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Exploring the Construct of Female Sexual Self-Schema

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A Thesis

in

the Department

of

Psychology

**Presented in Partial Fulfilment of the Requirements
for the Degree of Doctor of Philosophy at
Concordia University
Montréal, Québec, Canada**

October 2002

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ABSTRACT

Exploring the Construct of Female Sexual Self-Schema

Jennifer A. Volsky Rushton, Ph.D.
Concordia University, 2002

The present study investigated the relationships between the recently proposed construct of sexual self-schema and sexuality (behaviours and attitudes), personality (extraversion, neuroticism, and sensation seeking), and intimacy. Participants included both undergraduates, and community dwelling females. The sample consisted of women between the ages of 19 and 66. Participants completed a variety of self-report measures, including the Sexual Self-Schema Scale. In the sample of young females, women with a positive sexual schema reported more sexual arousability, less sexual anxiety, and more positive sexual attitudes than those with a negative sexual schema. These results were not found for the older samples of women. In all age groups, individuals with different sexual schemas were found to score differently on measures of extraversion and sensation seeking. Few schema group differences on levels of intimacy were found. For young women, the results are a partial replication of those of Cyranowski and Andersen (1998) who found differences in sexual attitude and behaviour among their schema groups. The findings for non-university aged women differ from those found by Andersen and Cyranowski (1994). The results suggest that the sexual self-schema construct may be more strongly related to sexuality for young females than for women over the age of 30.

ACKNOWLEDGEMENTS

I would like to thank Dr. William Brender, my research supervisor, for helping me complete this thesis. I have appreciated your excellent suggestions and your willingness to let me be independent.

I would also like to thank my committee members, Dr. Natalie Phillips and Dr. Michel Dugas, Dr. Fran Shaver, and Dr. Sandra Byers, for their encouragement, helpful comments, and their time.

Thanks to Julie Larouche, Anusha Kassan, Shama, Dr. John Garland, Jamie Ahnberg, and Ryan Adams for helping me in the various stages of this project.

To my friends, Megan, Christine, Paula, Tanya and Lana, for being wonderful cheerleaders.

To my dad, for supporting me through all my years of school and for being so proud of me.

To my mom, for always being there to listen. Your love and support have helped me get through all the obstacles I have faced. You are the best mom in the world, and my best friend.

To Sooner, Scooter and Socks, for keeping my spirits up and my stress level down.

And, as always, to my husband Mike, for his love and his encouragement. You have always believed in me, and have given up many things to get me where I am today. I couldn't have done it without you. I love you.

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Exploring the Construct of Female Sexual Self-Schema

Much of the research on human sexuality has focussed on sexual behaviour and functioning. Less attention has been paid to sexual self-perceptions and personality traits as they relate to sexuality. Recently, Barbara Andersen proposed the concept of sexual self-schema, which refers to how individuals conceptualize their sexual identity. She demonstrated that sexual self-schemas can predict important outcomes such as sexual adjustment after gynecological cancer, and are related to individuals' number of sexual partners which may have implications for sexual health and education. There are many sexuality questionnaires available which ask respondents to describe their sexual experiences, or to report on the sexual activities they engage in. These types of measures share the weakness that they may induce defensive responding, and may not be applicable to individuals who are not sexually active. There have been, however, some measures that address more cognitive aspects of sexuality such as sexual attitudes and beliefs. These measures tend to ask participants to rate their view of their sexuality, using sexually explicit questions. To measure their concept of sexual self-schema, Andersen and her colleagues developed an adjective checklist which was not explicitly sexual. Unlike other measures of sexuality, the Sexual Self-Schema Scale is uncorrelated with social desirability, which is often a concern in sexuality research. The Sexual Self-Schema Scale is also unique in that it can be administered to both sexually experienced and inexperienced individuals. Despite its essentially non-sexual content, the Sexual Self-Schema Scale has been found to be strongly related to sexual behaviour and attitudes (Andersen & Cyranowski, 1994; Cyranowski & Andersen, 1998). Although the Sexual

Self-Schema Scale seems to have distinct advantages over other measures of sexuality, it has yet to be evaluated by other researchers. This study was undertaken to replicate some of Andersen's findings and to extend our understanding of the construct of sexual self-schema.

A number of researchers have studied various non-behavioural constructs in relation to sexuality. Some have focussed on the impact of personality traits on sexuality. Others have studied how sexual beliefs and opinions relate to sexual behaviour. Recently, researchers have taken an interest in individuals' sexual self-perception, and how that self-view impacts sexual behaviour. The present research, as well, will examine the role of personality and self-perception in individuals' sexual lives. This introduction begins with a review of the major work linking dimensions of personality (specifically extraversion, neuroticism and sensation seeking) and sexuality, and then reviews more recent work on the concept of sexual self-schema.

Personality Traits and Sexuality

Extraversion, introversion and sexuality.

Extraversion is one of the most widely studied measures of personality, yet no consensus has been reached on its definition. One of the main features commonly considered to be associated with extraversion is sociability (Morris, 1979). Theorists are still debating the other core characteristics of extraversion. Eysenck proposed impulsivity, however this has been reinterpreted in more recent years as "... a form of surgency (energy, activity, liveliness, vigour)" (Miller, 1991, p. 94). At the opposite end of the continuum from extraversion is introversion. Introversion has also been the focus of

much research interest. Its definition has likewise not been agreed upon beyond including the lack of sociability and impulsivity. According to Morris, an extravert is "...sociable, lively, impulsive, seeking novelty and change, carefree, and emotionally expressive" (p. 8). In contrast, an introvert is "...quiet, introspective, intellectual, well ordered, emotionally unexpressive, and value oriented, prefers small groups of intimate friends, and plans well ahead" (Morris, p. 8). Extraversion and introversion are thought to be personality traits which are relatively stable and which influence behaviour across many different situations. For example, empirical studies have shown that, in the social arena, extraverts tend to be more talkative, have a wider circle of friends and acquaintances, and to prefer louder and bigger gatherings than introverts. Extraverts, as opposed to introverts have been found to be more spontaneous and uninhibited and were more likely to engage in risky behaviour (Morris).

Many theories have been offered for the postulated differences in behaviour and preferences of extraverts and introverts. Generally, the difference is thought to be primarily biological. Eysenck (1967) has proposed that introverts have higher levels of cortical arousal than extraverts. He further suggested that a moderate level of arousal is optimum, and that the introvert seeks to moderate his or her arousal levels, thus preferring quieter gatherings, being alone, etc. According to Eysenck, the extravert, in contrast, seeks to boost cortical arousal in order to bring it to an adequate level. Engaging in social activity and having many people present is a way of increasing arousal. Studies have shown that people scoring high on introversion are more sensitive and will try to avoid loud or intense stimuli such as noise or bright lights (Holmes, 1967; Eysenck, 1973;

Geen, 1984). The attempt by extraverts to increase arousal levels and introverts to decrease it has also been found in the area of sexuality, with extraverts seeking more frequent and varied sexual activity than introverts (Eysenck, 1971 & 1972). The theory of cortical arousal, while considered to have much support, has been disputed by others on the grounds that it is extremely difficult to test empirically (Miller, 1991). Although the cortical arousal theory is controversial, an alternative theory has yet to replace it (Eysenck & Eysenck, 1985).

Several measures of extraversion have been developed. One of the most commonly used is the Eysenck Personality Inventory (EPI) which measures extraversion, neuroticism and psychoticism. Several versions of the EPI have been developed over the years, but the format has remained the same. Participants are asked a variety of questions to which they respond “yes” or “no.” Some of the questions are designed to measure Eysenck’s conceptualization of extraversion. For example, “Do you often long for excitement?” and “Do other people think of you as being very lively?” The questionnaire also includes a social desirability subscale which, if highly correlated with the extraversion scale, is interpreted to suggest that participants’ responses are being influenced by the intent to present themselves favourably. The EPI, while not directly measuring sexuality, has been found to correlate significantly with a range of measures of sexual behaviours and preference.

The majority of research on the relationship between extraversion, introversion and sexuality has been conducted by Eysenck. Based on his theory that extraverts have low levels of cortical arousal while introverts have high levels, Eysenck hypothesized that

extraverts would seek out more varied and frequent sexual stimulation. He suggested that both introverts and extraverts could have satisfying sexual lives, but that their sexuality would likely be expressed differently. For example, introverts would be more likely to confine their sexual experiences to monogamous relationships than would extraverts.

In the late 1960s and early 1970s, many studies were conducted which examined Eysenck's hypotheses on the link between extraversion and sexual behaviour. In 1968, Giese and Schmidt conducted a study in which approximately 6000 German undergraduate students completed a measure of extraversion and a sexual behaviour inventory. They found that men and women who scored high on extraversion engaged in more intercourse, more oral sex, and less masturbation than those scoring low, providing some support for Eysenck's predictions.

Eysenck (1971 & 1972) studied 423 male and 379 female unmarried college students ranging in age from 18 to 22 (no mean reported). They were asked to fill out the Eysenck Personality Inventory and a sexual behaviour questionnaire. Participants were then divided into "high," "low," and "average" extraversion groups. Eysenck predicted that individuals scoring high on extraversion would have intercourse more frequently than those scoring low on extraversion (introverts). In order to test the prediction, the correlation between sexual behaviour and extraversion score was examined. The result suggested that high extraversion was positively related to higher rates of petting, intercourse and oral sex. The correlations were stronger for males than for females. The findings confirmed Eysenck's hypothesis that high levels of extraversion would be positively related to the amount of sexual behaviour engaged in.

Importantly, this study involved only undergraduate students, and did not take into account the possibility that participants may have responded in a biased way (by either over or under-reporting sexual activity) to the sexual measures.

In a more recent study, Andersen and Cyranowski (1995) examined correlations between sexual behaviour, arousal and extraversion. Sexual repertoire was measured using the Sexual Experience Survey (SES; Derogatis & Melisaratos, 1979), and sexual arousal was measured by the Sexual Arousal Inventory (SAI; Hoon, Hoon, & Wincze, 1976). Extraversion was measured with the extraversion subscale of Goldberg's (1992) measure of the Big Five (neuroticism, extraversion, intellectualism, agreeableness, and conscientiousness). Information on number of previous sexual partners and frequency of sexual intercourse was also obtained. Participants were 172 undergraduate women with a mean age of 20. All of the sexual variables were found to correlate significantly with extraversion. The SES and number of partners each correlated .33 with extraversion. The SAI correlated .26, and the frequency of intercourse correlated .20. As in all the previous studies, higher levels of extraversion corresponded with increased levels of sexuality. Again, this study used only undergraduate students, and did not assess the impact of social desirability.

Not all studies have shown a relationship between sexuality and extraversion. An earlier study by Schenk, Pfrang, and Rausche (1983), notable for its use of more mature participants, attempted to determine the correlation between extraversion and sexuality in married couples. Their sample consisted of 631 couples who had been together for an average of 10 years. Participants were described as upper middle class, and their mean

ages were 37 for the men and 34 for the women. Sexuality was measured by twelve items, four relating to the importance of sexuality, and eight regarding sexual satisfaction. Extraversion was measured using the Eysenck Personality Inventory. The only significant positive correlation found was between extraversion and satisfaction, and this was only for men. This study called into question the connection between extraversion and how important people believe sexuality to be. Despite the one significant finding, however, the researchers interpreted their results as suggesting that the personality dimension of extraversion may not be important for sexuality, particularly in individuals who are involved in long term romantic relationships. They did acknowledge, however, that the large age and relationship length differences between Eysenck's samples and their own may have contributed to the conflicting findings. In addition, the potential impact of social desirability was not examined in this study.

In general, most studies exploring the connection between extraversion and sexuality have found that the two are positively correlated. Higher levels of extraversion seem to correspond to increased frequency of sexual activity, larger numbers of sexual partners, and more varied sexual repertoire. It is worth noting, though, that all of these studies on the relationship between extraversion and sexuality were narrowly focussed on a few sexual variables, and that the correlations were often modest in size. Also, statistical analyses were limited to correlations. As a result, no information on the ability of extraversion to predict sexual behaviour is available.

Neuroticism and sexuality.

Several studies have shown a relationship between neuroticism and sexuality,

although the results have been more inconsistent, and the correlations lower than those between extraversion and sexuality. Neuroticism has been defined as strong, labile emotionality, predisposing a person to develop neurotic symptoms in case of excessive stress (Eysenck 1976). Eysenck (1971) predicted that individuals high on neuroticism, being more susceptible to fear and anxiety, would be less likely to engage in sexual activity.

The most commonly used measure of neuroticism is the EPI. As with the extraversion questions, the format calls for “yes” or “no” answers. Examples of items are “Does your mood often go up and down?” and “Are you often troubled by feelings of guilt?”

In the Giese and Schmidt (1968) study described earlier high neuroticism in females was positively correlated only with less frequent orgasm. Again, the relation between these findings and Eysenck’s theory is not clear. In the 1971/1972 study described earlier, Eysenck found that participants higher on neuroticism engaged in less sexual petting and intercourse. High neuroticism also correlated positively with problems in sexual functioning, particularly anorgasmia (Eysenck 1971/1972). In that study, correlations obtained between neuroticism and sexual behaviour were relatively weak, prompting Eysenck to suggest that predictions using neuroticism are less clear than with extraversion and should be made with greater caution. Also, in Schenk et al.’s 1983 study, neuroticism did not correlate with sexual behaviour. According to Jupp and McCabe (1989), extraversion may be linked with the level of sexuality activity, with neuroticism being more influential in the degree of sexual satisfaction and functioning.

Individuals scoring high on neuroticism, being prone to anxiety and fear, may have more difficulty feeling comfortable in sexual situations, thus leading to less satisfaction or greater problems with sexual functioning. In their study of 65 partnered women (mean age of 29.5), Jupp and McCabe found a strong correlation between neuroticism and central nervous system arousability (as measured by scores on a Stimulus Screening Test). Arousability, in turn, was found to be strongly related to sexual dysfunction.

Again, statistical analyses in these studies were confined to correlations. Without additional multivariate analyses, the conclusions that can be drawn about the impact of neuroticism on sexuality are limited.

Sensation seeking and sexuality.

Another personality dimension shown to be related to sexuality is sensation seeking. According to Zuckerman (1979), this is "... a trait defined by the need for varied, novel, and complex sensations and experiences and the willingness to take physical and social risks for the sake of such experience" (p. 10). Sensation seeking is a multidimensional construct that includes elements of thrill and adventure seeking, susceptibility to boredom, experience seeking, and disinhibition (Zuckerman, 1994). Many theories of sensation seeking have been proposed. It has been suggested that it is a primary drive, and that engaging in sensation seeking behaviour satisfies the need for stimulation (Murray, 1938). Other theories, including Eysenck's (1967) extraversion/introversion, suggest that individuals have an optimal level of arousal, and that they engage in sensation seeking behaviours to increase too low levels of cortical arousal (Hebb, 1955; McClelland, Atkinson, Clark, & Lowell, 1953). By 1979, the most

widely accepted explanation was that the biochemistry of the central nervous system, specifically differences in brain catecholamine systems, resulted in fluctuations in cortical arousal. Individuals engage in sensation seeking behaviour to increase cortical arousal (Zuckerman, 1994). Sensation seeking has been found to be moderately positively correlated with extraversion (McAdams, 1990). Although the theories of sensation seeking imply that genetics and biology are the primary causes of the trait, it has been suggested that the way the trait is expressed is likely the result of environmental determinants (Zuckerman).

The two most powerful demographic influences on sensation seeking appear to be age and sex. Sensation seeking has been found to peak in the early twenties and then to decline steadily with increasing age. Studies have shown that this phenomenon is not due to generational differences. Sensation seeking is also consistently higher in men than in women, raising questions of a hormonal role.

Sensation seeking is most commonly measured using Zuckerman's Sensation Seeking Scale (SSS; Zuckerman, Kolin, Price, & Zoob, 1964). Over the years, the SSS has been revised several times. The forced-choice format of the items, however, has remained the same. The version of the SSS used most often by researchers in the 1990s is Form V (SSS-V). It consists of 40 items and is broken down into four subscales: boredom susceptibility, experience seeking, disinhibition, and thrill and adventure seeking. As with the EPI, the items on the SSS-V are not directly related to sexuality. However, research has shown a relationship between sensation seeking and sexuality.

In fact, a primary form of sensation seeking seems to be expressed in the sexual

domain. According to Zuckerman (1983) “. . . sensation seekers have a predilection to seek and enjoy sexual experiences with (a) greater variety of partners than low sensation seekers” (p. 39). High sensation seekers are also more likely to engage in a greater variety of sexual behaviours than low sensation seekers (Zuckerman 1994). These predictions are the same as those made by Eysenck about extraverts and introverts.

Several studies have been conducted to explore the connection between high sensation seeking and sexuality. Most studies, however, focus on the relationship between sensation seeking and risky sexual behaviour. Also, the vast majority of studies have only included males in their samples. As a result few studies looked specifically at sensation seeking and “normal” sexual behaviour in females.

In 1972, Zuckerman, Bone, Neary, Mangelsdorff, and Brustman, recruited 60 female psychology students for a study of sensation seeking and sexual experience. Participants completed the SSS and answered questions regarding heterosexual activity. The findings showed that sexual experience correlated positively with boredom susceptibility, experience seeking, and most highly with disinhibition. High sensation seekers were more likely to have experienced intercourse and oral sex, and reported more sexual partners than low sensation seekers. Similarly, Walsh (1991) found that sensation seeking was significantly related to women’s number of past partners. In the Walsh study, participants were slightly older (mean age of 29) than in the Zuckerman study, suggesting that this finding is generalizable to groups other than undergraduates.

Apt and Hurlbert (1992) conducted a study examining the role of sensation seeking in the sexuality of married women. Their sample consisted of 76 military wives

who were not seeking sexual or marital treatment. The mean age of the women was 25, and the average length of relationship was three years. Originally, 96 women completed the SSS and were subsequently divided into high or low sensation seeking groups based on standardized scores (Zuckerman, Eysenck, & Eysenck, 1978). Thirty eight of the women were classified as high sensation seekers. Thirty-eight of the remaining women, all low sensation seekers, were then matched to the high sensation seekers on age, race, length of marriage, and number of children. The women also completed measures of intercourse frequency, marital and sexual satisfaction, sexual desire, sexual arousal (using the Sexual Arousal Inventory) and sexual attitude (using the Sexual Opinion Survey; SOS). Results showed that high sensation seekers reported significantly greater sexual desire and sexual arousability, and a more positive attitude toward sex. The low sensation seekers were found to be more sexually and maritally satisfied than the high sensation seekers, suggesting that this personality trait may be predictive of general relationship satisfaction. Surprisingly, there were no differences between the groups on frequency of sexual intercourse. This suggests that individual desire to engage in sexual activity does not necessarily lead to an increase in frequency of intercourse, which is, after all, an activity requiring a partner. Because frequency of intercourse does require cooperation from both partners, it may be a poor sexual dependant variable. One limitation of this study is its use of military wives who may not be representative of young married women. Also, the study lacked a measure of social desirability.

Although the research on females is relatively sparse, studies which have looked at the relationship between sensation seeking and sexuality generally find the two to be

related. Women scoring higher on sensation seeking tend to have more sexual experience and to report higher levels of desire and arousability.

Based on the research reviewed, it would seem that the personality traits of extraversion, sensation seeking, and possibly neuroticism are all related to sexuality. In particular, high levels of extraversion and sensation seeking appear to be connected with high levels of sexual arousal and more sexual variety.

Recently, researchers have been interested in studying the impact of other individual difference measures on sexuality. In particular, studies have been emerging which focus on the concept of sexual self-perception, or sexual self-schema.

Sexual Self-Schema Defined

In addition to personality dimensions, constructs concerning the self have attracted theorists over the years to account for aspects of social functioning. One self construct which has received a great deal of attention is self-schema. Markus, a prominent theorist in this area described self-schemas as “cognitive generalizations about the self, derived from past experiences, that organize and guide the processing of self-related information . . .” (1977, p.64). According to Bruch, Kaflowitz, and Berger (1988) individuals have different self-schemas for different domains of behaviour. For instance, Bruch et al., studied the possibility of a self-schema for assertiveness. They found that individuals who considered the characteristic of assertiveness to be important to them (individuals with an “assertiveness self-schema”) were more likely to report behaving in an assertive manner in a wide variety of situations. This suggests that people’s beliefs about their own specific characteristics, or how they would describe themselves, may

have an impact on their behaviour in various situations.

