0.148	-0.059	-0.062	0.625*
Nippy	0.138	0.186	0.075	0.591
Flushed	0.189	0.067	0.173	0.622*
Throbs in genital area	0.205	-0.045	0.133	0.572*
Warm all over	0.332*	0.027	-0.043	0.686*
Shaky	0.192	0.297	0.120	0.497
Hard	0.204	0.198	0.052	-0.162
Dry mouth	0.198	0.240	-0.075	0.344
Heart beats faster	0.199	-0.064	-0.093	0.642*
Breathe faster/Pant	0.225	-0.010	-0.072	0.667*
Genitals reddish	0.122	-0.040	0.112	0.514*
Quivering sensations	0.164	0.066	-0.048	0.731*
Ticklish	0.330	0.078	-0.203	0.499
Sensitive to touch	0.357*	-0.049	-0.054	0.446*
Dry	0.146	0.383	-0.118	0.178

Table 2 (continued)

Experiment 1: Factor Loadings for the 86 Descriptors Used in the Original Version of theSADI as Rated by 241 Subjects

<u>Variable</u>	<u>Evaluative</u>	<u>Negative Control</u>	<u>Motivational</u>	<u>Physiological</u>
Frustrated	0.081	0.396*	0.483*	0.084
Sensual	0.664*	-0.156	-0.103	0.270
Sexy	0.691*	-0.074	-0.196	0.235
Stimulated	0.542*	-0.084	0.039	0.396*
Passionate	0.667*	-0.130	-0.145	0.243
Entranced	0.426*	0.153	0.084	0.382*
Happy	0.616*	-0.068	-0.222	0.230
Impatient	0.262	0.277	0.596*	0.003
Overwhelmed	0.300	0.311	0.248	0.299
Enthusiastic	0.597*	-0.030	-0.010	0.196
Attractive	0.711*	-0.044	-0.176	0.196
Sultry	0.399	0.167	-0.009	0.195
Frigid	0.203	0.658*	-0.127	0.028
Bad	-0.012	0.474	0.215	0.113
Insensible	-0.023	0.610*	0.014	0.133
Repressed	0.015	0.670*	0.108	0.081
Demure	0.162	0.648	-0.098	0.017
Restrained	-0.070	0.659*	0.125	0.065
Angry	-0.083	0.614*	0.291	0.023
Unattractive	-0.153	0.648*	0.079	-0.003
Aversion	-0.052	0.696*	-0.024	-0.109
Repulsion	-0.096	0.703*	0.045	-0.040
Lethargic	0.032	0.599*	-0.068	-0.006
Listless	-0.011	0.650	-0.116	0.105
Uninterested	-0.086	0.636*	0.059	-0.026
Numb	0.066	0.254	-0.116	0.366
Soft	0.304	0.120	-0.356	0.393
Seductive	0.675*	-0.027	-0.134	0.262
Agitated	0.112	0.405	0.194	0.204
Perturbed	0.033	0.536	0.189	0.086
Inflamed	0.054	0.178	0.090	0.330
Disturbed	-0.139	0.617*	0.228	0.128
Impulsive	0.241	0.179	0.152	0.161
Jittery	0.231	0.386	0.231	0.346
Urge to satisfy	0.435*	-0.012	0.285	0.208

Table 2 (continued)

Experiment 1: Factor Loadings for the 86 Descriptors Used in the Original Version of theSADI as Rated by 241 Subjects

<u>Variable</u>	<u>Evaluative</u>	<u>Negative Control</u>	<u>Motivational</u>	<u>Physiological</u>
Naughty	0.391*	0.179	0.108	0.303*
Alluring	0.497*	0.157	0.037	0.252
Passionless	-0.101	0.524	0.021	-0.042
Relaxed	0.115	0.060	-0.557	0.075
Control	0.343	0.317	-0.336	0.001
Inhibited	0.057	0.498	-0.117	0.101
Reserved	-0.005	0.658	-0.217	-0.012
Unhappy	-0.137	0.631*	0.110	-0.127
Displeasure	-0.132	0.523*	-0.011	-0.027
Calm	0.058	0.169	-0.578	0.142
Resistant	-0.060	0.580*	-0.035	0.102
Submissive	0.263	0.483	-0.136	0.110
Apathetic	0.029	0.651	-0.087	0.097
Sluggish	0.027	0.647*	-0.140	-0.005
Pressure	-0.041	0.549	0.069	-0.113

* Descriptors with factor loadings equal to or bigger than 0.300 and/or with a mean equal to 2.5 or more or with a mean equal to 1.0 or less.

13.84% of the total percent of variance explained. Mean descriptor ratings from the 241 participants' responses were obtained (Table 3) and 36 descriptors with means equal to or larger than 2.5, and/or statistically shown through PCA to belong to one of the three hypothesized factors were retained for the final version of the SADI developed for the second experiment. Mean descriptor ratings were also obtained for males and females separately and are provided in Appendices E and F respectively. Sixteen descriptors with means equal to or smaller than 1, and/or composing a fourth, negative control factor found through PCA, were retained as well. A final pool of 52 descriptors was thereby retained from the original version of the SADI for its final version to be used in the second study. PCA and means and standard deviations failed to reveal any differences between the subjective ratings of the descriptors made by males and females. Appendix G shows the scree plot for factor loadings of the descriptors as rated by the male subjects and Appendix H shows the scree plot for the factor loadings of the descriptors as rated by the female subjects. For the male subjects, the percent of total variance explained was 38.21%, with the evaluative factor accounting for 6.89%, the motivational factor accounting for 6.10%, the physiological factor accounting for 11.44%, and the negative control factor accounting for 13.78% of the percent of total variance explained. For the female subjects, the percent of total variance explained was 40.54%, with the evaluative factor accounting for 9.34%, the motivational factor accounting for 4.37%, the physiological factor accounting for 12.10%, and the negative control factor accounting for 14.73% of the percent of total variance explained. It was also found that subjects rated descriptors of their experiences of sexual desire in the same way that they rated descriptors of their experiences of sexual arousal. Therefore, for the second study, only one questionnaire was retained to assess both sexual desire and arousal, and the same questionnaire was used for both male and female subjects. Two descriptors "Hard" for males and "Wet" for females were retained for the final version of the SADI used for the second study and rendered sex-specific, to be answered only by males for the word "Hard" and only by females for the word "Wet". Two new descriptors, "Powerful" and "Tempted", were also added to the list of descriptors

Table 3

Experiment 1: Means and Standard Deviations for the 86 Descriptors Used in theOriginal Version of the SADI as Rated by 241 Subjects

<u>Variable</u>	<u>Mean</u>	<u>Standard Deviation</u>
Horny	3.763*	1.434
Anticipatory	3.112*	1.599
Good	3.763*	1.322
Tense	1.739	1.646
Nervous	1.311	1.488
Pleasure	3.743*	1.307
Excited	4.095*	1.058
Hot	3.585*	1.382
Anxious	2.278	1.782
Driven	2.793*	1.609
Fear	0.743	1.248
Fantasize about sex	3.329*	1.532
Uninhibited	2.332	1.777
Lustful	3.079*	1.653
Aggressive	1.842	1.696
Light	1.241	1.357
High/Intoxicated	2.008	1.846
Forget about all else	2.730*	1.746
Tingly all over	2.988*	1.731
Tingling genital area	3.402*	1.638
Tingling in gut	2.506*	1.787
Wet/Moist	3.290*	1.791
Nippy	1.788	1.805
Flushed	2.324	1.827
Throbs in genital area	3.386*	1.585
Warm all over	3.166*	1.650
Shaky	1.730	1.717
Hard	1.813	1.988
Dry mouth	1.166	1.532
Heart beats faster	3.544*	1.300
Breathe faster/Pant	3.162*	1.598
Genitals reddish	2.747*	1.908
Quivering sensations	2.373	1.720
Ticklish	2.108	1.804
Sensitive to touch	3.465*	1.522
Dry	0.473	0.931

Table 3 (continued)

Experiment 1: Means and Standard Deviations for the 86 Descriptors Used in theOriginal Version of the SADI as Rated by 241 Subjects

<u>Variable</u>	<u>Mean</u>	<u>Standard Deviation</u>
Frustrated	1.004*	1.410
Sensual	3.469*	1.411
Sexy	3.573*	1.416
Stimulated	3.900*	1.203
Passionate	3.718*	1.401
Entranced	2.618*	1.694
Happy	3.689*	1.344
Impatient	1.963	1.754
Overwhelmed	1.842	1.676
Enthusiastic	3.261*	1.385
Attractive	3.519*	1.391
Sultry	1.776	1.744
Frigid	0.539*	0.970
Bad	0.606	1.200
Insensible	0.473*	0.949
Repressed	0.643*	1.171
Demure	0.515	1.000
Restrained	0.697*	1.153
Angry	0.361*	0.855
Unattractive	0.423*	0.863
Aversion	0.361*	0.757
Repulsion	0.340*	0.791
Lethargic	0.270*	0.675
Listless	0.257	0.606
Uninterested	0.282*	0.727
Numb	0.855	1.268
Soft	2.145	1.602
Seductive	3.419*	1.427
Agitated	1.427	1.556
Perturbed	0.614	1.055
Inflamed	1.369	1.658
Disturbed	0.506*	0.979
Impulsive	2.332	1.727
Jittery	1.257	1.514
Urge to satisfy	4.029*	1.352
Naughty	2.710*	1.715

Table 3 (continued)

Experiment 1: Means and Standard Deviations for the 86 Descriptors Used in the
Original Version of the SADI as Rated by 241 Subjects

<u>Variable</u>	<u>Mean</u>	<u>Standard Deviation</u>
Alluring	2.357*	1.700
Passionless	0.510	1.107
Relaxed	2.257	1.555
Control	2.091	1.581
Inhibited	1.050	1.374
Reserved	0.822	1.274
Unhappy	0.336*	0.763
Displeasure	0.365*	0.871
Calm	1.834	1.543
Resistant	0.763*	1.224
Submissive	1.270	1.468
Apathetic	0.515	1.037
Sluggish	0.353*	0.864
Pressure	0.905	1.389

*Descriptors with means equal to 2.5 or more and means equal to 1.0 or less and/or with factor loadings equal to 0.300 or more.

used in the final version of the SADI for a total of 54 descriptors in the version of the SADI used for the second experiment. The final version of the SADI is shown in Appendix I.

Method

Experiment 2: Refinement of the self-rating questionnaire and confirmation of a multi-dimensional model of the psychological and subjective experience of sexual desire and arousal based on the second version of the SADI.

Participants:

In the second study, 90 male and 161 female participants volunteered to complete the final version of the SADI. Fifteen of these subjects (8 males and 7 females) met exclusion criteria (see below) and were not included in the study, resulting in a total number of 236 subjects (82 males and 154 females) between the ages of 17 and 48 (mean age = 22.78) who were included in the second experiment. The majority of the sample was similar to the sample used in the first study and was composed of young, Canadian, heterosexual, undergraduate students. The demographic characteristics of this second pool of subjects are presented in Table 4. Subjects were recruited by word of mouth and in undergraduate and graduate classrooms of a local university. Exclusion criteria were the same as those used in the first experiment, which included reporting a score of 3, 4, or 5 (often to always), on a scale from 0 to 5 (0 = "never", 5 = "always"), to the question, "Do you experience difficulty engaging in sexual activity?" and, rating the level of English fluency on a scale from 0 to 5 (0 = "very poor", 5 = "very fluent") as being smaller than 3. No incentives were provided for participation in the second study. All participants were assured of anonymity and confidentiality of responses and signed the same participant consent form as the one used for the first experiment.

