

NUDITY AS A DISINHIBITING CUE IN A DATE RAPE ANALOGUE

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## ABSTRACT

### Nudity as a Disinhibiting Cue in a Date Rape Analogue

The purpose of this research was to better understand the situational factors involved in date rape. Following the Inhibition Model of Sexual Aggression, I asked *Can we observe disinhibition of sexual arousal to nonconsensual cues in heterosexual sexually nonaggressive men by introducing a strong excitatory cue, that is, female nudity?* In the first study, young heterosexual men were presented with aural narratives depicting consenting and nonconsenting sexual interactions and nonsexual interactions while their genital sexual arousal was measured. Participants were also presented with pictures depicting clothed and nude women. A second study used videos depicting clothed and nude women exercising. Results suggest that nudity is an excitatory cue that elicits genital arousal; it might also have a small disinhibitory effect for nonconsenting cues, but only for moving images. A discussion of the research findings, implications for future research, and limitations to the research is presented.

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Chapter 1

Correlates of Date Rape: Perpetrator, Victim, and Context

Abstract

Research in the field of sexual aggression focuses on the individual characteristics of perpetrators and victims and the situational factors that create opportunities for sexual aggression. In this chapter, I will review the literature on sexual aggression with particular focus on three crucial elements: a willing actor, an available victim, and opportunity. This literature review suggests that there are reliable associations between sexual aggression and certain personality characteristics, beliefs, and situational factors. Compared with sexually nonaggressive men, sexually aggressive men are more likely to hold traditional values and attitudes toward gender roles, more accepting of sexual and nonsexual violence against women, more accepting of rape myths, and they are more likely to exhibit antisocial tendencies and angry dispositions. Victims of sexual aggression are more likely than non-victims to be young, to have a prior history of sexual abuse, to be more sexually experienced, to experience depression, to have low self-esteem and low assertiveness, and to come from lower socioeconomic status backgrounds. Finally, situational factors associated with sexual aggression include risky dating behaviours, alcohol consumption, the occurrence of sexual activity other than intercourse during or prior to dating, and poor communication regarding sexual behaviours and expectations.

Correlates of Date Rape: Perpetrator, Victim, and Context

Sexual aggression is a sad reality for many people, often resulting in deleterious effects including psychological trauma, sexually transmitted diseases, unwanted pregnancy, damaged sex organs, or infertility (Heise, Moore, & Toubia, 1995). *Sexual aggression* is the use of force, intimidation, or a position of authority to impose one's sexual will on a nonconsenting person (Shaw, 1999). Approximately one in four women has experienced sexual aggression, with the incidence peaking between the ages of 16 and 24 (Calhoun, Bernat, Clum, & Frame, 1997; Kanin, 1957; Koss, Gidycz, & Wisniewski, 1987; Muehlenhard & Linton, 1987). In one national study of college students, one in 13 men admitted to having used force to obtain sexual intercourse, and as many as one in four men admitted to having used less overt means, such as verbal pressure or alcohol (Koss, 1992). With a quarter of youth between the ages of 16 and 25 attending school, sexual aggression is a common occurrence on college and university campuses. It is an age when most men and women are actively engaging in dating and mate-seeking behaviour so it is not entirely surprising that sexual aggression often occurs within the context of dating, a context otherwise known as *date rape* (Koss, 1985; Koss & Dinero, 1989; Muehlenhard & Linton, 1987). *Date rape* is the use of force, intimidation, or a position of authority to impose one's sexual will on a nonconsenting person in a dating relationship, be it on a casual or first date or within an ongoing established relationship.

Again and again, the stories of date rape victims reveals commonalities across time and place (Abbey, Ross, McDuffie, & McAuslan, 1996; Muehlenhard, Friedman, & Thomas, 1985; Muehlenhard & Linton, 1987). A typical date rape situation may be

described as follows: A young man and a young woman are on a date. Maybe the woman asked him out, but more likely the man asked her out. The man is a traditional kind of man; he likes to plan the date, pick the woman up at her house, drive them to their destination, and pay for the evening. He also wants the night to turn intimate, so after dinner, and maybe a few drinks, he drives back to his place where no one is around or he drives to a secluded area to park the car. Maybe he's thinking about the last date in which the two cuddled and kissed, maybe there was some heavy petting involved, and this time he wants more. Perhaps they have had intercourse and he wants that again. But tonight, she's not interested so he verbally pressures her, trying to convince her. When she continues to refuse, he starts to make her feel guilty because he organized such a nice evening, spent his own money, and even drove her around all night. Feeling the alcohol and now the guilt, she might concede to his persuasion at this point. But if she doesn't, he resorts to telling her how much he wants her and that he loves her. If those tactics don't work, he convinces her it's all her fault for turning him on. He accuses her of being a "tease." It ends with him forcing himself on her. Afterward he drives her home, she feels upset and confused. *Is she remembering things right? Did she do anything to provoke this? How many drinks did she have? Will her family and friends say she did something wrong?*

One of the research objectives in this field is to understand the events leading up to sexual aggression; that is, to understand what sexual aggression entails and, more germane to this research, what date rape entails. According to White and Humphrey (1997), sexual aggression is the confluence of three crucial elements: 1) a motivated actor; 2) an available victim; and 3) the opportunity for sexual aggression to occur. In this

chapter, I will summarize the research on the characteristics of perpetrators and victims of sexual aggression, as well as associated situational factors.

### Perpetrators

Research in the field of sexual aggression draws on information from men who have been convicted and/or incarcerated for sexual offending and makes comparisons with either nonsexual offenders or with non-offending populations, such as community members or college and university students. It is likely, however, that some of the men in the non-offender populations have engaged in sexual aggression but may not have been convicted (Koss & Dinero, 1988). To overcome this limitation, some researchers have categorized participants as sexual aggressors and sexual nonaggressors based on self-reports of having committed sexual aggression or not. There are many methods that researchers use to identify those who sexually aggress and those who do not.

Sexual aggression itself cannot be measured directly; thus, research in this field must use indirect methods. Some of these indirect measures include self-reports indicating one's likelihood of engaging in sexual aggression, comparing various self-reported beliefs and personality characteristics between sexually aggressive men and sexually nonaggressive men, and measuring physiological sexual arousal in response to depictions of sexual aggression in the laboratory.

Malamuth and Check (1983), for example, examined individual differences among college men and how these differences relate to sexual responsiveness to depictions of nonconsenting sexual interactions. Sexual responsiveness was measured using both self-reported arousal and genital arousal. It was hypothesized that sexual arousal to depictions of nonconsensual sexual scenarios would be associated with certain

personality characteristics (psychoticism, neuroticism, and extraversion), sexual motivations (power, love, and affection motivations), sexual experiences, and the self-reported likelihood of committing rape if they were assured no one would get caught. The study proper was divided into two sessions approximately one week apart. In the first session, participants completed questionnaires that addressed personal dispositions, attitudes, and beliefs. In the second session, participants listened to aural narratives depicting nonconsensual sexual interactions between a man and a woman. Subjective and genital sexual arousal was measuring during the laboratory session. The researchers then investigated which variables best predicted arousal to the nonconsensual sexual scenarios. Malamuth and Check reported that the predictors of self-reported arousal to the nonconsenting sex were self-reported likelihood of committing rape, psychoticism, neuroticism, power motivation, and sexual inexperience. Predictors of genital arousal to the nonconsensual sexual scenarios were similar, but these variables did not achieve conventional levels of statistical significance. The researchers also found correlational evidence associating increased subjective sexual arousal with measures of aggressive tendencies.

The study of sexually aggressive men not only informs us of distinct personality characteristics and behaviours, but it can also inform us about the lifespan development of sexual aggression, which has implications for possible intervention. Of course, personality characteristics and behaviours alone do not explain *why* some men engage in such behaviour, but it provides one point from which to start. Although this research has been done extensively for several decades, this review is by no means exhaustive; it serves as an introduction to the literature on personal variables associated with sexual



aggression. So what are the characteristics of sexually aggressive men?

Sexually aggressive men hold more traditional values and attitudes toward gender roles and sexual relationships with women compared to sexually nonaggressive men (Abbey, McAuslan, & Ross, 1998; Check & Malamuth, 1983; Koss & Dinero, 1989; Malamuth, Linz, Heavy, Barnes, & Acker, 1995; Malamuth, Sockloskie, Koss, & Tanaka, 1991; Muehlenhard & Linton, 1987). Sexually aggressive men hold dominating and hostile attitudes toward women, exhibit angry dispositions, and are generally more accepting of both sexual and nonsexual violence against women (Abbey et al., 1998; Abbey & McAuslan, 2004; Bernat, Calhoun, & Adams, 1999; Bernat, Wilson, & Calhoun, 1999; Kanin, 1967, 1985; Koss & Dinero, 1989; Malamuth et al., 1991, 1995; Senn, Desmarais, Verberg, & Wood, 2000).

Calloused and adversarial sexual beliefs are strongly correlated with past and future proclivity for sexually aggressive behaviour, as are accepting attitudes of rape myths, hypermasculinity, and general antisocial tendencies (Bernat, Calhoun et al., 1999; Bernat, Wilson et al., 1999; Check & Malamuth, 1983; Koss & Dinero, 1989; Malamuth, 1989a, 1989b; Marx & Gross, 1995; Muehlenhard & Linton, 1987; Senn et al., 2000). Dean and Malamuth (1997) posited that sexual aggressors lack empathy, while Abbey and McAuslan (2004) reported a general lack of remorse. According to Senn and colleagues, both of these characteristics, as well as hostile attitudes, can all be explained by restrictive expression of emotions, whereby men's "inability to feel the full range of emotions and express them freely" (p. 109; 2000) is an important predictor of sexual aggression. The researchers suggest that early intervention should be implemented to mitigate the development of these beliefs and attitudes; however, this notion relies on the

existence of evidence that the experiences of children and adolescents who grow up to be sexually aggressive are different from the early experiences of men who do not sexually aggress.

Examinations of the childhood and adolescent experiences of sexually aggressive men and sexually nonaggressive men reveal possible links between particular early experiences and the propensity to aggress. Specifically, sexually aggressive men are more likely than others to come from a low socio-economic background and to have experienced a violent home environment in childhood (Bernat, Calhoun, & Stolp, 1998; Malamuth et al., 1991, 1995; Senn et al., 2000; White & Koss, 1993). This finding is especially true for those children who experienced first- or second-hand physical and/or sexual abuse (i.e., experienced abuse themselves or witnessed the abuse of a sibling or a parent; Senn et al., 2000). Adolescent delinquency and early experience with consensual sex are also strong correlates of later sexual aggression (Abbey & McAuslan, 2004; Bernat, Calhoun et al., 1999; Calhoun et al., 1997; Malamuth et al., 1991, 1995; Senn et al., 2000).

Some researchers have suggested that men resort to tactics of sexual aggression to obtain sex when they lack access to willing sexual partners (Kanin, 1985); however, at least with regard to date rape, empirical research indicates the contrary. Sexually aggressive men engage in consensual sex at an earlier age in life, date more often, and have more consensual sexual partners within their lifetime compared to sexually nonaggressive men (Abbey et al., 1998; Abbey & McAuslan, 2004; Bernat, Calhoun et al., 1999; Bernat, Wilson et al., 1999; Kanin, 1967, 1985; Koss & Dinero, 1989; Lalumière, Chalmers, Quinsey, & Seto, 1996; Malamuth et al., 1991, 1995; Senn et al.,

2000). Sexually aggressive men also report wanting sex more frequently than their nonaggressive counterparts and indicate a preference for impersonal sex (Byers & Lewis, 1988; Kanin, 1967, 1985; Lalumière & Quinsey, 1996; Malamuth et al., 1995). This same group of men self-reports a greater likelihood of committing rape if they were sure that no one would ever find out (Check & Malamuth, 1983).