Research in social cognition shows that individuals' self-views, or self-schemas, are dynamic and multi-faceted. Many studies have been conducted on their role in determining behaviour, particularly in individuals who are depressed or anxious. Until recently, however, little research has explored the impact of self-schema on the domain of sexuality (Andersen & Cyranowski 1994). In 1995 Gaynor and Underwood wrote about "sexual self-esteem," defining it as a tendency to value one's own sexuality. They suggested that individuals who hold positive feelings toward their sexuality are more able to have enjoyable relationships than those who feel negatively about their sexuality. They also proposed that sexual self-esteem results from a combination of values and experience, particularly family and peer group values and individual positive and negative sexual experiences. Unfortunately, the relationship between sexual self-esteem as defined by Gaynor and Underwood and sexual behaviour has not been tested. In 1993, Mahoney and Strassberg introduced the term "sexual self-schema," defining it as "self-involvement with erotic stimuli . . . i.e., cognitions concerning the self in a sexual context" (p. 70).

In 1998, Garcia and Carrigan conducted a study to explore perceptions people have about the sexual component of their self-concept. They hypothesized that some individuals would have a primarily positive orientation toward sexuality while others would have a negative orientation. They also predicted that individuals with more sexual experience would report a more highly sexual self-view. To test their hypotheses, Garcia and Carrigan developed an adjective checklist which consisted of adjectives picked to describe one's sexuality. In the initial scale development, 65 female and 58 male students

in a Human Sexuality class were asked to list traits that described a person's sexuality. The 96 items produced were then given to 26 females and 24 males in an Introductory Psychology course who indicated on a five point scale (1=this trait implies nothing about a person's sexuality, 5=this trait is completely descriptive of a person's sexuality) whether or not the adjective could be used to describe someone's sexuality, and if the trait applied to males, females, or both. Items which received a rating of 3 or higher and were applicable to both sexes were retained. Thirty-nine items were thus obtained and were classified into six categories. The Sexual Experience subscale consisted of the following adjectives: experienced, willing, promiscuous, easy, loose, and uninhibited. The Deviance scale contained the adjectives: perverse, kinky, deviant, naughty, sadistic, masochistic, and obscene. The Attitudinal category consisted of: prudish, permissive, liberal, and reserved. The fourth category, Attractiveness, was made up of the following: attractive, desirable, sexy, sensuous, appealing, seductive, sensual, and erotic. The Responsiveness subscale consisted of the words: excitable, lustful, hot, arousable, steamy, horny, insatiable, and orgasmic. The final category, Romantic/Affection, consisted of: loving, romantic, tender, affectionate, passionate, and gentle. Participants in the final study consisted of 78 female and 69 male Introductory Psychology students with a mean age of 20.3 years. All students were single and heterosexual. The adjective checklist developed for the study was presented to participants on a computer. They rated each adjective on a 7-point scale where a rating of one indicated that the adjective was not like them and a rating of seven indicated that the adjective was very much like them. Participants also completed the Sexual Opinion Survey, a measure of liberal versus conservative sexual

attitudes and the Bentler Heterosexual Behavior Inventory (Bentler 1968a, 1968b). The study found a significant correlation between the SOS and the Experience, Deviance, Responsiveness, and Attitudes subscales. The Bentler was correlated with Experience, Attitudes, Attractiveness and Responsiveness. No analyses beyond these correlations were undertaken. Based on the results, the researchers concluded that “it would seem that individuals look at their sexual behavior and make certain inferences about their sexuality based on their behavior” (p. 69). Several criticisms of the Garcia and Carrigan study may be noted. First, it would have been desirable to confirm the labelling of the categories by factor analysis. In the study, no mention was made of the possibility of response bias or sexual defensiveness on the part of participants. Finally, despite the correlational nature of their study, Garcia and Carrigan discuss their results as though they are causal. They neglect the possibility that individuals’ sexual self-perceptions influenced their sexual experience. Other studies using their adjective checklist have not yet appeared.

Andersen and Cyranowski's Four Sexual Self-Schemas

In 1994, researchers Barbara Andersen and Jill Cyranowski (1994) described a concept which they called “sexual self-schema.” Their definition of the term, however, was more elaborated than that of Mahoney and Strassberg (1993). Andersen and Cyranowski proposed that cognitive self-theories may provide insight into sexual attitudes, beliefs and behaviours. They construed sexual-schemas in much the same way as Markus (1977), defining them as “. . . cognitive generalizations about sexual aspects of one-self. They are derived from past experience, manifest in current experience, influential in the processing of sexually relevant information, and they guide sexual

behavior” (p. 1079). They suggest that a schematic representation of one’s own sexuality serves as a reference point for judgements, decisions, and predictions about the current and future sexual self.

According to Andersen and Cyranowski (1994), a sexual self-schema results from making inferences about one’s sexuality based on observations of one’s own sexual behaviour, sexual emotions and arousal, and sexual attitudes and beliefs. Sexual self-schema also develops as a result of inferences about sexuality made from sexual interactions with other people.

Four female sexual self-schemas have been proposed by Andersen and Cyranowski (1994). These include: positive, negative, co-schematic, and aschematic. Positive schema women are characterized by their liberal views of their sexuality, whereas negative schema women hold more negative views of their own sexuality. Women who are co-schematic hold both positive and negative views of their sexuality, whereas aschematic women regard their sexuality more neutrally, or it may be less elaborated.

Andersen and Cyranowski (1994; Cyranowski & Andersen, 1998) hypothesized that individuals with different sexual-self schemas would differ with regard to their sexual behaviours and attitudes. More specifically, women with a positive sexual self-schema would be open to romantic and sexual experiences, have more sexual partners, have liberal sexual attitudes, be free of self-consciousness and embarrassment, and experience a wider range of sexual activity. In contrast, women with negative sexual self-schema would be more inhibited in romantic and sexual relationships, have conservative

or negative attitudes about sex, and be self-conscious and embarrassed in sexual situations. Aschematic women, who hold neither strong positive nor negative views of their own sexuality would engage in little sexual behaviour, and have neutral attitudes toward sex. Finally, co-schematic women, who feel both positively and negatively about their sexuality would show similar levels of sexual behaviour to the aschematic women, but report discrepancies in their sexual affect.

Measuring Andersen and Cyranowski's Construct of Sexual Self-Schema

In order to test their theory of sexual self-schemas, Andersen and her colleagues developed the Sexual Self-Schema Scale. The women's version was reported in 1994, with the men's version following in 1999. The Sexual Self-Schema Scale, female version, consists of 50 adjectives which participants are asked to rate on a scale of 0 (not at all descriptive of me) to 6 (very much descriptive of me). Of these 50 items, 26 are used to calculate the woman's sexual self-schema score, the other 24 serve as fillers. Items which are scored include: uninhibited, cautious, loving, open-minded, timid, frank, stimulating, experienced, direct, broad-minded, arousable, self-conscious, straight-forward, casual, prudent, embarrassed, outspoken, romantic, sympathetic, conservative, passionate, inexperienced, warm, unromantic, revealing, and feeling. Interestingly, the 50 items on the scale are not explicitly sexual.

Factor analysis of the scale revealed three factors, two of which are combined in the scoring and resulted in a positive dimension (romantic/passionate, open/direct) and a negative dimension (embarrassed/conservative). Women with a score higher than the median (median scores are based on the sample the woman is a part of) on the positive

dimension and a score lower than the median on the negative dimension are classified as having a positive sexual self-schema. Women scoring below the median on the positive dimension and higher than the median on the negative dimension are classified as having a negative schema. Women scoring higher than the median on both dimensions are considered co-schematic, while women scoring lower than the median on both dimensions are labelled aschematic.

As noted above, unlike many other instruments which attempt to measure individual differences pertaining to sexuality, the Sexual Self-Schema Scale is not explicitly sexual. For example, Garcia and Carrigan's (1998) adjective checklist used words which are obviously addressing sexuality. With the Sexual Self-Schema Scale, methodological problems such as socially desirable responding which are common in sexuality research (Meston, Heiman, Trapnell, & Paulhus, 1998; Patton & Waring, 1985), may be minimized. In fact, two studies (Andersen, Cyranowski, & Espindle, 1999; Andersen & Cyranowski, 1994) found that correlations between the Sexual Self-Schema Scale and the Marlowe-Crowne Social Desirability Scale (Crowne & Marlowe, 1960), were non-significant, suggesting that the scale is not influenced by defensive responding.

Another advantage of the Sexual Self Schema Scale is that it can be used in research with sexually inexperienced individuals. Due to the non-sexual nature of the scales, individuals do not necessarily have to have had sexual experience to complete them.

Research Using the Sexual-Self Schema Scale

In order to provide support for the sexual self-schema measure and to determine

whether sexual behaviour and attitudinal differences existed among schema groups, various validation studies were carried out (Cyranowski & Andersen, 1998; Andersen & Cyranowski 1994).

The first study (Andersen & Cyranowski, 1994) examined the correlations between sexual self-schema total score (higher scores indicating more positive self-schema) and various sexual measures. The sample consisted of 221 undergraduate women, with a mean age of 20 years and a mean education of 13.7 years. The women completed the Sexual Self-Schema Scale, the Sexual Arouability Index (SAI), the Sexual Experience Survey (SES), and questions regarding number of past sexual partners and attitudes toward sex without commitment. All of the measures correlated significantly with the schema total score, with r s of .25 for arousability, .30 for sexual repertoire, .36 for past number of partners, and .26 for sexual attitudes. While not extremely robust, the correlations indicated that the Sexual Self-Schema Scale total score was related to sexual behaviour and attitude. Hierarchical regressions were then conducted to determine whether sexual self-schema would predict sexual repertoire (as measured by the SES) above and beyond the personality construct of extraversion, which was measured using the Surgency-Extraversion factor of Goldberg's (1992) Big Five Measure. A sample of 172 of the original women completed the extraversion measure. Results showed that sexual self-schema accounted for unique variance, beyond extraversion, in the prediction of sexual behaviour. It is important to note, however, that the unique variance predicted was only 4.49%, suggesting that the total sexual self-schema score may not add much to extraversion in the prediction of sexual repertoire.

In the next study (Cyranowski & Andersen, 1998), positive schema and negative schema women were compared on a variety of sexual measures. The purpose of the study was to determine whether the schema categorization would be reflected in women's actual behaviour. The somewhat small sample was made up of undergraduate females, 17 of whom had a positive schema and 25 of whom had a negative sexual schema. The same questionnaires as in the previous study (SES, SAI) were used. Positive schema women scored higher on sexual arousability than did negative women. Also, women with a positive schema reported having experienced a wider range of sexual activities and more past sexual partners than women with a negative sexual self-schema. These findings are particularly interesting considering that such a young sample may not have an extensive sexual history.

In an attempt to replicate and extend the results of the previous study, Andersen and Cyranowski (1998) recruited a larger sample of undergraduate women. Ninety positive schema women and 82 negative schema women with a mean age of 19 years participated. The women completed the same measures as discussed above, as well as the Sexual Opinion Survey, and a global sexuality rating (how sexual they felt compared to other women their age). Again, positive schema women were found to have a wider sexual behaviour repertoire, more sexual partners, and were more easily aroused than negative schema women. Positive women also rated themselves as more sexual and reported more liberal sexual attitudes than those with a negative schema.

The above studies focussed on only the two most extreme schema groups. To determine whether differences existed among the four schema groups, Andersen and

Cyranowski (1994) examined data from 59 positive schema women, 48 co-schematics, 45 aschematics, and 69 negative schema women. The mean age of the participants was 19 years. Results showed that aschematics and co-schematics reported fewer past sexual partners than the positive schema women, but more than the negative schema women. Also, negative, aschematic and co-schematic women reported comparable levels of sexual arousability, all of which were significantly lower than the positive group's.

To replicate the results of their initial research and to examine the connection between sexual self-schema and other sexual variables, Cyranowski and Andersen conducted another validation study in 1998. Participants were 318 female undergraduate students with a mean age of 20 years. Women were divided into the four schema groups, resulting in a sample of 87 positive schemas, 87 negative schemas, 70 aschematics and 74 co-schematics. As in the previous validation studies, women completed the SES, SAI, SOS, and a question asking them to rate themselves as a sexual women. Women also completed the SAI-E which is a measure of sexual anxiety. The women in the sample who had previously engaged in sexual intercourse ($n= 240$) also filled out a measure of sexual responsiveness which asked questions regarding arousal and orgasm difficulties. As in the previous studies, significant differences among the schema groups on sexual variables were found. The aschematic and co-schematic women reported a middle level of sexual repertoire, having a smaller repertoire than the positive women but larger than the negative schema women. Co-schematic women were found to report more sexual arousability than the aschematic women. Positive and aschematic women both reported significantly lower levels of sexual anxiety than the other two groups. On the rating of

oneself as a sexual woman, the results mirrored those for sexual repertoire with aschematics and co-schematics rating themselves significantly lower than the positive women, but higher than the negative women. No group differences were found on arousal or orgasm problems.

As is evident from the above review, validation of the female sexual self-schema concept is based on studies of young women. Andersen and Cyranowski (1994), however, did conduct one validation study using a sample of 31 women between the ages of 25 and 46 (mean 34). Approximately half of the women in the sample were not in a relationship, whereas the other half were married or in a romantic relationship. In addition to the Sexual Self-Schema Scale, the women were administered the SAI, the SES (asking women to report current, rather than lifetime sexual repertoire), and a researcher-developed measure of their satisfaction with their sexual functioning (desire, orgasm). Correlations between sexual self-schema scores and the sexuality measures were examined only for women who were currently sexually active, resulting in a rather small sample size ($n=21$). The measures correlated significantly with schema total score, with r s of .46 to .66 for sexual functioning and .41 for sexual arousal. The correlation between sexual activity and schema, however, was not significant. No analyses were conducted beyond these correlations. Whether or not the schema groups differed with regard to sexual behaviour or functioning was not examined in this older sample.

Aside from the above-mentioned study of more mature women and the 1998 study which briefly examined sexual responsiveness in undergraduate women, the link between sexual self-schema and sexual functioning has yet to be adequately tested. In women with

a more extensive sexual history, problems with sexual functioning may surface, including anorgasmia, dyspareunia (painful intercourse), vaginismus (tightening of vaginal muscles which makes intercourse impossible), and low sexual desire (Shibley Hyde, 1990; Spector & Carey, 1990; Leiblum, Pervin, & Campbell, 1989; Lazarus, 1989).

Presumably, women with negative feelings toward sexuality and low sexual arousability would be more likely to experience difficulties with sexual functioning. For example, a lack of arousal may lead to a lack of lubrication which may, in turn, result in uncomfortable or painful intercourse. The current study will examine more fully the relationship between sexual self-schema and specific sexual dysfunctions in both younger and older women.

In general, research on women's sexual self-schema shows that it is positively correlated with a variety of sexual variables including repertoire, arousal, and liberal attitudes. In younger women, positive sexual schemas are related to having a more active sexual life, including a larger sexual repertoire, as well as experiencing more sexual arousal and more positive sexual attitudes and beliefs. In women who are slightly older, schema seems to be related to level of sexual functioning.

Sexual Self-Schema and Intimate Relationships

Andersen and her colleagues (Andersen & Cyranowski, 1994; Cyranowski & Andersen, 1998) have also attempted to determine if sexual self-schema could predict not only sexuality but other aspects of romantic relationships. As stated by Andersen and Cyranowski (1994) "although sexual schema should have obvious relevance to sexual relationships, our expectation was that a positive view of one's sexuality, which included

feelings of love as well as sexual arousal, might facilitate romantic involvement” (p. 1086). In the 1994 study, 221 undergraduate women completed the Sexual Self-Schema Scale, the Passionate Love Scale (PLS: Hatfield & Sprecher, 1986), and reported on their number of romantic relationships. Sexual self-schema total score was significantly correlated with scores on the PLS and the number of previous love relationships. In the same study, the number of past romantic partners of 17 positive schema and 25 negative schema women were compared. Findings indicated that the women having a positive sexual schema reported significantly more partners than the negative schema women. From this, Andersen and Cyranowski concluded that “women with a positive self-view are not only open to sexual relationships but they are, by their own report, able to form affectively intimate, love relationships” (p. 1086). The finding that positive schema women report more previous romantic relationships than negative schema was replicated with the larger sample of 172 women (Andersen & Cyranowski). This sample also completed the Passionate Love Scale. Negative and aschematic women reported equivalent low levels of love, whereas positive and co-schematic women reported equally high levels of passionate love. Based on their findings, Andersen and Cyranowski concluded that “...positive schema women are motivated toward interpersonally intimate, as well as sexually intimate, relationships” (p. 1097).

In the Cyranowski and Andersen (1998) study, the 318 undergraduate women, 96% of whom were unmarried, reported whether or not they were in a romantic relationship and how satisfied they were with the relationship (measured by the Dyadic Adjustment Scale, Spanier, 1976). They also reported on the length of their current

relationship, and their number of previous romantic relationships. Results showed no difference between schema groups on number of women in romantic relationships. For the women in a romantic relationship, the co-schematic women reported the most satisfaction, the aschematic the least, and the positive and negative women fell in the middle. There was no difference among schema groups on length of current relationship. Positive schema women reported significantly more previous romantic partners than the other three groups. They also found that positive and co-schematic women reported higher levels of passionate love than negative or aschematic women. They summarized their finding by stating that “positive schema women reported being more passionate about their romantic partners and did not avoid emotional intimacy in their relationships” (p. 1374) and “both negative and aschematic women reported few romantic relationships, less passionate love, and an avoidance of emotional intimacy” (p. 1374). The definition of emotional intimacy was not made clear.

Although the Andersen studies have examined the relationship between sexual self-schema and other aspects of romantic relationships, they did not study the relationship between sexual self-schema and intimacy. As a result, a goal of the present study was to examine the connection between the two using a well operationalized definition of intimacy. The conceptualization of intimacy in the present study was developed by Prager in 1995. She suggested that intimacy, or intimate interactions could be divided into two basic concepts, intimate behaviour and intimate experience. Intimate behaviour is “ . . . any behaviour in which partners share that which is personal and/or private with each other” (p. 26) (i.e., self-disclosure, affectionate touching). Intimate

experience, on the other hand, is “ . . . the positive affect and perceived understanding that partners experience along with or as a result of their intimate behaviour” (p. 26) (i.e., feelings of love). Thus, in the current study, the term intimacy is conceptualized as consisting of both intimate behaviours and intimate experiences within the context of a romantic relationship. As the Andersen studies found sexual self-schema to be related to relationship satisfaction and love, it was predicted that schema would also be related to intimacy.

Limitations of the Andersen Studies

The most important criticism of the research of Andersen and her colleagues (Andersen & Cyranowski, 1994; Cyranowski & Andersen, 1998) is the use of almost entirely young samples in their studies. The reliance on undergraduates in the study of sexual self-schema raises questions about the generalizability of the findings to other age groups. The present study, therefore, explored the concept of sexual self-schema in a community sample of women over the age of 30 in order to test the generalizability of the sexual self-schema concept to older and non-university based populations.

Beyond the reliance on undergraduate samples, another weakness in the body of evidence bearing on the construct of sexual self-schema is the lack of empirical work by other researchers than Andersen and her colleagues. Wiederman and Hurst (1997) are the only other investigators thus far to use the Sexual Self-Schema Scale. Their study focussed on the connection between schema and body image. Wiederman and Hurst failed to report schema total scores, making it impossible to determine whether or not they were comparable to those found in the Andersen studies. Thus, another important

task for the present study was to attempt to replicate the results found by Andersen and her colleagues.

Volunteer Bias in Studies of Sexuality

One concern with all research studies is the possibility of volunteer bias. This is especially true of research in sexuality, where disclosing personal and potentially embarrassing information may be threatening to some individuals (Catania, McDermott, & Pollack, 1986). Several studies have examined sexual and personality differences among volunteers and non-volunteers (Catania et al.; Wiederman, 1993 & 1999; Bogaert, 1996). Results have generally shown that volunteers for sexuality studies were more willing to disclose sexual information, had more liberal sexual attitudes, and more sexual experience than non-volunteers. Despite evidence which suggests differences between volunteers and non-volunteers, most researchers agree that volunteer bias is less of a concern in self-report studies compared to face to face interviews or projects which require more intrusive (i.e. physiological) measures (Bogaert; Catania et al.).

Defensiveness in Response to Measures of Sexuality

According to Jemail and LoPiccolo (1982), socially desirable response bias can be thought of as a tendency to respond to items in such a way as to allow the respondent to appear in a favourable light. In test situations, people often respond in a way that will create a favourable impression, regardless of how they actually think or behave (Carstenson & Cone, 1983). Items which are endorsed are improbable but socially desirable, and those which are considered socially undesirable are denied. Evidence suggests that the problem of defensive responding may be highlighted in research on

relationships and sexuality (Meston et al., 1998; Patton & Waring, 1985). The possibility of socially desirable, or defensive responding must be taken into account when studying these areas.