Materials

Questionnaire Refinement. The final version of the SADI was composed of two questionnaires. The first questionnaire was the same demographic questionnaire used in the original version of the SADI. The second questionnaire of the SADI included the final set of 55 descriptors (54 descriptors for male and female subjects respectively) that were found to be

Table 4

Demographic Information for the 236 Subjects who participated in Experiment 2

	<u>All Subjects</u>	<u>Females</u>	<u>Males</u>
Mean Age	22.78	23.02	22.33
Age Range	17 to 48	17 to 48	18 to 36
Religion (number of subjects)			
Catholicism	104	73	31
Protestantism	27	24	3
Judaism	59	26	33
Islam	6	3	3
Other	19	12	7
No Religion	21	16	5
Level of Education (number of subjects)			
High School	11	1	10
College or Cegep	26	6	20
Trade School	2	0	2
Undergrad Program	190	143	47
Graduate Program	7	4	3
Postgraduate Program	0	0	0
Sexual Orientation (number of subjects)			
Heterosexual	223	145	78
Homosexual	7	6	1
Bisexual	6	3	3
Average Number of Times Masturbate/Week			
0	95	74	21
1-4	119	73	46
5-8	14	5	14
9 or more	8	2	4

Table 4 (continued)

Demographic Information for the 236 Subjects who participated in Experiment 2

	<u>All Subjects</u>	<u>Females</u>	<u>Males</u>
Average Number of Times Sexual Intercourse/Week			
0	54	43	11
1-4	139	86	53
5-8	35	20	15
9 or more	8	5	3
Average Number of Times Other forms of Sex Play/Week			
0	76	57	19
1-4	122	77	45
5-8	23	9	14
9 or more	15	11	4
Average Number of Times Think about Sex/Week			
0	3	3	0
1-5	71	65	6
6-10	66	42	24
10-15	31	21	10
15 or more	65	23	42

statistically relevant in the first experiment. Participants were provided with the same definitions of sexual desire and sexual arousal as those provided in the original version of the SADI. Subjects were once again instructed to rate each descriptor on a 0-5 scale (0 = "does not describe it at all", 5 = "describes it perfectly") according to how well it describes their subjective experience of sexual desire and sexual arousal.

Results

Statistical Procedures:

The following analyses were conducted on the subjective ratings of all subjects for the 55 descriptors provided in the final version of the SADI. Prior to analyses, missing values in participants' descriptor ratings were replaced using the mean descriptor rating for the sex of the participant.

Assessment tool refinement and attempt to develop a multi-dimensional model of the psychological and subjective experience of sexual desire and arousal:

Principal components analysis (PCA) with varimax rotation, using Systat for Windows (Version 9.0), was again used to confirm the presence of the 4 factors that were extracted in the first study, and to determine which factor(s) each descriptor loaded onto. Separate PCAs were also conducted separately for each sex. Mean descriptor ratings for all 236 participants and for each sex separately were obtained as well. For both sexes, the 4 factors that were extracted in the first experiment were once again present in the second experiment. The first factor represented the evaluative or cognitive-emotional component, the second factor reflected the motivational component, the third factor represented the physiological (autonomic and endocrinological) component, and the fourth and final factor reflected a negative control component of sexual arousal and desire. Figure 2 displays the scree plot for these factors. Table 5 contains the factor loadings of the 55 descriptors as rated by all 236 subjects. Factor loadings obtained for the descriptors for males and females separately are presented in Appendices J and K respectively. Percent of total variance explained by the four factors as rated by the 236 participants was 40.48%, with the evaluative factor accounting for 11.06%, the motivational factor accounting for 7.42%, the physiological factor accounting for 10.69% and the negative control factor accounting for 11.31% of the total variance explained. Mean descriptor ratings from the 236 participants' responses are shown in Table 6. All of the 55 descriptors used in the final version of the SADI had mean ratings equal to or larger than 2.5 or equal to or smaller than 1.0, and/or were statistically shown through PCA to belong to one of the four factors

Scree Plot

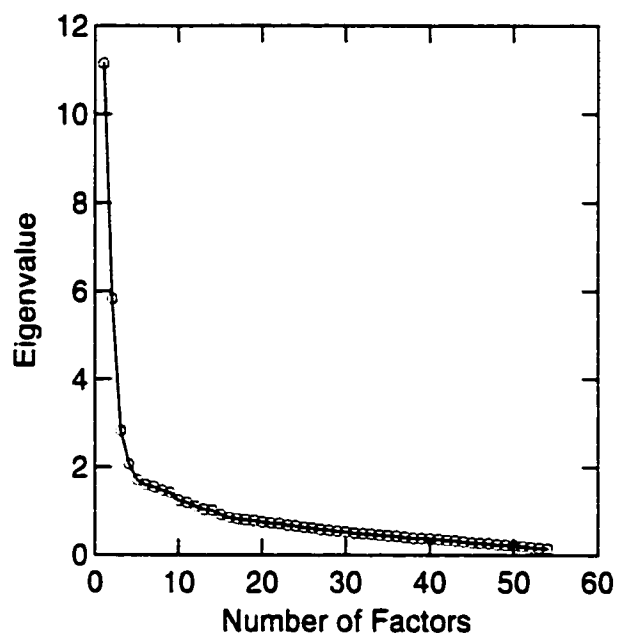


Figure 2. Scree plot of the factors extracted through principle components analysis for the 55 descriptors used in the final version of the SADI as rated by 236 subjects.

Table 5

Experiment 2: Factor Loadings for the 55 Descriptors Used in the Final Version of theSADI as Rated by 236 Subjects

<u>Variable</u>	<u>Evaluative</u>	<u>Negative Control</u>	<u>Motivational</u>	<u>Physiological</u>
Anticipatory	0.119	-0.096	0.544*	0.175
Tingly all over	0.078	-0.031	-0.048	0.627*
Restrained	-0.210	0.486*	0.234	-0.011
Anxious	0.131	0.490*	0.261	-0.133
Driven	0.264	0.103	0.534*	0.150
Frigid	-0.053	0.664*	-0.206	0.073
Sensitive to touch	-0.112	-0.050	0.258	0.477*
Sluggish	-0.029	0.525*	-0.048	0.064
Urge to satisfy	0.224	-0.211	0.535*	0.207
Enthusiastic	0.514*	-0.165	0.211	0.222
Unhappy	-0.453	0.511*	0.199	-0.009
Wet/Hard	0.310	-0.130	0.199	0.385*
Resistant	0.144	0.610*	-0.243	-0.071
Frustrated	-0.236	0.413*	0.447*	0.003
Lustful	0.251	-0.104	0.281	0.425*
Entranced	0.181	0.062	0.046	0.491*
Aversion	0.094	0.660*	-0.096	0.046
Hot	0.324*	-0.049	0.226	0.493*
Tempted	0.308*	0.012	0.492*	0.120
Passionate	0.384*	-0.105	0.337*	0.268
Fantasize about sex	0.140	-0.012	0.339*	0.428*
Repressed	-0.080	0.689*	0.061	-0.136
Disturbed	-0.280	0.670*	0.202	-0.039
Flushed	0.030	0.066	0.091	0.566*
Impatient	0.059	0.214	0.553*	-0.029
Sensual	0.510*	-0.170	0.205	0.411*
Breathe faster/Pant	0.232	0.122	0.021	0.532*
Displeasure	-0.064	0.602*	-0.096	0.079
Stimulated	0.443*	-0.187	0.220	0.423*
Tingling in gut	0.147	0.139	-0.093	0.553*
Forget about all else	0.280*	-0.011	0.244	0.244
Repulsion	-0.258	0.638*	0.085	-0.009
Sexy	0.601*	-0.100	0.277	0.262
Quivering sensations	0.216	0.172	0.012	0.623*

Table 5 (continued)

Experiment 2: Factor Loadings for the 54 Descriptors Used in the Final Version of the**SADI as Rated by 236 Subjects**

<u>Variable</u>	<u>Evaluative</u>	<u>Negative Control</u>	<u>Motivational</u>	<u>Physiological</u>
Insensible	-0.131	0.511*	0.187	-0.131
Seductive	0.588*	-0.091	0.250	0.299
Genitals reddish	-0.011	-0.060	0.089	0.520*
Unattractive	-0.189	0.465*	-0.068	0.130
Good	0.653*	-0.115	0.165	0.069
Throbs in genital area	0.069	-0.133	0.213	0.627*
Warm all over	0.427*	-0.041	-0.053	0.591*
Excited	0.540*	-0.159	0.288	0.362*
Tingling genital area	0.253	-0.112	0.057	0.666*
Uninterested	-0.077	0.620*	-0.166	-0.119
Pleasure	0.601*	-0.321	0.083	0.278
Heart beats faster	0.534*	-0.017	0.012	0.410*
Happy	0.613*	-0.026	0.103	0.219
Angry	-0.238	0.470*	0.225	-0.014
Attractive	0.637*	-0.180	0.237	0.110
Powerful	0.602*	0.128	0.244	-0.047
Naughty	0.252	0.145	0.580*	-0.032
Alluring	0.241	-0.037	0.420*	0.160
Lethargic	0.121	0.557*	-0.007	0.029
Horny	0.252	-0.066	0.549*	0.153

* Descriptors with factor loadings equal to or bigger than 0.300 and/or with a mean equal to 2.5 or more or with a mean equal to 1.0 or less.