Men who sexually aggress against women are in certain ways very different from men who do not aggress against women; however, the comparisons between these two groups may be somewhat incomplete. Perhaps the differences between sexually aggressive and sexually nonaggressive men are the result of general aggressive or delinquent tendencies, whether they are sexual in nature or not. So a final question remains: *Are men who sexually aggress against women fundamentally different from men who aggress in nonsexual ways against women?* Lalumière, Quinsey, Harris, Rice, and Trautrimas (2003) compared three groups of participants: men who had been charged with sexual assault against a woman, men who had been charged with nonsexual assault against a woman, and a non-offender group of men who had never assaulted a woman. Each participant listened to aural narratives depicting a man and a woman engaged in consensual sexual interactions, nonconsensual sexual interactions, nonconsensual nonsexual but violent interactions, and nonsexual interactions. While the participants listened to these stories, their genital sexual arousal was measured using phallometry. Despite similarities in the two offender groups with regard to criminal histories, personalities, psychopathologies, and non-offending consensual sexual histories (Lalumière, Harris, Quinsey, & Rice, 2005), the nonsexually violent offenders showed a clear preference for consenting sexual interactions, a pattern that is similar to what is

observed in the non-offender population (Lalumière et al., 2003). Though all three groups responded more to the sexual stories than the nonsexual ones, the sexual offenders' responses were virtually indistinguishable from one sexual story to another; they showed no clear preference for either consenting or nonconsenting sexual interactions. Thus, men who sexually aggress against women differ from both men who have never aggressed against women and from men who have aggressed in nonsexual ways against women. Unfortunately, few studies have used this three-group design.

There are limitations to the research on personal characteristics of men who engage in sexual aggression. One such limitation is its reliance on self-report as sexual aggression cannot be studied directly. There are obvious incentives for participants to respond in socially desirable ways considering the illicit nature of the topic at hand. To overcome this limitation, researchers create analogues of sexually aggressive scenarios in the laboratory from which they make inferences to real life. There are, of course, inherent difficulties in re-creating sexual aggression in the laboratory, because it is impossible to control for all the factors at play in the moment that a sexually aggressive act occurs.

Another limitation rests with the convenience samples of college and university students often used in this research. Students are a plentiful and relatively inexpensive resource affording researchers to complete analyses with large sample sizes in short periods of time. The problem, however, is that this group of people may not be representative of the greater population. This limitation is less of an issue for the study of date rape because college students encompass the age most typical of both perpetrators and victims; they actively engage in dating and mate-seeking behaviour, and they self-report engaging in sexually aggressive behaviour.

It is clear that there are reliable individual differences associated with sexual aggression. Other than studying men who sexually aggress, another integral aspect of sexual aggression is the victim.

### Victims

Research suggests that anywhere from 20 to more than 50 percent of women have experienced sexual aggression in their lifetime (Calhoun et al., 1997; Kanin, 1957; Kirkpatrick & Kanin, 1957; Koss et al., 1987; Muehlenhard & Linton, 1987). Due to underreporting, however, the actual prevalence of sexual aggression is not known (Koss, 1992). There is much debate over whether all women are equally likely to be victims of sexual aggression. Many argue that some women are uniquely vulnerable to sexual aggression because of personal characteristics or behaviour styles (Adams-Curtis & Forbes, 2004; Craig, 1990; Hartwick, Desmarais, & Henning, 2007; Testa & Dermen, 1999; White & Humphrey, 1997). Furthermore, it has been suggested that women in intimate relationships are most vulnerable to non-violent manifestations of sexual aggression, such as *coercion*, which involves forcing or attempting to force sexual intercourse on an unwilling person through the use of verbal persuasion or insistence, deception, or economic circumstances (Gross, Winslett, Roberts, & Gohm, 2006; Hartwick et al., 2007; Heise et al., 1995; Testa & Dermen, 1999). Research in this field walks a fine line between bringing insight into women's victimization and blaming them for their own personal tragedies. It should be noted, however, that in no way does research into victim characteristics imply that women who have been sexually assaulted are to blame for their victimization. Some women experience a life-long history of violence and sexual aggression and it is invaluable to learn all that we can of those who

are caught in these situations.

The research in this field draws on information from women who have experienced sexual aggression as children, adolescents, or adults. Comparisons are often made between these women and women who have never experienced sexual aggression or between victims of one sexual aggression incident and victims of multiple incidents. The problem of studying sexual aggression is exacerbated by the fact that it is a hidden crime; therefore, much of the knowledge we have about victims of sexual aggression comes from indirect measures. These indirect measures include self-reports from victim narratives, comparing self-reported beliefs and personal characteristics of victims with those of non-victims, and following populations of women over long periods of time to identify which characteristics are most associated with those who later become victims.

Gidycz, Coble, Latham, and Layman (1993) conducted a prospective analysis investigating the mediating effects of depression and anxiety on sexual victimization. This study was the first of its kind to assess psychological adjustment and sexual victimization history prior to sexual victimization in adulthood. Sexual victimization was further broken down into sexual abuse experienced during childhood, adolescence, and adulthood. The researchers followed 857 college women and assessed their psychological adjustment and victimization experiences at the beginning and end of a nine-week period. Psychological adjustment was measured using self-reported responses to questionnaires assessing levels of depression and anxiety. Comparisons were then made between those women who had been victimized and those who had not been victimized during the nine-week period. The results of the study suggest that having a history of sexual victimization was a risk factor for future victimization. Comparisons were also made between women

who were victimized during childhood and adolescence and women who were victimized in adulthood. Those women with a history of child and adolescent victimization were more likely to be re-victimized than the women who were victimized only during adulthood. Furthermore, Gidycz et al. reported that child and adolescent victimization predicted psychological adjustment at the beginning of the study, but not the end, and adult victimization predicted psychological adjustment at the end of the study. This finding suggests a link between psychological functioning and victimization; however, those women who showed the poorest psychological adjustment at the beginning of the study were those with a history of childhood and adolescent sexual victimization.

In a follow-up study, Gidycz, Hanson, and Layman (1995) used the same design as Gidycz et al. (1993) to investigate the relationship between one's experiences of sexual aggression and the mediating effects of psychological adjustment. In this study, the mediating factors were expanded to include interpersonal functioning, alcohol use, family functioning, and sexual behaviours. The timeline was increased from nine weeks to nine months and instead of two assessments, three assessments were conducted at three-month intervals. Gidycz et al. reported that women with childhood and adolescent histories of sexual victimization were more likely than adult-only victims to be re-victimized during the first interval of study. Furthermore, victims of sexual aggression during the first interval of study were more likely than non-victims to be victimized during the second interval of study and victims during the second interval of study were more likely than non-victims to be victimized during the third interval of study. Poor psychological adjustment at the beginning of the study was associated with victimization during the first three-month follow-up, although, again, women with the poorest psychological

adjustment had histories of sexual victimization prior to the start of the study. Adolescent victimization predicted interpersonal difficulties and the number of sexual partners during the first three-month follow-up but not at any other time interval. Also, alcohol consumption at initial assessment correlated with adult victimization during the first three-month follow-up only. The results of both of these studies together suggest a link between psychological functioning and sexual victimization.

In trying to identify those women who are, or are likely to become, victims of sexual aggression, researchers have investigated a multitude of personal characteristics. So what are the characteristics of victims of sexual aggression?

Research has revealed that sexual aggression is committed disproportionately against women between the ages of 16 and 24 and frequently occurs within on-going, established relationships (Calhoun et al., 1997; Kanin, 1957; Koss et al., 1987; Muehlenhard & Linton, 1987). Women who have been victims of sexual aggression are more likely than non-victims to hold traditional values and attitudes about gender roles (Koss, 1985; Koss & Dinero, 1989); although there is also some evidence suggesting that women with less conservative beliefs are more likely than others to engage in casual sex and experience sexual aggression (Himelein, 1995). Traditional women tend to believe in the stereotype that all men have excessively high sex-drives and thus are always willing to engage in sexual intercourse, making these women feel less able to say “No” in sexual encounters with men (Foshee, Benefield, Ennett, Bauman, & Suchindran, 2004; Himelein, 1995; Testa & Dermen, 1999).

Women who are victims of sexual aggression are more likely than non-victims to have been raised in environments of low socio-economic status (Ellis, Atkeson, &



Calhoun, 1982; Koss et al., 1987; Muehlenhard & Linton, 1987). They are also more likely to have experienced a transient home environment growing up, the effect of which persists throughout their adult lives (Ellis et al., 1982; Frank, Turner, & Stewart, 1980). With the stress of their home environments, it is not surprising that these women had weak family support systems throughout their childhoods, often with one or both of the parents having a history of drug and alcohol problems and poor mental health (Ellis et al., 1982; Grauerholz, 2000; Gidycz et al., 1995). Although there is much research into the childhood histories of women who have been victims of sexual aggression, not all women who experience these childhoods later become victims.

One branch of research has looked at whether or not women who experienced sexual abuse as children are at an increased risk of future victimization. A meta-analysis conducted by Roodman and Clumb (2001) suggests a significant positive relationship between childhood victimization and adult victimization experiences. Gidycz et al. (1995) further suggested a significant positive relationship between the severity of past sexual abuse and an increased risk of future victimization.

Adult women who have been victims of sexual aggression are more likely than non-victims to suffer from depression (Ellis et al., 1982). Victims also tend to experience persistent low self-esteem and low levels of assertiveness (Hartwick et al., 2007; Muehlenhard & Linton, 1987; Testa & Dermen, 1999). With careful research designs like those used in the Gidycz et al. (1993; 1995) prospective studies, researchers can determine the temporal precedence of these dispositional attributes in relation to sexual assault. There is also evidence to suggest that women's self-esteem and mental health are relatively stable across the lifespan (Alsaker & Olweus, 1992). Thus, a woman who

exhibits these dispositions is at greater risk of being in situations in which her feelings of low self-esteem and discomfort with assertion are used to persuade her into performing unwanted sexual acts.

Women who have experienced sexual aggression tend to have more consensual sexual partners compared with non-victims (Abbey Ross, McDuffie, & McAuslan, 1996; Hartwick et al., 2007; Koss & Dinero, 1989; Lottes, 1991; Testa & Dermen, 1999). This finding may suggest that women with more sexual partners simply have had more opportunities with which to encounter someone who is sexually aggressive (Muehlenhard & Linton, 1987); however, there is evidence that women who have experienced victimization early in life report a greater number of consensual sexual partners than non-victims (Hartwick et al., 2007). This finding does not suggest a direct relationship between childhood sexual abuse and adult sexual abuse; rather, it is conceivable that young children who have experienced sexual abuse may learn inappropriate sexual behaviours that lead them to engage in consensual sexual activity younger than their peers and with a wider variety of sexual partners, ultimately putting them at risk of encountering sexually aggressive men (Finkelhor & Browne, 1985).

Finally, there is evidence to suggest that women of some ethnic heritages are more at risk than others to experience sexual aggression, although the literature is not consistent with regard to which ethnic group is most at risk. In community population samples, it is black women who are most at risk of sexual aggression (Abbey et al, 1996; Urquiza & Goodlin-Jones, 1994); however, in college and university samples, white women are found to be most at risk (Kalof, 2000; Koss et al., 1987; Mills & Granoff, 1992). And still yet, Bohn (2003) provides data that suggest Native American women are

most at risk. The discrepancies in these findings may be attributable to selection bias in population samples or even to the fact that ethnic minorities are less statistically represented in convenience samples on college and university campuses.

There are limitations to the research outlined above. The single greatest limitation is that sexual aggression cannot be studied in its natural form so researchers must rely on indirect measures. Retrospective studies are limited because humans are quite poor at accurately recalling events and experiences, and recall is further compromised after consuming alcohol (Abbey, 2002; Haselton, 2003; Sears, 1986). Furthermore, common research tools such as questionnaires may not be as comprehensive as they need to be in order to include all facets of sexual aggression; this point is especially applicable to researchers who use strict definitions of sexual aggression. Inconsistencies with regard to terminology also impede the consistency of research findings.