Purpose of the Present Study

The first major purpose of the present study was to attempt to replicate the findings of Andersen and her colleagues (Andersen & Cyranowski, 1994; Cyranowski & Andersen, 1998). As mentioned earlier, the only researchers to examine the construct of sexual self-schema have been the developers of the scales. The present study served to provide independent evidence on its validity. In order to replicate the findings of the original studies, the relationship between schema scores and a variety of sexual, personality and intimacy measures was examined. Also, differences among the schema groups on these variables were explored. This study was, perhaps, the first to analyze the connection between sexual self-schema and sexuality in both undergraduate and community samples, involving both younger and older participants. This information might have important implications for the utility of the construct in, for example, clinical work. Exploring sexual self-schema in a community sample will help to shed light on the generalizability and usefulness of the construct.

In this study, the relationship between sexual self-schema and personality variables was also addressed. Exploring the connection between schema and other personality variables could help to determine unique and overlapping aspects of this construct.

Finally, whether or not the schema construct had relevance to individuals'

experience of intimacy was explored. Discovering if a connection between intimacy and sexual self-schema exists could have implications for the study of romantic relationships and for clinical work. For example, if certain types of schemas are more conducive to greater levels of intimacy, examination of individuals' schemas could shed light on problems experienced by couples.

Hypotheses

Sexual self-schema and personality.

In their study, Andersen and Cyranowski (1994) found that sexual self-schema accounted for more variance in sexual behaviour than did extraversion. However, no research has been conducted to determine if schema groups score differently on measures of personality such as extraversion and sensation seeking.

According to several research studies (Eysenck, 1971 & 1972; Zuckerman et al. 1972), individuals scoring high on extraversion or sensation seeking tend to have more active sexual lives than those who score low. Intuitively then, one would expect positive schema women to be more extraverted than their negative/aschematic counterparts. Individuals scoring high on neuroticism, on the other hand, tend to avoid sexual activity or hold more negative opinions of it. One would expect that negative or co-schematic women, who are thought to hold more negative views of sexuality, would score higher on neuroticism. In her examination of sexual self-schema and personality, Andersen found that schema accounted for more variance in past sexual behaviour repertoire than did extraversion. Because extraversion and sensation seeking are similar constructs, schema would also presumably account for more variance than sensation seeking. Thus, based on

previous research on sexuality, personality, and sexual self-schema, it was hypothesized that:

- 1) In all age groups, positive women would score higher on both sensation seeking and extraversion than negative schema women.
- 2) In all age groups, negative and co-schematic women would score higher on neuroticism than positive schema women.
- 3) In all age groups, sexual self-schema would account for more variance in sexual behaviour than either extraversion or sensation seeking.

Sexual self-schema and sexuality.

According to Andersen's research with sexual self-schema, positive schema women differ sexually from the other schema groups. They are more likely to be in a sexual relationship, have had more past sexual partners, experience more sexual arousal, have more positive sexual attitudes, and have a larger sexual behaviour repertoire than negative schema women. Based on these findings, as well as those from other studies showing a connection between sexual self-view and sexual behaviour, the following hypotheses were proposed:

- 4) In all age groups, positive schema women would be more likely to be in a sexual relationship than those with other sexual schemas.
- 5) In all age groups, positive schema women would report a larger number of past sexual partners and a wider sexual repertoire than those with negative schemas. Women in the co-schematic and aschematic groups would report fewer sexual partners and experiences than the positive group, but more previous partners than the negative schema group.

- 6) In all age groups, positive schema women would have more positive sexual attitudes, experience more sexual arousal, and have lower levels of sexual anxiety than individuals with negative schemas.
- 7) In all age groups, positive schema women would rate themselves as being more sexual than women in the other schema groups.
- 8) In all age groups positive schema women would report fewer problems in sexual functioning than those with negative, aschematic or co-schematic sexual schemas.

Sexual self-schema and intimate relationships.

In the Andersen studies, schema groups differed with regard to their number of previous romantic partners, and the level of passionate love and relationship satisfaction they experienced. One would expect similar results with regard to individuals' levels of intimacy. Thus, it was hypothesized that:

- 9) In all age groups, positive schema women would have had more romantic partners than the other schema groups.
- 10) In all age groups, positive and co-schematic women would report the highest levels of intimacy in their relationships. Negative and aschematic women would report the lowest levels of intimacy.

Method

Participants

A sample of 415 women was recruited from the community and undergraduate psychology classrooms. Of these, 154 women returned the questionnaires (37% response rate). Ten questionnaire packages were returned uncompleted (2% drop out rate). In an attempt to reduce heterogeneity and potential confounds within the sample, data from two individuals who reported a homosexual sexual orientation were not used. One woman was dropped from the sample because she reported being pregnant. An additional sample of 53 older women was obtained from a concurrent study of sexuality being conducted in the laboratory. These women had completed several of the same questionnaires as in the present study and so were included in many of the analyses. The final sample, therefore, consisted of 196 women. They were then divided into “young,” “middle” and “older” age groups. Individuals between the ages of 18 and 29 were classified as young, individuals between the ages of 30 and 45 were placed in the middle group, and women over the age of 45 were classified as older. These classifications were based on developmental theory which suggests that sexual behaviour changes at different points in the life span (moving from adolescence to adult sexuality, marriage and parenthood, and menopause and beyond; Sarrel & Sarrel, 1984). Statistical analyses confirmed that women in these age groups differed on the sexual variables in this study. Recruitment was conducted using three techniques, free advertising in local newspapers, advertising the study at a table in the lobby of the university’s downtown campus, and visiting undergraduate classrooms to tell students about the study and invite them to participate. Advertising in classrooms and

at the table downtown was successful in recruiting the young participants, whereas newspaper ads were most helpful in recruiting the middle and older groups. In order to participate, individuals had to be between the ages of 18 and 70, in good general health, and able to read and write English. Participants were not required to be in a relationship, or be sexually active at the time of participation. Selected demographic characteristics of the sample are shown in Table 1. Participation in the study was voluntary, as individuals were not paid.

Table 1

Selected Demographic Characteristics of Young, Middle and Older Females

Variables	Group					
	Young (n=107)		Middle (n=47)		Older (n=42)	
	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
Age	22.2	2.4	38.2	5.1	53.4	5.7
Length of Relationship ^a	2.48	0.1	13.3	10.1	19.0	13.8
Years of Education	15.3	1.8	15.4	3.1	15.0	2.8
Income ^b	1.4	0.8	2.9	1.6	4.0	1.2
	<u>%</u>	<u>n</u>	<u>%</u>	<u>n</u>	<u>%</u>	<u>n</u>
Marital Status						
Single	59.8	64	17.0	8	9.5	4
Engaged	2.8	3	-	-	-	-
Partnered but not cohabiting	26.2	28	12.8	6	4.8	2
Cohabiting	6.5	7	10.6	5	11.9	5
Married	3.7	4	53.2	25	59.5	25
Divorced	0.9	1	6.4	3	14.3	6
Cultural Background						
English Canadian	32.7	35	27.7	13	40.5	17
French Canadian	14.0	15	38.3	18	45.2	19
Italian	7.2	8	8.5	4	-	-
Greek	5.6	6	-	-	-	-
Other	40.2	43	25.5	12	14.2	6
Occupation						
Student	86	93	19.1	9	2.4	1
Unskilled	4.7	5	8.5	4	4.8	2
Skilled	6.5	7	31.9	15	33.3	14
Homemaker	-	-	6.4	3	4.8	2
Professional	1.9	2	31.9	15	28.6	12
Unspecified	-	-	2.1	1	26.2	11

Note: ^a Length in years^b Income Scale 1: \$1-10,000 2: \$11-20,000 3: \$21-30,000 4: \$31-40,000 5: \$41-50,000

Materials

Background Information Questionnaire

The Background Information Questionnaire (see Appendix B) was used to obtain individual demographic information including age, marital status, education and occupation, as well as the participants' medical, psychological, and sexual history.

Sexual Defensiveness Scale (SDS) (Jemal & LoPiccolo, 1982)

The SDS (see Appendix C) was used to assess the degree to which individuals were defensive about disclosing negative or socially undesirable aspects of their sexual relationships. The scale consists of 15 items, with questions 1, 2, 4, 7, 10, 11, and 15 keyed in the false direction the remaining items in the true direction. Each item is scored one or zero, depending on the response. The higher the score, the greater the likelihood that the respondent is answering in a socially desirable way. Cronbach Alpha coefficients of internal consistency were reported at .75 (Jemal & LoPiccolo). Jemal and LoPiccolo reported mean scores of 5.68 ($SD = 3.5$) for women. In order to assess construct validity, the SDS was correlated with the Marital Defensiveness Scale (MDS) (Jemal & LoPiccolo), the Marlowe-Crowne Social Desirability Scale (MC-SD) (Crowne & Marlowe, 1960), and the Personality Research Form A Social Desirability (PRF-SD) (Jackson, 1967). The SDS was significantly correlated with each of these measures (ranging from .29 to .68), providing support for its construct validity.

Sexual Self-Schema Scale- Female Version (Andersen & Cyranowski, 1994)

The Sexual Self-Schema Scale (see Appendix D) was used to divide women into four schema groups: positive, negative, co-schematic and aschematic. The Schema Scale

consists of 50 adjectives which participants are asked to rate on a scale of 0 (not at all descriptive of me) to 6 (very descriptive of me). Of these 50 adjectives, 26 are used in determining schema category. Items 5, 11, 20, 35, 37, 39, 44, 45 (reverse scored), 48, and 50 comprise the first factor "Passionate/Romantic." Items 2, 6, 9, 13, 16, 18, 24, 25, and 32 comprise the second factor "Open." Items 3, 8, 22, 28, 31, 38, and 41 make up the third factor, "Embarrassed/Conservative." Scores for the first two factors are added, and constitute the Positive Schema dimension. Factor three is labelled the Negative Schema dimension. The median score for each dimension is calculated, and a median split is used to classify women into the four schema groups. If the participant scores above the median on the positive dimension, and below the median on the negative dimension, she is classified as having a positive self-schema. A participant scoring below the median on the positive dimension and above the median on the negative dimension is considered to have a negative sexual self-schema. Participants scoring above the median on both dimensions are classified as co-schematic, while a participant scoring below the median on both dimensions is classified as aschematic. Cronbach Alpha coefficients of internal consistency were reported at .82 for the full scale, .81 for Factor 1, .77 for Factor 2, and .66 for factor 3 (Andersen & Cyranowski 1994).

Sexual Experience Survey (SES) (Derogatis & Melisaratos, 1979)

The SES (see Appendix E), which is one of the scales included in the Derogatis Sexual Functioning Inventory (Derogatis & Melisaratos, 1979) is a measure of participants' lifetime sexual experience. It was chosen for its sound psychometric properties and because it was the measure of sexual experience used in the Andersen

studies. The SES consists of 24 items, each of which refers to a different sexual activity. Items include such activities as kissing, masturbation, oral sexual contact, and different intercourse positions. In the present study, only items which involve explicit sexual contact with a partner (items 2, 4, 5, 6, 7, 8, 10, 13, 15, 16, 17, 18, 21, and 22) were considered. The participant indicates whether or not they have ever experienced the activity. Internal consistency of the full SES has been calculated between .84 and .88 (Andersen, Anderson, & deProse, 1989; Andersen & LeGrand, 1991).

Sexual Behaviours Questionnaire (SBQ) (Larouche & Brender, 1997)

The Sexual Behaviours Questionnaire (see Appendix F) is a measure of participants' sexual repertoire. The SBQ was the measure of sexual behaviour used in the concurrent study of older women from which part of the data for this study was taken, and so was used as an equivalent measure to the SES. It consists of 22 items, each of which involve a different sexual act. Items include activities such as oral and anal stimulation, as well as intercourse. Participants indicate whether or not they have engaged in each activity currently or in the past.

Brief Index of Sexual Functioning for Women (BISF-W) (Taylor, Rosen, & Leiblum, 1994)

The BISF-W (see Appendix G) was used to assess different aspects of women's sexuality, particularly sexual functioning. The BISF-W is a 22 item self-report measure designed to assess current levels of sexual functioning and satisfaction. Items are in a multiple choice format, and cover such areas as sexual fantasy, frequency of sexual behaviour and sexual problems. For the purpose of the present study, only items

regarding sexual functioning were used. Orgasmic capacity was measured by item 11, with lower scores indicating more difficulty reaching orgasm. Relevant situations from item 14 were used as a measure of pain during sexual activity, with higher scores indicating more pain.

Golombok-Rust Index of Sexual Satisfaction- Female Version (GRISS) (Rust & Golombok, 1985)

The GRISS (see Appendix H) was the measure of female sexual functioning used in the study of older women from which part of the data for the present study were taken. Specifically, the anorgasmia and vaginismus scales of the GRISS were analysed in the present study. The anorgasmia scale consists of four items, each of which refer to a woman's ability to have an orgasm in different sexual situations. The vaginismus scale is also made up of 4 items which ask about pain or discomfort during sexual activity. Women rate each statement on a 5 point scale ranging from Never to Always. Raw scores are then transformed into scores ranging from one to nine, with higher scores indicating more problems in sexual functioning. For the purpose of the present study, scores on the anorgasmia scale were reversed, with lower scores indicating more problems with orgasm. Split-half reliability for the anorgasmia scale has been calculated at .83. The anorgasmia and vaginismus scales of the GRISS have been shown to discriminate between clinical and control groups (Rust & Golombok, 1985).

Sexual Arousability Index (SAI) (Hoon, Hoon, & Wincze, 1976)

The shortened version of the SAI (see Appendix I) was used to assess participants' sexual arousal in different circumstances. The 14 items on the SAI are rated

along a 7 point scale on the basis of how sexually aroused the respondent would feel in each situation. Response options range from -1 (adversely affects sexual arousal, unthinkable, repulsive, distracting) to 5 (always causes sexual arousal, extremely arousing). Higher total scores indicate higher levels of arousability. Internal consistency of the abbreviated SAI has been found to be .88 (Flax, 1980 as cited in Davis, Yarber, Bauserman, Schreer, & Davis, 1998).

Sexual Arousability Index-Expanded (SAI-E) (Chambless & Lifshitz, 1984)

The shortened version of the SAI-E (see Appendix J) was used to assess participants' sexual anxiety in the situations described in the SAI. The 14 items on the SAI-E are rated along a 7 point scale on the basis of how much sexual anxiety the respondent would feel in each situation. Response options range from -1 (relaxing, calming) to 5 (always causes anxiety, extremely anxiety producing). Higher total scores indicate higher levels of sexual anxiety. Split-half reliability yielded a reliability coefficient of .94 (Chambless & Lifshitz, 1984).

Sexual Opinion Survey- Short Form (SOS) (Semph, M.E., 1979 as cited in Davis et al., 1998)

The short form of the SOS (see Appendix K) was used as a measure of sexual conservatism and liberalism, labelled erotophobia and erotophilia respectively. The five item self-report measure asks participants to rate their agreement with each statement on a scale of 1 (I strongly agree) to 7 (I strongly disagree). Higher scores indicate higher levels of erotophilia. Internal consistency for the full length SOS has been reported as ranging from .82 to .90 in undergraduate student samples (Fisher, Byrne, White, & Kelley, 1988).

Revised Eysenck Personality Inventory: Abbreviated Form (EPQR-A; Francis, Brown, & Philipchalk, 1992)

The EPQR-A (see Appendix L) was developed from the 48-item short form of the EPQR (Eysenck, Eysenck, & Barrett, 1985). It consists of six items from each of four scales: extraversion, neuroticism, lie, and psychoticism. Only the first three were analysed in the present study. Participants are asked to rate each item as either true or false. True items receive one point and false items score a zero. Total scores for each scale are then calculated. Alpha coefficients were found to be between .74 and .84 for extraversion, .70 and .77 for neuroticism, and .59 to .65 for the lie scale. Concurrent validity was assessed by correlating the scales with the longer EPQR from which they were derived.

Correlations between the two versions for extraversion were .93 to .95, for neuroticism between .92 and .94 and .90 to .92 for the lie scale, all indicating that the abbreviated version is an adequate substitute for the longer version (Francis et al.).

Sensation Seeking Scale Form V (SSS-V) (Zuckerman, Eysenck, & Eysenck, 1978)

The SSS-V (see Appendix M) is a forty-item scale measuring a person's tendency to seek out new and/or risky behaviours. The items are all in a fixed choice format. Factor analysis of the SSS-V revealed four factors: boredom susceptibility (BS); disinhibition (DIS); thrill and adventure seeking (TAS); and experience seeking (ES). Internal consistency of the total scale has been reported as ranging from .83 to .86. Reliabilities for the subscales are as follows: BS, .56-.65; DIS, .74-.78; TAS, .77-.82; and ES, .61-.67 (Zuckerman, 1994).

Personal Assessment of Intimacy in Relationships (PAIR) (Schaefer & Olson, 1981)

The PAIR (see Appendix N) is a 36 item self-report questionnaire. It provides scores for five types of intimacy: emotional, social, intellectual, sexual, and recreational, as well as a 6 item subscale measuring social desirability. The PAIR measures how intimate the relationship is at the present time. Each item is rated on a 5 point Likert scale ranging from 0 (not at all true) to 4 (completely true). A score is calculated for each of the five intimacy scales and represents the current level of intimacy. The raw PAIR scores are transformed into a score ranging from 0-96, with higher scores indicating higher levels of intimacy. The conventionality (social desirability) subscale is scored separately to assess the extent to which the individual is responding to the items in a socially desirable manner. Cronbach's Alpha Reliability Coefficients range from a low of .70 for the intellectual and recreational scales, to a high of .77 for the sexual intimacy scale (Schaefer & Olson, 1981). No test-retest reliability analyses have been conducted. In order to test the validity of the PAIR, it was correlated with the Locke-Wallace Marital Adjustment Scale (MAS) (Kimmel & Van der Veen, 1974), and the cohesion, expressiveness, conflict, and control subscales of the Moos Family Environment Scale (Moos & Moos, 1976). The PAIR was found to be significantly correlated with both the MAS and the Moos (Schaefer & Olson).

Love Scale (Rubin, 1970)

The Love Scale (see Appendix O) is a measure of romantic love, and was used as a measure of intimate experience in the present study. The items on the Love scale address issues such as feeling close to one's partner and feelings of shared understanding

between partners. The Love Scale consists of 13 items, to which respondents are asked to state their degree of agreement. Items are rated on a 9 point Likert scale ranging from 1 (not at all true) to 9 (definitely true). A total score is calculated by summing the scores on each item. The Love Scale has been shown to have internal consistency of .84 for women (Rubin, 1970). In this study, internal consistency was .83. Evidence for the construct validity of the Love Scale has been found in several studies. Love scores have been shown to correlate with depth of romantic involvement (Dermer & Pyszczynski, 1978), and to predict marital commitment (Scanzoni & Arnett, 1987).

Physical Affection Scale (PAS) (Liederman, 1991)

The PAS (see Appendix P) consists of 12 affectional behaviours (e.g. hugging, kissing), and was used as a measure of intimate behaviour in the present study. For each behaviour, individuals are asked to rate the amount that they receive, that they would like to receive, and that they give to their partner. The rating scale consists of nine points ranging from 0 (none) to 9 (a great deal). Three total scores are calculated, reflecting the total amount of physical affection received, desired, and given. Internal consistency of the PAS has been calculated at .93 for women. Test-retest reliability ranged from .80 to .92 (Liederman, 1991). The PAS has been found to correlate significantly with the Locke-Wallace Marital Adjustment Scale, and the sexual intimacy subscale of the PAIR (Volsky, 1998).

Dyadic Adjustment Scale-Satisfaction Subscale (DAS; Spanier, 1976)

The ten-item dyadic satisfaction subscale of the DAS (see Appendix Q) was used as a measure of relationship satisfaction. The DAS is suitable for participants who have a

Summary of Measures

The measures used in this study can be broken down into three types: sexual, personality, and love/intimacy. The sexual measures (Background, SES, SBQ, BISF-W, GRISS, SAI, SAI-E, and SOS) were used to obtain information about participants' sexual behaviours, attitudes, and arousability. The measures of personality (EPQR-A, and SSS-V) provided information about participants' levels of extraversion, neuroticism, and sensation seeking. The love and intimacy measures (PAIR, Love Scale, PAS, DAS, and MAS) were used to determine participants' feelings of love and experience of intimacy in their relationships.

The Sexual Self-Schema scale, which could perhaps be considered a measure of personality, was used to group participants into different sexual schemas. How each group responded to the sexual, personality, and love/intimacy measures could then be examined.