Table 6

Experiment 2: Means and Standard Deviations for the 55 Descriptors Used in the Final
Version of the SADI as Rated by 236 Subjects

<u>Variable</u>	<u>Mean</u>	<u>Standard Deviation</u>
Anticipatory	3.085*	1.499
Tingly all over	2.962*	1.483
Restrained	1.076*	1.312
Anxious	1.987	1.695
Driven	3.081*	1.392
Frigid	0.661*	1.070
Sensitive to touch	3.508*	1.277
Sluggish	0.703*	1.078
Urge to satisfy	4.013*	1.124
Enthusiastic	3.725*	1.151
Unhappy	0.364*	0.837
Wet/Hard	3.983*	1.130
Resistant	0.907*	1.170
Frustrated	1.072*	1.359
Lustful	3.483*	1.290
Entranced	2.475	1.471
Avcrsion	0.695*	1.096
Hot	3.500*	1.322
Tempted	3.758*	1.267
Passionate	4.220*	0.933
Fantasize about sex	3.538*	1.319
Repressed	0.788*	1.162
Disturbed	0.555*	1.040
Flushed	2.153*	1.664
Impatient	2.390*	1.568
Sensual	3.869*	1.025
Breathe faster/Pant	3.161*	1.387
Displeasure	0.411*	0.797
Stimulated	3.780*	1.065
Tingling sensation in gut	2.758*	1.543
Forget about all else	3.085*	1.468
Repulsion	0.369*	0.774
Sexy	3.614*	1.170
Quivering sensations	2.847*	1.445
Insensible	0.669*	1.088

Table 6 (continued)

Experiment 2: Means and Standard Deviations for the 55 Descriptors Used in the Final**Version of the SADI as Rated by 236 Subjects**

<u>Variable</u>	<u>Mean</u>	<u>Standard Deviation</u>
Seductive	3.525*	1.128
Genitals reddish	2.653*	1.733
Unattractive	0.445*	0.928
Good	3.771*	1.241
Throbs in genital area	3.055*	1.630
Warm all over	3.606*	1.312
Excited	4.123*	0.940
Tingling in genital area	3.479*	1.457
Uninterested	0.360*	0.733
Pleasure	4.051*	0.971
Heart beats faster	3.758*	1.176
Happy	3.970*	1.073
Angry	0.309*	0.811
Attractive	3.640*	1.160
Powerful	2.953*	1.514
Naughty	2.860*	1.630
Alluring	2.754*	1.470
Lethargic	0.864*	1.241
Horny	4.055*	1.127

*Descriptors with means equal to 2.5 or more and means equal to 1.0 or less and/or with factor loadings equal to 0.300 or more.

extracted. Mean descriptor ratings were also obtained separately for males and females and are provided in Appendices L and M respectively. Appendix N shows the scree plot for the factor loadings of the descriptors as rated by the 82 male subjects, and Appendix O shows the scree plot for the factor loadings of the descriptors as rated by the 154 female subjects. For the male subjects, the percent of total variance explained was 49.97%, with the evaluative factor accounting for 10.82%, the motivational factor accounting for 7.70%, the physiological factor accounting for 8.95%, and the negative control factor accounting for 22.50% of the percent of total variance explained. For the female subjects, the percent of total variance explained was 42.08%, with the evaluative factor accounting for 12.52%, the motivational factor accounting for 9.01%, the physiological factor accounting for 8.69%, and the negative control factor accounting for 11.86% of the percent of total variance explained. PCA and means and standard deviations revealed the following differences between the subjective ratings of the descriptors as rated by male subjects and all subjects combined: (1) the descriptor "anxious" as rated by male subjects loaded onto to the motivational factor rather than onto the negative control factor, (2) the descriptor "resistant" as rated by males loaded onto the physiological factor rather than loading onto the negative control factor, (3) the descriptor "repressed" as rated by males loaded onto the motivational and physiological factors, rather than loading onto the negative control factor, (4) the descriptor "disturbed" as rated by males loaded onto both the negative and motivational factors rather than loading onto only the negative factor, (5) the descriptor "flushed" as rated by males loaded onto both the physiological and the negative control factors, rather than loading onto the physiological factor only, (6) the descriptor "impatient" as rated by males loaded onto both the negative control and the motivational factors, rather than loading onto only the motivational factor, (7) the descriptor "tingling in the gut" loaded onto the negative control factor, as well as the evaluative and physiological factors rather than only on the evaluative and physiological factors, and (8) the descriptor "alluring" as rated by males did not load onto any factor. No differences in descriptor loadings were found between female ratings and the ratings of all subjects combined.

Discussion

Results of these two experiments depict a multi-dimensional, interrelated model of the subjective experience of sexual desire and sexual arousal. PCAs revealed four interconnected factors, including an evaluative or cognitive-emotional factor, a motivational factor, a physiological (autonomic and endocrine) factor, and a negative control factor. Together, these factors as assessed by the SADI should allow for a more comprehensive and specific understanding of the subjective experience of sexual desire and arousal than previous inventories.

The fact that the evaluative or cognitive-emotional factor was the strongest in terms of amount of variance accounted for indicates that physiological changes alone are not sufficient to account for the range of experiences involved in sexual desire and arousal. As was suggested by Schachter and Singer (1962) in their theory of cognitive arousal, the experience of emotion is predicated on the occurrence of both physiological arousal and a state of "emotional" cognition related to it. The results of the present experiments support this hypothesis: Following the initial appraisal of a situation as sexual, erotic cues function both to arouse physiological reactions and the perception of these reactions, as well as to initiate an accompanying cognitive labeling process. This suggests that once an individual recognizes that he or she is in a physiological state of arousal, this recognition leads to a further subjective, cognitive and emotional awareness of feeling aroused. Without the appropriate cognitive labeling and emotional attribution, the presence of genital arousal may not be sufficient to experience a given situation as sexual. Rosen and Beck (1988) maintain that an individual's awareness or self-report of internally experienced desire and arousal, in other words, the role of cognitive labeling

and subjective experience of a given stimulus, is primary in defining a response as sexual, regardless of the nature or extent of physiological responses.

It has further been suggested that inclusion of a cognitive-subjective criterion for defining sexual response is essential and that, in most cases, one should expect a high level of concordance between physiological and subjective dimensions of the sexual response (Rosen & Beck, 1988). Instances of discordance between these response components, such as experiencing penile erection but having no desire to pursue sexual contact, seem to suggest the potential complexity of the sexual desire and arousal phenomena, and highlight the need for a multidimensional model of these responses. It seems likely that there will be cases within clinical settings for which the physiological component will appear to be functioning at a normal level, but that the cognitive-emotional component will appear to be dysfunctional, or vice versa. Examples of instances in which sexual desire and arousal are experienced in the relative absence of physiological arousal have been demonstrated in studies that use visual stimulation or sexual fantasy (Rosen & Beck, 1988).

With regard to the SADI, it seems appropriate to conclude that someone with scores falling in the normal range on the cognitive-emotional component, but with scores well below normal levels on the physiological component, may have incurred a sexual dysfunction due to organic rather than to psychological factors. In this case, the clinician may decide to refer the client for a complete medical and physical examination. On the other hand, if scores are lower than the norm on items that load onto the cognitive-emotional factor, whereas they appear to be in the normal range on items that reflect the physiological factor, the clinician might rule out organic causes and begin to concentrate

on a treatment plan that would focus on psychological causes and internal cognitive processes.

The second largest factor involved the motivational aspect of sexual arousal and desire. This component may tap more directly into psychological processes that would describe an individual's propensity or drive to act upon their desire to engage in sexual contact, what is sometimes referred to as "sexual drive". Descriptors such as "anticipatory", "driven", and "tempted" would be expected to be rated with high scores if the client's sexual desire is in the normal range. However, low scores on items belonging to the motivational factor would alert the clinician of a possible lack of motivation to engage in sexual behavior due to psychological factors, rather than organic factors. This would suggest the possibility of the presence of such psychosexual disorders as Hypoactive Sexual Desire Disorder or Sexual Aversion Disorder. When scores on both the evaluative and motivational factors are low, which can be expected to happen because of the intercorrelation between the different dimensions of sexual desire and arousal, a clinician would be able to quickly assess and identify the problem areas as psychological rather than physiological and to develop a treatment plan accordingly.

The third, physiological factor, clearly referred to the subjective sensations that accompany autonomic and endocrine changes that result from becoming sexually aroused. Items such as "tingly all over", "throbs in genitals", and "wet/hard" loaded onto this factor. Low scores on such items would immediately turn the clinician's attention to the possibility of an organic cause for the sexual complaint, especially in cases where scores on the evaluative and motivational factors are within normal range. However, if scores on both the motivational and the physiological factors are low, than further

investigation would need to be undertaken to determine whether the true cause is organic or psychogenic in nature. A primary psychological cause can easily lead to a physiological deficiency in levels of arousal.

The interrelated nature of the evaluative, motivational and physiological components of sexual desire and arousal was also demonstrated in the present studies. Although certain items, such as "anticipatory", loaded onto only one factor (e.g., the motivational factor), other descriptors, such as "passionate", loaded onto two factors (e.g., the motivational and evaluative factors). The relationship between the four factors extracted through the development of the SADI suggests the importance of assessing all of these dimensions of sexual functioning before making a final diagnosis and deciding on a treatment plan. The SADI may thus constitute a clinical and research tool that will allow the establishment of an empirically-based, normative perspective of the subjective experience of sexual arousal and desire in humans. As suggested by Rosen and Beck (1988), the main contribution of the normative survey approach to examining sexuality is that it allows for a macroscopic perspective on human sexual behavior. Such a theoretical perspective will allow future studies to concentrate on developing norms for different age groups, and to examine whether a certain pattern of scores on the different factors of the SADI can consistently be matched with different types of sexual dysfunctions.

The fourth and final factor, which is a negative control factor, seemed to tap into aspects of sexual aversion or inhibition. Descriptors such as "frigid" and "sluggish" were consistently rated in the opposite direction from descriptors that loaded onto the three main factors discussed above. The second experiment showed an interesting difference between the amount of variance accounted for by the negative control factor separately

for males and females: This factor accounted for almost twice the amount of variance explained in males than it did in females. This finding could be due to the large difference in male-female participant ratio. Males more often refused to participate and were less likely to volunteer than females. This could be an indication that males are more assertive in terms of refusing to participate in a study that makes them feel uncomfortable, or that males have become more sexually reserved than females. The difference in amount of variance explained by the negative control factor in males and females could also suggest that males subjectively experience sexual inhibition more readily than do their female counterparts or that different descriptors carry different subjective meanings for males and females.

Another interesting finding in the present study was that people seem to fail to subjectively differentiate between the experience of sexual arousal and desire. Subjects from our first study rated descriptors similarly in both the desire and arousal sections. Participants had a difficult time grasping the conceptual difference between the two phases even though they were provided with clear operational definitions and examples for each. This difficulty in differentiating between the subjective experience of desire and arousal strongly suggests that the two phases are interrelated psychologically. The experience of sexual drive, the urge to engage in goal-directed sexual behavior, is intertwined with the physiological sensations that are interpreted as sexual arousal by each individual. Although desire can happen without the presence of arousal, and vice versa, people have difficulty seeing the two as distinct. It would be possible for a person to feel physiologically aroused, without actually feeling the urge to engage in sexual behavior. Subjectively however, people may be likely to state that they are sexually

desirous when they feel physiological changes in their bodies that reflect sexual arousal, for example the experience of vaginal lubrication or penile erection. This lack of discrimination between the two phases forced the creation of a single questionnaire in the second experiment.

Another important and perhaps surprising finding was that, in general, men and women subjectively describe their psychological experience of arousal and desire in similar ways. In the first study, most descriptors were rated in the same direction and loaded onto the same factors for both sexes. The second study however, did reveal a few differences in the subjective perception of certain items between males and females. For example, the descriptors "flushed", "impatient", and "tingling in the gut", loaded onto the negative control factor for males but not for females, whereas the descriptors "anxious", "resistant", "repressed", and "disturbed" which loaded onto the negative control factor for female subjects, were motivational and/or physiological items for males. This suggests that males may perceive certain items as carrying a negative connotation, whereas women would view those same items as positively correlated to their experience of sexual desire and arousal, and vice versa. The remaining 47 out of the 54 items rated on the SADI however, were rated by both sexes in similar ways and loaded onto the same factors. These findings suggest that the development a single questionnaire for both sexes is sufficient and suitable.

