

CHAPTER 12 DEVELOPMENT AND EXPRESSION OF SEXUALITY

EXERCISE 12.1 Self-Assessment: Sexuality Scale

INSTRUCTIONS

For the 30 items that follow, indicate the extent of your agreement or disagreement with each statement, using the key shown below. Record your responses in the spaces to the left of the items.

+2	+1	0	-1	-2
Agree	Slightly Agree	Neither Agree nor Disagree	Slightly Disagree	Disagree

The Scale

- _____ 1. I am a good sexual partner.
- _____ 2. I am depressed about the sexual aspects of my life.
- _____ 3. I think about sex all the time.
- _____ 4. I would rate my sexual skill quite highly.
- _____ 5. I feel good about my sexuality.
- _____ 6. I think about sex more than anything else.
- _____ 7. I am better at sex than most other people.
- _____ 8. I am disappointed about the quality of my sex life.
- _____ 9. I don't daydream about sexual situations.
- _____ 10. I sometimes have doubts about my sexual competence.
- _____ 11. Thinking about sex makes me happy.
- _____ 12. I tend to be preoccupied with sex.
- _____ 13. I am not very confident in sexual encounters.
- _____ 14. I derive pleasure and enjoyment from sex.
- _____ 15. I'm constantly thinking about having sex.
- _____ 16. I think of myself as a very good sexual partner.
- _____ 17. I feel down about my sex life.
- _____ 18. I think about sex a great deal of the time.
- _____ 19. I would rate myself low as a sexual partner.
- _____ 20. I feel unhappy about my sexual relationships.
- _____ 21. I seldom think about sex.
- _____ 22. I am confident about myself as a sexual partner.
- _____ 23. I feel pleased with my sex life.
- _____ 24. I hardly ever fantasize about having sex.
- _____ 25. I am not very confident about myself as a sexual partner.
- _____ 26. I feel sad when I think about my sexual experiences.
- _____ 27. I probably think about sex less often than most people.
- _____ 28. I sometimes doubt my sexual competence.
- _____ 29. I am not discouraged about sex.
- _____ 30. I don't think about sex very often.

Sexual Esteem

1. _____
4. _____
7. _____
10. R _____
13. R _____
16. _____
19. R _____
22. _____
25. R _____
28. R _____

Sexual Depression

2. _____
5. R _____
8. _____
11. R _____
14. R _____
17. _____
20. _____
23. R _____
26. _____
29. R _____

Sexual Preoccupation

3. _____
6. _____
9. R _____
12. _____
15. _____
18. _____
21. R _____
24. _____
27. R _____
30. R _____

My Scores

What the Scale Measures

Developed by William Snell and Dennis Papini (1989), the Sexuality Scale measures three aspects of your sexual identity. The Sexual Esteem subscale measures your tendency to evaluate yourself in a positive way in terms of your capacity to relate sexually to others. The Sexual Depression subscale measures your tendency to feel saddened and discouraged by your ability to relate sexually to others. The Sexual Preoccupation subscale measures your tendency to become absorbed in thoughts about sex on a persistent basis.

Internal reliability is excellent. Thus far, the scale's validity has been examined through factor analysis, which can be used to evaluate the extent of overlap among the subscales. The factor analysis showed that the three subscales do measure independent aspects of one's sexuality.

Scoring the Scale

To arrive at your scores on the three subscales of this questionnaire, transfer your responses into the spaces provided below. If an item number has an R next to it, this item is reverse-scored, so you should change the + or - sign in front of the number you recorded. After recording your responses, add up the numbers in each column, taking into account the algebraic sign in front of each number. The totals for each column are your scores on the three subscales of the Sexuality Scale. Record your scores at the bottom of each column.

Norms

	Sexual Esteem	Sexual Depression	Sexual Preoccupation
	Both sexes	Both sexes	Males Females
High score:	+14 to +20	+1 to +20	+8 to +20 -1 to +20
Intermediate score:	0 to +13	-12 to 0	-2 to +7 -10 to -2
Low score:	-20 to -1	-20 to -13	-20 to -3 -20 to -11

Interpreting Your Score

Our norms are based on Snell and Papini's (1989) sample of 296 college students drawn from a small university in the Midwest. Significant gender differences were found only on the Sexual Preoccupation subscale, so we report separate norms for males and females only for this subscale.

Source: From Snell, W. E., & Papini, D. R. (1989). The sexuality scale: An instrument to measure sexual-esteem, sexual-depression, and sexual-preoccupation. *Journal of Sex Research*, 26(2), 256-263. Copyright © 1989 Society for Scientific Study of Sex. Reprinted with permission from Taylor & Francis and W. E. Snell.