Procedure

As mentioned earlier, three recruitment methods were used. On a table at the downtown university campus, a sign was displayed asking for volunteers for a study of sexuality, intimacy and personality. Interested individuals approached the table and were then given more information about the study (see Appendix S). If they were interested in participating, they were given the questionnaire package, which included a written consent form (see Appendix A) and asked return it, completed, to the psychology department in person or by mail (stamps were provided).

In the classroom recruiting method, a short presentation was given to the class

explaining the nature of the study, and what would be involved in participating. Interested students picked up a questionnaire package as they left the classroom. Students were instructed to return the completed questionnaires to the secretary's office in the psychology department.

To recruit the middle and older samples, brief advertisements asking for volunteers to participate in the study were placed in local newspapers (see Appendix T). Interested individuals called the laboratory where one of the researchers described the study in more detail, and answered any questions. Individuals who were interested in participating were then mailed a questionnaire package. Participants were asked to fill out the questionnaires, and mail them back to the laboratory in the stamped envelope that was provided.

Results

Overview

Several sets of analyses were undertaken to address the hypotheses of the present study. For each age category, women were divided into schema groups (positive, negative, co-schematic or aschematic). Analyses were then conducted to determine whether or not schema groups differed on major demographic characteristics. Next, multivariate analyses of variance (MANOVAs) and univariate analyses of variance (ANOVAs) were used to test the hypotheses that schema groups would differ with regard to sexual, personality, and intimacy variables. When appropriate, variables which were conceptually related and statistically correlated were combined and analysed with MANOVAs. When possible, the variables were the same ones used by Andersen and colleagues (Andersen & Cyranowski, 1994; Cyranowski & Andersen, 1998). Univariate analyses were used to follow up multivariate significance, and post-hoc comparisons were used to determine schema group differences for significant ANOVAs. When individual variables were not correlated with other conceptually linked ones, ANOVAs were conducted.

Psychometric Properties

Internal consistency.

Measures of internal consistency were calculated for all primary questionnaires used in the study and was found to be adequate for all questionnaires. For the Sexual Self-Schema Scale, internal consistencies were .79 for Factor 1, .71 for Factor 2, .72 for Factor 3, and .65 for the overall scale.

In an attempt to examine the factor structure of the Sexual Self-Schema Scale, a principle-axis analysis, using varimax rotation and forcing three factors, was conducted. Table 2 shows the item loadings for each factor. An item was considered to belong to a factor if its loading was higher than .3 (Tabachnick & Fidell, 1996). If an item loaded on more than one factor, that item was placed in the factor on which it had the highest loading. Factors two and three showed deviation from the factor analysis of Andersen and Cyranowski (1994). For instance, in the present analysis, four variables from Factor 2 of the Sexual Self-Schema Scale loaded on Factor 3. All discrepancies in factor loadings are indicated in Table 2.

Social desirability.

In order to assess measurement error on the schema questionnaires, participants completed measures designed to detect socially desirable responding. They completed the Lie subscale of the EPQR, the Sexual Defensiveness Scale, and the Conventionality scale of the PAIR. Correlations between measures of social desirability and the Sexual Self-Schema Scale were insignificant suggesting that the scale does not induce participants to respond defensively.

Correlations among measures.

Before categorizing the women into schema groups, correlations between the total score of the Sexual Self-Schema Scale and measures of sexuality, personality, and romantic relationships were examined. In order to determine specifically which aspects of schema were related to the measures used, correlations between the measures and each factor of the schema scale were also calculated (see Table 3). The majority of sexual

Table 2

Factor Loadings of Items Comprising the Female Sexual Self-Schema Scale

Item	Factor		
	1: Passionate/ Romantic	2:Open/ Direct	3:Embrarrassed/ Conservative
Loving	.66	.08	.04
Arousable	.37	.05	-.09
Romantic	.80	-.10	.04
Sympathetic	.54	-.07	.25
Passionate	.71	.06	-.08
Warm	.65	.06	.20
Unromantic ^d	.57	-.09	-.01
Feeling	.48	-.03	.04
Frank	-.09	.71	-.02
Stimulating ^a	.29	.40	-.27
Direct	-.10	.84	-.04
Straightforward	-.08	.85	.06
Outspoken	.01	.58	-.22
Revealing ^a	.19	.34	-.32
Uninhibited ^b	.11	.34	-.50
Cautious	.06	.10	.60
Open-minded ^b	.13	.08	-.42
Timid	-.00	-.27	.49
Experienced ^b	.05	.33	-.42
Broad-minded ^b	.02	.11	-.30
Prudent	.12	.07	.41
Embarrassed	.13	-.18	.46
Conservative	.39	-.13	.62
Inexperienced	-.09	-.20	.42
Self-conscious ^c	.10	-.00	.28
Casual ^b	.01	.06	.13

Note. The boldface type indicates the factor assignment for each item

^a These items loaded on Factor 1 in Andersen and Cyranowski's (1994) study

^b These items loaded on Factor 2 in Andersen and Cyranowski's (1994) study

^c This item loaded on Factor 3 in Andersen and Cyranowski's (1994) study

^d This item is reverse scored, accounting for its positive factor loading

Table 3

Pearson Product-Moment Correlations of Schema Factor Scores and Total Female Sexual Self-Schema Scores With Sexuality Measures (N=196)

Measure	Female Sexual Self-Schema Score			
	Factor 1: Passionate/ Romantic	Factor 2: Open/ Direct	Factor 3: Embarrassed/ Conservative	Total Score
Sexual Behaviour:				
Sexual Experience (SES)	.03	.21*	-.23**	.24**
Number of Past Sexual Partners	-.05	.30***	-.31***	.28**
Sexual Arousal:				
Sexual Arousalability Index (SAI)	.27**	.24**	-.09	.31***
Sexual Anxiety:				
SAI Expanded (SAI-E)	-.08	-.23**	.11	-.22**
Sexual Attitude:				
Sexual Opinion Survey (SOS)	.00	.26**	-.36***	.31**
Sexual Functioning:				
Pain	-.01	-.08	.21*	-.15
Orgasm Difficulties	.16*	-.01	.08	.04
Personality:				
EPQR-A Extraversion	.28**	.40***	-.42***	.56***
EPQR-A Neuroticism	-.01	-.16	.25**	-.21*
SSSV Experience Seeking	-.08	.30***	-.44***	.33***
SSSV Thrill & Adventure Seeking	.15	.25**	-.24**	.32***
SSSV Disinhibition	.02	.19*	-.30***	.26**
SSSV Boredom Susceptibility	-.14	.32***	-.42***	.29***
SSSV Total	.00	.37***	-.48***	.43***
Romantic Relationships:				
Number of past romantic partners	.00	.14	-.17*	.16
Intimacy (PAIR total score)	.24*	.26*	-.06	.27*
Love Scale Total	.24**	.20*	.15	.16
Physical Affection Given	.37***	.26**	-.07	.36***

* $p < .05$ ** $p < .01$ *** $p < .001$

variables were significantly correlated with sexual self-schema. The only sexual variables not related to total schema score were those measuring sexual functioning. All of the personality variables were correlated with sexual schema, and for the most part, were more strongly related to schema than the sexual measures. Of the romantic relationship variables, intimacy and physical affection were significantly correlated with schema.

Sexual Self-Schema in Young Women

Schema categorization and demographic differences.

Women under the age of 30 (mean age of 22) were categorized into one of four schema groups using a median split procedure employed by Andersen and Cyranowski (1994). Median scores for the sum of Factors 1 and 2 (called the positive dimension), as well as for Factor 3 (the negative dimension) were computed. The resulting scores were 83 and 24.5 respectively. Women who scored above 83 on the positive dimension and below 24.5 on the negative dimension were classified as having a positive sexual self-schema. Those who scored below the median on the positive dimension and above the median on the negative dimension were considered to have a negative sexual self-schema. Co-schematic women were those who scored above the median on both the positive and negative dimensions, and aschematics were those scoring below the median on both dimensions. The resulting *n* for each schema group is as follows: 31 positive, 32 negative, 23 co-schematic and 21 aschematic. Mean scores on the Sexual Self-Schema Scale for each group, as well as the means from Andersen and Cyranowski's (1994) study can be found in Table 4.

To determine whether the groups differed on demographic variables such as age,

Table 4

Sexual Self-Schema Scale Mean Scores of Young (mean age of 22) Females

Group	Factor 1: Passionate/ Romantic	Factor 2: Open/ Direct	Factor 3: Embarrassed/ Conservative	Total
All Young Women (N=107)	46.91 (47.44)	36.24 (36.26)	24.11 (23.22)	59.05 (60.47)
Positive Schema (n=57)	50.42	40.88	18.32	72.97 (75.78)
Negative Schema (n=32)	44.17	29.81	29.22	44.77 (41.04)
Co-schematic (n=23)	52.7	39.17	29.47	62.4 (not reported)
Aschematic (n=21)	39.57	36	18.98	56.6 (not reported)

Note. Factor and total schema scores in brackets are from Andersen and Cyranowski (1994)

occupation, culture, education level, or income, one-way ANOVAs and chi-square analyses were conducted. No differences were found.

Sexual self-schemas and personality.

To test for schema group differences in personality, a MANOVA was conducted using young women's scores on the EPQR-A and the Sensation Seeking Scale. Mean scores on the variables used in this MANOVA can be found in Table 5, and correlations can be found in Appendix U. All assumptions for MANOVA were met. A significant multivariate effect was found ($F(3, 103) = 3.68, p < .001$; see Appendix V for MANOVA summary table). Post-hoc univariate statistics (ANOVA) showed significant effects for extraversion ($F(3, 103) = 15.90, p < .001$), boredom susceptibility ($F(3, 103) = 8.75, p < .001$), disinhibition ($F(3, 103) = 3.66, p < .05$), and experience seeking ($F(3, 103) = 8.53, p < .001$). Positive, co-schematic and aschematic women were all significantly more extraverted than negative schema women. Positive schema and aschematic women scored higher on boredom susceptibility than both the negative and co-schematic women. Women with positive schema scored higher on disinhibition than negative schema women, and were more experience seeking than the negative or co-schematic women.

Schema group differences in sexuality

Sexual relationship status.

To test the hypothesis that positive schema women would be more likely to be in a sexual relationship than women having other sexual schemas, chi-square analysis was conducted. Results showed no differences among the groups, indicating that positive schema women were not more likely than the other groups to be in a current relationship.

Table 5

Means and Standard Deviations of Young (mean age of 22) Women's Scores on Personality Measures

Variable	Group							
	Positive (<i>n</i> =31)		Negative (<i>n</i> =32)		Co-schematic (<i>n</i> =23)		Aschematic (<i>n</i> =21)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
EPQR-A Extraversion	5.4 ^a	1.4	2.5 ^{a,b,c}	1.8	4.2 ^b	1.6	4.2 ^c	2
EPQR-A Neuroticism	3.3	1.7	3.7	1.9	3.7	2.1	3.4	1.7
SSSV Boredom	3.7 ^{a,b}	2.0	1.8 ^{a,d}	1.6	2.0 ^{b,c}	1.6	3.8 ^{c,d}	2.2
SSSV Experience Seeking	7.5 ^{a,b}	1.8	5.4 ^a	1.5	5.6 ^b	1.9	6.5	2.0
SSSV Thrill Seeking	6.6	2.5	5.1	3.2	5.9	2.4	6.1	2.9
SSSV Disinhibition	6.0 ^a	2.5	4.1 ^a	2.2	4.4	2.6	5.3	2.9

Note. Same superscripts indicate significant differences among groups ($p < .05$)

Behavioural and non-behavioural sexual experience.

In an attempt to evaluate Andersen and Cyranowski's (1994; Cyranowski & Andersen, 1998) finding that schema groups differ with regard to sexual experience, number of past sexual partners, sexual arousal, sexual anxiety, and sexual attitudes, two MANOVAs were conducted using young women's scores on the SES, their reported number of partners, SAI, SAI-E, and the SOS. Mean scores on the variables used in these MANOVAs can be found in Table 6, and correlations can be found in Appendix U. All assumptions for MANOVA were met. In the first MANOVA (SES and partners), the combined DVs were not significantly different among schema groups (see Appendix W). As recommended by Tabachnick and Fidell (1996), a univariate F test using a Bonferroni correction was conducted. It showed a significant effect for number of sexual partners ($F(3, 103) = 3.63, p < .025$), with positive schema women reporting more sexual partners than the negative schema women. In the second MANOVA, a significant multivariate effect was found ($F(3, 103) = 4.36, p < .001$; see Appendix X for MANOVA summary table). Post-hoc univariate statistics (ANOVA) were carried out to follow up multivariate significance. A significant effect was found for arousal ($F(3, 103) = 7.82, p < .001$), anxiety ($F(3, 103) = 3.28, p < .05$), and attitude ($F(3, 103) = 6.96, p < .001$). The post-hoc analyses showed that positive schema women reported more sexual arousal than negative or aschematic women, and co-schematic women also reported significantly more arousal than the negative schema women. Regarding anxiety, positive schema women reported less anxiety than the negative schema group. Positive schema women also reported more positive sexual attitudes than either the negative or co-schematic women, and the

Table 6

Means and Standard Deviations of Young (mean age of 22) Women's Reported Sexual Repertoire, Number of Past Sexual Partners, Sexual Arousal, Anxiety, and Attitude,

Variable	Group							
	Positive (n=31)		Negative (n=32)		Co-schematic (n=23)		Aschematic (n=21)	
	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
SES Total	10	3.7	7.6	5.2	7.7	5.2	9.7	4.8
Number of Partners	6.4 ^a	6.2	2.5 ^a	4.5	3.3	4.5	6.3	6.8
SAI Total (Arousal)	52.9 ^{ab}	7.7	41.7 ^{ac}	11.7	49.1 ^c	8	44.9 ^b	10.2
SAI-E Total (Anxiety)	0.4 ^a	9.0	7.9 ^a	8.5	4.9	11.2	4.1	9.7
SOS Total (Attitude)	24.3 ^{ab}	4.5	19.0 ^{ac}	5.5	19.2 ^b	6.4	23.3 ^c	5.7

Note. Same superscripts indicate significant differences between groups

aschematic women had more positive attitudes than the negative schema women.

Rating of sexual self.

Andersen and Cyranowski (1994; Cyranowski & Andersen, 1998) found that women having different schemas differed on their rating of themselves as a sexual woman. In order to test this finding, an ANOVA was conducted. Means and standard deviations for this analysis are found in Table 7. The analysis was significant ($F(3, 103) = 6.79, p < .001$), with positive women rating themselves as being more sexual than either the negative or co-schematic women.

Sexual functioning.

In order to determine if there were group differences in interpersonal sexual functioning, ANOVAs were conducted on orgasm capacity and pain for those women who reported being in sexual relationship ($n=59$). Univariate, rather than multivariate analyses were conducted due to the non-significant correlation between the two measures. Means and standard deviations for these variables can be found in Table 8. Results indicated that there were no significant differences between schema groups on these measures of sexual functioning ($F(3, 55) = 1.46, p = .23$).

Predicting variance in sexual behaviour.

A hierarchical regression was planned in order to test Andersen and Cyranowski's (1994) finding that sexual self-schema predicted more variance in sexual behaviour (as measured by the SES) than extraversion. Despite a significant correlation between the SES and schema total score ($r = .26, p < .01$), the analysis could not be conducted due to the high correlation between schema and extraversion ($r = .64, p < .001$). Examination of

Table 7

Means and Standard Deviations of Young (mean age of 22) Women's Rating of Their Sexual Selves

Variable	Group							
	Positive (n=31)		Negative (n=32)		Co-schematic (n=23)		Aschematic (n=21)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Sexual Woman Rating	5.4 ^{a,b}	1.9	3.2 ^a	2	3.8 ^b	2.4	4.7	2

Note. Same superscripts indicate differences between groups ($p < .001$)

Table 8

Means and Standard Deviations of Young (mean age of 22) Women's Levels of Sexual Functioning

Variable	Group							
	Positive (n=18)		Negative (n=19)		Co-schematic (n=10)		Aschematic (n=12)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Orgasm	10.1	4	10	3.5	9.2	3.1	9.4	3.5
Pain	1.9	2.3	2.6	2.6	3.9	4.7	2.2	2.4

the correlations between the Sensation Seeking Scale, schema total score and SES (see Table 3) indicated that a regression could be conducted using the experience seeking scale of the SSS-V.

To determine if sexual self-schema would predict variance above and beyond that predicted by experience seeking, the experience seeking score was entered on the first step, and the schema total score was entered on the second. In the first step, experience seeking accounted for four percent of the variance. On the second step, sexual self-schema accounted for an additional four percent. With both predictors entered, the R^2 value indicated that eight percent of the variance in SES scores could be accounted for by experience seeking and sexual self-schema (see Table 9).

Sexual self-schema and intimate relationships.

Number of romantic relationships.

According to Cyranowski and Andersen (1998) women with different schemas differ with regard to their romantic experiences. In particular, they found group differences on the reported number of past romantic partners. To replicate this finding, an ANOVA was conducted. Means and standard deviations can be found in Table 10. The effect was not significant ($F(3, 103) = .53, p = .66$).

Romantic experience.

Cyranowski and Andersen (1998) also found that women having differing sexual schemas scored differently on a measure of passionate love. To evaluate this finding, and to test the hypothesis that schema groups would also differ with regard to their level of intimacy and affection, a MANOVA was conducted on those women who reported being

Table 9

Hierarchical Regression Using Experience Seeking and Sexual Self-Schema to Predict Sexual Behaviour

Variable	<i>Beta</i>	<i>r</i>	<i>sr</i> ²	<i>t</i>
<u>Step 1</u>				
Experience Seeking	0.19	0.19	0.04	2.01*
$R^2 = .04$ Adj $R^2 = .03$				
$F(1,105)=4.03^*$				
<u>Step 2</u>				
Schema Total	0.22	0.26	0.04	2.20*
$R^2 = .08$ Adj $R^2 = .06$				
$F(2,104)=4.52^*$				
* $p < .05$				

Table 10

Means and Standard Deviations of Young (mean age of 22) Women's Reported Number of Past Romantic Partners

Variable	Group							
	Positive (<i>n</i> =31)		Negative (<i>n</i> =32)		Co-Schematic (<i>n</i> =23)		Aschematic (<i>n</i> =21)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Number of Romantic Partners	4.4	5	3.1	3.9	4	3.4	4.2	2.9

in a romantic relationship ($n = 55$). The variables used to measure love and intimacy were as follows: Dyadic Adjustment Scale total, the Love Scale total score, the five intimacy subscales of the Personal Assessment of Intimacy in Relationships (PAIR: emotional, sexual, intellectual, recreational, and social) and the Physical Affection Scale (affection received, wanted, and given). Due to the high intercorrelations among the variables, not all measures could be used in the analysis. To reduce the number of variables which would be entered into the MANOVA, and to eliminate high intercorrelation, principle components factor analysis with a varimax rotation was conducted on the variables. This analysis resulted in two interpretable factors which were labelled Physical Relationship, which was comprised of the PAS scales and the sexual intimacy subscale of the PAIR, and Affectional/Social Relationship, made up of the DAS, Love Scale, and remaining PAIR subscales. Means and standard deviations of the schema groups on these factors are shown in Table 11, and correlations are found in Appendix U. The MANOVA was not significant, suggesting that the schema groups did not differ on the measures of love, intimacy and affection employed in this study (see Appendix Y).

Sexual Self-Schema in Middle and Older Women

Schema categorization and demographic differences.

Middle and older females were placed into schema groups using the same procedure as for the young women. For the middle age group (mean age of 38), median scores for the positive and negative factor were 84 and 21.5 respectively. The resulting n for each schema group is as follows: 14 positive, 12 negative, 11 co-schematic and 10 aschematic. For the older age group (mean age of 53), the median score for the positive

Table 11

Means and Standard Deviations of Young (mean age of 22) Women's Scores on Love/Intimacy/Affection Measures

Variable	Group							
	Positive (n=14)		Negative (n=18)		Co-schematic (n=11)		Aschematic (n=12)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Physical Relationship	278	45.1	270	48.9	292	38	251	46.6
Affectional/ Social Relationship	236	27.9	224	36.3	245	31.7	222	40.9

factor was also 84 and the negative factor median was 21. The older sample consisted of 12 positive, 12 negative, 10 co-schematic and 8 aschematic women. Mean scores for each group on the Sexual Self-Schema Scale can be found in Table 12.