From a clinician's perspective, the SADI would become useful at the very start of assessment during the sexual status examination. As mentioned previously, the sexual status examination should not be considered complete unless the clinician has a clear understanding and mental image of both the client's emotional and physical experiences

during sexual activity. The SADI would help the clinician determine whether the client's symptoms are mainly cognitive-emotional or motivational in nature, in which case an evaluation of immediate and deeper psychological causes should be conducted in order to arrive at an appropriate treatment plan such as sex therapy, individual psychotherapy, couples therapy and perhaps even medication. Used in combination with such assessment scales as the Beck Depression Inventory (BDI) or the Beck Anxiety Inventory (BAI), for example, the SADI can lead to a more comprehensive view of where a lack of motivation might stem from. For example, depression or a generalized state of anxiety, which would become evident through the use of the BDI or the BAI, would likely impede a person's level of motivation and desire to engage in sexual behavior, which would be divulged through low scores on those components of the SADI. On the other hand, if the SADI displays low scores mainly on items that load onto the physiological factor, the clinician will know that medical screening should be recommended in order to find out if autonomic and endocrine functioning is in any way abnormal. If the problem is of a medical nature, it will become appropriate to treat the patient for those deficiencies and reassess sexual functioning subsequently. Often times, resolving the medical difficulties will lead to the alleviation of secondary psychological symptoms and the patient can resume a normal sex life. Also, because time constraints are often a concern in clinical assessment, the evaluation of four separate dimensions of desire and arousal, within a ten to fifteen minute time span through use of the SADI, would become a great asset for clinicians.

Although factors and their factor loadings found in the first study were replicated in the second study with a separate sample of demographically similar subjects, future

studies will have to be conducted to confirm this pattern in other normative samples. Our studies did not include a large or diverse enough sample of subjects to generalize the results to the general population. It would also be necessary to include a more equal number of males and females, a larger number of subjects, and subjects from different age groups, in order to establish a clinically useful set of norms. Likewise, it would be useful to establish norms for populations from different cultural backgrounds and socio-economic or educational groups. Future research will need to confirm the psychometric properties of the SADI, such as predictive validity, criterion-related validity, internal consistency, and reliability, for use with clinical populations. If scores on the SADI administered to clinical populations are generally low scores on any of the 3 main factors, and high on items that load onto the negative control factor, it could become a very useful tool both in clinical and research settings that deal with sexual dysfunctions. Future studies in the field of human sexuality could also benefit from the use of the SADI in laboratory settings. For example, MRI and PET studies will be able to match physiological changes to a subject's subjective experience of different sexual stimuli on the SADI. The scale may also be useful in outcome studies to evaluate how changes incurred through therapy or other interventions, are subjectively assessed by clients or research participants.

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Appendix A

Participant Consent Form

This is to state that I agree to participate in a program of research conducted by Rachel Toledano and Dr. James G. Pfaus of the Department of Psychology, Concordia University.

I have been informed that the purpose of this study is to evaluate how people describe their feelings of sexual desire and arousal. The goal of this study is to develop an assessment tool which will aid clinicians in their evaluations of sexual arousal and desire, and in their assessments of clients who have complaints about sexual arousal or desire.

I understand that I will be required to fill out the Sexual Arousal and Desire Inventory (SADI) and that all of my responses will remain anonymous. There will be no way to attach the completed questionnaire to the name of the person who fills it out. The questionnaire will be filled out anonymously and will take approximately 10 to 15 minutes to complete.

I understand that my participation in this study is voluntary and that I may refuse to answer questions or chose to withdraw my participation at any time without any negative consequences. All information I provide in the questionnaire will remain strictly confidential and the data from this study may be published.

I HAVE CAREFULLY READ THE ABOVE AND UNDERSTAND THIS AGREEMENT. I FREELY CONSENT AND VOLUNTARILY AGREE TO PARTICIPATE IN THIS STUDY.

NAME: _____

SIGNATURE: _____

WITNESS SIGNATURE: _____

DATE: _____

Primary Investigator:

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Appendix B

Sexual Arousal and Desire Inventory (SADI)

People report their experiences of arousal and desire in very distinct, individual ways. In general, people who feel sexual desire and become sexually aroused move on to develop goal-oriented behaviors, the goal usually being some sort of sexual play or interaction. However, there are cases that present themselves in clinical settings, in which a person feels a lack of desire, or may feel sexual desire, but does not achieve any physical, arousing sensations. Many factors can contribute to these conditions and in some cases, the person may be diagnosed with a sexual desire or arousal problem.

In the present study, we define **SEXUAL DESIRE** as an energizing force that motivates a person to seek out or initiate sexual contact and behavior. You can think of it as a hunger or a sexual "drive" that leads you to seek out sexual contact. **Sexual Desire** involves the more psychological aspects of wanting sex. We define **SEXUAL AROUSAL** as the physiological responses that accompany or follow sexual desire. For example, when you feel sexually aroused, your heart might beat faster or your palms may get sweaty. Men may experience penile erection and women may feel a moistness of the vagina. **Sexual Arousal** involves the more physiological aspects of wanting sex.

The goal of this study is to evaluate how people describe their feelings of sexual desire and arousal and to eventually compare these descriptions to those of people who suffer from sexual dysfunctions. This will help us develop an assessment tool which will aid clinicians in their evaluations of sexual arousal and desire, and in their assessments of clients who have complaints about sexual arousal or desire.

To achieve this purpose, we have devised a questionnaire that includes a wide range of words (mostly adjectives) that may describe people's experience of sexual arousal and sexual desire. We would like you to fill out this questionnaire to help us decide which of these words best describe people's experience of sexual arousal and desire. The questionnaire will take approximately 10-15 minutes to complete.

Please note that your participation in this study is voluntary and that you may refuse to answer questions or withdraw your participation at any time. All information you provide in the questionnaire will remain strictly confidential. As you will see, we do not require that you write your name or any other type of identifying information on the questionnaire itself. If you have any questions or concerns about the questionnaire, please do not hesitate to contact the primary investigator. We thank you for your time and effort. Your participation is greatly appreciated.

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10. On average, how many times a week do you engage in other forms of sex play?

0 ____ 1-4 ____ 5-8 ____ 9 or more ____

11. On average, how many times a week do you think about sex?

0 ____ 1-5 ____ 6-10 ____ 10-15 ____ 15 or more ____

12. Are there any times you think about sex more often than other times?

Explain.

13. Do you experience any difficulty engaging in sexual activity? (Circle one).

0 1 2 3 4 5
never sometimes often always

14. Do you suffer from any serious illness or take any type of medication? If yes, please specify.

Sexual Arousal and Desire Inventory (SADI)

This second part of the questionnaire is concerned with **SEXUAL DESIRE**. We define sexual desire as **an energizing force that motivates a person to seek out or initiate sexual contact and behavior**. You can think of it as a hunger or a sexual "drive" that leads you to seek out sexual contact. **Sexual Desire** involves the more psychological aspects of wanting sex.

Keeping in mind this definition of **sexual desire**, try to remember, as best as you can, the last time you felt **sexual desire** (for example: prior to engaging in intercourse or upon viewing sexually stimulating material).

Please give an estimate of how long ago, in days, you last felt feelings of sexual desire.

Following is a list of words that might describe how you felt the last time you felt **sexual desire**. Different people experience **sexual desire** in distinct, individual ways. There is no "right" or "wrong" answer. Please indicate to what extent each word describes how you felt when you felt **sexual desire**, by placing the number that describes the feeling most accurately.

Please use the following scale to rate each of the words below. **Please rate all of the words. Do not skip any.**

0	1	2	3	4	5
does not					describes
describe it at all					it perfectly

Horny _____	Tingly all over _____
Anticipatory _____	Tingling in genital area _____
Good _____	Tingling sensation in gut _____
Tense _____	Wet/moist _____
Nervous _____	Nippy _____
Pleasure _____	Flushed _____
Excited _____	Throbs/Pulsations in genital area _____
Hot _____	Warm all over _____
Anxious _____	Shaky _____
Driven _____	Hard _____
Fear _____	Dry mouth _____
Fantasize about sex _____	Heart beats faster _____
Uninhibited _____	Breathe faster/Pant _____
Lustful _____	Genitals engorged with blood/ Reddish _____
Aggressive _____	Quivering sensations _____
Light _____	Ticklish _____
High/ Intoxicated _____	Sensitive to touch _____
I forget about everything else _____	Dry _____

0	1	2	3	4	5
does not describe it at all					describes it perfectly
Frustrated _____					Numb _____
Sensual _____					Soft _____
Sexy _____					Seductive _____
Stimulated _____					Agitated _____
Passionate _____					Perturbed _____
Entranced _____					Inflamed _____
Happy _____					Disturbed _____
Impatient _____					Impulsive _____
Overwhelmed _____					Jittery _____
Enthusiastic _____					Urge to satisfy and/or be satisfied _____
Attractive _____					Naughty _____
Sultry _____					Alluring _____
Frigid _____					Passionless _____
Bad _____					Relaxed _____
Insensible _____					Control _____
Repressed _____					Inhibited _____
Demure _____					Reserved _____
Restrained _____					Unhappy _____
Angry _____					Displeasure _____
Unattractive _____					Calm _____
Aversion _____					Resistant _____
Repulsion _____					Submissive _____
Lethargic _____					Apathetic _____
Listless _____					Sluggish _____
Uninterested _____					Pressure _____

Sexual Arousal and Desire Inventory (SADI)

This third part of the questionnaire is concerned with **SEXUAL AROUSAL**. We define sexual arousal as **the physiological responses that accompany or follow sexual desire**. For example, when you feel sexually aroused, your heart might beat faster or your palms may get sweaty. Men may experience penile erection and women may feel a moistness of the vagina. **Sexual Arousal** involves the more physiological aspects of wanting sex.

Keeping in mind this definition of **sexual arousal**, try to remember, as best as you can, the last time you felt **sexually aroused** (for example: right before engaging in intercourse or upon viewing sexually stimulating material).

Please give an estimate of how long ago, in days, you last felt sexually aroused .

Following is a list of words that might describe how you felt the last time you felt **sexually aroused**. Different people experience **sexual arousal** in distinct, individual ways. There is no "right" or "wrong" answer. Please indicate to what extent each word describes how you felt when you were **sexually aroused**, by placing the number that describes the feeling most accurately.