Research findings involving convenience samples of college and university students may not generalize to other populations. Considering the disparity between research findings using community samples and those using college/university samples with respect to socio-economic status, education levels, and over-representation of some ethnic groups, it is likely that college and university students represent a somewhat more privileged group of people as a whole and are unlikely to face the same adversity in their lives that similar-aged, non-students face. This point, however, is not intended to minimize sexual aggression on college and university campuses; it is a serious problem that merits its own investigation.

Finally, there has been no research comparing victims of sexual aggression with victims of nonsexual aggression. As in the previous section, Lalumière and colleagues

(2003) investigated the differences among sexually aggressive men, nonsexually aggressive men, and sexually nonaggressive men in a three-group design. Unfortunately, there are no parallels in the sexual victimization literature. We do not know whether the personal characteristics of victims predict sexual victimization specifically, or general criminal victimization.

In summary, there is a growing body of research on the characteristics of victims of sexual aggression that suggests that not all women are equally likely to be victims. In particular, those who have experienced sexual aggression are at an increased risk of future victimization. It is for this reason that it is essential to study victims of sexual aggression: to prevent all women and children from being victimized.

From this review of the literature, there do seem to be reliable individual differences associated with sexual aggression; however, these personal characteristics do not exist in a vacuum. Let us now shift the focus from personal characteristics of the individuals involved in sexual aggression to the situation in which sexual aggression occurs.

#### Situation

Aside from the personal factors that influence an individual's behaviour, researchers are also interested in other aspects of sexual aggression, such as the situations in which it frequently occurs. This is of particular interest to both researchers and lay people because it implies that certain situations may provide opportunities for sexual aggression to occur, situations which may then be avoided. Regardless of whether or not individuals manipulate situations with the intention of committing sexual aggression, identifying common situations in which sexual aggression happens has obvious

implications for awareness and prevention.

The research in this field draws on information from both perpetrators and victims of sexual aggression with an emphasis on situational factors specific to date rape. This focus on sexual aggression within dating relationships is necessary for two reasons. First, it is apparent from the research that young people are particularly vulnerable to sexually aggressive behaviour, and this age presents a time when they are actively engaged in potentially risky mate-seeking behaviour. Second, and most important, date rape is a less premeditated form of sexual aggression, at least compared to sexual aggression against a stranger, and can be more effectively thought of as a complex interaction between two people combined with opportunity; that is, date rape can be construed as a crime of opportunity. The research in this field often makes comparisons between the experiences of men and women who have been involved in sexual aggression in dating relationships and the experiences of men and women who have not. Again, the situational factors of sexual aggression are measured indirectly due to the hidden nature of the behaviour; therefore, much of the knowledge about situational factors in the literature comes from self-reported narratives of victims and perpetrators, and comparisons between men's and women's reactions to hypothetical scenarios depicting sexual aggression.

In their seminal paper, Muehlenhard and Linton (1987) investigated several risk factors purported to contribute to sexual aggression within dating relationships among college students. In this study, 341 women and 294 men described their most recent date, including details about partner familiarity (how long the couple knew each other and how many dates they went on), power differential (how old each partner was and who initiated the date and paid for the expenses), dating activity and location (whether it was just the

two who went on a date or with a group of couples, what transportation was used on the date, and where they went), drug and alcohol consumption (if alcohol was consumed then how much and by whom), and miscommunication about sexual interest (how suggestively each person dressed, how much sexual contact each person wanted, whether the man felt led on and, if so, whether or not this was the intention of the woman). If the participants had ever had an experience involving sexual aggression, they were asked to describe the worst date involving sexual aggression using the same instructions for the description of the recent date. Finally, participants were provided with a list of 17 sexual activities ranging from kissing without tongue contact to sexual intercourse and for each activity they were to choose whether the woman engaged in the activity willingly, the man tried to engage in the activity against the woman's wishes, or the man actually engaged in the activity against the woman's wishes. Comparisons were made between the dates involving sexual aggression and recent dates not involving sexual aggression and comparisons were made between the men's and women's responses. The findings from this research will be discussed throughout this section.

### *Partner Familiarity*

One aspect of date rape that has been studied extensively is the familiarity of the partners. Partner familiarity is usually measured in terms of the duration of the dating relationship prior to the occurrence of the first sexual aggression incident (Kanin, 1969). Kanin concluded that a little less than half of sexually aggressive incidents took place on first or casual dates; however, Muehlenhard and Linton (1987) found that the average length of time the couple knew each other was approximately one year before sexual aggression took place. Unfortunately, Kanin did not address how long the couple knew

each other prior to the first date and Muehlenhard and Linton did not state whether or not the couple had been dating for one year or simply knew each other for one year prior to the incident. Considering that both perpetrators and victims of sexual aggression self report dating more often, having more sexual partners, and preferring casual and impersonal sex compared to controls, the relative familiarity of dating partners may be a risk factor for sexual aggression. Sexual aggression, however, does not only happen between unfamiliar partners. Muehlenhard and Linton suggested that length of relationship was more strongly associated with likelihood of sexual aggression. They suggested that men in long-term or established relationships may feel more entitled to sexual intercourse than men in less established relationships and this entitlement may motivate men to employ sexually aggressive tactics.

#### *Power Differential*

The findings from Muehlenhard and Linton (1987) suggested that sexual aggression in dating relationships is more likely to occur when there is a power differential in the relationship. This power differential results from the man initiating the date, paying for all expenses, and providing transportation for the woman. Because of the expenses incurred during the date, the man may feel entitled to sexual recompense from his date and the woman may feel obligated to compensate him with sexual access.

#### *Dating Location*

The dating location may provide insight into the occurrence of date rape. In particular, going on dates that involve “parking” or being in other quiet and secluded places, such as in one’s home, may provide opportunities for sexual aggression (Miller & Marshall, 1987; Muehlenhard & Linton, 1987). Muehlenhard and Linton reported that

date rape is more likely to take place in the man's apartment than in other locations and suggest three reasons for this finding. First, the man would be more knowledgeable about the goings-on such as who was likely to be home; second, the presence of a woman in a man's house may indicate a territorial power differential in which she would feel less comfortable than if she were in her own home or even a public, neutral place; and third, men interpret sexual intent, or at least indications of sexual interest, when a woman goes to a man's house (Muehlenhard et al., 1985).

### *Dating Activity*

Researchers have investigated whether or not certain dating activities are more or less associated with the occurrence of sexual aggression. The nature of dating is such that sexual activity other than sexual intercourse is common (Kanin, 1984; Koss, 1985; Miller & Marshall, 1987). Kanin studied sexual activity other than intercourse and the role it may play in date rape and reported that all self-reported date rapists indicated some sexual activity prior to the date rape incident, with the majority of the activity involving genital foreplay. Shotland and Goodstein (1992) investigated the mediating effect of prior sexual activity, or *sexual precedent*, on sexual behaviour. In this study, 357 men and women recruited from a college campus read scenarios describing a date in which nonconsensual sex occurred between a man and a woman, and were asked to label the scenario as being date rape or not. The scenarios varied with regard to the number of prior sexual experiences between the man and the woman with variations including no past sexual experiences, one past sexual experience, and ten or more past sexual experiences. The researchers found that if the couple were described as having engaged in sexual intercourse at least ten times, both male and female participants were less



willing to label the scenario as “date rape.” Furthermore, the woman in the scenario was perceived as having intended on engaging in sexual intercourse and her protests were viewed as less earnest.

#### *Miscommunication/Misperception*

Early in relationships, men and women rely on subtle cues to indicate or perceive interest in one another. If a man wants to ask a woman out on a date, he uses indirect cues to assess whether or not a woman is interested in him in order to minimize rejection (Abbey, 1987, 2002). For example, he will engage in conversation with the woman while maintaining close proximity, he may invite the woman to dance or to socialize with groups of people or even invite the woman to his apartment so they can better get to know each other. All the while during these tentative stages of a relationship, the man is assessing whether or not the woman is showing an interest in him. From time to time, however, men and women may misinterpret these cues (Abbey, 1982). The Miscommunication Theory suggests that date rape is the result of the miscommunication between a man and a woman about sexual behavior and expectations.

Abbey (1982) investigated men’s and women’s perceptions of sexual intent using 144 college students. In this study, a man and a woman (the actors) engaged in a five-minute conversation about a pre-determined topic while being covertly observed by another man and woman (the observers). All the actors and observers in this study volunteered their participation and were unaware of the purpose of the study. After the five-minute conversation, all four individuals were asked to rate each actor on several sexual and nonsexual characteristics. They were also asked to rate how sexually attracted they were to the opposite-sex actor, how sexually attracted the actors were to each other,

if they would like to get to know the opposite-sex actor, and if they would like to date the opposite-sex actor. Abbey reported that all men rated the female actors as being more promiscuous and seductive than the women rated the female actors. The male actors rated themselves as being more sexually attracted to the female actors than the female actors were to them. The male observers also rated themselves as being more sexually attracted to and eager to date the female actor than the female observers rated the male actor. And finally, the male observers rated the female actors as being more sexually attracted to and willing to date the male actors than did the female observers. In summary, the men perceived sexual intent on the part of the woman whereas women did not.

In the study by Muehlenhard and Linton (1987), in which dates involving sexual aggression were compared with recent sexually non-aggressive dates, men and women both reported that the man involved in the sexually aggressive date had felt “led on” by the woman. Furthermore, women reported wanting sexual contact less on sexually aggressive dates than on recent dates, while men believed that women had wanted sexual contact more on sexually aggressive dates than on their recent dates.

The findings from these studies do seem to suggest that men and women perceive sexual interest and intent differently. This phenomenon has been replicated in subsequent studies (for reviews see Lalumière et al., 2005; Marx, Van Wie, & Gross, 1996).

### *Token Resistance*

The previous section discussed men’s and women’s miscommunication about behaviour and expectations. To add nuance to the miscommunication is the notion that some women are disingenuous in their refusal of sexual intercourse; that is, a woman may have every intention of engaging in sexual intercourse with a man but she may offer

mild, or *token*, resistance for manipulative reasons (such as fear of appearing promiscuous or relationship concerns; Muehlenhard & Hollabaugh, 1988).

Muehlenhard and Hollabaugh (1988) originally reported that nearly 40% of women engage in token resistance; however, due to concerns over misinterpretation of the questions used in the study, Muehlenhard and Rogers (1993; as cited in Marx, Van Wie, & Gross, 1996) conducted a follow-up study that reported a modest 5% of women who engage in this behaviour. Despite this revised finding, 62% of men believed women engage in token resistance prior to sexual intercourse. Shotland and Hunter (1995) suggested that what we interpret as token resistance is not exactly what the name indicates. Their research explained that if a woman says “No” prior to engaging in sexual intercourse, it does not mean she meant “Yes” when she said “No” but rather indicates a change in intention. Perhaps “token resistance” is a misnomer and the phenomenon would be more accurately described as *perceived* token resistance (Marx & Gross, 1995); some men may misinterpret honest, if brief, resistance with dishonest manipulation.

Despite some suggestion that most women are not disingenuous when they refuse sexual intercourse with men, the findings that most men perceive women’s refusal to be dishonest may have serious consequences for dating partners and warrants further study.

### *Alcohol*

One of the most common situational factors associated with date rape is the consumption of alcohol. It is estimated that alcohol is involved in half of all sexual aggression incidents (Kanin, 1984; Koss & Dinero, 1989; Muehlenhard & Linton, 1987). In a national study of sexual aggression on college campuses, Koss et al. (1987) found that 74% of rape perpetrators and 55% of victims had consumed alcohol prior to the

incident. The nature of the influence of alcohol on sexual aggression, however, is not entirely clear. Sexual aggression under the influence of alcohol is not entirely attributable to either the pharmacological effects of alcohol or personal alcohol expectancies (for reviews see Seto & Barbaree, 1995; Testa, 2002). Furthermore, it remains unclear whether sexually aggressive men use alcohol to disinhibit their own behaviour, reduce a woman's ability to refuse sexual advances, or mitigate blame after the fact.