To determine whether the schema groups differed on demographic variables such as age, occupation, culture, education level, or income, one-way ANOVAs and chi-square analyses were conducted. No schema group differences were found in the middle sample. In the older sample, however, negative schema women, having a mean age of 56.6, were found to be significantly older than co-schematic women, whose mean age was 50.4 ($F(3, 38) = 3.86, p < .05$). No other differences were found.

Sexual self-schemas and personality.

To test for schema group differences in personality, a MANOVA was conducted using women's scores on the EPQR-A and the Sensation Seeking Scale. The EPQR-A neuroticism score was tested in a separate analysis due to its lack of correlation with the SSSV and the extraversion subscale of the EPQR-A. As not all women filled out these personality measures, data from the middle and older groups were combined for the analyses. To reduce the number of variables included in the MANOVA, the SSS-V total score, rather than each individual subscale was entered. Mean scores on the variables used in the MANOVA and ANOVA can be found in Table 13, and correlations can be found in Appendix Z. A significant multivariate effect was found ($F(3, 31) = 2.49, p < .05$; see Appendix AA for MANOVA summary table). Post-hoc univariate statistics (ANOVA) were carried out to follow up multivariate significance. A significant effect

Table 12

Sexual Self-Schema Scale Mean Scores of Middle (mean age of 38) and Older (mean age of 53) Females

Group	Factor 1: Passionate/ Romantic	Factor 2: Open/ Direct	Factor 3: Embarrassed/ Conservative	Total
All Middle Women (N=47)	45.1	38.3	20.9	62.4
All Older Women (N=42)	45.5	38.3	20.4	62.4
Positive Schema Middle (n=14)	48.6	43.7	17.2	75
Positive Schema Older (n=12)	50.3	43.9	14.6	79.4
Negative Schema Middle (n=12)	40.8	33.1	25.5	48.4
Negative Schema Older (n=12)	40.3	31.8	25.6	46.6
Co-schematic Middle (n=11)	49.4	42.4	24.8	67
Co-schematic Older (n=10)	48.7	40.7	25.6	63.8
Aschematic Middle (n=10)	40.6	32.5	16.4	56.8
Aschematic Older (n=8)	42.1	36.8	15	63.9

Table 13

Means and Standard Deviations of Middle (mean age of 38) and Older (mean age of 53) Women's Extraversion, Sensation Seeking, and Neuroticism Scores

Variable	Group							
	Positive (<i>n</i> =11)		Negative (<i>n</i> =8)		Co-schematic (<i>n</i> =8)		Aschematic (<i>n</i> =8)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
EPQR-A	5.1	1	3.6	2.1	4.2	2.4	3.2	1.9
Extraversion								
SSSV Total	20.0 ^a	4.6	12.2 ^a	5.4	19.2	5.7	18.8	7
EPQR-A	3.3	1.6	3	1.6	2.1	1.6	2.1	1.9
Neuroticism								

Note. Same superscripts indicate differences between groups ($p < .05$)

was found for sensation seeking ($F(3, 31) = 3.42, p < .05$), with positive schema women being more sensation seeking than negative schema women. The effect of the neuroticism ANOVA was not significant ($F(3, 31) = 1.18, p = .33$).

Schema group differences in sexuality.

Sexual relationship status.

To test the hypothesis that positive schema women would be more likely to be in a sexual relationship than women with other sexual schemas, chi-square analysis was conducted for both age groups. Results showed no differences among the schema groups, suggesting that positive schema women in either age group were not more likely than women in the other schema groups to be in a relationship.

Behavioural and non-behavioural sexual experience.

As reported earlier, some of the data for the middle and older women were taken from a previous laboratory study. As a result, not all of the women completed the same measure of sexual behaviour. The SES was completed by 36 women, and the Sexual Behaviour Questionnaire was completed by the remaining 53. Matching items from the SES and Sexual Behaviour Questionnaire were used in the scoring. Women's scores on these similar measures of sexual repertoire were converted into standard scores (the larger the z-score, the larger the woman's sexual repertoire) and these z-scores were used in a one-way ANOVA. Separate ANOVAs were conducted for the middle and older women. Means and standard deviations can be found in Table 14. The analyses were not significant ($F(3, 43) = .36, p = .78$), suggesting that for either age group, schema groups do not differ on the number of sexual activities engaged in.

Table 14

Means and Standard Deviations of Middle (mean age of 38) and Older (mean age of 53) Women's Sexual Repertoire

Variable	Group							
	Positive (n=14, Middle) (n=12, Older)		Negative (n=12, Middle) (n=12, Older)		Co-schematic (n=11, Middle) (n=10, Older)		Aschematic (n=10, Middle) (n=8, Older)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Sexual Repertoire Middle	0.3	1.1	-0.2	0.8	0.4	0.8	0.1	0.7
Sexual Repertoire Older	0	0.6	-0.6	1.1	0.2	0.8	0.5	1.2

Data regarding the number of previous sexual partners was available for 24 middle women and 10 older women. To increase the power of the analysis, these data were combined and an ANOVA was conducted to determine if schema groups differed on this variable. Means and standard deviations for the variable used in the ANOVA can be found in Table 15. Results indicated that there were no significant differences among schema groups on the number of previous sexual partners ($F(3, 30) = .43, p=.73$).

As with the sexual behaviour measures, some women in the sample did not complete measures of sexual arousal and anxiety. As a result, data for the middle and older women were combined in order to ensure an adequate sample size. To test for schema group differences on sexual arousal and sexual anxiety a MANOVA was conducted using women's scores on the SAI and SAI-E. Mean scores on the variables used in this MANOVA can be found in Table 16, and correlations among the measures are reported in Appendix Z. With the use of Pillais' criterion, the combined DVs were not significantly different among schema groups (see Appendix BB).

Rating of sexual self.

Next, an ANOVA was used to test the hypothesis that women in different schema groups would differ in their rating of themselves as a sexual woman. Data from the two age groups were combined. Means and standard deviations for this variable are found in Table 17. The ANOVA was not significant ($F(3, 32) = 1.56, p=.22$).

Sexual functioning.

In order to determine if there were schema group differences in sexual functioning, ANOVAs were conducted on orgasm capacity and pain for those women

Table 15

Means and Standard Deviations of Middle (mean age of 38) and Older (mean age of 53) Women's Number of Previous Sexual Partners

Variable	Group							
	Positive (<i>n</i> =11)		Negative (<i>n</i> =7)		Co-schematic (<i>n</i> =8)		Aschematic (<i>n</i> =8)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Number of Partners	12.7	13	9.3	11.6	6.9	7.4	10.9	12.1

Table 16

Means and Standard Deviations of Middle (mean age of 38) and Older (mean age of 53) Women's Reported Sexual Arousal and Anxiety

Variable	Group							
	Positive (<i>n</i> =12)		Negative (<i>n</i> =8)		Co-schematic (<i>n</i> =8)		Aschematic (<i>n</i> =8)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
SAI Total (Arousal)	47.7	9.5	42.8	11.9	47.4	10.3	41.1	12.1
SAI-E Total (Anxiety)	2.9	10.1	1.2	7.6	1.4	6	3.9	7.2

Table 17

Means and Standard Deviations of Middle (mean age of 38) and Older (mean age of 53) Women's Rating of Their Sexual Selves

Variable	Group							
	Positive (<i>n</i> =12)		Negative (<i>n</i> =8)		Co-schematic (<i>n</i> =8)		Aschematic (<i>n</i> =8)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Sexual Woman Rating	6.1	1.9	4.8	2.4	5.8	1	4.5	1.8

who reported being in a sexual relationship ($n=38$, middle; $n=37$, older). As with the sexual repertoire measure, not all women completed the same measure of sexual functioning. In order to make them equivalent, standard scores were computed for the anorgasmia factor of the GRISS and the orgasm capacity score from the BISF, and the vaginismus factor of the GRISS and pain score from the BISF. Means and standard deviations for these variables can be found in Table 18, with correlations in Appendix Z. Higher scores indicate more problems in sexual functioning. Results indicated that there were no significant difference among schema groups on these measures of sexual functioning for either age group ($F(3,34) = .55, p=.65$).

Predicting variance in sexual behaviour.

To determine if sexual self-schema would predict variance above and beyond that predicted by extraversion or sensation seeking, a series of regressions were conducted. Dependent variables included the number of sexual partners, arousal, anxiety, repertoire, attitude, and global rating of self as a sexual woman. In the first set of regressions, the extraversion score was entered on the first step, and the schema total score was entered on the second. In the second set, sensation seeking total score was entered first, followed by the schema total score. The only significant finding was that schema predicted variance above and beyond extraversion in middle women's rating of their sexuality ($\Delta R=.40, F(1,23) = 17.25$).

Sexual self-schema and intimate relationships.

Number of romantic relationships.

To test the hypothesis that schema groups would differ on their number of

Table 18

Means and Standard Deviations of Middle (mean age of 38) and Older (mean age of 53) Women's Level of Sexual Functioning

Variable	Group							
	Positive (n=10, Middle) (n=11, Older)		Negative (n=11, Middle) (n=12, Older)		Co-schematic (n=11, Middle) (n=8, Older)		Aschematic (n=6, Middle) (n=6, Older)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Orgasm, Middle	0.2	1	-0.2	1.1	-0.2	1	0.1	1
Orgasm, Older	-0.1	0.6	0.2	1.5	0.1	0.9	-0.2	0.4
Pain, Middle	-0.2	0.8	0.2	1.3	0.1	0.7	-0.2	0.8
Pain, Older	0.2	0.9	0	1.2	-0.2	0.5	0	1.3

previous romantic partners, an ANOVA was conducted. As this information was not available for all women, data for the two age groups were combined. Means and standard deviations can be found in Table 19. The effect was not significant ($F(3,32) = .69$, $p = .56$).

Romantic experience.

In order to determine whether schema groups would differ with regard to love, intimacy and physical affection, MANOVAs were conducted on those women who reported being in a romantic relationship ($n = 37$, Middle; $n = 37$, Older). As with the young women, variables were reduced by way of a principle components factor analysis. Again, two factors, Physical Relationship and Affectional/Social Relationship resulted. Means and standard deviations of the schema groups on these factors are shown in Table 20, with correlations in Appendix Z. For the middle age group, the combined DVs were not significantly different among schema groups, however, univariate F tests showed a significant effect for the affectional/social factor ($F(3, 33) = 3.34$, $p < .025$; see Appendix CC), with aschematic women reporting more love/intimacy than negative schema women. For older women, no significant differences were found.

Sexual Defensiveness

To determine the degree to which the results may have been biased by defensive or socially desirable responding, correlations between the Sexual Defensiveness Scale (SDS), as well as the Eysenck Personality Questionnaire Lie scale, and the key variables, were examined. The SDS was significantly correlated ($p < .05$) with the Physical Relationship factor (which was composed of the Physical Affection Scale and sexual

Table 19

Means and Standard Deviations of Middle (mean age of 38) and Older (mean age of 53) Women's Reported Number of Past Romantic Partners

Variable	Group							
	Positive (n=12)		Negative (n=8)		Co-Schematic (n=8)		Aschematic (n=8)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Number of Romantic Partners	7.2	9.8	7.9	11	5.5	6.3	11.9	8.8

Table 20

Means and Standard Deviations of Middle (mean age of 38) and Older (mean age of 53) Women's Scores on Love/Intimacy/Affection Measures

Variable	Group							
	Positive (n=9, Middle) (n=11, Older)		Negative (n=11, Middle) (n=12, Older)		Co-schematic (n=11, Middle) (n=8, Older)		Aschematic (n=6, Middle) (n=6, Older)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Physical, Middle	242	85.9	229.3	47.2	255	26.4	245	27.8
Affectional / Social, Middle	218	53.2	175.1 ^a	37.7	209	18.4	227.6 ^a	40.5
Physical, Older	230	34.1	190.2	58.1	222	64.3	231.4	45.7
Affectional / Social, Older	249	30.2	227	40.4	249	48	217.8	30.9

Note. Same superscripts indicate differences between schema groups ($p < .025$)

intimacy; $r=.24$), the Sexual Arousalability Inventory ($r=.30$), sexual satisfaction ($r=.41$) and sexual woman rating ($r=.40$). The Lie scale was correlated with number of sexual partners ($r=-.18$), and the Sexual Opinion Survey ($r=-.20$).

Discussion

The present study had several purposes, the first of which was to attempt to replicate previous research on sexual self-schema. The study also examined the relationship of sexual-self schema to selected dimension of personality and intimacy levels. Furthermore, the study considered sexual self-schema in different age groups, from undergraduates in their early twenties to women in their forties and fifties.

For the group of young women, the results obtained in the present study were quite consistent with those reported by Andersen and Cyranowski (1994; Cyranowski & Andersen, 1998). As hypothesized, women with positive sexual self-schemas reported the highest number of previous sexual partners and the highest level of sexual arousability. They also reported less sexual anxiety, endorsed more erotophilic sexual attitudes, and rated themselves as more sexual than the negative schema group. Contrary to hypotheses, positive schema women were not more likely than negative schema women to be in a relationship or to have a larger sexual repertoire, and schema groups did not differ on measures of sexual functioning. For the middle and older groups of women (aged 30 to 66), no schema group differences were found for any of the sexual variables.

Schema differences on extraversion and sensation seeking were found in all age groups. For the young women, those with positive schema were found to score higher on extraversion and sensation seeking than those with negative schemas. For the middle and older women, those with a positive schema scored higher on sensation seeking than those with a negative schema.

Results for the connection between sexual self-schema and intimate relationships

were mixed. For young women, schema groups did not differ with regard to their number of past romantic partners, or their current levels of physical and emotional/social intimacy. For the middle group of women, aschematic women reported more non-physical intimacy than the negative schema women. As with the young women, no differences were found in the oldest group.

An attempt will now be made to relate the present findings to previous research and theory, and to consider the implications of this study.

Sexual Self-Schema and Sexuality

Based on the research of Andersen and her colleagues (Andersen & Cyranowski, 1994; Cyranowski & Andersen, 1998), it was hypothesized that schema groups would differ on sexual behaviour. Specifically, it was expected that positive schema women would have had more sexual partners and have engaged in a wider variety of sexual behaviours than negative schema women. However, in the present study, the only behavioural variable to distinguish between schema groups was the number of previous sexual partners. For the young women, those with a positive schema reported more previous sexual partners than those with a negative schema. However, this difference was not found for the older groups of women. It may be possible that women with negative schemas accumulate sexual partners over a longer period of time, while positive schema women engage in sex with a larger number of partners when they are younger, and fewer as they get older. Thus, when at an older age, both groups may report equivalent numbers of partners.

Sexual experience, measured by the number of different sexual activities ever

engaged in, did not differ among the schema groups in the young sample. This is contrary to the previous studies of undergraduates which have found large differences between positive and negative sexual self-schema groups using the same measure of sexual experience (Cyranowski & Andersen, 1998; Andersen & Cyranowski, 1994). The possibility that the conflicting results were due to differences in sexual experience among the samples was explored. Women in Andersen's studies reported an equivalent number of sexual experiences and sexual partners to those in the present study, suggesting that the lack of replication was not due to different levels of sexual experience.

The connection between lifetime sexual behaviours and sexual self-schema of older women was not tested in the Andersen studies. In the middle and older samples of the present study, the number of sexual behaviours engaged in did not differ among schema groups. In fact, for the middle age group, positive and negative schema women scored almost identically on the measure of sexual behaviour. This would suggest that a negative sexual self-view may not lead to a reduction in the number of sexual activities engaged in. Also, women who do not consider themselves passionate or sexually liberal may still engage in a wide variety of sexual activities, perhaps at the request of her partner.

Possibly situational factors, such as being in a relationship, are more important to women's sexual behaviour than their sexual self-schema. In the present study, 84 percent of women over the age of 29 (as opposed to 55 percent of women under 29) reported being in a current sexual relationship, and 90 percent of the relationships had lasted for a year or more, the average length of relationship being 13 years. This calls into question

another of Andersen's findings that positive schema women are more likely to be in a sexual relationship than negative schema women. In the present study, schema group was not related to current relationship status. This suggests that factors other than sexual self-view may play a more important role in whether or not an individual becomes involved in a sexual relationship.

Schema groups were also predicted to differ on non-behavioural measures of sexuality. For instance, positive women were expected to be more sexually arousable, less sexually anxious, to have more erotophilic sexual attitudes, and to think of themselves as being more sexual than negative schema women. For the young women, these hypotheses were confirmed. In addition, co-schematic young women, who rated themselves as being passionate and open, but also embarrassed and conservative, reported more arousal than the negative group, but endorsed fewer positive sexual attitudes than the positive schema women. Aschematic women, whose sexual self-schema is less defined, reported low levels of sexual arousal, but scored as more erotophilic than the negative schema women.

For the middle and older samples of women, schema groups did not differ on the non-behavioural variables. Again, the impact of a long-term sexual partner may be more influential in older women's sexual arousal and anxiety than their sexual self-schema. Some activities may be more sexually arousing when a relationship is new, and become less so after partners have been together for a long period of time. Also, sexual arousal may become more dependent on partner interaction. For example, if a woman's partner does not touch her in ways that feel pleasurable, arousal may decrease and anxiety may increase, regardless of the woman's sexual self-view.

The final sexual variable examined was sexual functioning. For women of all age groups, sexual functioning did not differ among schema groups. In their 1994 study, Andersen and Cyranowski also found no differences on this variable. It would seem then, that orgasmic capacity and pain may not be influenced by one's sexual self-view. It is important to note, though, that problems reported in the present study were relatively mild. Perhaps schema differences would be found in clinical versus non-clinical samples.

Sexual Self-Schema and Personality

In the present study, it was hypothesized that sexual self-schema would account for more variance in sexual behaviour than extraversion or sensation seeking. Due to statistical limitations, the only personality variable that could be examined was experience seeking, a dimension of sensation seeking. For the young women, schema did predict unique variance, however, the amount of variance accounted for by both experience seeking and schema was small. Thus, even though sexual self-schema was uniquely predictive of sexual behaviour, it may play only a small role. In the middle and older age groups, the only variable which schema predicted above and beyond extraversion was the global rating of oneself as a sexual person.

It was also predicted that schema groups would differ with regard to their levels of extraversion, neuroticism, and sensation seeking. For the young women, negative schema women were found to score as less extraverted than any other schema group. No differences in extraversion were found for the middle or older women. This seems to suggest that young individuals who consider themselves to be less passionate and open and more conservative are more likely to be less extraverted. However, due to the

correlational nature of the results, it is not possible to say which characteristic leads to the other. Perhaps young women who are more extraverted have more opportunities to engage in a variety of sexual activities which then lead to the development of a positive sexual schema. On the other hand, if sexual self-schema is present at a very young age, this view of the self may encourage the person to be generally more, or less, outgoing.

For middle and older women in the sample, no schema group differences on extraversion were found. This finding is contrary to the hypothesis that schema and extraversion, both being measures of personality characteristics, would be related to each other. The extraversion scores of the older and younger women in the sample were not significantly different, suggesting that changes in levels of extraversion over time did not impact the result. The relatively small sample size for this analysis may have limited the power to detect a significant effect. However, it is important to note that sexual behaviour and attitudes in the two older groups of women did not differ among schema groups, suggesting that the schema concept in general may be acting differently in non-undergraduate populations.

No group differences were found on the neuroticism scale of the Eysenck Personality Questionnaire. This is contrary to the hypothesis that individuals with a negative sexual self schema, who tend to avoid and be anxious about sexuality and have more negative self-views, would score higher on a measure of anxiousness and negativity. One possible explanation for the finding is that the connection between neuroticism and sexual self-schema in this study was assumed to be mediated by the relationship between sexuality and schema. In the literature on sexuality and personality, it has been found that

individuals scoring high on neuroticism engaged in less sexual behaviour, and were more anxious about sexuality (Eysenck, 1971 & 1972). Therefore, in this study, negative schema women (who are defined as having less experience and more anxiety) were predicted to also score higher on neuroticism. However, with the exception of the youngest women, individuals with less sexual experience and arousal were not more likely to have a negative schema, thus breaking down the link between neuroticism and schema.

In the group of youngest women, for whom a relationship was found between sexuality and schema, a difference was found on extraversion, but not neuroticism. According to Andersen and Cyranowski (1995), this finding is not necessarily unexpected. They state “in primarily young, unmarried women, extraversion may be related to the likelihood of engaging in sex, the variability of one’s behavior, and the affects associated with sex. Among older, predominantly married women those patterns of sexual behavior and responding may be more established, the dimension of neuroticism appears to be a more important personality variable” (p. 902). Although this may help to explain the findings for young women, neuroticism was not related to sexual self-schema in older woman. It is important to note that Andersen and Cyranowski (1995) did not have a sample of older women in their study, and were relying on other studies in their conclusion that neuroticism may be influential in older women’s sexuality.