Please use the following scale to rate each of the words below. **Please rate all of the words. Do not skip any.**

0	1	2	3	4	5
does not describe it at all					describes it perfectly

Horny _____	Tingly all over _____
Anticipatory _____	Tingling in genital area _____
Good _____	Tingling sensation in gut _____
Tense _____	Wet/moist _____
Nervous _____	Nippy _____
Pleasure _____	Flushed _____
Excited _____	Throbs/Pulsations in genital area _____
Hot _____	Warm all over _____
Anxious _____	Shaky _____
Driven _____	Hard _____
Fear _____	Dry mouth _____
Fantasize about sex _____	Heart beats faster _____
Uninhibited _____	Breathe faster/Pant _____
Lustful _____	Genitals engorged with blood/ Reddish _____
Aggressive _____	Quivering sensations _____
Light _____	Ticklish _____
High/ Intoxicated _____	Sensitive to touch _____
I forget about everything else _____	Dry _____

0	1	2	3	4	5
does not describe it at all					describes it perfectly
Frustrated _____					Numb _____
Sensual _____					Soft _____
Sexy _____					Seductive _____
Stimulated _____					Agitated _____
Passionate _____					Perturbed _____
Entranced _____					Inflamed _____
Happy _____					Disturbed _____
Impatient _____					Impulsive _____
Overwhelmed _____					Jittery _____
Enthusiastic _____					Urge to satisfy and/or be satisfied _____
Attractive _____					Naughty _____
Sultry _____					Alluring _____
Frigid _____					Passionless _____
Bad _____					Relaxed _____
Insensible _____					Control _____
Repressed _____					Inhibited _____
Demure _____					Reserved _____
Restrained _____					Unhappy _____
Angry _____					Displeasure _____
Unattractive _____					Calm _____
Aversion _____					Resistant _____
Repulsion _____					Submissive _____
Lethargic _____					Apathetic _____
Listless _____					Sluggish _____
Uninterested _____					Pressure _____

You have now finished completing the SADI questionnaire. Thank you for your participation.

Appendix C

Experiment 1: Factor Loadings for the 86 Descriptors Used in the Original Version of theSADI as Rated by 85 Male Subjects

<u>Variable</u>	<u>Evaluative</u>	<u>Negative Control</u>	<u>Motivational</u>	<u>Physiological</u>
Horny	0.401*	-0.143	0.278	0.178
Anticipatory	0.456*	-0.105	0.003	0.251
Good	0.356*	-0.108	0.361*	0.131
Tense	0.447	0.219	-0.161	0.021
Nervous	0.553	0.489	-0.052	-0.080
Pleasure	0.303*	-0.060	0.393*	0.197
Excited	0.448*	-0.182	0.249	0.163
Hot	0.115	-0.061	0.266	0.601*
Anxious	0.663*	0.179	0.079	0.072
Driven	0.527*	-0.008	0.252	0.232
Fear	0.270	0.688	0.044	-0.004
Fantasize about sex	0.040	-0.053	0.278*	0.081
Uninhibited	0.197	-0.076	-0.017	0.541
Lustful	0.066	-0.119	0.085	0.445*
Aggressive	0.435	0.049	0.024	0.150
Light	0.092	0.259	0.380	0.299
High/Intoxicated	0.496*	-0.072	-0.141	0.094
Forget about all else	0.652*	-0.013	-0.008	0.112
Tingly all over	0.176	0.088	0.413*	0.475*
Tingling genital area	0.117	0.177	0.304*	0.458*
Tingling in gut	0.009	0.381*	0.351*	0.297*
Wet/Moist	0.198	0.204	0.437*	0.297*
Nippy	0.246	0.388	0.201	0.370
Flushed	0.430*	0.230	-0.020	0.339*
Throbs in genital area	0.023	0.124	-0.154	0.520*
Warm all over	0.073	0.208	0.246	0.705*
Shaky	0.476	0.316	-0.021	0.321
Hard	0.201	-0.092	-0.024	0.344*
Dry mouth	0.468	0.205	0.045	0.192
Heart beats faster	0.108	0.011	0.023	0.552*
Breathe faster/Pant	0.153	0.116	-0.020	0.545*
Genitals reddish	-0.095	-0.003	-0.127	0.604*
Quivering sensations	0.072	0.112	0.308*	0.522*
Ticklish	0.012	0.202	0.222	0.509
Sensitive to touch	0.283	0.059	0.076	0.347*

Experiment 1: Factor Loadings for the 86 Descriptors Used in the Original Version of the

SADI as Rated by 85 Male Subjects

<u>Variable</u>	<u>Evaluative</u>	<u>Negative Control</u>	<u>Motivational</u>	<u>Physiological</u>
Dry	0.130	0.512	0.207	0.170
Frustrated	0.056	0.377*	-0.366	0.132
Sensual	0.069	-0.070	0.165	0.660*
Sexy	0.160	0.010	0.465*	0.563*
Stimulated	0.075	0.057	0.033	0.692*
Passionate	0.138	-0.066	0.215	0.608*
Entranced	0.329*	0.185	-0.036	0.643*
Happy	0.477*	0.007	0.338*	0.258
Impatient	0.518*	0.177	-0.369	-0.061
Overwhelmed	0.446	0.187	0.121	0.226
Enthusiastic	0.247	-0.111	0.171	0.409*
Attractive	0.167	-0.093	0.414*	0.544*
Sultry	0.030	0.183	0.312	0.465
Frigid	0.210	0.623*	0.181	0.186
Bad	0.138	0.546	0.029	0.119
Insensible	0.204	0.661*	0.138	0.108
Repressed	0.036	0.782*	-0.149	0.090
Demure	0.102	0.531	0.153	0.215
Restrained	0.042	0.731*	-0.113	-0.012
Angry	0.046	0.531*	-0.339	0.012
Unattractive	-0.115	0.619*	-0.194	0.041
Aversion	-0.093	0.667*	0.090	0.004
Repulsion	0.033	0.728*	0.002	-0.052
Lethargic	-0.026	0.599*	-0.239	0.149
Listless	-0.058	0.693	-0.207	0.153
Uninterested	0.396*	0.453*	0.028	-0.329
Numb	0.235	0.332	0.066	0.304
Soft	0.089	0.245	0.518	0.366
Seductive	0.379*	-0.006	0.222	0.485*
Agitated	0.099	0.386	-0.120	0.335
Perturbed	-0.006	0.463	-0.352	0.273
Inflamed	0.090	0.076	-0.196	0.470
Disturbed	-0.021	0.655*	-0.319	0.183
Impulsive	-0.028	0.185	-0.276	0.334
Jittery	0.256	0.422	-0.382	0.419
Urge to satisfy	0.295*	-0.237	-0.079	0.320*

Experiment 1: Factor Loadings for the 86 Descriptors Used in the Original Version of the

SADI as Rated by 85 Male Subjects

<u>Variable</u>	<u>Evaluative</u>	<u>Negative Control</u>	<u>Motivational</u>	<u>Physiological</u>
Naughty	0.268	0.152	-0.050	0.445*
Alluring	0.248	0.130	0.072	0.522*
Passionless	0.285	0.551	0.214	-0.228
Relaxed	-0.036	-0.026	0.652	-0.109
Control	-0.110	0.094	0.511	0.162
Inhibited	-0.055	0.408	0.144	0.058
Reserved	-0.151	0.602	0.217	-0.014
Unhappy	-0.038	0.616*	-0.165	-0.109
Displeasure	-0.097	0.442*	0.051	-0.160
Calm	-0.049	0.094	0.456	-0.020
Resistant	0.037	0.405*	0.245	-0.095
Submissive	0.112	0.447	0.380	0.199
Apathetic	0.007	0.682	0.163	0.125
Sluggish	0.037	0.682*	0.118	-0.055
Pressure	0.172	0.607	-0.044	-0.036

* Descriptors with factor loadings equal to or bigger than 0.300 and/or with a mean equal to 2.5 or more or with a mean equal to 1.0 or less.

Appendix D

Experiment 1: Factor Loadings for the 86 Descriptors Used in the Original Version of the SADI as Rated by 156 Female Subjects

<u>Variable</u>	<u>Evaluative</u>	<u>Negative Control</u>	<u>Motivational</u>	<u>Physiological</u>
Horny	0.342*	-0.075	-0.296	0.413*
Anticipatory	0.450*	-0.020	-0.109	0.389*
Good	0.446*	-0.178	0.336*	0.300*
Tense	-0.009	0.476	-0.140	0.316
Nervous	-0.044	0.477	-0.095	0.375
Pleasure	0.408*	-0.191	0.273	0.393*
Excited	0.453*	-0.217	-0.102	0.470*
Hot	0.319*	-0.015	-0.029	0.558*
Anxious	0.121	0.329	-0.339	0.373*
Driven	0.346*	0.158	-0.286	0.472*
Fear	0.059	0.664	0.088	0.115
Fantasize about sex	0.431*	0.039	-0.158	0.167
Uninhibited	0.494	-0.011	-0.099	0.065
Lustful	0.544*	-0.025	-0.186	0.192
Aggressive	0.390	0.189	-0.214	0.184
Light	0.140	0.150	0.217	0.347
High/Intoxicated	0.263	-0.027	-0.105	0.343
Forget about all else	0.256	0.039	0.009	0.427*
Tingly all over	0.192	0.036	0.108	0.521*
Tingling genital area	0.253	-0.076	-0.196	0.631*
Tingling in gut	0.193	0.066	0.088	0.517*
Wet/Moist	0.289	-0.130	-0.124	0.558*
Nippy	0.127	0.190	-0.055	0.527
Flushed	0.189	0.059	-0.092	0.598*
Throbs in genital area	0.236	-0.101	-0.076	0.601*
Warm all over	0.245	-0.048	0.108	0.696*
Shaky	0.156	0.304	0.103	0.470
Hard	-0.046	0.262	0.153	0.286
Dry mouth	0.049	0.202	0.237	0.452
Heart beats faster	0.116	-0.105	0.266	0.665*
Breathe faster/Pant	0.204	-0.056	0.232	0.647*
Genitals reddish	0.067	-0.056	-0.060	0.585*
Quivering sensations	0.143	0.086	0.114	0.690*
Ticklish	0.241	0.014	0.344	0.546
Sensitive to touch	0.303*	-0.110	0.205	0.513*

Experiment 1: Factor Loadings for the 86 Descriptors Used in the Original Version of the

SADI as Rated by 156 Female Subjects

<u>Variable</u>	<u>Evaluative</u>	<u>Negative Control</u>	<u>Motivational</u>	<u>Physiological</u>
Dry	0.027	0.298	0.234	0.257
Frustrated	0.081	0.444*	-0.415	0.188
Sensual	0.699*	-0.218	0.106	0.293
Sexy	0.754*	-0.145	0.141	0.196
Stimulated	0.495*	-0.167	-0.015	0.486*
Passionate	0.660*	-0.192	0.159	0.290
Entranced	0.253	0.121	0.056	0.454*
Happy	0.515*	-0.183	0.361*	0.369*
Impatient	0.259	0.325*	-0.509	0.221
Overwhelmed	0.166	0.348	-0.143	0.466
Enthusiastic	0.509*	-0.014	0.079	0.361*
Attractive	0.750*	-0.053	0.195	0.214
Sultry	0.537	0.190	-0.091	0.063
Frigid	0.192	0.641*	0.232	-0.008
Bad	-0.052	0.474	-0.257	0.114
Insensible	-0.064	0.604*	-0.035	0.075
Repressed	0.000	0.610*	-0.110	0.128
Demure	0.127	0.690	0.114	-0.003
Restrained	-0.135	0.615*	-0.104	0.154
Angry	-0.135	0.667*	-0.249	0.117
Unattractive	-0.143	0.681*	-0.136	-0.034
Aversion	0.051	0.730*	-0.052	-0.229
Repulsion	0.031	0.740*	-0.091	-0.175
Lethargic	0.141	0.596*	0.257	-0.095
Listless	0.075	0.619	0.316	0.025
Uninterested	-0.013	0.741*	0.029	-0.081
Numb	-0.103	0.202	0.259	0.384
Soft	0.243	0.051	0.375	0.327
Seductive	0.688*	-0.089	0.172	0.309*
Agitated	0.017	0.414	-0.094	0.286
Perturbed	0.041	0.589	0.009	0.112
Inflamed	-0.059	0.229	0.043	0.351
Disturbed	-0.157	0.629*	-0.148	0.105
Impulsive	0.172	0.167	-0.083	0.314
Jittery	0.203	0.383	0.014	0.389