Richardson and Campbell (1982) investigated the degree to which blame is placed on perpetrators and victims of sexual aggression among college students. The researchers found that when participants listened to aural narratives depicting nonconsensual sexual interactions between a dating couple, more blame was placed on the woman than on the sexually aggressive man if the couple had consumed alcohol prior to the incident. Bernat et al. (1998) found that sexually aggressive men, while listening to aural narratives depicting date rape, were more permissive of sexually aggressive behaviour if the couple had consumed alcohol prior to the incident. Wilson, Calhoun, and McNair (2002) looked at alcohol consumption, alcohol expectancies on sexual behaviour, and sexual aggression in a college sample and found that men who had engaged in sexual aggression reported consuming more alcohol than men who had not engaged in sexual aggression. Sexually aggressive men also expected that alcohol would have a greater effect on sexual behaviour.

### *Anger*

Investigations into the personal characteristics of men who engage in sexual aggression suggest an association with having an angry disposition toward women (Lisak & Roth, 1988). But more than having an angry disposition in general, does experiencing

anger have an effect on sexual aggression?

Yates, Barbaree, and Marshall (1984) investigated the effects of anger on sexual arousal. In this study, participants were told that the purpose of the research was to investigate the effects of exercise on sexual arousal. All participants listened to audio stories depicting consensual and nonconsensual sexual interactions while their genital sexual arousal was measured. Prior to listening to the audio stories, the participants were placed in one of three conditions: exercise only, exercise and insult, or neither exercise nor insult (control). The exercise condition consisted of participants pedaling on a stationary bicycle for one minute while the experimenter recorded the distance. For each participant in the exercise condition, a female confederate, pretending to look for equipment, entered the room prior to the cycling task and remained until it was finished. After the participants completed the cycling task, the experimenter informed them how far they had cycled. For half of these participants, the female confederate made a derogatory comment about their cycling abilities before leaving the room and for the other half, the female confederate left the room without comment.

Yates et al. (1984) found that the sexual arousal responses were similar for the participants in the exercise-only condition and the control condition. These two groups showed a strong, clear preference for consensual sex over nonconsensual sex. The participants in the “insult” condition, however, showed less discrimination between depictions of consensual and nonconsensual sex; that is, they responded equally to the consensual and nonconsensual sex, a pattern resembling that of convicted rapists (Lalumière et al., 2003).

Other investigations have also found an association between anger and increased

genital sexual arousal to depictions of nonconsensual sexual interactions in the laboratory (Baron & Bell, 1977; Donnerstein, 1980; Jaffe, Malamuth, Feingold, & Feshbach, 1974; Malamuth, 1983; Wydra, Marshall, Earls, & Barbaree, 1983). Furthermore, those men who self-identified as sexually aggressive showed the greatest increase in arousal to nonconsensual activity. The disinhibiting effect of anger, however, may not be quite so black and white. Bozman and Beck (1991) suggested that anger inhibits sexual desire and arousal positing instead that anxiety enhances arousal. Other negative affects, such as depression and sadness, do not facilitate sexual arousal (Lalumiere, Fairweather, Harris, Seto, & Suschinsky, 2009). Perhaps these negative moods tend to disrupt sexual responding thereby decreasing sexual arousal (Mitchell, DiBartolo, Brown, & Barlow, 1998).

### *Pornography*

With the rapid growth of the pornography industry, sexually explicit media has become readily available and there are growing concerns that it plays a causal role in sexual aggression; more specifically, there are concerns that watching violent pornography incites men to engage in sexual aggression. Though research is divided on this topic, several meta-analyses have attempted to settle the debate and have shed light on overarching trends that appear in the literature (Allen, D'Alessio, & Brezgel, 1995; Malamuth, Addison, & Koss, 2000; Seto, Maric, & Barbaree, 2001).

There are two current theories that explain the mechanism through which pornography consumption leads to sexual aggression. The *Sexual Learning Theory* posits that individuals learn appropriate and inappropriate behaviours through mass media (Hogben & Byrne, 1998); furthermore, pornography legitimizes various forms of sexual

behaviour, including aggressive sexual behaviour (Allen et al., 1995). The *Excitation Transfer Theory* suggests that the physiological excitation created by exposure to pornography is transferred into anger through provocation (Zillman, Hoyt, & Day, 1974). In Allen et al. (1995)'s meta-analysis involving 33 studies and 2,040 participants, exposure to violent pornography, and nonviolent pornography to a lesser degree, were found to facilitate aggressive behaviour in men and women; exposure to non-pornographic nudity, however, diminished aggressive behaviour. Interestingly, the finding that nonviolent pornography facilitated aggressive behaviour in women, who engage in aggression to a lesser degree than men, indicates that the *Excitation Transfer Theory* can be applied more broadly than researchers had originally thought.

These findings do not prove any causal relationship between pornography consumption and sexual aggression; an alternative view is that individuals with a predisposition to act aggressively may be more inclined to seek out and consume sexually explicit media. Furthermore, none of the studies composing the literature of this field distinguishes between sexual aggression and nonsexual aggression; that is, the type of anger induced in participants may allow for nonsexual retaliation but may not substitute for the aggression and anger involved in rape. The relationship between pornography consumption and sexual aggression is equivocal at best.

### *Limitations*

There are limitations to studying the role of situational factors in sexual aggression (Marx et al., 1995). Aside from the usual issues with regard to self-report and retrospective designs that need not be reiterated, much of the research simply describes relationships between variables and do not allow for drawing conclusions about causality.

Also, the research in this field often makes comparisons between very disparate groups, such as convicted sexual aggressors and college/university students, making it difficult to draw firm conclusions (e.g., Wydra et al., 1983). Finally, the findings obtained through experimental conditions may not generalize to situations in real life; that is, performance under laboratory manipulations may not correlate with performance outside of those conditions. Thus, the findings should be interpreted with caution.

### Summary

Sexual aggression requires the juxtaposition of three elements: a motivated actor, an available victim, and opportunity. This chapter was intended to shed light on some of the major research findings in the field of sexual aggression, looking in turn at each of these elements. From the literature, it is apparent that there are fairly strong and reliable associations between certain personality characteristics, beliefs, and situational factors and the occurrence of sexual aggression.

The reliable individual differences associated with sexually aggressive men are that they are more likely to hold traditional values and attitudes toward gender roles, exhibit greater tolerance of cues of nonconsent in the laboratory, are more accepting of sexual and nonsexual violence against women, and have more sexual experience than sexually nonaggressive men. They are more accepting of rape myths and believe women are disingenuous about sex. They exhibit general antisocial tendencies and angry dispositions. They experienced underprivileged childhood and adolescence, reporting poverty and violent home environments. Finally, sexually aggressive men indicate that they would likely commit a sexually aggressive act against a woman if they were sure no one would find out. One of the most reliable individual differences associated with



victims of sexual aggression is young age. Research suggests that victims of sexual aggression are at an increased risk for future victimization. Victims often indicate that they suffer from depression and anxiety, low self-esteem, and low levels of assertiveness. Their childhoods further indicate familial difficulties, including poverty, poor relationships with family members, parental abuse of drugs and alcohol, and incidence of sexual victimization in early life. Situational factors that are commonly associated with sexual aggression are risky dating behaviours (such as going to private, secluded locations), consuming alcohol, and engaging in sexual activity other than intercourse during or prior to the date. Poor communication regarding sexual behaviours and expectations may further exacerbate the ambiguity in dating relationships.

In sum, the characteristics and behaviours of sexual aggression perpetrators and victims are well studied in the literature. Less is known, however, about situational factors of sexual aggression. There is a wide range of potential situational factors that could provoke sexual aggression, and unfortunately, they are less understood than the people involved. This thesis will turn now from the discussion on perpetrators and victims of sexual aggression to an investigation of one particular situational factor and its potential role in date rape.

Chapter 2

Nudity as a Disinhibiting Cue in a Date Rape Analogue: Part I

Abstract

The purpose of this research was to better understand disinhibiting situational factors involved in date rape. Following the Inhibition Model of Sexual Aggression (Barbaree, Marshall, & Lanthier, 1979), this research asked *Can we observe disinhibition of sexual arousal to nonconsensual cues in sexually nonaggressive men by introducing a strong excitatory cue, that is, female nudity?* In this study, 20 heterosexual men between the ages of 18 and 25 were presented with pictures of clothed and nude women as well as two-minute narratives depicting consenting sexual interactions, nonconsenting sexual interactions, and nonsexual (neutral) interactions between a man and a woman. Genital sexual arousal was measured using penile plethysmography. It was hypothesized that 1) in the presence of pictures of nudity, men's genital sexual arousal would increase more in response to nonconsensual sexual narratives than to consensual sexual narratives, and that 2) some men might be more easily disinhibited than other men due to personal dispositions, such as hostile or antisocial personality characteristics or individual experiences with sexual aggression. Results suggest that although pictures of nudity are strong excitatory cues that increase genital arousal, they did not interrupt the inhibiting response to nonconsent of sexually nonaggressive men in this study. Individual differences were not related to disinhibition.

Nudity as a Disinhibiting Cue in a Date Rape Analogue: Part I

Introduction

Sexual aggression is a tragic reality for many people, often resulting in very serious consequences including sexually transmitted diseases, unwanted pregnancy, damaged sex organs, or even infertility (Heise et al., 1995). *Sexual aggression* is the use of force, intimidation, or a position of authority to impose one's sexual will on a nonconsenting person (Shaw, 1999). It is estimated that one in four women has experienced sexual aggression and as many as one in four men reports having committed some form of sexually aggressive behaviour (Kanin, 1957; Koss, 1992; Koss Gidycz, & Wisniewski, 1987; Malamuth et al., 1991; Muehlenhard & Linton, 1987). The vast majority of women's victimization occurs when they are between the ages of 16 and 24; with almost a quarter of youth between these ages attending school, sexual aggression is an all-too-common occurrence on college and university campuses (Koss, 1992; Koss et al., 1987; Muehlenhard & Linton, 1987). It is an age when most young men and young women are seeking dating relationships and engaging in potentially risky dating behaviour, which might explain why sexual aggression often takes place within the context of dating, otherwise known as *date rape* (Koss, 1985; Koss & Dinero, 1989; Muehlenhard & Linton, 1987). *Date rape* is the use of force, intimidation, or a position of authority to impose one's sexual will on a nonconsenting person in a dating context, be it on a casual or first date or within an ongoing dating relationship.

There is a growing body of literature that sheds light on the personal and situational factors associated with sexual aggression. White and Humphrey (1997) have suggested that date rape is the confluence of three discrete elements: a motivated actor,

an available victim, and opportunity. There are, for example, strong correlations between men's personality characteristics, such as hostility, antisociality, and supportive attitudes and beliefs in rape myths, and their propensity to engage in date rape (Dean & Malamuth, 1997; Koss & Dinero, 1988; Malamuth, Check, & Brière, 1986; Muehlenhard & Linton, 1987; see Chapter 1). Other than personal factors, there may be certain situations that create opportunities for date rape. For instance, date rape is more likely to occur when the man has paid for the date and provided transportation (Muehlenhard & Linton, 1987). It is also more likely to occur in the man's apartment or in other quiet, secluded areas such as during dates involving "parking." Date rape victims and perpetrators often report engaging in sexual activity other than intercourse prior to the date rape incident, including variations of foreplay, including kissing, petting, and removing clothing (Kanin, 1984; Koss, 1985; Miller & Marshall, 1987). Another situational factor, alcohol consumption, is associated with half of all date rape incidents (Bernat et al., 1998; Muehlenhard & Linton, 1987).