In the young female sample, positive schema and aschematic women scored higher on the boredom susceptibility subscale of the Sensation Seeking Scale than both the negative and co-schematic women. While it was expected that positive women would

score highly on sensation seeking, it was not predicted that aschematic women would also score more highly than the negative and co-schematic women. However, the boredom susceptibility scale focusses primarily on a dislike of predictability and familiarity.

Women in the negative and co-schematic categories are defined partly by their conservatism and difficulty being open to new experiences. Women in the aschematic group also report less openness, but also less conservatism. Also, in the sample of young women, aschematic women scored almost equally to positive schema women on the measures of sexual repertoire and number of partners, suggesting that they share similarities with regard to their sexual behaviour. As with extraversion, it is not possible to determine whether schema leads to higher boredom susceptibility or vice versa. Perhaps a young woman who finds herself easily bored will engage in sexual activity with different partners as a means of relieving that boredom.

On another measure of sensation seeking, young women with positive schema scored higher on disinhibition than negative schema women. This finding is not surprising, as women in the positive schema group are characterized by their high levels of passion and liberalism. The disinhibition subscale measures one's desire for "wild" experiences such as loud parties, taking stimulants, and engaging in sexual activity. Also, the positive schema women were found to be more extraverted than negative schema women, and extraversion has been shown to be correlated with disinhibition (Zuckerman, 1994). Therefore it makes sense that women who are more extraverted are also more uninhibited.

Positive schema women in the young sample were also found to be more

experience seeking than the negative or co-schematic women. Again, this finding is not surprising, as negative and co-schematic women are characterized, in part, by being conservative and easily embarrassed. Positive schema women, on the other hand, are defined partly by their interest in engaging in novel activities.

For the middle and older samples, positive schema women were found to be more sensation seeking than the negative schema women. The strong relationship between sensation seeking and sexual self-schema in this sample may suggest that for older women, the concept of schema is similar to the personality construct of sensation seeking.

Sexual Self-Schema and Intimate Relationships

Contrary to the hypotheses, little evidence was found for a connection between sexual self-schema and intimacy. For the youngest and oldest groups of women, no schema group differences on intimacy (physical or affectional/social) were found. This would suggest that for these age groups, a woman's view of herself as a passionate, open, liberal individual may not affect her level of physical and affectional intimacy. As all of the women in these analyses had a current partner, relationship status could not account for the lack of significant findings. It is possible that other factors, such as the affection shown by one's partner, are more important to the amount of intimacy in a relationship than is sexual self-schema.

In the middle age group of women, aschematic women reported more emotional/social intimacy, than the negative schema women. This finding contrasts with that of Cyranowski and Andersen (1998) who found that aschematic women experienced the lowest levels of intimacy. Importantly, the way intimacy was measured in this study

was different than in their study. Their only measure was of passionate love, whereas the measure in the current study consisted of several aspects of intimacy. Based on the conceptualization of an aschematic schema, it is not inconceivable that these women had higher levels of emotional intimacy. Aschematics are thought to have a neutral attitude toward sex, thereby potentially making them more likely to engage in non-sexual or non-physical types of intimacy. The negative schema women, who have negative feelings toward sex, may also avoid non-sexual intimacy as it may lead to sexual activity.

Interestingly, a difference for the number of romantic partners was not found in the female samples. Women of all sexual schemas reported similar numbers of partners. This contrasts with the earlier finding of a schema group difference for the number of sexual partners in the young female sample. It seems that women of all schemas are willing to become involved in romantic relationships, but positive schema women may be more likely to engage in sexual activity with their partner.

Strengths and Limitations

The present study attempted to both replicate and extend existing information on the construct of sexual self-schema. Regarding the replication, the current study used a comparable sample of undergraduates, and many identical measures to those in the original studies. Statistical techniques used by the original researchers were duplicated in order to determine whether or not the results were truly replicable. In the present study, only some of the results from the original studies were replicated, suggesting the need for further work on the topic of sexual self-schema.

Beyond the replication, this study also included additional questionnaires not

used in the original studies, and extended the research on sexual-self schema using a sample of older, community dwelling participants. As mentioned previously, determining whether results found in a university population generalize to a community sample is important in determining possible clinical utility. This study helped to expand knowledge of sexual self-schema in a non-university sample.

Also, past research on older women's schema has looked only at correlations between schema and sexual variables. The present study used multivariate statistics to determine whether or not sexuality differed among older women with varying schemas.

In addition, the present study examined the relationship between schema and several areas not fully addressed by past researchers such as sexual functioning, extraversion and sensation seeking, and intimacy. The study also employed only psychometrically sound and widely used questionnaires, including measures of sexual defensiveness and social desirability.

Certain limitations of the present study should be noted. First, the sample sizes for the middle and older groups of women were not large, which may reduce the reliability of the results obtained. In this study, participants were not compensated for completing the questionnaires. Larger samples would likely be easier to obtain if the participants had more incentive. Also, if economically feasible, more prominent advertisements in daily newspapers could be used to recruit larger community samples.

Another limitation of this study is that data from two separate studies were combined, with not all women completing the same questionnaires. This limited the statistical analyses that could be performed, and necessitated the combining of the two

older age groups in some instances.

As with virtually all studies of sexuality, volunteer bias may have influenced questionnaire responses. Measures of social desirability correlated with a small number of sexual measures in the study. In particular, women scoring higher on defensiveness tended to report higher levels of arousability and sexual satisfaction, as well as fewer sexual partners. It is important to note, however, that defensiveness was not related to scores on sexual self-schema, or many of the major measures in the study. Previous research on volunteer bias has found that volunteers are often more sensation seeking and extraverted than non-volunteers. Although it is not possible to determine if there were differences between volunteers and non-volunteers in this study, it is noteworthy that there were no differences between participants' scores on extraversion and sensation seeking and those of the general population (Zuckerman, 1994; Francis, Brown, & Philipchalk, 1992).

Recommendations and Implications

The results of the present study suggest that more research should be conducted on the construct of sexual self-schema. There are several areas in which further research could be useful.

Scoring of the female version of the Sexual Self-Schema Scale involves using median scores instead of preset norms. This means that women are compared only to the other women in the sample and each sample will contain roughly the same proportion of each schema group. Thus, a woman may score as having a positive schema in one sample, and being co-schematic in another. This may lead to inconsistencies and confusion

between studies of sexual schema. Developing a set of norms against which to compare all women may be a goal for the future.

The lack of a connection between schema and sexuality for non-undergraduate women suggests that factors other than schema may play a more important role in older women's sexuality. However, this study may not have uncovered the true relationship between sexual schema and sexuality in these women. Female sexuality, particularly the experience of older women, has been neglected in the literature. Future studies should continue to examine how sexual self-schema, as well as other factors, (i.e., the impact of having a partner), relate to female sexuality, particularly in older women. It is possible that the present measure of sexual self-schema does not adequately capture the sexual experience of these women.

The finding that schema scores did not change with increasing age suggests that sexual self-schema may develop early and remain relatively stable. This study helped to provide some evidence for the stability of sexual self-schema, however, more work needs to be done. Research on the development of schema should be conducted starting in early adolescence (or even earlier), before sexual activity has begun, making it possible to determine whether schema influences activity or vice versa. In order to determine true stability of schema, longitudinal studies need to be conducted.

In the present study, the impact of schema on sexuality was strongest for the young women. Knowledge that young women with positive sexual schemas may be more likely to have higher numbers of sexual partners may be helpful in planning interventions such as education on prevention of risky sexual behaviours. In order to more fully

understand the implications of sexual self-schema in older populations, however, further research needs to be conducted. Studies which examine the role of having a stable partner on sexual self-schema may help to shed some light on the differences between younger and older women in this study.

Researchers may also want to consider using other more qualitative measures in the study of sexual self-schema. Having women talk about their sexual self view and how it impacts their sexual lives could be very informative, particularly in conjunction with the more objective measures used in this study.

Summary

Based on the results of the present study, the construct of sexual self-schema seems to be a significant contributor to some aspects of sexuality, such as arousal and attitude, in young women. However, this connection was not found for non-university aged women. Importantly, in the present study, there did not appear to be a relationship between sexual self-schema and sexual behaviour. This calls into question the validity of the self schema construct, or at the least, the ability of the Sexual Self-Schema scale to assess it. In order to determine whether the scale and the construct are valid, more studies examining concurrent, predictive, and discriminant validity would need to be conducted. In particular, longitudinal studies which examine that ability of sexual self schema to predict the later sexual behaviour of pre-sexual individuals could be useful in validating the concept. Also, studies which could demonstrate the sexual self-schema is a unique construct, different from other personality variables, would be desirable.

In addition, the impact of sexual self-schema on intimacy was unclear. In all

groups, there appeared to be a strong connection between sexual self-schema and extraversion/sensation seeking, suggesting that schema may be a better predictor of these traits than of sexuality, particularly in non-university aged women. Further research which could add to the validity of the sexual self-schema construct and strengthen its measurement are needed.

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APPENDIX A

Informed Consent Sheet

Study of Sexuality, Intimacy, and Personality

This project is being conducted by W. Brender, Ph.D. director of the Sexuality and Reproductive Health Lab, in collaboration with Jennifer Volsky Rushton, M.A. (Ph.D. candidate) Department of Psychology, Concordia University.

Consent Form

The aim of this study is to gain an understanding of factors which influence men's and women's views of themselves as sexual persons. Many factors, such as intimacy and personality, may play a role in individuals' perceptions, beliefs and attitudes about their own sexuality (currently known as sexual self-schema). The information you provide will help us to better understand the factors which contribute to men's and women's sexuality.

Participation in this study would involve:

1. Completing questionnaires. The questionnaires deal with sexual behaviour, relationship quality, intimacy, and aspects of personality. Many of the questionnaires related to sexuality ask for intimate and sensitive information regarding sexual beliefs and practices.

2. Partner involvement (optional). Partners are asked to complete questionnaires assessing sexual and relationship functioning. It is possible that discussion about topics addressed in the questionnaires will arise. For some individuals, this discussion may be positive and welcome, but for others, it may be uncomfortable. If you have any concerns regarding partner involvement, please contact us.

All the information that you give us will be kept confidential.

If you have any questions regarding the study, you may contact Jennifer Volsky Rushton at Concordia University. Her phone number is **848-7567**.

We wish to emphasize that you are free to ask questions about the procedures of this study at any time. If for any reason you are uncomfortable or worried about taking part in this study, you can discuss this with the head of the project, Dr. William Brender, at **848-7535**. You can ask for information/advice or you can stop participating in the study.

Check here if you are interested in receiving written information about the study following its completion. If you are interested in receiving written information, or are interested in participating in a follow-up, please provide your name and address on the

reverse. Please check the appropriate box or boxes.

- ☐ YES, I wish to receive information.
- ☐ YES, I wish to participate in a follow-up.
- ☐ NO, I do not wish to receive information.
- ☐ NO, I do not wish to participate in a follow-up.

I agree to take part in this study conducted by Dr. William Brender, and Jennifer Volsky Rushton, M.A.

Date: _____

Signature: _____

If you wish to receive written information about the study or if you wish to participate in a follow-up, please complete the following

Name:

Address:

Telephone #

APPENDIX B

Background Information Questionnaire

Demographic Information

1. How old are you? _____
2. What is your marital status? ☐ Single ☐ Engaged ☐ Divorced
☐ Married ☐ Cohabiting ☐ Partnered
☐ Widowed ☐ Separated but not cohabiting
- 3a. Are you currently in a romantic relationship? _____ YES _____ NO
- 3b. Are you currently in a sexual relationship? _____ YES _____ NO
- 3c. If YES to either a or b, how long have you been with your current partner?

- 3d. Rate the seriousness of your current relationship on the following scale:

Not at all serious			Somewhat serious			Very serious
1	2	3	4	5		

- 3e. If NO to b, do you anticipate entering a sexual relationship in the near future?
 _____ YES _____ NO
- 4a. Please specify the number of romantic relationships you have previously been in (if applicable). _____
- 4b. Please specify the number of sexual relationships you have previously been in (if applicable). _____
- 4c. At what age did you become sexually active (if applicable)? _____
- 5a. Do you have any children? ☐ No ☐ Yes
- 5b. If yes, specify the number of children you have and their ages: _____
6. What would you say your cultural background is? _____
7. What is your religion? ☐ Catholic ☐ Protestant ☐ Jewish
☐ Orthodox ☐ Other (specify) _____
8. What is your current occupation? _____

9. How many years of schooling have you completed? (# years, if don't know check below) _____

☐ Grade School

☐ High School

☐ College

☐ Undergraduate U.

☐ Graduate U.

10. What was your annual income last year?

☐ 0-10,000

☐ 21-30,000

☐ 41-50,000

☐ 61-70,000

☐ 81-90,000

☐ 11-20,000

☐ 31-40,000

☐ 51-60,000

☐ 71-80,000

☐ 91-100,000+

MEDICAL INFORMATION

1. How tall are you? _____

2. How much do you weigh? _____

3. Have you suffered from or are you currently suffering from a major health problem?

☐ NO ☐ YES

Specify:

☐ Heart Disease

☐ Lung Disease

☐ Hypertension

☐ Migraines

☐ Kidney Disease

☐ Cancer, specify _____

☐ Obesity

☐ Ulcers

☐ Liver Disease

☐ Surgery

☐ Stroke

☐ Arthritis

☐ Diabetes

☐ STD's

☐ Collagen

☐ Neurological

☐ Gynecological
Probs

☐ Endocrinological
Probs

☐ GTI
Problems

☐ Other

4. Are you currently taking any *prescription* medication? ☐ NO ☐ YES

Specify: _____

For what condition? _____

5. Are you currently taking any *non-prescription* medication? ☐ NO ☐ YES

Specify: _____

For what condition? _____

6. When did you last see your physician for a general checkup? _____

7a. Are you currently consulting a mental health professional for any emotional problems or difficulties that you may be going through? ☐ NO ☐ YES

7b. If YES, what is the duration of the consultation? _____

7c. What is the nature of the problem you are currently seeking help for? _____

- 8a. At any point in the past did you consult a mental health professional for any emotional problems or difficulties that you were going through? ☐ NO ☐ YES
- 8b. If YES, how long ago was this? _____
- 8c. What was the duration of the consultation? _____
- 8d. What was the nature of the problem you were seeking help for? _____

LIFESTYLE BEHAVIORS

1. Do you smoke? ☐ NO ☐ YES
If YES, how many cigarettes do you smoke per day? _____
2. Do you drink alcohol? ☐ NO ☐ YES
If YES, specify how frequently i.e. # of drinks per week or per month _____
3. Do you drink coffee/tea? ☐ NO ☐ YES
(Coffee) cups per day _____
(Tea) cups per day _____
4. What forms of physical activity do you presently engage in? _____
How frequently do you exercise? (frequency and duration) _____

CURRENT SEXUAL BEHAVIOR

If not applicable, please check the "NA" box.

1. To what extent have you and your partner experienced conflict over frequency of lovemaking? NA ☐

Not at all		Somewhat		Very
1	2	3	4	5
2. In general, how satisfied are you with sexual activity with your partner? NA ☐

Not at all		Somewhat		Very
1	2	3	4	5
3. How does this compare to your satisfaction in the past? NA ☐

Much lower		Same		Much higher
1	2	3	4	5
4. In your judgment, do you currently feel that you have a sexual problem/difficulty?
☐ NO ☐ YES
 If YES, specify: _____

5. Compared to other people about your age, how would you rate yourself as a sexual person?

0	1	2	3	4	5	6	7	8
I am much less sexual than most people my age								I am much more sexual than most people my age

6. Over the course of your relationship, to what extent have you and your partner been able to discuss your sexual activities together? NA []

Not at all		Somewhat		Extensively
1	2	3	4	5

7. How comfortable are you asking your partner to engage in a particular sexual act with you? NA []

Not at all		Somewhat		Extremely
1	2	3	4	5

8. How comfortable are you refusing a request to engage in sex by your partner? NA []

Not at all		Somewhat		Extremely
1	2	3	4	5

9. How often can your partner refuse your sexual request without offending you?

NA []				
Almost Always		Sometimes		Hardly ever
1	2	3	4	5

10. Are there some aspects of your sexual experiences together that you feel uncomfortable discussing with your partner? NA []

None at all		Some		Several
1	2	3	4	5

APPENDIX C

Sexual Defensiveness Scale

INSTRUCTIONS: For each of the items circle: "T" if you think the statement is true
"F" if you think the statement is false

	<u>TRUE</u>	<u>FALSE</u>
1. Sometimes I dislike my body.	T	F
2. Occasionally I feel sexual intercourse is tedious.	T	F
3. My partner and I never feel unhappy about how often we have sex together.	T	F
4. I do not always initiate sex when I would like to.	T	F
5. My partner always knows exactly what I would like him/her to do when we are making love.	T	F
6. My partner always does the things I like during sex.	T	F
7. Our sex life seems a little routine and dull to me at times.	T	F
8. I have always been satisfied with how often my partner and I have sex.	T	F
9. I never turn down my partner for sex because I am angry with him/her.	T	F
10. Sometimes I just can't seem to get turned on sexually.	T	F
11. I must admit that sometimes I am not considerate of my partner when we make love.	T	F
12. Sex always lasts as long as I would like it to.	T	F
13. My partner and I are never too busy to have sex.	T	F
14. I have never made an excuse to get out of having sex.	T	F
15. Every now and then my partner does not please me sexually.	T	F

APPENDIX D

Sexual Self-Schema Scale

Directions: Below is a listing of 50 adjectives. For each word, consider whether or not the term describes you. Each adjective is to be rated on a scale ranging from 0=not at all descriptive of me to 6=very much descriptive of me. Choose a number for each adjective to indicate how accurately the adjective describes you. There are no right or wrong answers. Please be thoughtful and honest.

QUESTION: *To what extent does the term _____ describe me?*

Rating Scale:

Not at all descriptive 0 1 2 3 4 5 6 Very
descriptive

- | | | | |
|---------------------|-------|-------------------|-------|
| 1. generous | _____ | 26. disagreeable | _____ |
| 2. uninhibited | _____ | 27. serious | _____ |
| 3. cautious | _____ | 28. prudent | _____ |
| 4. helpful | _____ | 29. humorous | _____ |
| 5. loving | _____ | 30. sensible | _____ |
| 6. open-minded | _____ | 31. embarrassed | _____ |
| 7. shallow | _____ | 32. outspoken | _____ |
| 8. timid | _____ | 33. level-headed | _____ |
| 9. frank | _____ | 34. responsible | _____ |
| 10. clean-cut | _____ | 35. romantic | _____ |
| 11. stimulating | _____ | 36. polite | _____ |
| 12. unpleasant | _____ | 37. sympathetic | _____ |
| 13. experienced | _____ | 38. conservative | _____ |
| 14. short-tempered | _____ | 39. passionate | _____ |
| 15. irresponsible | _____ | 40. wise | _____ |
| 16. direct | _____ | 41. inexperienced | _____ |
| 17. logical | _____ | 42. stingy | _____ |
| 18. broad-minded | _____ | 43. superficial | _____ |
| 19. kind | _____ | 44. warm | _____ |
| 20. arousable | _____ | 45. unromantic | _____ |
| 21. practical | _____ | 46. good-natured | _____ |
| 22. self-conscious | _____ | 47. rude | _____ |
| 23. dull | _____ | 48. revealing | _____ |
| 24. straightforward | _____ | 49. bossy | _____ |
| 25. casual | _____ | 50. feeling | _____ |

APPENDIX E

Sexual Experience Survey (SES)

Below are a list of sexual experiences that people have. We would like to know which of these sexual behaviours you have experienced. Please indicate those experiences you have personally had by placing a check (✓) under the YES column for that experience. If you have not had the experience place your check under the NO column.

	NO	YES
	[✓]	[✓]
1. Male lying prone on female (clothed)	[]	[]
2. Stroking and petting your sexual partner's genitals	[]	[]
3. Erotic embrace (clothed)	[]	[]
4. Intercourse-vaginal entry from rear	[]	[]
5. Having genitals caressed by your sexual partner	[]	[]
6. Mutual oral stimulation of genitals	[]	[]
7. Oral stimulation of your partner's genitals	[]	[]
8. Intercourse-side by side	[]	[]
9. Kissing of sensitive (non-genital) areas of the body	[]	[]
10. Intercourse-sitting position	[]	[]
11. Masturbating alone	[]	[]
12. Male kissing female's nude breasts	[]	[]
13. Having your anal area caressed	[]	[]
14. Breast petting (clothed)	[]	[]
15. Caressing your partner's anal area	[]	[]
16. Intercourse-female superior position	[]	[]
17. Mutual petting of genitals to orgasm	[]	[]
18. Having your genitals orally stimulated	[]	[]
19. Mutual undressing of each other	[]	[]
20. Deep kissing	[]	[]
21. Intercourse-male superior position	[]	[]
22. Anal intercourse	[]	[]
23. Kissing on the lips	[]	[]
24. Breast petting (nude)	[]	[]

APPENDIX F

Sexual Behaviours Questionnaire (SBQ)

Instructions: Various behaviours that people may engage in during lovemaking are listed below. Indicate whether you have engaged in the behaviours.