Experiment 1: Factor Loadings for the 86 Descriptors Used in the Original Version of the SADI as Rated by 156 Female Subjects

<u>Variable</u>	<u>Evaluative</u>	<u>Negative Control</u>	<u>Motivational</u>	<u>Physiological</u>
Urge to satisfy	0.432*	0.082	-0.276	0.359*
Naughty	0.495*	0.207	-0.044	0.254
Alluring	0.645*	0.191	-0.013	0.131
Passionless	-0.121	0.499	-0.093	-0.069
Relaxed	-0.030	0.033	0.549	0.160
Control	0.382	0.372	0.264	0.068
Inhibited	0.015	0.523	0.188	0.173
Reserved	0.004	0.663	0.224	-0.018
Unhappy	-0.057	0.664*	-0.149	-0.183
Displeasure	-0.109	0.578*	-0.053	-0.026
Calm	-0.094	0.140	0.688	0.187
Resistant	0.055	0.694*	0.045	-0.001
Submissive	0.272	0.485	0.101	0.090
Apathetic	0.034	0.629	0.069	0.065
Sluggish	0.051	0.614*	0.189	0.012
Pressure	-0.185	0.491	-0.149	-0.037

* Descriptors with factor loadings equal to or bigger than 0.300 and/or with a mean equal to 2.5 or more or with a mean equal to 1.0 or less.

Appendix E

Experiment 1: Means and Standard Deviations for the 86 Descriptors Used in theOriginal Version of the SADI as Rated by 85 Male Subjects

<u>Variable</u>	<u>Mean</u>	<u>Standard Deviation</u>
Horny	3.812*	1.277
Anticipatory	2.741*	1.597
Good	3.800*	1.298
Tense	1.965	1.546
Nervous	1.388	1.423
Pleasure	3.765*	1.202
Excited	4.188*	0.866
Hot	3.412*	1.442
Anxious	2.482*	1.659
Driven	2.929*	1.454
Fear	0.788	1.206
Fantasize about sex	3.482*	1.377
Uninhibited	2.424	1.679
Lustful	3.212*	1.432
Aggressive	1.988	1.637
Light	1.094	1.161
High/Intoxicated	2.012	1.842
Forget about all else	2.541*	1.715
Tingly all over	2.424*	1.755
Tingling genital area	2.718*	1.817
Tingling in gut	2.035	1.629
Wet/Moist	1.941	1.860
Nippy	1.047	1.379
Flushed	1.647	1.601
Throbs in genital area	3.082*	1.678
Warm all over	2.765*	1.695
Shaky	1.494	1.571
Hard	3.741*	1.544
Dry mouth	1.247	1.550
Heart beats faster	3.306*	1.389
Breathe faster/Pant	2.776*	1.561
Genitals reddish	2.941*	1.847
Quivering sensations	2.047	1.647
Ticklish	1.835	1.668
Sensitive to touch	3.176*	1.529

**Experiment 1: Means and Standard Deviations for the 86 Descriptors Used in the
Original Version of the SADI as Rated by 85 Male Subjects**

<u>Variable</u>	<u>Mean</u>	<u>Standard Deviation</u>
Dry	0.553	0.824
Frustrated	0.882*	1.349
Sensual	3.294*	1.404
Sexy	3.400*	1.521
Stimulated	3.753*	1.262
Passionate	3.565*	1.426
Entranced	2.388	1.733
Happy	3.600*	1.465
Impatient	2.165	1.646
Overwhelmed	1.918	1.537
Enthusiastic	3.153*	1.468
Attractive	3.518*	1.278
Sultry	1.624	1.603
Frigid	0.671*	0.981
Bad	0.518	0.959
Insensible	0.412*	0.776
Repressed	0.682*	1.126
Demure	0.659	1.119
Restrained	0.788*	1.145
Angry	0.365*	0.754
Unattractive	0.435*	0.932
Aversion	0.435*	0.778
Repulsion	0.306*	0.618.
Lethargic	0.376*	0.816
Listless	0.306	0.618
Uninterested	0.306*	0.787
Numb	0.753	1.112
Soft	1.718	1.637
Seductive	3.365*	1.396
Agitated	1.518	1.509
Perturbed	0.741	1.104
Inflamed	1.388	1.655
Disturbed	0.518*	0.983
Impulsive	2.294	1.682
Jittery	1.141	1.390

**Experiment 1: Means and Standard Deviations for the 86 Descriptors Used in the
Original Version of the SADI as Rated by 85 Male Subjects**

<u>Variable</u>	<u>Mean</u>	<u>Standard Deviation</u>
Urge to satisfy	4.024*	1.263
Naughty	2.565*	1.783
Alluring	2.082	1.583
Passionless	0.694	1.215
Relaxed	2.294	1.510
Control	2.471	1.493
Inhibited	1.153	1.393
Reserved	0.918	1.236
Unhappy	0.447*	0.906
Displeasure	0.376*	0.886
Calm	1.800	1.462
Resistant	0.729*	1.209
Submissive	1.329	1.475
Apathetic	0.624	1.080
Sluggish	0.506*	1.031
Pressure	1.282	1.608

*Descriptors with means equal to 2.5 or more and means equal to 1.0 or less and/or with factor loadings equal to 0.300 or more.

Appendix F

Experiment 1: Means and Standard Deviations for the 86 Descriptors Used in theOriginal Version of the SADI as Rated by 156 Female Subjects

<u>Variable</u>	<u>Mean</u>	<u>Standard Deviation</u>
Horny	3.737*	1.516
Anticipatory	3.314*	1.569
Good	3.744*	1.339
Tense	1.615	1.690
Nervous	1.269	1.525
Pleasure	3.731*	1.365
Excited	4.045*	1.149
Hot	3.679*	1.344
Anxious	2.167	1.842
Driven	2.718*	1.688
Fear	0.718	1.274
Fantasize about sex	3.245*	1.609
Uninhibited	2.282	1.831
Lustful	3.006*	1.762
Aggressive	1.763	1.727
Light	1.321	1.450
High/Intoxicated	2.006	1.854
Forget about all else	2.833*	1.759
Tingly all over	3.295*	1.643
Tingling genital area	3.776*	1.403
Tingling in gut	2.763	1.821
Wet/Moist	4.026*	1.244
Nippy	2.192	1.884
Flushed	2.692	1.841
Throbs in genital area	3.551*	1.513
Warm all over	3.385*	1.588
Shaky	1.859	1.783
Hard	0.763	1.296
Dry mouth	1.122	1.525
Heart beats faster	3.673*	1.235
Breathe faster/Pant	3.372*	1.583
Genitals reddish	2.641*	1.938
Quivering sensations	2.251	1.739
Ticklish	2.256	1.863
Sensitive to touch	3.622*	1.500

Experiment 1: Means and Standard Deviations for the 86 Descriptors Used in the

Original Version of the SADI as Rated by 156 Female Subjects

<u>Variable</u>	<u>Mean</u>	<u>Standard Deviation</u>
Dry	0.429	0.984
Frustrated	1.071*	1.442
Sensual	3.564*	1.410
Sexy	3.667*	1.350
Stimulated	3.981*	1.167
Passionate	3.801*	1.384
Entranced	2.744*	1.665
Happy	3.737*	1.276
Impatient	1.853	1.806
Overwhelmed	1.801	1.750
Enthusiastic	3.321*	1.339
Attractive	3.519*	1.452
Sultry	1.859	1.816
Frigid	0.468*	0.960
Bad	0.654	1.313
Insensible	0.506*	1.032
Repressed	0.622*	1.199
Demure	0.436	0.924
Restrained	0.647*	1.157
Angry	0.359*	0.908
Unattractive	0.417*	0.827
Aversion	0.321*	0.745
Repulsion	0.359*	0.872
Lethargic	0.212*	0.579
Listless	0.231	0.599
Uninterested	0.269*	0.694
Numb	0.910	1.346
Soft	2.378	1.538
Seductive	3.449*	1.447
Agitated	1.378	1.584
Perturbed	0.545	1.024
Inflamed	1.359	1.665
Disturbed	0.500*	0.980
Impulsive	2.353	1.755
Jittery	1.321	1.578
Urge to satisfy	4.032*	1.402

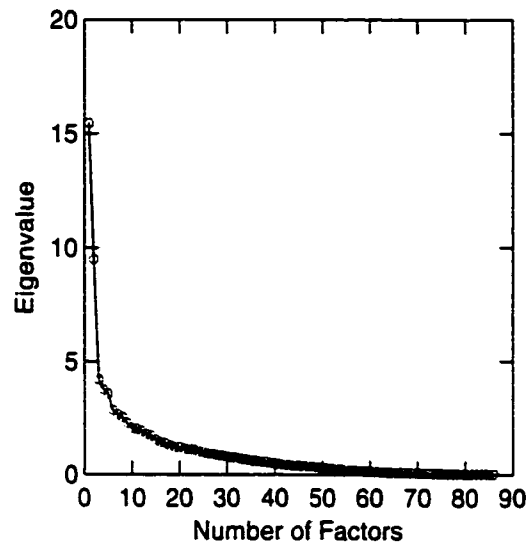
**Experiment 1: Means and Standard Deviations for the 86 Descriptors Used in the
Original Version of the SADI as Rated by 156 Female Subjects**

<u>Variable</u>	<u>Mean</u>	<u>Standard Deviation</u>
Naughty	2.788*	1.677
Alluring	2.506*	1.747
Passionless	0.410	1.034
Relaxed	2.237	1.583
Control	1.1885	1.594
Inhibited	0.994	1.365
Reserved	0.769	1.294
Unhappy	0.276*	0.668
Displeasure	0.359*	0.865
Calm	1.853	1.589
Resistant	0.782*	1.235
Submissive	1.237	1.468
Apathetic	0.455	1.012
Sluggish	0.269*	0.748
Pressure	0.699	1.210

*Descriptors with means equal to 2.5 or more and means equal to 1.0 or less and/or with factor loadings equal to 0.300 or more.