One of the research objectives in this field is to understand the events leading up to date rape. These phenomena, however, cannot be observed directly, thus, researchers must employ multiple and varied indirect research methods, including self-reports about past and hypothetical behaviour from offender and nonoffender populations, and measures of physiological sexual arousal under laboratory conditions. With self-report, unfortunately, individuals may respond in socially desirable ways, potentially confounding research data. Measuring men's genital arousal, known as *phallometry*, is one alternative to self-report and it is a valid method that discriminates between sexually aggressive and sexually nonaggressive men in the laboratory (Barbaree et al., 1979;

Castonguay, Proulx, Aubut, & Campbell, 1993; Lalumière et al., 2003). Typically, genital arousal is measured in response to the presentation of consensual and nonconsensual sexual narratives. Beyond the validity of phallometry in the literature, penile responses are difficult for participants to fake (Quinsey & Chaplin, 1988).

In the literature, phallometric responses have consistently indicated that sexually nonaggressive men on average prefer (i.e., are more aroused by) consensual sexual narratives over nonconsensual sexual narratives (rape narratives) in the laboratory and sexually aggressive men on average respond more or less equally to consensual and nonconsensual sexual narratives (Abel, Barlow, Blanchard, & Guild, 1977; Lalumière & Quinsey, 1994; Lalumière et al., 2003). Several theories have been proposed to explain sexually aggressive men's arousal to nonconsenting cues. On one hand, feminist theory attributes sexual aggression to men's desire for power and domination over women, suggesting sexual arousal is not the driving force behind rape (Brownmiller, 1975; Martin, Vieraitis, & Britto, 2006). Men's sexual arousal, however, is integral for the commission of coitus, with or without a partner's consent. The Sexual Preference Theory, on the other hand, states that for some men force and sexual activity have become inextricably linked such that they are maximally aroused by cues of force, nonconsent, and violence, much like pedophiles are sexually aroused by children and fetishists are sexually aroused by certain inanimate objects (Barbaree & Marshall, 1991; Laws & Marshall, 1990). According to this theory, sexual aggression is not about aggression *per se* so much as a conditioned sexual response to aggression. The patterns of sexually aggressive men's arousal in the laboratory, however, do not typically show an unambiguous preference for nonconsensual sexual narratives over consensual sexual

narratives (Barbaree et al., 1979; Lalumière et al., 2003; Malamuth et al., 1986).

Barbaree et al. (1979) suggested a more interactive model to explain arousal to sexually aggressive cues. The Inhibition Model of Sexual Aggression proposes that the average sexually nonaggressive man is aroused by descriptions of foreplay, women's bodies, and cues of consensual sexual interactions. These *excitatory elements* increase sexual arousal. Cues indicating nonconsent, however, such as fear and pain on the part of the woman and force on the part of the man, are *inhibitory elements* and reduce sexual arousal. Though sexually aggressive men are aroused by excitatory elements, they fail to show the same inhibitory response to nonconsent as sexually nonaggressive men. To put it another way, the inhibitory response is interrupted and their sexual arousal is somehow *disinhibited* in the presence of nonconsenting cues.

If the inhibiting mechanism is interrupted in sexually aggressive men, are there implications for sexually nonaggressive men and their sexual arousal? The inhibition model suggests that if there are sufficient excitatory cues present in a given environment, these cues can potentially interrupt the inhibition typically seen in response to nonconsenting cues. This suggests that there can exist sexual arousal in the presence of nonconsenting cues without deviant or paraphilic sexual interest; that is, men may commit rape without being especially aroused by a woman's lack of consent, so much as highly aroused by the plethora of excitatory cues in the environment. A situation in which both excitatory and inhibitory elements might concur would be in the case of date rape, and it is to this phenomenon that the inhibition model of sexual aggression has the greatest application (Lohr, Adams, & Davis, 1997).

The Inhibition Model of Sexual Aggression has called attention to the importance

of disinhibitory factors in facilitating sexual arousal and aggression. These factors can be conceived of in two ways: the first referring to external or situational factors that disinhibit arousal of an individual in the moment, and the second referring to personal dispositions that reduce the effects of social constraints against sexual aggression (Lisak & Roth, 1988). Investigations of disinhibiting personal characteristics suggest that antisocial and psychopathic tendencies, supportive attitudes and beliefs in rape myths, and hostility toward women might facilitate sexual aggression (Abbey & McAuslan, 2004; Bernat et al., 1999; Burt & Albin, 1982; Lalumière & Quinsey, 1996; Quinsey, Book, & Lalumière, 2001; Senn et al., 2000).

Research investigating situational disinhibitors has focused on alcohol, anger, and pornography as potential facilitators of sexual aggression. For example, in a study investigating the effect of alcohol on sexual aggression, Bernat et al. (1998) found that sexually aggressive men, while listening to audio stories depicting date rape, were more accepting of coercive behaviour if the couple had consumed alcohol prior to the incident. In another study, Abrams and Wilson (1983) found that participants who believed they had consumed alcohol (regardless of whether or not they actually had) experienced greater subjective and genital sexual arousal in response to sexual narratives compared to participants who believed they had not consumed alcohol. The direct effect of alcohol on sexual arousal is unclear in the literature (see Seto & Barbaree, 1995; and Testa, 2002); however, it seems alcohol expectancies can affect one's sexual arousal and subsequent behaviour, indicating a potential disinhibitory role.

Yates et al. (1984) used the excitation/inhibition model to investigate the influence of anger on sexual arousal. The researchers found that when participants were

made to feel angry, they experienced significantly more genital arousal during exposure to depictions of nonconsensual sex than participants who did not experience anger. This finding suggests that anger can disinhibit men's sexual arousal to cues of nonconsent. Finally, several meta-analyses have concluded that there are reliable associations between pornography consumption and sexual aggression; however, the evidence for the causal relationship remains equivocal (Allen et al., 1995; Malamuth et al., 2000; Seto et al., 2001).

The purpose of this research was to better understand potential situational disinhibitors involved in date rape following the inhibition model of sexual aggression. In particular, this research asked *Can we observe disinhibition to nonconsensual cues in sexually nonaggressive men by introducing a strong excitatory cue?* It was essential for this research to use an excitatory cue arousing enough that it had a reasonable potential to interrupt the inhibition response to nonconsent typically seen in sexually nonaggressive men in the laboratory. It was hypothesized that nudity would be appropriate because exposure to female nudity consistently generates a positive effect on men's self-reported and genital sexual arousal in laboratory settings (Sigusch, Schmidt, Reinfeld, Wiedemann-Sutor, 1970; Steele & Walker, 1974). Furthermore, nudity has an especial ecological significance for men because of selective pressures over human evolutionary history (Symons, 1979).

According to an evolutionary psychology perspective, much of the sex difference with regard to sexual arousal in the presence of nudity can be attributed to fundamental differences in men's and women's minimal parental investment (Trivers, 1972). For a woman to produce an offspring, the minimum investment she must make would be an



ovum, nine months of gestation, and childbirth, whereas a man need only provide a single ejaculate. This differential in minimal parental investment has obvious implications for the evolution of sex-specific mating strategies. Due to the high level of investment on the part of the woman, she is limited in the number of children she can have over her lifespan and so must be prudent when selecting a mate, preferring a man who would be able to invest resources in her and her offspring during a time when she is most vulnerable. Men's reproductive potential, however, is unconstrained by such finite resources and, as such, a man can produce more offspring if he increases the number of sexual partners. It has been suggested that the presence of nudity—a phenomenon associated with foreplay and sexual intercourse—has become a reliable cue of a reproductive opportunity for men (Symons, 1979). Men who used nudity as a cue for a reproductive opportunity would have maximized their fitness thereby out-reproducing other men who failed to take advantage of that cue.

Nudity may also be a relevant factor in date rape. Because of what we know of the phenomenology of date rape, sexual activity other than intercourse often occurs during or prior to sexual aggression and frequently involves the removal of clothing (Kanin, 1957, 1984; Muehlendhard & Linton, 1987). The presence of this strong excitatory cue could explain why some men who are not normally sexually aroused in the presence of nonconsenting cues engage in rape.

Researchers often use nudity to induce sexual arousal in the laboratory because of its strong excitatory properties, although not all men respond equally. It seems reasonable to suggest that just as some men respond more or less to nonconsensual sexual narratives than other men, some men might respond more or less to nudity than other men because

of individual preferences or personal dispositions, such as how attractive the model is or how gratifying the individual finds sexually explicit material in general.

This study investigated disinhibition in sexually nonaggressive men in the laboratory by presenting aural descriptions of consensual sexual interactions and nonconsensual sexual interactions paired with visual excitatory cues of nude and clothed women. As an excitatory cue, nudity should increase arousal to all narratives, whether consenting or not, but if the Inhibition Model of Sexual Aggression is correct, it should have a particularly large effect on narratives describing nonconsensual sex, interrupting inhibition caused by the presence of nonconsenting cues. It was hypothesized, then, that if nudity were an excitatory cue sufficient enough to interrupt inhibition, then in its presence genital sexual arousal would increase more in response to nonconsensual sexual narratives relative to consensual sexual narratives. It was further hypothesized that some men might be more easily disinhibited than other men because of personal dispositions, such as hostile or antisocial personality characteristics or individual experiences with sexual aggression.

## Method

### *Participants*

Twenty heterosexual male participants between the ages of 18 and 25 ( $M = 20.5$ ,  $SD = 2.1$ ) were recruited from university, college, and general community populations in a small city in Southern Alberta. Recruitment was conducted using posters displayed on the university and college campuses as well as throughout the general community in coffee shops and businesses (see Appendix 1). Email advertisements were sent out to class mailing lists within the Psychology Department of the university (see Appendix 2.1)

Finally, an advertisement detailing the nature of the study and contact information was also placed on a popular local classified ads website (see Appendix 3.1).

Eleven participants reported not being in a relationship, eight participants were currently in a dating relationship, and one participant was married. Fourteen participants identified as Caucasian, two participants were African American, two participants were Hispanic, one participant was African, and one participant was Asian. All participants had graduated from high school and nineteen participants had completed or were currently enrolled in post-secondary education.

### *Screening*

All participants were interviewed via telephone to inform them of the details of the study, answer any questions they had, and ensure they met the eligibility criteria for participation (see Appendix 4.1). Eligibility requirements ensured participants were between the ages of 18 and 25, identified as heterosexual, and did not have a sexually transmitted disease, a history of drug and alcohol abuse or mental illness, a current blood pressure condition or were not taking medications to treat such a condition. Participants were also required to be able to have and maintain an erection, have been exposed to erotic material prior to participation in the study, and be fluent in the English language. For 24 hours prior to the session, participants were asked to refrain from all sexual activity and to avoid consuming drugs or alcohol. All participants received financial compensation of \$50 for their participation.

### *Materials*

*Audio Stimuli.* The audio stimuli consisted of aural narratives approximately two minutes in length, describing consenting sexual interactions, nonconsenting nonviolent

sexual interactions, and nonsexual (neutral) interactions between a man and woman. All narratives were told from a woman's perspective and recorded in an affectless female voice masking emotional valence. The narratives were designed for previous research (Harris, Lalumière, Seto, & Rice, 2008) and were modeled after those used in other research (e.g., Lalumière et al., 2003; Rice, Chaplin, Harris, & Coutts, 1994). All narratives followed a standard format: a few sentences described the scene and the initial contact between the man and woman, followed by the woman's reaction and the man's response, a description of the woman's experience, the man's final acts, and the woman's final condition (samples are presented in Appendix 8). Harris et al. (2008) reported, in a sample of non-offending men, that the consenting sexual narratives elicited more genital arousal than the nonconsenting sexual narratives and that there was no genital arousal during the nonsexual narratives. For the present study, participants listened to a random selection of four narratives per category. Narratives were presented in random order, with the restriction that no narratives from the same category were presented successively. At the beginning of each session, all participants were presented with the same neutral narrative as an adaptation stimulus. Each participant listened to a total of 13 narratives during the session, 12 of which were used for analysis.