	YES	NO
1. I caress my breasts	_____	_____
2. I caress my genitals	_____	_____
3. I caress my anus	_____	_____
4. I caress my body in the presence of my partner	_____	_____
5. I caress my genitals in the presence of my partner	_____	_____
6. I caress my partner's genitals	_____	_____
7. I caress my partner's anus	_____	_____
8. Having my breasts caressed by my partner	_____	_____
9. Having my genitals caressed by my partner	_____	_____
10. Having my anus caressed by my partner	_____	_____
11. Mutually caressing each other's genitals with hands	_____	_____
12. Oral stimulation of my partner's genitals	_____	_____
13. Oral stimulation of my partner's anus	_____	_____
14. Oral stimulation of my breasts by my partner	_____	_____
15. Oral stimulation of my genitals by my partner	_____	_____
16. Mutual oral stimulation of each other's genitals	_____	_____
17. Vaginal penetration male on top	_____	_____
18. Vaginal penetration female on top	_____	_____
19. Vaginal penetration by rear entry	_____	_____
20. Vaginal penetration in any position with manual stimulation of clitoris	_____	_____
21. Anal penetration	_____	_____
22. Sexual relations in a different position	_____	_____

APPENDIX G

Brief Index of Sexual Functioning for Women (BISF-W)

1. Do you currently have a sex partner? ____ Yes ____ No
2. Have you been sexually active during the past month? ____ Yes ____ No
3. During the past month, how frequently have you had sexual thoughts, fantasies, or erotic dreams? (Please circle the most appropriate response.)
- (0) Not at all
 - (1) Once
 - (2) 2 or 3 times
 - (3) Once a week
 - (4) 2 or 3 times per week
 - (5) Once a day
 - (6) More than once a day
4. Using the scale on the right, indicate how frequently you have felt a desire to engage in the following activities during the past month. (An answer is required for each, even if it may not apply to you.)
- | | | |
|------------------------------------|-------|---------------------------|
| Kissing | _____ | (0) Not at all |
| Masturbation | _____ | (1) Once |
| Mutual masturbation | _____ | (2) 2 or 3 times |
| Petting and foreplay | _____ | (3) Once a week |
| Oral sex | _____ | (4) 2 or 3 times per week |
| Vaginal penetration or intercourse | _____ | (5) Once a day |
| Anal sex | _____ | (6) More than once a day |
- 5 Using the scale on the right, indicate how frequently you have become aroused by the following activities during the past month. (An answer is required for each, even if it may not apply to you.)
- | | | |
|------------------------------------|-------|---------------------------|
| Kissing | _____ | (0) Not at all |
| Masturbation | _____ | (1) Once |
| Mutual masturbation | _____ | (2) 2 or 3 times |
| Petting and foreplay | _____ | (3) Once a week |
| Oral sex | _____ | (4) 2 or 3 times per week |
| Vaginal penetration or intercourse | _____ | (5) Once a day |
| Anal sex | _____ | (6) More than once a day |

6. Overall, during the past month, how frequently have you become anxious or inhibited during sexual activity with a partner? (Please circle the most appropriate response.)

- (0) I have not had a sexual partner
- (1) Not at all anxious or inhibited
- (2) Seldom, less than 25% of the time
- (3) Sometimes, about 50% of the time
- (4) Usually, about 75% of the time
- (5) Always became anxious or inhibited

7. Using the scale on the right, indicate how frequently you have engaged in the following sexual experiences during the past month. (An answer is required for each, even if it may not apply to you.)

- | | | | |
|------------------------------------|-------|-----|-----------------------|
| Kissing | _____ | (0) | Not at all |
| Masturbation | _____ | (1) | Once |
| Mutual masturbation | _____ | (2) | 2 or 3 times |
| Petting and foreplay | _____ | (3) | Once a week |
| Oral sex | _____ | (4) | 2 or 3 times per week |
| Vaginal penetration or intercourse | _____ | (5) | Once a day |
| Anal sex | _____ | (6) | More than once a day |

8. During the past month, who has usually initiated sexual activity? (Please circle the most appropriate response.)

- (0) I have not had a partner
- (1) I have not had sex with a partner for the past month
- (2) I usually have initiated activity
- (3) My partner and I have equally initiated activity
- (4) My partner usually has initiated activity

9. During the past month, how have you usually responded to your partner's sexual advances? (Please circle the most appropriate response.)

- (0) I have not had a partner
- (1) Has not happened in the past month
- (2) Usually refused
- (3) Sometimes refused
- (4) Accepted reluctantly
- (5) Accepted, but not necessarily with pleasure
- (6) Usually accepted with pleasure
- (7) Always accepted with pleasure

10. During the past month, have you felt pleasure from any forms of sexual experience? (Please circle the most appropriate response.)

- (0) I have not had a partner
- (1) Have had no sexual experience in the past month

- (2) Have not felt any pleasure
- (3) Seldom, less than 25% of the time
- (4) Sometimes, about 50% of the time
- (5) Usually, about 75% of the time
- (6) Always felt pleasure

11. Using the scale on the right, indicate how often you have reached orgasm during the past month with the following activities. (An answer is required for each, even if it may not apply to you.)

- | | | |
|----------------------|-------|---------------------------------------|
| Kissing | _____ | (0) I have not had a partner |
| Masturbation | _____ | (1) Have not engaged in this activity |
| Mutual masturbation | _____ | (2) Not at all |
| Petting and foreplay | _____ | (3) Seldom, less than 25% of the time |
| Oral sex | _____ | (4) Sometimes, about 50% of the time |
| Vaginal penetration | _____ | |
| or intercourse | _____ | (5) Usually, about 75% of the time |
| Anal sex | _____ | (6) Always reached orgasm |

12. During the past month, has the frequency of your sexual activity with a partner been: (Please circle the most appropriate response.)

- (0) I have not had a partner
- (1) Less than you desired
- (2) As much as you desired
- (3) More than you desired

13. Using the scale to the right, indicate the level of change, if any, in the following areas during the past month. (An answer is required for each, even if it may not apply to you.)

- | | | |
|---------------------|-------|---------------------------|
| Sexual interest | _____ | (0) Not applicable |
| Sexual arousal | _____ | (1) Much lower level |
| Sexual activity | _____ | (2) Somewhat lower level |
| Sexual satisfaction | _____ | (3) No change |
| Sexual anxiety | _____ | (4) Somewhat higher level |
| | | (5) Much higher level |

14. During the past month, how frequently have you experienced the following? (An answer is required for each, even if it may not apply to you.)

- | | | |
|---|-------|---------------------------------------|
| Bleeding or irritation after vaginal penetration or intercourse | _____ | (0) Not at all |
| Lack of vaginal lubrication | _____ | (1) Seldom, less than 25% of the time |
| Painful penetration or intercourse | _____ | (2) Sometimes, about 50% of the time |
| Difficulty reaching orgasm | _____ | (3) Usually, about 75% of the time |
| Vaginal tightness | _____ | (4) Always |

Involuntary urination _____
 Headaches after sexual activity _____
 Vaginal infection _____

15. Using the scale to the right, indicate the frequency with which the following factors have influenced your level of sexual activity during the past month. (An answer is required for each, even if it may not apply to you.)

My own health problems (e.g. infection, illness)	_____	(0) I have not had a partner
My partner's health problems	_____	(1) Not at all
Conflict in the relationship	_____	(2) Seldom, less than 25% of the time
Lack of privacy	_____	(3) Sometimes, about 50% of the time
Other (please specify):	_____	(4) Usually, about 75% of the time
		(5) Always

16. How satisfied are you with the overall appearance of your body? (Please circle the most appropriate response.)

- (0) Very satisfied
- (1) Somewhat satisfied
- (2) Neither satisfied nor dissatisfied
- (3) Somewhat dissatisfied
- (4) Very dissatisfied

17. During the past month, how frequently have you been able to communicate your sexual desires or preferences to your partner? (Please circle the most appropriate response.)

- (0) I have not had a sexual partner
- (1) I have been unable to communicate my desires or preferences
- (2) Seldom, less than 25% of the time
- (3) Sometimes, about 50% of the time
- (4) Usually, about 75% of the time
- (5) I was always able to communicate my desires or preferences

18. Overall, how satisfied have you been with your sexual relationship with your partner? (Please circle the most appropriate response.)

- (0) I have not had a partner
- (1) Very satisfied
- (2) Somewhat satisfied
- (3) Neither satisfied nor dissatisfied
- (4) Somewhat dissatisfied
- (5) Very dissatisfied

19. Overall, how satisfied do you think your partner has been with your sexual relationship? (Please circle the most appropriate response.)

- (0) I have not had a partner
- (1) Very satisfied
- (2) Somewhat satisfied
- (3) Neither satisfied nor dissatisfied
- (4) Somewhat dissatisfied
- (5) Very dissatisfied

20. Overall, how important a part of your life is your sexual activity? (Please circle the most appropriate response.)

- (0) Not at all important
- (1) Somewhat unimportant
- (2) Neither important nor unimportant
- (3) Somewhat important
- (4) Very important

21. Circle the number that corresponds to the statement that best describes your sexual experience.

- (1) Entirely heterosexual
- (2) Largely heterosexual but some homosexual experience
- (3) Largely heterosexual, but with considerable homosexual experience
- (4) Equally heterosexual and homosexual
- (5) Largely homosexual, but with considerable heterosexual experience
- (6) Largely homosexual but some heterosexual experience
- (7) Entirely homosexual

22. Circle the number that corresponds to the statement that best describes your sexual desires.

- (1) Entirely heterosexual
- (2) Largely heterosexual but some homosexual experience
- (3) Largely heterosexual, but with considerable homosexual experience
- (4) Equally heterosexual and homosexual
- (5) Largely homosexual, but with considerable heterosexual experience
- (6) Largely homosexual but some heterosexual experience
- (7) Entirely homosexual

APPENDIX H

Golombok-Rust Inventory of Sexual Satisfaction (GRISS)

INSTRUCTIONS: Each question is followed by a series of possible answers:

N NEVER
H HARDLY EVER
O OCCASIONALLY
U USUALLY
A ALWAYS

Read each question carefully and decide which answer best describes the way things have been for you recently; then circle the corresponding letter. PLEASE ANSWER EVERY QUESTION. If you are not completely sure which answer is most appropriate, circle the answer which you feel is most appropriate. Please answer this questionnaire without discussing any of the questions with your partner. In order for us to obtain valid information it is important for you to answer each question as honestly and as accurately as possible.

- | | | | | | | |
|-----|---|---|---|---|---|---|
| 1. | Do you feel uninterested in sex? | N | H | O | U | A |
| 2. | Do you ask your partner what he likes or dislikes about your sexual relationship? | N | H | O | U | A |
| 3. | Are there weeks in which you don't have sex at all? | N | H | O | U | A |
| 4. | Do you become easily sexually aroused? | N | H | O | U | A |
| 5. | Are you satisfied by the amount of time you and your partner spend on foreplay? | N | H | O | U | A |
| 6. | Do you find that your vagina is so tight that your partner's penis cannot enter it? | N | H | O | U | A |
| 7. | Do you try to avoid having sex with your partner? | N | H | O | U | A |
| 8. | Are you able to experience an orgasm with your partner? | N | H | O | U | A |
| 9. | Do you enjoy cuddling and caressing your partner's body? | N | H | O | U | A |
| 10. | Do you find your sexual relationship with your partner satisfactory? | N | H | O | U | A |
| 11. | Is it possible to insert your finger in your vagina without discomfort? | N | H | O | U | A |
| 12. | Do you dislike stroking and caressing your partner's penis? | N | H | O | U | A |
| 13. | Do you become tense and anxious when your partner wants to have sex? | N | H | O | U | A |
| 14. | Do you find it impossible to have an orgasm? | N | H | O | U | A |
| 15. | Do you have sexual intercourse more than twice a week? | N | H | O | U | A |
| 16. | Do you find it hard to tell your partner what you like and dislike about your sexual relationship? | N | H | O | U | A |
| 17. | Is it possible for your partner's penis to enter your vagina without discomfort? | N | H | O | U | A |
| 18. | Do you feel there is a lack of love and affection in your sexual relationship with your partner? | N | H | O | U | A |
| 19. | Do you enjoy having your genitals stroked and caressed by your partner? | N | H | O | U | A |
| 20. | Do you refuse to have sex with your partner? | N | H | O | U | A |
| 21. | Can you reach orgasm when your partner stimulates your clitoris during foreplay? | N | H | O | U | A |
| 22. | Do you feel dissatisfied with the amount of time your partner spends on intercourse itself? | N | H | O | U | A |
| 23. | Do you have feelings of disgust about what you do during lovemaking? | N | H | O | U | A |
| 24. | Do you find that your vagina is rather tight so that your partner's penis can't penetrate very far? | N | H | O | U | A |
| 25. | Do you dislike being cuddled and caressed by your partner? | N | H | O | U | A |
| 26. | Does your vagina become moist during lovemaking? | N | H | O | U | A |
| 27. | Do you enjoy having sexual intercourse with your partner? | N | H | O | U | A |
| 28. | Do you fail to reach orgasm during intercourse? | N | H | O | U | A |

APPENDIX I

Sexual Arousability Index (SAI)

Instructions: The experiences in this inventory may or may not be sexually arousing to you. There are no right or wrong answers. Read each item carefully, and then circle the number which indicates how sexually aroused you feel when you have the described experience, or how sexually aroused you think you would feel if you actually experienced it. Be sure to answer every item. Rate feelings of arousal according to the scale below.

- 1= Adversely affects arousal; unthinkable, repulsive, distracting
- 0= Doesn't affect sexual arousal
- 1= Possibly causes sexual arousal
- 2= Sometimes causes sexual arousal; slightly arousing
- 3= Usually causes sexual arousal; moderately arousing
- 4= Almost always sexually arousing; very arousing
- 5= Always causes sexual arousal; extremely arousing

Answer

1. When a loved one stimulates your genitals with mouth and tongue. _____
2. When a loved one fondles your breasts with his/her hands. _____
3. When a loved one stimulates your genitals with his/her finger. _____
4. When you are touched or kissed on the inner thighs by a loved one. _____
5. When a loved one undresses you. _____
6. When you dance with a loved one. _____
7. When you have intercourse with a loved one. _____
8. When a loved one kisses or touches your nipples. _____
9. When you see pornographic pictures or slides. _____
10. When you lie in bed with a loved one. _____
11. When a loved one kisses you passionately. _____
12. When a loved one kisses you with an exploring tongue. _____
13. When you read suggestive or pornographic poetry. _____
14. When you make love in a new or unusual place. _____

APPENDIX J

Sexual Arousability Index-Expanded (SAI-E)

Now rate each of the items according to how anxious you feel, or think you would feel, when you have the described experience. The meaning of anxiety is extreme uneasiness, distress. Rate feelings of anxiety according to the scale below.

-1= Relaxing, calming

0= No anxiety

1= Possibly causes some anxiety

2= Sometimes causes anxiety; slightly anxiety producing

3= Usually causes anxiety; moderately anxiety producing

4= Almost always causes anxiety; very anxiety producing

5= Always causes anxiety; extremely anxiety producing

Answer

1. When a loved one stimulates your genitals with mouth and tongue.

2. When a loved one fondles your breasts with his/her hands.

3. When a loved one stimulates your genitals with his/her finger.

4. When you are touched or kissed on the inner thighs by a loved one.

5. When a loved one undresses you.

6. When you dance with a loved one.

7. When you have intercourse with a loved one.

8. When a loved one kisses or touches your nipples.

9. When you see pornographic pictures or slides.

10. When you lie in bed with a loved one.

11. When a loved one kisses you passionately.

12. When a loved one kisses you with an exploring tongue.

13. When you read suggestive or pornographic poetry.

14. When you make love in a new or unusual place.

APPENDIX K

Sexual Opinion Survey-Short Form (SOS)

Please respond to each item as honestly as you can. There are no right or wrong answers.
Rate each item on a scale of 1= I strongly agree to 7= I strongly disagree

1	2	3	4	5	6	7
I strongly agree						I strongly disagree

Answer

1. Almost all pornographic material is nauseating.

2. Masturbation can be an exciting experience.

3. It would be emotionally upsetting to me to see someone exposing themselves publically.

4. The thought of engaging in unusual sex practices is highly arousing.

5. The thought of having long-term sexual relations with more than one sex partner is not disgusting to me.

APPENDIX L

Revised Eysenck Personality Inventory: Abbreviated Form (EPQR-A)

Instructions: Here are some questions regarding the way you behave, feel and act. After each question is a space for answering "Yes" or "No." Try and decide whether "Yes" or "No" represents your usual way of acting or feeling. Then circle "Y" for "Yes" or "N" for "No." Please answer every question.

- | | | |
|---|---|---|
| 1. Does your mood often go up and down? | Y | N |
| 2. Are you a talkative person? | Y | N |
| 3. Would being in debt worry you? | Y | N |
| 4. Are you rather lively? | Y | N |
| 5. Were you ever greedy by helping yourself to more than your share of anything? | Y | N |
| 6. Would you take drugs which may have strange or dangerous effects? | Y | N |
| 7. Have you ever blamed someone for doing something that you knew was really your fault | Y | N |
| 8. Do you prefer to go your own way rather than act by the rules? | Y | N |
| 9. Do you often feel 'fed up'? | Y | N |
| 10. Have you ever taken anything (even a pin or button) that belonged to someone else? | Y | N |
| 11. Would you call yourself a nervous person? | Y | N |
| 12. Do you think marriage is old-fashioned and should be done away with? | Y | N |
| 13. Can you easily get some life into a rather dull party? | Y | N |
| 14. Are you a worrier? | Y | N |
| 15. Do you tend to keep in the background on social occasions? | Y | N |
| 16. Does it worry you if you know there are mistakes in your work? | Y | N |
| 17. Have you ever cheated at a game? | Y | N |
| 18. Do you suffer from 'nerves'? | Y | N |
| 19. Have you ever taken advantage of someone? | Y | N |
| 20. Are you mostly quiet when you with other people? | Y | N |
| 21. Do you often feel lonely? | Y | N |
| 22. Is it better to follow society's rules than to go your own way? | Y | N |
| 23. Do other people think of you as being very lively? | Y | N |
| 24. Do you always practice what you preach? | Y | N |

APPENDIX M

Sensation Seeking Scale-Form V (SSS-V)

Directions: Each of the items below contains two choices A and B. Please indicate which of the choices most describes your likes or the way you feel. In some cases you may find items in which both choices describe your likes or feelings. Please choose the one which better describes your likes or feelings. In some cases you may find items in which you do not like either choice. In these cases, mark the choice you dislike least. Do not leave any items blank. It is important you respond to all items with only one choice, A or B. We are interested only in your likes or feelings, not in how others feel about these things or how one is supposed to feel. There are no right or wrong answers. Be frank and give your honest appraisal of yourself.

1. A. I like "wild" uninhibited parties.
 B. I prefer quiet parties with good conversation.
2. A. There are some movies I enjoy seeing a second or even third time.
 B. I can't stand watching a movie that I've seen before.
3. A. I often wish I could be a mountain climber.
 B. I can't understand people who risk their necks climbing mountains.
4. A. I dislike all body odours.
 B. I like some of the earthy body smells.
5. A. I get bored seeing the same old faces.
 B. I like the comfortable familiarity of everyday friends.
6. A. I like to explore a strange city or section of town by myself, even if it means getting lost.
 B. I prefer a guide when I am in a place I don't know well.
7. A. I dislike people who do or say things just to shock or upset others.
 B. When you can predict almost anything a person will do and say he or she must be a bore.
8. A. I usually don't enjoy a movie or play where I can predict what will happen in advance.
 B. I don't mind watching a movie or play where I can predict what will happen in advance.
9. A. I have tried marijuana or would like to.
 B. I would never smoke marijuana.
10. A. I would not like to try any drug which might produce strange and dangerous effects on me.
 B. I would like to try some of the drugs that produce hallucinations.
11. A. A sensible person avoids activities that are dangerous.
 B. I sometimes like to do things that are a little frightening.
12. A. I dislike "swingers" (people who are uninhibited and free about sex).
 B. I enjoy the company of real "swingers."