Appendix G

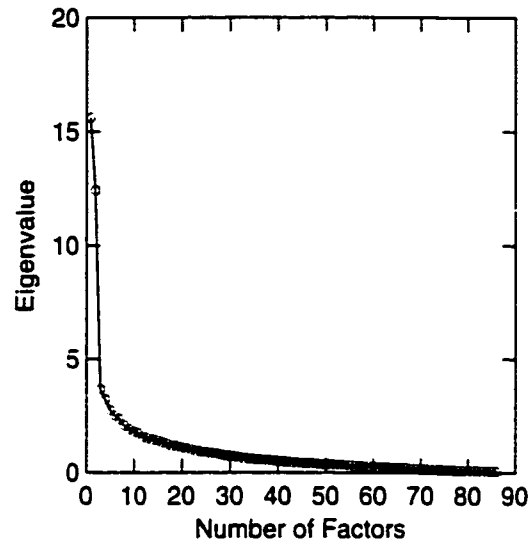
Scree Plot



Scree plot of the factors extracted through principle components analysis for the 86 descriptors used in the original version of the SADI as rated by 85 male subjects.

Appendix H

Scree Plot



Scree plot of the factors extracted through principle components analysis for the 86 descriptors used in the original version of the SADI as rated by 156 female subjects.

Appendix I

Sexual Arousal and Desire Inventory (SADI)

People report their experiences of arousal and desire in very distinct, individual ways. In general, people who feel sexual desire and become sexually aroused move on to develop goal-oriented behaviors, the goal usually being some sort of sexual play or interaction. However, there are cases that present themselves in clinical settings, in which a person feels a lack of desire, or may feel sexual desire, but does not achieve any physical, arousing sensations. Many factors can contribute to these conditions and in some cases, the person may be diagnosed with a sexual desire or arousal problem.

In the present study, we define **SEXUAL DESIRE** as **an energizing force that motivates a person to seek out or initiate sexual contact and behavior**. You can think of it as a hunger or a sexual "drive" that leads you to seek out sexual contact. **Sexual Desire** involves the more psychological aspects of wanting sex. We define **SEXUAL AROUSAL** as **the physiological responses that accompany or follow sexual desire**. For example, when you feel sexually aroused, your heart might beat faster or your palms may get sweaty. Men may experience penile erection and women may feel a moistness of the vagina. **Sexual Arousal** involves the more physiological aspects of wanting sex.

The goal of this study is to evaluate how people describe their feelings of sexual desire and arousal and to eventually compare these descriptions to those of people who suffer from sexual dysfunctions. This will help us develop an assessment tool which will aid clinicians in their evaluations of sexual arousal and desire, and in their assessments of clients who have complaints about sexual arousal or desire.

To achieve this purpose, we have devised a questionnaire that includes a wide range of words (mostly adjectives) that may describe people's experience of sexual arousal and sexual desire. We would like you to fill out this questionnaire to help us decide which of these words best describe people's experience of sexual arousal and desire. The questionnaire will take approximately 10-15 minutes to complete.

Please note that your participation in this study is voluntary and that you may refuse to answer questions or withdraw your participation at any time. All information you provide in the questionnaire will remain strictly confidential. As you will see, we do not require that you write your name or any other type of identifying information on the questionnaire itself. If you have any questions or concerns about the questionnaire, please do not hesitate to contact the primary investigator. We thank you for your time and effort. Your participation is greatly appreciated.

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10. On average, how many times a week do you engage in other forms of sex play?

0 ____ 1-4 ____ 5-8 ____ 9 or more ____

11. On average, how many times a week do you think about sex?

0 ____ 1-5 ____ 6-10 ____ 10-15 ____ 15 or more ____

12. Are there any times you think about sex more often than other times?

Explain.

13. Do you experience any difficulty engaging in sexual activity? (Circle one).

0 **1** **2** **3** **4** **5**
never sometimes often always

14. Do you suffer from any serious illness or take any type of medication? If yes, please specify.

Sexual Arousal and Desire Inventory (SADI)

This second part of the questionnaire is concerned with **SEXUAL AROUSAL and DESIRE**. We define sexual arousal as **the physiological responses that accompany or follow sexual desire**. For example, when you feel sexually aroused, your heart might beat faster or your palms may get sweaty. Men may experience penile erection and women may feel a moistness of the vagina. **Sexual Arousal** involves the more physiological aspects of wanting sex. We define sexual desire as **an energizing force that motivates a person to seek out or initiate sexual contact and behavior**. You can think of it as a hunger or a sexual "drive" that leads you to seek out sexual contact. **Sexual Desire** involves the more psychological aspects of wanting sex.

Keeping in mind these definitions of **sexual arousal and sexual desire**, try to remember, as best as you can, the last time you felt **sexual arousal and desire** (for example: prior to engaging in intercourse or upon viewing sexually stimulating material).

Please give an estimate of how long ago, in days, you last felt feelings of sexual arousal and desire.

Following is a list of words that might describe how you felt the last time you felt **sexual arousal and desire**. Different people experience **sexual arousal and desire** in distinct, individual ways. There is no "right" or "wrong" answer. Please indicate to what extent each word describes how you felt when you felt **sexual arousal and desire**, by placing the number that describes the feeling most accurately.

Please use the following scale to rate each of the words below. **Please rate all of the words. Do not skip any.**

0	1	2	3	4	5
does not describe it at all					describes it perfectly
Anticipatory _____					Frustrated _____
Tingly all over _____					Lustful _____
Restrained _____					Entranced _____
Anxious _____					Aversion _____
Driven _____					Hot _____
Frigid _____					Tempted _____
Sensitive to touch _____					Passionate _____
Sluggish _____					Fantasize about sex _____
Urge to satisfy and/or be satisfied _____					Repressed _____
Enthusiastic _____					Disturbed _____
Unhappy _____					Flushed _____
Wet (women only) _____					Impatient _____
Hard (men only) _____					Sensual _____
Resistant _____					

0 **1** **2** **3** **4** **5**
 does not describes
 describe it at all it perfectly

Breathe faster/ Pant _____	Warm all over _____
Displeasure _____	Excited _____
Stimulated _____	Tingling in genital area _____
Tingling sensation in gut _____	Uninterested _____
I forget about everything else _____	Pleasure _____
Repulsion _____	Heart beats faster _____
Sexy _____	Happy _____
Quivering sensations _____	Angry _____
Insensible _____	Attractive _____
Seductive _____	Powerful _____
Genitals engorged with blood/ Reddish _____	Naughty _____
Unattractive _____	Alluring _____
Good _____	Lethargic _____
Throbs in genital area _____	Horny _____

You have now finished completing the SADI questionnaire. Thank you for your participation.

Appendix J

**Experiment 2: Factor Loadings for the 54 Descriptors Used in the Final Version of the
SADI as Rated by 82 Male Subjects**

<u>Variable</u>	<u>Evaluative</u>	<u>Negative Control</u>	<u>Motivational</u>	<u>Physiological</u>
Anticipatory	0.158	0.031	0.671*	0.070
Tingly all over	0.319*	-0.103	-0.016	0.469*
Restrained	-0.271	0.462*	0.416*	0.077
Anxious	0.136	0.253	0.553*	0.058
Driven	-0.002	-0.491	0.534*	0.374*
Frigid	-0.077	0.803*	-0.034	-0.036
Sensitive to touch	-0.173	-0.401	0.300*	0.448*
Sluggish	0.026	0.843*	0.043	0.003
Urge to satisfy	0.376*	-0.208	0.328*	-0.156
Enthusiastic	0.205	-0.675	0.092	0.423*
Unhappy	-0.099	0.817*	0.168	-0.242
Hard	0.358*	-0.641	0.118	0.291*
Resistant	-0.096	0.130	-0.223	0.468*
Frustrated	-0.252	0.694*	0.382*	-0.093
Lustful	0.280	0.054	0.146	0.229
Entranced	0.036	-0.202	-0.070	0.493*
Aversion	-0.030	0.776*	0.078	0.141
Hot	0.449*	0.092	0.178	0.002
Tempted	0.337*	0.137	0.315*	-0.046
Passionate	0.120	-0.074	0.355*	-0.070
Fantasize about sex	0.018	-0.479	0.293	0.411*
Repressed	-0.436	0.050	0.392*	0.399*
Disturbed	-0.532	0.439*	0.402*	0.215
Flushed	0.030	0.554*	-0.009	0.373*
Impatient	0.081	0.449*	0.424*	-0.058
Sensual	0.585*	-0.231	0.032	0.178
Breathe faster/Pant	0.188	-0.340	0.054	0.629*
Displeasure	0.083	0.850*	-0.077	-0.240
Stimulated	0.478*	-0.274	0.172	0.294
Tingling in gut	0.362*	0.405*	0.002	0.421*
Forget about all else	0.107	-0.515	0.366*	0.408*
Repulsion	-0.139	0.853*	0.034	-0.087
Sexy	0.565*	-0.190	0.275	0.219
Quivering sensations	0.235	-0.099	-0.138	0.723*

Experiment 2: Factor Loadings for the 54 Descriptors Used in the Final Version of the

SADI as Rated by 82 Male Subjects

<u>Variable</u>	<u>Evaluative</u>	<u>Negative Control</u>	<u>Motivational</u>	<u>Physiological</u>
Insensible	-0.084	0.750*	0.144	-0.148
Seductive	0.617*	0.020	0.143	0.190
Genitals reddish	0.134	-0.210	-0.052	0.491*
Unattractive	0.026	0.887*	-0.082	-0.140
Good	0.573*	-0.197	0.118	0.157
Throbs in genital area	0.420*	0.218	0.177	0.276
Warm all over	0.648*	0.197	-0.072	0.077
Excited	0.479*	-0.234	0.359*	0.337*
Tingling genital area	0.330*	-0.387	0.096	0.518*
Uninterested	0.012	0.844*	-0.087	-0.239
Pleasure	0.676*	-0.221	0.059	-0.076
Heart beats faster	0.547*	0.193	0.000	0.271
Happy	0.227	-0.655	0.131	0.526*
Angry	-0.067	0.698*	0.164	-0.238
Attractive	0.563*	-0.296	0.143	-0.081
Powerful	0.516*	0.005	0.281	-0.001
Naughty	0.126	0.066	0.663*	-0.068
Alluring	0.015	-0.237	0.163	0.239
Lethargic	-0.037	0.811*	0.067	-0.038
Horny	0.266	-0.038	0.460*	-0.069

* Descriptors with factor loadings equal to or bigger than 0.300 and/or with a mean equal to 2.5 or more or with a mean equal to 1.0 or less.