*Visual Stimuli.* Visual stimuli consisted of 12 still pictures depicting a woman standing with her arms by her side and looking into the camera; the pictures varied by the presence or absence of clothing. There were pictures of six women in total with two pictures of each woman, one in which she was clothed and the other in which she was nude. Participants saw all twelve pictures, each matched with a different audio story and presented for the duration of the story. The presentation of the pictures with the audio

stories was randomized such that when a participant listened to one story in a stimulus category (e.g., a consenting sexual story) and looked at a picture of a clothed woman, later in the session when he heard another story from that stimulus category (i.e., another consenting sexual story) he would see the nude picture of the same woman. The audio story and picture combinations were randomized between participants to avoid having pictures of the same woman paired with the same stimulus category. The pictures were used with permission from photographer Greg Friedler and were obtained from his book *Naked Las Vegas* (2008). The pictures were selected based on the attractiveness of the woman. Attractiveness ratings were measured in a pre-testing phase using a sample of heterosexual male volunteers.

*Psychophysiological Assessment.* All physiological data were sampled continuously throughout each trial using Limestone Technologies Inc. (Kingston, ON) DataPac\_USB and Preftest software, Version 10. Genital arousal was assessed with penile plethysmography using a mercury-in-rubber strain gauge (sizes included 80, 85, 90, and 100mm in circumference; D. M. Davis, New Jersey). The gauges were calibrated over six 5 mm steps prior to each session. The signal was low-pass filtered (to .5 Hz) and digitized (40 Hz) before being transformed into millimeters of circumference change from baseline. Baseline was established at the beginning of each trial and the peak response corresponded with the highest circumference value during stimulus presentation. Movement artifacts were detected through visual inspection of arousal responses and removed prior to data analysis.

*Post-Stimulus Questions.* After each trial, participants were asked three questions that appeared sequentially on a computer monitor. Participants were asked to rate their

maximum sexual arousal experienced during the trial, how pleasant the story was, and how interested they would be in having sexual intercourse with the woman in the picture. Participants responded to the questions on a keypad using a scale ranging from one to nine, with one corresponding with the lowest level of response (i.e., the emotion in question was definitely not present) and nine corresponding with the highest level of response. All questions were presented in a fixed order both within and between participants.

*Questionnaires.* Questionnaires were administered to participants to assess their personal dispositions, sexual and nonsexual behavioural histories, and attitudes outside of the laboratory (see Appendix 9).<sup>1</sup>

Nonsexual behavioural histories were measured using several established questionnaires. The *Levenson Psychopathy Scale* (LPS, Levenson, 1990) is a 26-item scale that measures psychopathic personality and antisocial behaviour including self-reported indices of substance use, boredom proneness, and impulsivity. These personality characteristics and behaviours are predictive of psychopathy and antisociality in college samples (Brinkley, Schmitt, Smith, & Newman, 2001; Lynam, Whiteside, & Jones, 1999). Cronbach's alpha for this measure was .88. The *Self-Report Early Delinquency Inventory* (SRED, Moffitt & Silva, 1988) is a 34-item questionnaire that inquires about a variety of antisocial behaviours engaged in throughout the past twelve months, including theft, assault, vandalism, and substance abuse. Early delinquency is a strong predictor of adolescent and adult delinquency (White, Moffitt, Earls, Robins, & Silva, 1990). This measure had an internal reliability coefficient (Cronbach's alpha) of .82. The *Childhood*

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<sup>1</sup> There were more questionnaires in the questionnaire package than are listed here; however, they were not used in this thesis.

*and Adolescent Taxon Scale – Self-Report* (CATS-SR, Harris, Rice, & Quinsey, 1994; Seto, Khattar, Lalumière, & Quinsey, 1997) is a 10-item questionnaire that measures antisocial behaviour in childhood and adolescence, such as arrests prior to age 16, school suspensions, alcohol abuse, and violent behaviour. This scale is used to predict violent recidivism (Brown, St. Amand, & Zamble, 2009). Cronbach's alpha for this measure was .53.

Sexual experiences and behaviours were measured using the following questionnaires. The *Preference for Partner Variety and Casual Sex* (Lalumière et al., 1996) is a 12-item questionnaire that measures attitudes regarding casual sex, monogamy, and frequency of fantasizing about people other than the partner during sexual intercourse. Research suggests that having a preference for short-term mating is associated with antisociality (Quinsey et al., 2001). Cronbach's alpha for this measure was .77. The *Koss Sexual Experiences Survey (Revised)* (SES, Koss & Oros, 1982) is a 12-item questionnaire that assesses sexual aggression against women, including perpetration of unwanted sexual acts by means of verbal pressure, abuse of authority, threat of force, force, or alcohol. Koss and Gidycz (1985) discuss the reliability and validity of this measure. Cronbach's alpha for this measure was .71.

Personal beliefs and attitudes were measured using the following questionnaires. The *Hostility Toward Women Scale* (HTW, Check, Malamuth, Elias, & Barton, 1985) is a 30-item questionnaire that measures attitudes toward women, particularly addressing beliefs about women's sexual and nonsexual intentions and quality of relationships with women. The HTW has been used to assess male sexual aggression and such attitudes correlate with sexual aggression (Byers & Eno, 1991; Koss & Gaines, 1993). Cronbach's

alpha for this measure was .45. Finally, *Burt's Date Rape Myth Acceptance Scale* (BRMAS, Burt & Albin, 1981) is a 15-item measure of beliefs and attitudes associated with male sexual aggression, particularly with respect to rape-supportive attitudes and beliefs, such as a woman's culpability if she is raped in her date's home, if she wears revealing clothes, or while she is under the influence of alcohol. Beliefs about the proportion of rapes that are false rape claims are also measured. Rape myth acceptance has been found to correlate with sexual coercion (Byers & Eno, 1991). Cronbach's alpha for this measure was .48.

All questionnaires were scored such that higher scores indicated greater levels of the attitude or behaviour being measured.

#### *Procedure*

Prior to beginning the session, the researcher described the experimental process and had the participant read and sign an informed consent form (see Appendices 5.1 and 6.1). Participants were instructed on how to place the genital gauge and did so after the researcher left the private room and while seated in a comfortable reclining chair. The researcher monitored the session from an adjacent room. A computer monitor was set up approximately five feet away from the participant and was used to present the pictures and post-stimulus questions. Participants listened to the narratives using a pair of headphones. An intercom was set up connecting the researcher room to the experimental room so the researcher and participant could communicate. Participants completed a questionnaire package at a table in the same room. For ten participants, the session began with the questionnaires and ended with the psychophysiological assessment and session was reversed for the other ten. At the end of the session, participants were debriefed of



the nature of the study, provided with contact information for the researcher to whom they could inquire about the study results, and received \$50 compensation (see Appendix 7). Each session lasted approximately two to two-and-a-half hours.

*Treatment of Genital and Subjective Arousal Data*

Peak scores for each stimulus trial were calculated by subtracting the baseline recorded at the beginning of the trial from the peak response recorded during the trial. The peak scores were then transformed into z-scores for each participant and averaged to create response scores for each of the three stimulus categories: neutral, consensual sex, and nonconsensual sex. Standardizing the responses minimizes the effect of individual variation in overall responsiveness (Harris, Rice, Quinsey, Chaplin, & Earls, 1992). Responses to the post-stimulus questions were averaged for each category and not standardized.

*Individual Differences in Arousability*

It was hypothesized that some men would be more easily disinhibited in the laboratory than other men because of distinct personality characteristics (such as antisocial tendencies, hostility towards women, or supportive attitudes and beliefs in rape myths) or experiences with sexual aggression (such as having a history of using sexually aggressive tactics against women). To test this hypothesis, mean scores for Antisociality, Mating Effort, and Disinhibition were created for each participant using his responses from relevant measures. Antisociality scores were determined by averaging standardized responses to the questionnaires involving attitudes toward women and antisocial and illicit behaviours (BRMAS, CATS-SR, HTW, LPS, and SRED). Mating Effort was calculated by averaging standardized responses to the PVCS questionnaire. Using a

median split, participants were then ranked as being “high” or “low” in antisocial tendencies or having “high” or “low” mating effort. In order to determine each participant’s Disinhibition score, a difference score was created by subtracting the average genital arousal for the two nonconsenting sex narratives with clothed pictures (in raw scores) from the average genital arousal for the two nonconsenting sex narratives with nude pictures (in raw scores). This calculation resulted in either a positive, negative, or neutral score for each participant, where a positive score indicated higher arousal for nonconsenting sex paired with pictures of nude women, a negative score indicated higher arousal for nonconsenting sex paired with pictures of clothed women, and a neutral score indicated no difference in arousal to clothed or nude women.

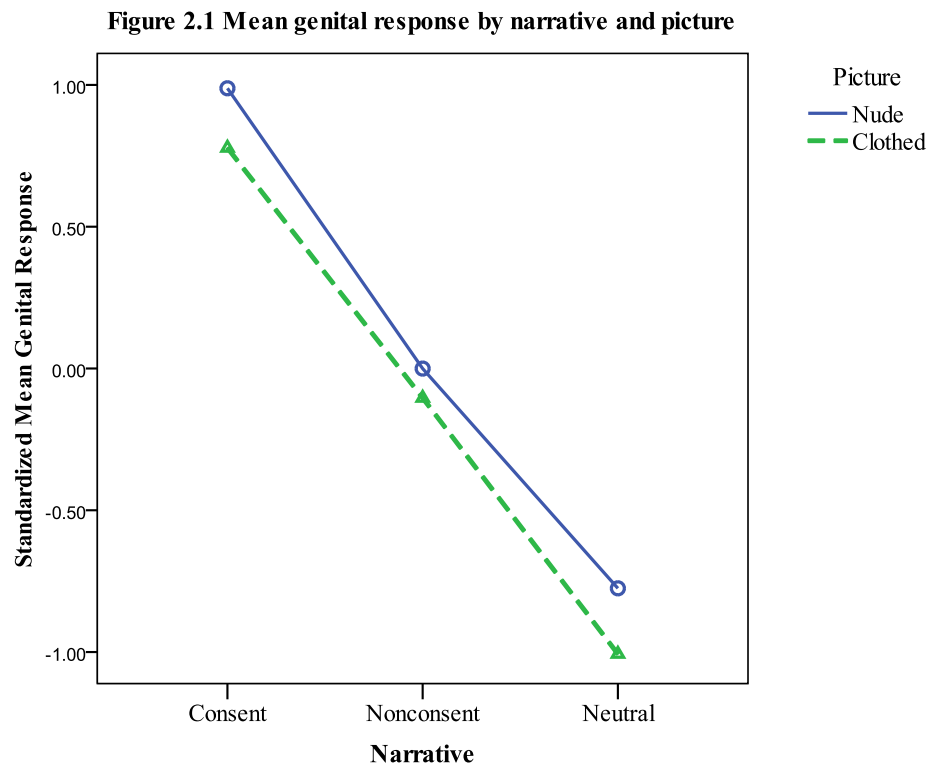
#### *Data Analysis*

To test whether men’s sexual arousal to nonconsensual sexual scenarios was disinhibited by the presence of nudity in the laboratory, separate 2 (picture: clothed or nude) X 3 (narrative: consenting sex, nonconsenting sex, neutral) repeated measures ANOVAs were conducted for genital arousal and subjective arousal. To test whether individual characteristics led to more disinhibition to nonconsensual narratives in the laboratory, pairwise bivariate correlations were calculated using the three created measures: Antisociality, Mating Effort, and Disinhibition. All analyses were done using the Statistical Package for the Social Sciences (SPSS) program Version 17.0.