13. A. I find that stimulants make me uncomfortable.
B. I often like to get high (drinking liquor or smoking marijuana).
14. A. I like to try new foods that I have never tasted before.
B. I order the dishes with which I am familiar so as to avoid disappointment and unpleasantness.
15. A. I enjoy looking at home movies, videos, or travel slides.
B. Looking at someone's home movies, videos, or travel slides bores me tremendously.
16. A. I would like to take up the sport of water skiing.
B. I would not like to take up water skiing.
17. A. I would like to try surfboard riding.
B. I would not like to try surfboard riding.
18. A. I would like to take off on a trip with no preplanned or definite routes, or timetable.
B. When I go on a trip I like to plan my route and timetable fairly carefully.
19. A. I prefer "down to earth" kinds of people as friends.
B. I would like to make friends in some of the "far out" groups like artists or "punks."
20. A. I would not like to learn to fly an airplane.
B. I would like to learn to fly an airplane.
21. A. I prefer the surface of the water to the depths.
B. I would like to go scuba diving.
22. A. I would like to meet some persons who are homosexual (men or women).
B. I stay away from anyone I suspect of being "gay" or "lesbian."
23. A. I would like to try parachute jumping.
B. I would never want to try jumping out of a plane, with or without a parachute.
24. A. I prefer friends who are excitingly unpredictable.
B. I prefer friends who are reliable and predictable.
25. A. I am not interested in experience for its own sake.
B. I like to have new and exciting experiences and sensations even if they are a little frightening, unconventional or illegal.
26. A. The essence of good art is in its clarity, symmetry of form, and harmony of colours.
B. I often find beauty in the "clashing" colours and irregular forms of modern paintings.
27. A. I enjoy spending time in the familiar surroundings of home.
B. I get very restless if I have to stay around the house for any length of time.
28. A. I like to dive off the high board.
B. I don't like the feeling I get standing on the highboard (or I don't go near it at all).
29. A. I like to date persons who are physically exciting.
B. I like to date persons who share my values.
30. A. Heavy drinking usually ruins a party because some people get loud and

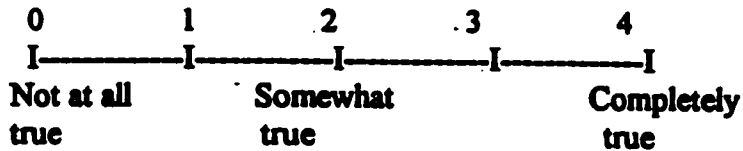
boisterous.

- B. Keeping the drinks full is the key to a good party.
31. A. The worst social sin is to be rude.
B. The worst social sin is to be a bore.
32. A. A person should have considerable sexual experience before marriage.
B. It's better if two married persons begin their sexual experience with each other.
33. A. Even if I had the money, I would not care to associate with flighty rich persons in the "jet set."
B. I could conceive of myself seeking pleasures around the world with the "jet set."
34. A. I like people who are sharp and witty even if they do sometimes insult others.
B. I dislike people who have their fun at the expense of hurting the feelings of others.
35. A. There is altogether too much portrayal of sex in the movies.
B. I enjoy watching many of the "sexy" scenes in movies.
36. A. I feel best after taking a couple of drinks.
B. Something is wrong with people who need liquor to feel good.
37. A. People should dress according to some standard of taste, neatness, and style.
B. People should dress in individual ways even if the effects are sometimes strange.
38. A. Sailing long distances in small sailing crafts is foolhardy.
B. I would like to sail a long distance in a small but seaworthy sailing craft.
39. A. I have no patience with dull or boring persons.
B. I find something interesting in almost every person I talk to.
40. A. Skiing down a high mountain slope is a good way to end up on crutches.
B. I think I would enjoy the sensations of skiing very fast down a high mountain slope.

APPENDIX N

Personal Assessment of Intimacy in Relationships (PAIR)

INSTRUCTIONS: We would like to know the extent to which the following statements describe your relationship. Please write the number (0-4) from the following scale which best describes how true each statement is of your relationship **AT PRESENT**.



- | | Answers |
|---|---------|
| 1. My partner listens to me when I need someone to talk to | _____ |
| 2. We enjoy spending time with other couples. | _____ |
| 3. I am satisfied with our sex life. | _____ |
| 4. My partner helps me clarify my thoughts. | _____ |
| 5. We enjoy the same recreational activities. | _____ |
| 6. My partner has all the qualities I've ever wanted in a mate. | _____ |
| 7. I can state my feelings without him/her getting defensive. | _____ |
| 8. We usually "keep to ourselves." | _____ |
| 9. I feel our sexual activity is just routine. | _____ |
| 10. When it comes to having a serious discussion it seems that we have little in common. | _____ |
| 11. I share in very few of my partner's interests. | _____ |
| 12. There are times when I do not feel a great deal of love and affection for my partner. | _____ |
| 13. I often feel distant from my partner. | _____ |
| 14. We have very few friends in common. | _____ |
| 15. I am able to tell my partner when I want sexual intercourse. | _____ |
| 16. I feel "put-down" in a serious conversation with my partner. | _____ |
| 17. We like playing together. | _____ |
| 18. Every new thing that I have learned about my partner has pleased me. | _____ |
| 19. My partner can really understand my hurts and joys. | _____ |
| 20. Having time together with friends is an important part of our shared activities. | _____ |
| 21. I "hold back" my sexual interest because my partner makes me feel uncomfortable. | _____ |
| 22. I feel it is useless to discuss some things with my partner. | _____ |
| 23. We enjoy the out-of-doors together. | _____ |
| 24. My partner and I understand each other completely. | _____ |
| 25. I feel neglected at times by my partner. | _____ |
| 26. Many of my partner's closest friends are also my closest friends. | _____ |

- 27. Sexual expression is an essential part of our relationship.
- 28. My partner frequently tries to change my ideas.
- 29. We seldom find time to do fun things together.
- 30. I don't think anyone could possibly be happier than my partner and I when we are with one another.
- 31. I sometimes feel lonely when we're together.
- 32. My partner disapproves of some of my friends.
- 33. My partner seems disinterested in sex.
- 34. We have an endless number of things to talk about.
- 35. I think that we share some of the same interests.
- 36. I have some needs that are not being met by my relationship.

APPENDIX O

Love Scale

INSTRUCTIONS: On the line next to each statement below, please write the number from the following scale which best approximates how much you agree or disagree with the statement.

1	2	3	4	5	6	7	8	9
I-----I-----I-----I-----I-----I-----I-----I-----I								
Not at all true			Moderately true			Definitely true		
Disagree			Agree to some			Agree		
Completely			extent			Completely		

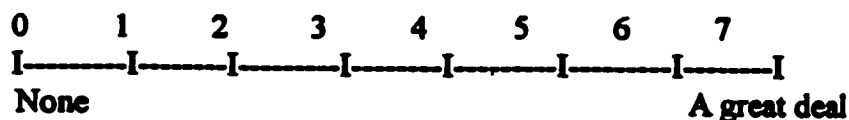
1. If my partner were feeling bad, my first duty would be to cheer him/her up. _____
2. I feel that I can confide in my partner about virtually everything. _____
3. I find it easy to ignore my partner's faults. _____
4. I would do almost anything for my partner. _____
5. I feel very possessive toward my partner. _____
6. If I could never be with my partner, I would feel miserable. _____
7. If I were lonely, my first thought would be to seek my partner out. _____
8. One of my primary concerns is my partner's welfare. _____
9. I would forgive my partner for practically anything. _____
10. I feel responsible for my partner's well-being. _____
11. When I am with my partner, I spend a good deal of time just looking at him/her. _____
12. I would greatly enjoy being confided in by my partner. _____
13. It would be hard for me to get along without my partner. _____

APPENDIX P

Physical Affection Scale (PAS)

- Instructions:**
- 1) In column A, write the number (0-7) from the following scale which best approximates how much of each activity you receive from your partner.
 - 2) In column B, write the number which best approximates how much of each activity you want to receive from your partner.
 - 3) In column C, write the number which best approximates how much of each activity you give to your partner

SCALE



	A <u>I receive</u>	B <u>I want to receive</u>	C <u>I give</u>
1. cuddling	_____	_____	_____
2. holding hands	_____	_____	_____
3. patting part of the body	_____	_____	_____
4. hugging	_____	_____	_____
5. being physically playful	_____	_____	_____
6. kissing	_____	_____	_____
7. stroking part of the body	_____	_____	_____
8. nuzzling	_____	_____	_____
9. sitting on partner's lap, or vice versa	_____	_____	_____
10. massage	_____	_____	_____
11. sitting very close to each other	_____	_____	_____
12. back scratching	_____	_____	_____
13. sitting, lying, or walking with arms around each other	_____	_____	_____
14. breast or genital fondling	_____	_____	_____

Dyadic Adjustment Scale-Satisfaction Subscale (DAS)

	All of the time	Most of the time	More often than not	Occasionally	Rarely	Never
1. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	_____	_____	_____	_____	_____	_____
2. How often do you or your partner leave the house after a fight?	_____	_____	_____	_____	_____	_____
3. In general, how often do you think that things between you and your partner are going well?	_____	_____	_____	_____	_____	_____
4. Do you confide in your mate?	_____	_____	_____	_____	_____	_____
5. Do you regret that you are partnered (dating/living together/married)?	_____	_____	_____	_____	_____	_____
6. How often do you and your partner quarrel?	_____	_____	_____	_____	_____	_____
7. How often do you and your partner "get on each other's nerves?"	_____	_____	_____	_____	_____	_____
8. Do you kiss your mate?	Every day _____	Almost every day _____	Occasionally _____	Rarely _____	Never _____	

9. The dots on the following line represent different degrees of happiness in your relationship. Please circle the dot which best describes the degree of happiness, all things considered, of your relationship.



10. Which of the following statements best describes how you feel about the future of your relationship?

- _____ I want desperately for my relationship to succeed, and would go to almost any length to see that it does.
- _____ I want very much for my relationship to succeed, and will do all I can to see that it does.
- _____ I want very much for my relationship to succeed, and I will do my fair share to see that it does.
- _____ It would be nice if my relationship succeeded, but I can't do much more than I am doing now to help it.
- _____ It would be nice if it succeeded, but I refuse to do any more than I am doing now to keep the relationship going.
- _____ My relationship can never succeed, and there is no more that I can do to keep the relationship going.

APPENDIX R

Locke-Wallace Marital Adjustment Scale (MAS)

INSTRUCTIONS: Please reply to each of the questions by circling the appropriate answer. If you cannot give an exact answer to a question, answer the best you can.

1. Have you ever wished you had not married?
 - a. Frequently
 - b. Occasionally
 - c. Rarely
2. If you had your life to live again, would you:
 - a. Marry the same person
 - b. Marry a different person
 - c. Not marry at all
3. How many outside activities do husband and wife engage in together?
 - a. All of them
 - b. Some of them
 - c. Few of them
 - d. None of them
4. In leisure time, which situation do you prefer?
 - a. Both husband/wife to stay home
 - b. Both to be on the go
 - c. One to be on the go and the other to stay home
5. Do you and your mate talk things over together?
 - a. Never
 - b. Now and then
 - c. Almost always
 - d. Always
6. How often do you kiss your mate?
 - a. Every day
 - b. Now and then
 - c. Almost never
7. Check any of the following items which you think have caused serious difficulties in your marriage.

<input type="checkbox"/> Mate's attempt to control my spending money	<input type="checkbox"/> Sterility of husband or wife
<input type="checkbox"/> Other difficulties over money	<input type="checkbox"/> Venereal diseases
<input type="checkbox"/> Religious differences	<input type="checkbox"/> Mate became familiar with other
<input type="checkbox"/> Different amusement interests	<input type="checkbox"/> Desertion
<input type="checkbox"/> Lack of mutual friends	<input type="checkbox"/> Non-support
<input type="checkbox"/> Constant bickering	<input type="checkbox"/> Drunkenness
<input type="checkbox"/> Interference of in-laws	<input type="checkbox"/> Gambling
<input type="checkbox"/> Lack of mutual affection	<input type="checkbox"/> Ill health
<input type="checkbox"/> Unsatisfying sexual relations	<input type="checkbox"/> Mate sent to jail

☐ Selfishness/ lack of cooperation
☐ Adultery

☐ Other reasons
☐ Desire to have children

8. How many things truly satisfy you about your marriage?

- a. Nothing
- b. One thing
- c. Two things
- d. Three or more

9. When disagreements arise, they result in:

- a. Husband giving in
- b. Wife giving in
- c. Neither giving in
- d. Agreement by mutual give and take

10. What is the total number of times you left mate or mate left you due to conflict?

- a. No time
- b. One or more times

11. How frequently do you or your mate get on each other's nerves around the house?

- a. Never
- b. Occasionally
- c. Frequently
- d. Almost always
- e. Always

12. What are your feelings on sex relations between you and your mate?

- a. Very enjoyable
- b. Enjoyable
- c. Tolerable
- d. Disgusting

13. What are your mate's feelings on sex relations with you?

- a. Very enjoyable
- b. Enjoyable
- c. Tolerable
- d. Disgusting

Indicate approximate extent of agreement between husband and wife

Check one column for each item below:	1	2	3	4	5	6
14. Handling family finances						
15. Matters of recreation (e.g., going to dance)						
16. Demonstrations of affection (e.g., kissing frequency)						
17. Friends (e.g., dislike of mate's friends)						
18. Intimate relations						
19. Ways of dealing with in-laws						

20. Amount of time that should be spent together						
21. Conventionality (e.g., right, good or proper conduct)						
22. Aims, goals and things believed to be important						
23. Circle the dot which you feel best represents the degree of happiness in your marriage <div style="text-align: center;"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> <div style="display: flex; justify-content: space-between; padding: 0 100px;"> Very unhappy Very happy </div>						

APPENDIX S

Information Sheet

STUDY OF SEXUALITY

The Sexuality and Reproductive Health Lab, Department of Psychology, Concordia University, is currently conducting a study on the sexuality of men and women. We are seeking information on factors which influence men's and women's views of their own sexuality.

We are seeking volunteers (men and women) between the ages of 18 and 70. You need not be sexually active or in a relationship.

Participation in this study would involve:

1. Completing questionnaires. The questionnaires deal with sexual behaviour, relationship quality, intimacy, and aspects of personality. Many of the questionnaires related to sexuality ask for intimate and sensitive information regarding sexual beliefs and practices. Questionnaires can be filled out at home and returned using the stamped envelope provided.

2. Partner involvement (optional). Partners are asked to complete questionnaires assessing sexual and relationship functioning. However, partners are not required to participate.

All the information that you give us will be kept confidential.

APPENDIX T**Newspaper Advertisement**

Concordia University Sexuality and Reproductive Health Lab, Department of Psychology, invites individuals (18-70 years old), to participate in a study on intimacy, personality, and sexuality. Involves questionnaire completion. The information you provide will be held in the strictest confidence. For more information call Jennifer Volsky Rushton at (514) 848-7567 or email rushky@sprint.ca.

APPENDIX U

Correlations Between Measures Used in Young Women's MANOVAs

	# Sex Partners	SAI-E	SOS	Orgasm	EPQR-Neur	SSSV-BS	SSSV-ES	SSSV-TAS	SSSV-Dis	Physical
SES	.44***									
SAI		-.25*	.42***							
SAI-E		-	-.35***							
Pain				.01						
EPQR-Ex					-.17	.22*	.19*	.34***	.26**	
EPQR Neur					-	.00	-.10	-.07	.05	
SSSV-BS						-	.47***	.17	.40***	
SSSV-ES							-	.35***	.31**	
SSSV-TAS								-	.21*	
SSSV-Dis									-	
Affection/ Social										.44**

Note. SES= Sexual Experience Survey, SAI= Sexual Arousalability Index, SAI-E= Sexual Arousalability Index Expanded, SOS= Sexual Opinion Survey, EPQR-Ex= extraversion, EPQR Neur= neuroticism, SSSV-BS= boredom susceptibility, SSSV-ES= experience seeking, SSSV-TAS= thrill and adventure seeking, SSSV-Dis= disinhibition

* $p < .05$ ** $p < .01$ *** $p < .001$

APPENDIX V

Summary Statistics for Young (mean age of 22) Women's Personality MANOVA

Effect	Pillais	F	Hypothesis df	Error df	p
Schema Group	.54	3.68	18	300	.00

Source	SS	df	MS	F
Extraversion	138.75	3.	46.25	15.90***
error	299.57	103	2.91	
Neuroticism	3.41	3	1.14	.33
error	356.90	102	3.46	
Boredom	92.00	3	30.67	8.75***
error	360.87	101	3.50	
Disinhibition	69.96	3	23.32	3.66*
error	655.75	100	6.37	
Experience	80.14	3	26.72	8.53***
Seek				
error	322.46	99	3.13	
Thrill Seeking	39.47	3	13.16	1.67
error	810.40	98	7.87	

* $p < .05$, *** $p < .001$

APPENDIX W

Summary Statistics for Young (mean age of 22) Women's Sexual Behaviour MANOVA

Effect	<i>Pillais</i>	<i>F</i>	Hypothesis <i>df</i>	Error <i>df</i>	<i>p</i>
Schema Group	.11	1.97	6	206	.07

Source	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>
SES total	134.88	3	44.96	2.00
error	2319.79	103	22.52	
# Partners	332.33	3	110.78	3.63*
error	3145.13	102	30.54	

* $p < .05$

APPENDIX X

Summary Statistics for Young (mean age of 22) Women's Sexual Arousal, Anxiety and Attitude MANOVA

Effect	<i>Pillais</i>	<i>F</i>	Hypothesis <i>df</i>	Error <i>df</i>	<i>p</i>
Schema Group	.34	4.36	9	309	.00

Source	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>
SAI total	2159.68	3	719.89	7.82***
error	9487.32	103	92.11	
SAI-E total	895.50	3	298.50	3.28*
error	9371.10	102	90.98	
SOS total	633.44	3	211.15	6.96***
error	3125.65	101	30.35	

* $p < .05$, *** $p < .001$

APPENDIX Y

Summary Statistics for Young (mean age of 22) Women's Love/Intimacy/Affection MANOVA

Effect	<i>Pillais</i>	<i>F</i>	Hypothesis <i>df</i>	Error <i>df</i>	<i>p</i>
Schema Group	.13	1.17	6	102	.33

Source	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>
Physical	7661.83	3	2553.94	1.38
error	93999.83	51	1843.13	
Non-physical	21963.94	3	7321.31	1.78
error	210251.48	50	4122.58	

APPENDIX Z

Correlations Between Measures Used in Middle and Older Women's MANOVAs

	# Sex Partners	SAI-E	SOS	Orgasm	SSSV-Total	Physical
SES	.31					
SAI		-.31*	.36**			
SAI-E		-	-.09			
Pain				-.25		
EPQR-Ex					.47**	
Affection/ Social						.58***

Note. SES= Sexual Experience Survey, SAI= Sexual Arousability Index, SAI-E= Sexual Arousability Index Expanded, SOS= Sexual Opinion Survey, EPQR-Ex= extraversion, SSSV-Total= sensation seeking

* $p < .05$ ** $p < .01$ *** $p < .001$

APPENDIX AA

Summary Statistics for Middle (mean age of 38)/Older (mean age of 53) Women's Personality MANOVA

Effect	Pillais	F	Hypothesis df	Error df	p
Schema Group	.39	2.49	6	62	.03

Source	SS	df	MS	F
Extraversion	18.41	3	6.14	1.76
error	107.86	31	3.48	
Sensation	325.00	3	108.34	3.42*
Seeking				
error	981.97	30	31.68	

*p<.05

APPENDIX BB

Summary Statistics for Middle (mean age of 38)/Older (mean age of 53) Women's Sexual Arousal and Anxiety MANOVA

Effect	<i>Pillais</i>	<i>F</i>	Hypothesis <i>df</i>	Error <i>df</i>	<i>p</i>
Schema Group	.09	.52	6	64	.79

Source	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>
SAI total	290.97	3	96.99	.83
error	3742.92	32	116.97	
SAI-E total	39.58	3	13.19	.20
error	2141.17	31	66.91	

APPENDIX CC

Summary Statistics for Middle (mean age of 38) Women's Love/Intimacy/Affection MANOVA

Effect	<i>Pillais</i>	<i>F</i>	Hypothesis <i>df</i>	Error <i>df</i>	<i>p</i>
Schema Group	0.28	1.78	6	66	0.12

Source	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>
Physical	23067.01	3	7689.00	3.34*
error	75870.48	33	2299.10	
Non-physical	8129.75	3	2709.92	.42
error	211946.79	32	6422.63	

* $p < .05$