Appendix K

Experiment 2: Factor Loadings for the 54 Descriptors Used in the Final Version of theSADI as Rated by 154 Female Subjects

<u>Variable</u>	<u>Evaluative</u>	<u>Negative Control</u>	<u>Motivational</u>	<u>Physiological</u>
Anticipatory	0.158	0.031	0.671*	0.070
Tingly all over	0.319*	-0.103	-0.016	0.469*
Restrained	-0.271	0.462*	0.416*	0.077
Anxious	0.136	0.253	0.553*	0.058
Driven	-0.002	-0.491	0.534*	0.374*
Frigid	-0.077	0.803*	-0.034	-0.036
Sensitive to touch	-0.173	-0.401	0.300*	0.448*
Sluggish	0.026	0.843*	0.043	0.003
Urge to satisfy	0.376*	-0.208	0.328*	-0.156
Enthusiastic	0.205	-0.675	0.092	0.423*
Unhappy	-0.099	0.817*	0.168	-0.242
Wet	0.358*	-0.641	0.118	0.291*
Resistant	-0.096	0.130	-0.223	0.468*
Frustrated	-0.252	0.694*	0.382*	-0.093
Lustful	0.280	0.054	0.146	0.229
Entranced	0.036	-0.202	-0.070	0.493*
Aversion	-0.030	0.776*	0.078	0.141
Hot	0.449*	0.092	0.178	0.002
Tempted	0.337*	0.137	0.315*	-0.046
Passionate	0.120	-0.074	0.355*	-0.070
Fantasize about sex	0.018	-0.479	0.293	0.411*
Repressed	-0.436	0.050	0.392*	0.399*
Disturbed	-0.532	0.439*	0.402*	0.215
Flushed	0.030	0.554*	-0.009	0.373*
Impatient	0.081	0.449*	0.424*	-0.058
Sensual	0.585*	-0.231	0.032	0.178
Breathe faster/Pant	0.188	-0.340	0.054	0.629*
Displeasure	0.083	0.850*	-0.077	-0.240
Stimulated	0.478*	-0.274	0.172	0.294
Tingling in gut	0.362*	0.405*	0.002	0.421*
Forget about all else	0.107	-0.515	0.366*	0.408*
Repulsion	-0.139	0.853*	0.034	-0.087
Sexy	0.565*	-0.190	0.275	0.219
Quivering sensations	0.235	-0.099	-0.138	0.723*

Experiment 2: Factor Loadings for the 54 Descriptors Used in the Final Version of the SADI as Rated by 154 Female Subjects

<u>Variable</u>	<u>Evaluative</u>	<u>Negative Control</u>	<u>Motivational</u>	<u>Physiological</u>
Insensible	-0.084	0.750*	0.144	-0.148
Seductive	0.617*	0.020	0.143	0.190
Genitals reddish	0.134	-0.210	-0.052	0.491*
Unattractive	0.026	0.887*	-0.082	-0.140
Good	0.573*	-0.197	0.118	0.157
Throbs in genital area	0.420*	0.218	0.177	0.276
Warm all over	0.648*	0.197	-0.072	0.077
Excited	0.479*	-0.234	0.359*	0.337*
Tingling genital area	0.330*	-0.387	0.096	0.518*
Uninterested	0.012	0.844*	-0.087	-0.239
Pleasure	0.676*	-0.221	0.059	-0.076
Heart beats faster	0.547*	0.193	0.000	0.271
Happy	0.227	-0.655	0.131	0.526*
Angry	-0.067	0.698*	0.164	-0.238
Attractive	0.563*	-0.296	0.143	-0.081
Powerful	0.516*	0.005	0.281	-0.001
Naughty	0.126	0.066	0.663*	-0.068
Alluring	0.015	-0.237	0.163	0.239
Lethargic	-0.037	0.811*	0.067	-0.038
Horny	0.266	-0.038	0.460*	-0.069

* Descriptors with factor loadings equal to or bigger than 0.300 and/or with a mean equal to 2.5 or more or with a mean equal to 1.0 or less.

Appendix L

Experiment 2: Means and Standard Deviations for the 54 Descriptors Used in the FinalVersion of the SADI as Rated by 82 Male Subjects

<u>Variable</u>	<u>Mean</u>	<u>Standard Deviation</u>
Anticipatory	2.780*	1.532
Tingly all over	2.159	1.495
Restrained	1.524	1.612
Anxious	2.841*	1.567
Driven	2.683*	1.667
Frigid	1.293	1.511
Sensitive to touch	2.610*	1.616
Sluggish	1.390	1.631
Urge to satisfy	3.915*	1.178
Enthusiastic	3.024*	1.685
Unhappy	1.134	1.755
Hard	3.488*	1.565
Resistant	1.183	1.278
Frustrated	1.622	1.660
Lustful	3.085*	1.416
Entranced	1.756	1.445
Aversion	1.415	1.523
Hot	3.256*	1.386
Tempted	3.951*	1.185
Passionate	4.073*	1.028
Fantasize about sex	2.878*	1.688
Repressed	0.976*	1.186
Disturbed	1.024*	1.414
Flushed	1.488	1.416
Impatient	2.829*	1.578
Sensual	3.500*	1.230
Breathe faster/Pant	2.293	1.718
Displeasure	0.988*	1.444
Stimulated	3.378*	1.446
Tingling sensation in gut	2.390	1.489
Forget about all else	2.805*	1.724
Repulsion	1.122	1.435
Sexy	3.256*	1.359
Quivering sensations	2.220	1.610
Insensible	1.561	1.641

Experiment 2: Means and Standard Deviations for the 54 Descriptors Used in the Final

Version of the SADI as Rated by 82 Male Subjects

<u>Variable</u>	<u>Mean</u>	<u>Standard Deviation</u>
Seductive	3.146*	1.218
Genitals reddish	1.720	1.787
Unattractive	1.073*	1.661
Good	3.537*	1.517
Throbs in genital area	2.463	1.619
Warm all over	3.244*	1.436
Excited	3.756*	1.263
Tingling in genital area	2.293	1.732
Uninterested	1.171	1.570
Pleasure	3.707*	1.232
Heart beats faster	3.476*	1.240
Happy	3.268*	1.743
Angry	0.939*	1.502
Attractive	3.366*	1.329
Powerful	3.134*	1.359
Naughty	3.085*	1.450
Alluring	1.963	1.444
Lethargic	1.585	1.777
Horny	4.317*	0.901

*Descriptors with means equal to 2.5 or more and means equal to 1.0 or less and/or with factor loadings equal to 0.300 or more.

Appendix M

Experiment 2: Means and Standard Deviations for the 54 Descriptors Used in the FinalVersion of the SADI as Rated by 154 Female Subjects

<u>Variable</u>	<u>Mean</u>	<u>Standard Deviation</u>
Anticipatory	3.156*	1.491
Tingly all over	3.266*	1.400
Restrained	0.929*	1.221
Anxious	1.617	1.585
Driven	3.039*	1.381
Frigid	0.604*	1.075
Sensitive to touch	3.714*	1.176
Sluggish	0.636*	1.053
Urge to satisfy	4.045*	1.087
Enthusiastic	3.792*	1.130
Unhappy	0.299*	0.733
Wet	3.994*	1.076
Resistant	0.721*	1.057
Frustrated	1.026*	1.338
Lustful	3.630*	1.226
Entranced	2.649*	1.458
Aversion	0.565*	0.996
Hot	3.623*	1.284
Tempted	3.734*	1.289
Passionate	4.260*	0.892
Fantasize about sex	3.617*	1.274
Repressed	0.662*	1.116
Disturbed	0.409*	0.789
Flushed	2.571*	1.684
Impatient	2.299*	1.564
Sensual	3.955*	1.012
Breathe faster/Pant	3.403*	1.213
Displeasure	0.416*	0.846
Stimulated	3.883*	0.928
Tingling sensation in gut	3.000*	1.508
Forget about all else	3.006*	1.489
Repulsion	0.234*	0.613
Sexy	3.727*	1.086
Quivering sensations	3.039	1.395
Insensible	0.455*	0.849

Experiment 2: Means and Standard Deviations for the 54 Descriptors Used in the Final

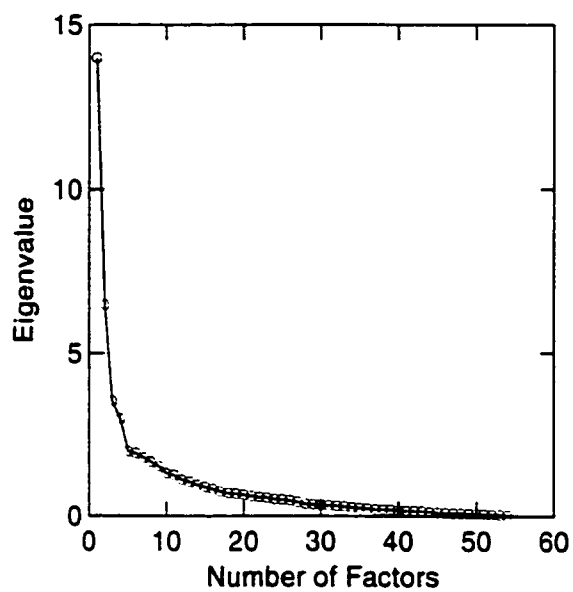
Version of the SADI as Rated by 154 Female Subjects

<u>Variable</u>	<u>Mean</u>	<u>Standard Deviation</u>
Seductive	3.656*	1.099
Genitals reddish	2.896*	1.654
Unattractive	0.455*	0.943
Good	3.786*	1.137
Throbs in genital area	3.377*	1.534
Warm all over	3.890*	1.135
Excited	4.221*	0.810
Tingling in genital area	3.877*	1.244
Uninterested	0.266*	0.627
Pleasure	4.182*	0.844
Heart beats faster	3.948*	1.059
Happy	4.019*	1.051
Angry	0.234*	0.624
Attractive	3.760*	1.091
Powerful	2.890*	1.587
Naughty	2.734*	1.696
Alluring	2.974*	1.455
Lethargic	0.779*	1.184
Horny	3.916*	1.210

*Descriptors with means equal to 2.5 or more and means equal to 1.0 or less and/or with factor loadings equal to 0.300 or more.

Appendix N

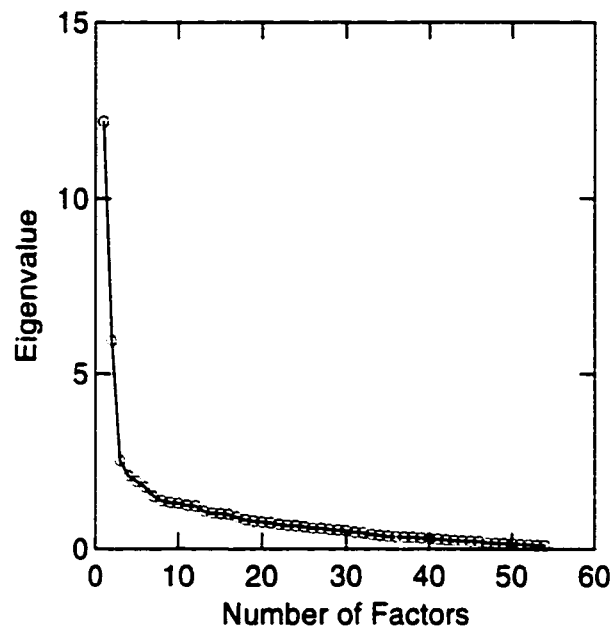
Scree Plot



Scree plot of the factors extracted through principle components analysis for the 54 descriptors used in the final version of the SADI as rated by the 82 male subjects.

Appendix O

Scree Plot



Scree plot of the factors extracted through principle components analysis for the 54 descriptors used in the final version of the SADI as rated by the 154 female subjects.