#### Results

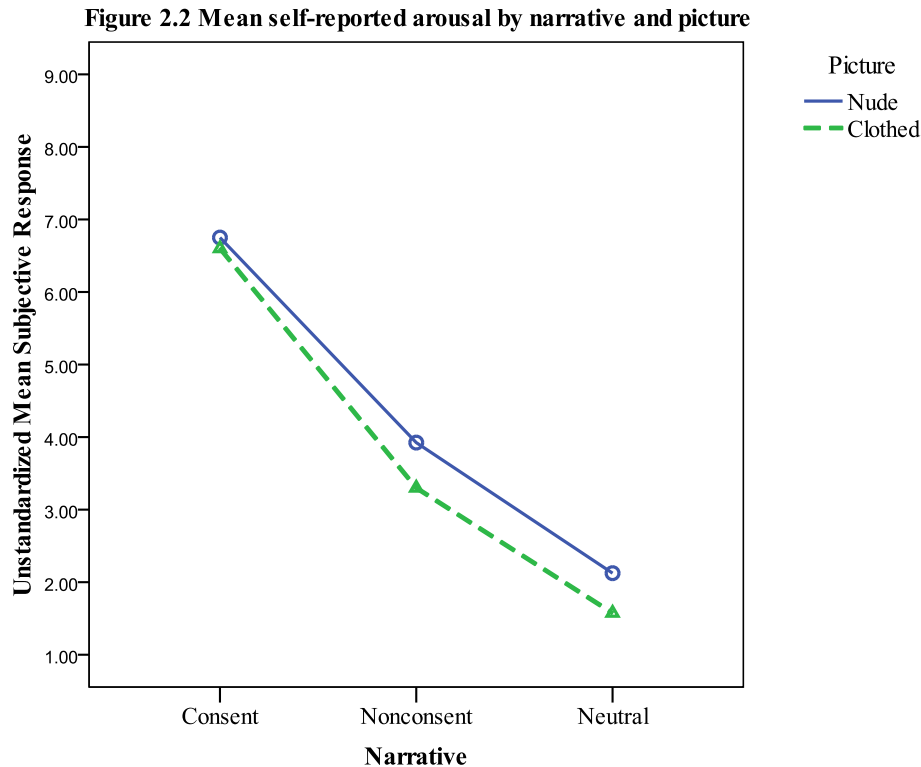
*Genital Response.* A 2 (picture) X 3 (narrative) repeated-measures ANOVA was used to determine whether pictures of nude women disinhibited genital arousal in the presence of nonconsensual sexual cues. A significant main effect was obtained for

narrative,  $F(2, 38) = 67.20, p < .001, \eta^2 = .78$ . A significant main effect was also obtained for picture,  $F(1, 19) = 11.22, p = .003, \eta^2 = .37$ . There was no interaction found between narrative and picture,  $F(2, 38) = .34, p = .71, \eta^2 = .018$ . Figure 2.1 presents the standardized means for genital response as a function of narrative and picture and shows that the consenting sexual narratives elicited the most genital response followed by the nonconsenting sexual narratives, and then the neutral narratives. For all narratives, pictures of nude women elicited more genital response than pictures of clothed women.



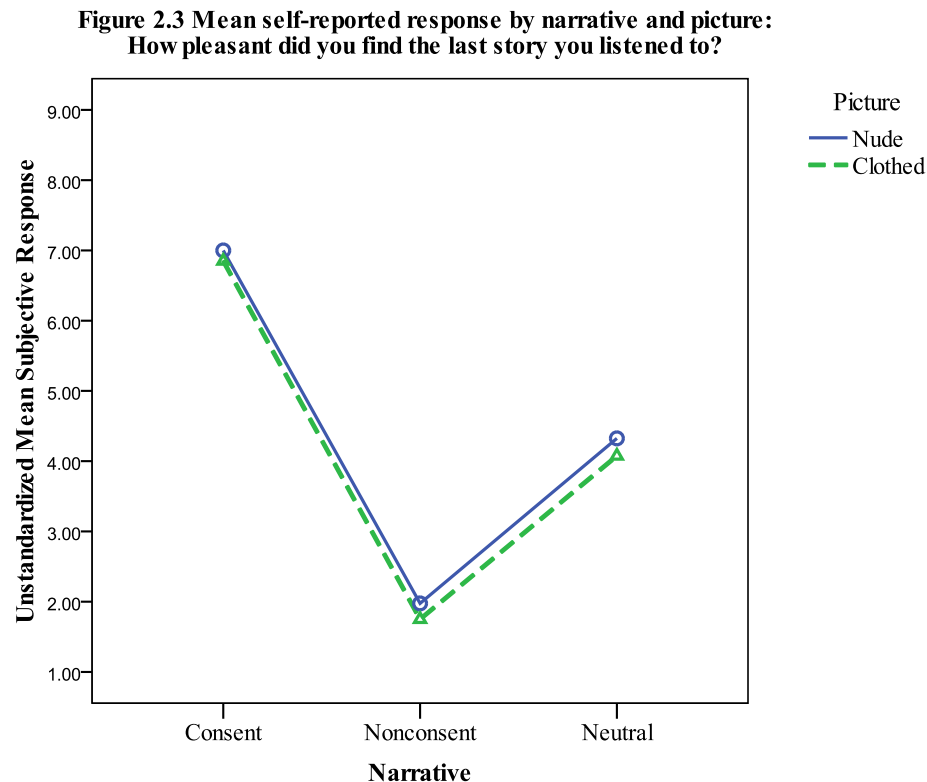
*Subjective Arousal.* A 2 (picture) X 3 (narrative) repeated measures ANOVA was used to determine whether pictures of nude women disinhibited subjective arousal in the presence of nonconsensual cues for each of the three post-stimulus questions. For the question *What was your maximum sexual arousal you experienced during the last story you listened to?*, significant main effect was obtained for narrative,  $F(2, 38) = 81.17, p <$

.001,  $\eta^2 = .81$ . A significant main effect was also obtained for picture,  $F(1, 19) = 8.43$ ,  $p < .05$ ,  $\eta^2 = .31$ . There was no interaction found between narrative and picture,  $F(2, 38) = .90$ ,  $p = .42$ ,  $\eta^2 = .05$ . Figure 2.2 presents the unstandardized means and shows that the consenting sexual narratives elicited the most subjective arousal followed by the nonconsenting sexual narratives. There was little arousal to the neutral narratives. For all narratives, pictures of nude women elicited more subjective arousal than pictures of clothed women.



For the question *How pleasant did you find the last story?*, a significant main effect was obtained for narrative,  $F(2, 38) = 71.66$ ,  $p < .001$ ,  $\eta^2 = .79$ . There was no main effect obtained for picture,  $F(1, 19) = 3.42$ ,  $p = .08$ ,  $\eta^2 = .15$ . There was also no interaction found between narrative and picture,  $F(1.45, 27.46) = .04$ ,  $p = .92$ ,  $\eta^2 = .0019$ . (Greenhouse-Geisser statistics are reported when sphericity is not assumed). Figure 2.3

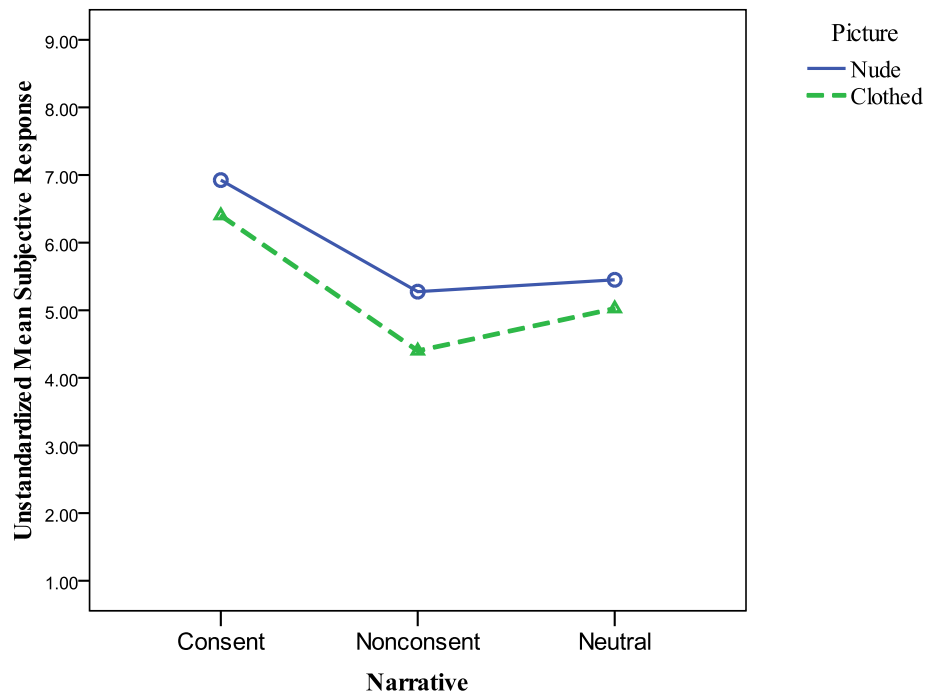
presents the unstandardized means and shows that the consenting sexual narratives were subjectively rated as being most pleasant followed by the neutral narratives. The nonconsenting sexual narratives were subjectively rated as being least pleasant. For all narratives, there was no difference in subjective ratings of pleasantness for pictures of either nude or clothed women.



For the question *How interested would you be in having sex with the woman in the picture?*, a significant main effect was obtained for narrative,  $F(2, 38) = 16.59, p < .001, \eta^2 = .47$ . No significant main effect was found for picture,  $F(1, 19) = 3.75, p = .07, \eta^2 = .17$ , and no interaction was found between narrative and picture,  $F(2, 38) = .84, p = .44, \eta^2 = .043$ . Figure 2.4 presents the unstandardized means and shows that the participants were more interested in having sexual intercourse with the woman in the picture when paired with consenting sexual narratives. The participants were moderately

interested in having sexual intercourse with the woman in the picture when paired with nonconsenting sexual narratives and neutral narratives. Participants were not more interested in having sexual intercourse with the nude women than the clothed women for any narrative.

**Figure 2.4 Mean self-reported response by narrative and picture: How interested would you be in having sex with the woman in the picture?**



*Disinhibition and Antisociality.* A Pearson's  $r$  correlation was used to determine the relationship between measures of Antisociality and Disinhibition scores. There was no significant relationship found,  $r = .097$ ,  $p = .66$ , indicating that having antisocial tendencies was not associated with higher disinhibition to nonconsenting sexual narratives.

*Disinhibition and Mating Effort.* A Pearson's  $r$  correlation was used to determine the relationship between an individual's Mating Effort and Disinhibition scores. There was no significant relationship,  $r = -.17$ ,  $p = .54$ .

*Disinhibition and Sexual Aggression Histories.* A *t* test was used to determine whether the Disinhibition scores of individuals who have a history of using, or attempting to use, sexually aggressive tactics ( $N = 10$ ;  $M = -.077$ ;  $SD = 4.20$ ) significantly differed from the Disinhibition scores of individuals with no such histories ( $N = 10$ ;  $M = 5.64$ ;  $SD = 6.16$ ). The *t* statistic was significant,  $t(18) = 2.43$ ,  $p < .05$  (2-tailed, equal variance assumed), indicating that individuals with a history of using or attempting to use sexually aggressive tactics were less affected by nudity than individuals with no history. Because this finding was contrary to what was expected, further analysis was conducted.

A 2 (picture) X 3 (narrative) X 2 (sexual aggression history) analysis of variance was performed using the history of sexual aggression measure as a between-subjects factor. Significant main effects were obtained for picture,  $F(1, 18) = 10.80$ ,  $p = .004$ ,  $\eta^2 = .38$ , and narrative,  $F(2, 36) = 65.64$ ,  $p < .001$ ,  $\eta^2 = .79$ . No significant interaction was obtained for picture and narrative,  $F(1.50, 27.06) = .35$ ,  $p = .65$ ,  $\eta^2 = .02$ , picture and sexual aggression history,  $F(1, 18) = .30$ ,  $p = .59$ ,  $\eta^2 = .02$ , narrative and sexual aggression,  $F(2, 36) = .56$ ,  $p = .58$ ,  $\eta^2 = .03$ , or picture and narrative and sexual aggression history,  $F(2, 36) = 1.23$ ,  $p = .65$ ,  $\eta^2 = .06$ . Figures 2.5a and 2.5b present the standardized means for the genital response as a function of narrative, video, and sexual aggression history. The figures show that the consenting sexual narratives elicited the greatest genital arousal for both sexually aggressive and sexually nonaggressive men. The pictures of nude women elicited more genital arousal to all narratives than the pictures of clothed women, although there was less of a difference in genital arousal for the sexually aggressive men when the nonconsenting sexual narratives were paired with clothed or nude women.

Figure 2.5a Mean Genital Response of Sexually Nonaggressive Men to Nude and Clothed Pictures by Narrative

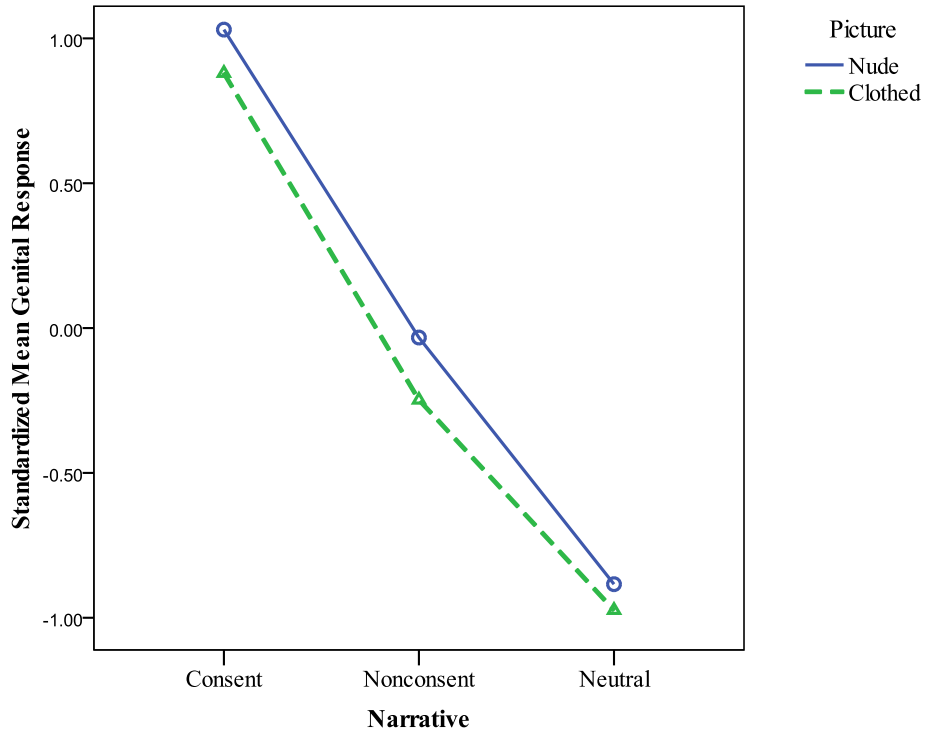
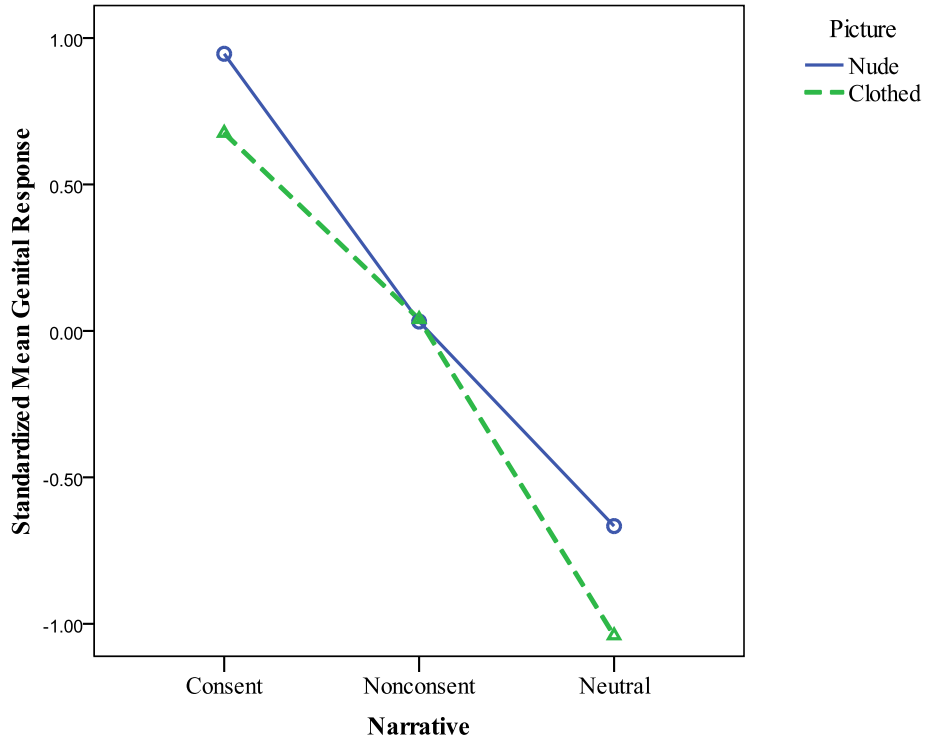


Figure 2.5b Mean Genital Response of Sexually Aggressive Men to Nude and Clothed Pictures by Narrative





## Discussion

The purpose of this study was to better understand female nudity as a situational disinhibitor involved in date rape. In particular, this research asked *Can we observe disinhibition to nonconsensual cues in sexually nonaggressive men by introducing a strong excitatory cue?* This study investigated whether the inhibition response to cues of nonconsent of sexually nonaggressive men could be interrupted in the presence of pictures of nude women, a strong excitatory cue. Specifically, it was hypothesized that in the presence of nudity, men's genital sexual arousal would increase more in response to nonconsensual sexual narratives than consensual sexual narratives. It was also hypothesized that individuals exhibiting high antisocial tendencies, high mating effort, or having a history of sexual aggression would be more easily disinhibited by nude pictures in the presence of nonconsensual cues than individuals without those traits.

With regard to the first hypothesis, this study found that even though pictures of nude women did elicit greater genital and subjective sexual arousal to consenting sexual narratives, nonconsenting sexual narratives, and nonsexual narratives, it was not sufficiently arousing to overcome the inhibition typical of sexually nonaggressive men in the laboratory. For the second hypothesis, results indicated that antisocial tendencies and mating effort had no effect on one's ability to be disinhibited. Contrary to the hypothesis, however, individuals with a history of sexual aggression were more inhibited by nonconsensual cues in the presence of nudity, but this result was not confirmed in the analysis of variance.

Limitations to the research should be taken into account when interpreting the research findings. First, there were no participants who admitted to having committed

rape of any kind; rather, most participants had used coercive tactics such as verbal pressure, emotional manipulation, or in one case, providing alcohol to disinhibit a nonconsenting partner. This finding suggests that participants were relatively uniform and that bifurcating the group into sexually aggressive and sexually nonaggressive categories was somewhat artificial. Future research should include a more diverse sample population that includes community samples as well as college and university samples. Second, the low internal reliability scores for the HWT and BRMAS questionnaires require further examination. It is not clear why the internal reliability of these constructs was so low; however, these measures were developed several decades ago and perhaps shifts in colloquial language use has affected the reading and comprehension of the questions. Third, and more important, although nudity is arousing, it is possible that nudity in the form of still pictures was not arousing enough to produce disinhibition. Though still pictures typically produce moderate arousal, Julien and Over (1988) found that videos produce the greatest genital and subjective sexual arousal. In order to examine this possibility, a second study exposed a different sample of 20 participants to videos depicting clothed and nude women, rather than still images.

Chapter 3

Nudity as a Disinhibiting Cue in a Date Rape Analogue: Part II

Abstract

The purpose of this research was to investigate nudity as a potential situational disinhibitor that facilitates date rape. This is the second of two studies that explored the role of nudity in the disinhibition of sexual arousal to nonconsensual cues in sexually nonaggressive men. In this study, 21 heterosexual men between the ages of 18 and 25 were presented with exercise videos of clothed and nude women as well as two-minute narratives depicting consenting sexual interactions, nonconsenting sexual interactions, and nonsexual (neutral) interactions between a man and a woman. Genital sexual arousal was measured using penile plethysmography. It was hypothesized that 1) in the presence of nudity, men's genital sexual arousal would increase more to nonconsensual sexual narratives than to consensual sexual narratives, and that 2) some men might be more easily disinhibited than other men due to personal dispositions. Results suggest that nudity is an excitatory cue that increases genital arousal to nonconsensual and neutral narratives. Nudity might also have a small disinhibitory effect for nonconsensual cues.

Nudity as a Disinhibiting Cue in a Date Rape Analogue: Part II

Introduction

It was the goal of this research to study disinhibition of sexual arousal in sexually nonaggressive men in the laboratory by presenting aural descriptions of consensual and nonconsensual sexual interactions paired with visual excitatory cues of nude and clothed women. In previous research (see Chapter 2), it was hypothesized that nudity, as an excitatory cue, should increase arousal to all narratives, whether consenting or not, but if the inhibition model was correct, nudity should have a particularly large effect on narratives describing nonconsensual sex. It was also hypothesized that some men might be more easily disinhibited than other men because of having high antisocial tendencies and mating effort and having a history of sexual aggression.

The first study (see Chapter 2) found that still pictures of nude women positively affected men's genital sexual arousal to all narratives; however, nudity in the form of still pictures was not sufficiently arousing to overcome the inhibition to nonconsent that is typical of sexually nonaggressive men as predicted by the hypothesis. Furthermore, having a history of sexual aggression was paradoxically associated (in one analysis) with greater inhibition than not having a history of sexual aggression; although, antisocial tendencies or mating effort had no effect on disinhibition. Research investigating the efficacy of different media in laboratory research suggests that still pictures elicit less genital sexual arousal than moving video (Julien & Over, 1988).

This study further investigated the potential disinhibiting effect of nudity paired with cues of nonconsent on sexually nonaggressive men's genital sexual arousal. Aural descriptions of consensual and nonconsensual sexual interactions between a man and a

woman were paired with exercise videos depicting nude and clothed women. It was hypothesized that in the presence of nudity, genital sexual arousal should increase more in response to nonconsensual sexual narratives than to consensual sexual narratives. It was also hypothesized that some men might be more easily disinhibited than other men because of having antisocial tendencies, high mating effort, or a history of committing sexual aggression.

## Method

### *Participants*

Twenty-one heterosexual male participants were recruited from university, college, and general community populations in a small city in Southern Alberta. Data from one participant were excluded because his questionnaire responses indicated he was over the 25-year age limit; all 20 remaining participants were between the ages of 18 and 25 ( $M = 20.6$ ,  $SD = 2.2$ ) and are included in all analyses. Recruitment was conducted using posters displayed at the local university and college campuses as well as throughout the general community (see Appendix 1). Advertisements were emailed to class mailing lists recruiting upper-level Psychology students (see Appendix 2.2). An advertisement was also placed on a popular local classified ads website detailing the nature of the study and contact information (see Appendix 3.2).

Twelve participants reported not being in a relationship, seven participants were currently in a dating relationship, and one participant reported being married. Eighteen participants identified as Caucasian, one participant identified as Asian, and one participant did not answer the question. All participants had graduated from high school, nineteen participants had completed or were currently enrolled in post-secondary

education at the undergraduate or graduate level and one participant was employed full-time.

### *Screening*

The researcher conducted telephone interviews with each participant to inform them of the details of the study, answer any questions they had, and ensure they met the eligibility criteria for participation (see Appendix 4.2). The same eligibility criteria from Study 1 were used in this study and ensured that participants were between the ages of 18 and 25, identified as heterosexual, and did not have a sexually transmitted disease, a history of drug and alcohol abuse or mental illness, a current blood pressure condition or were not taking medications to treat such a condition. Due to the nature of the study, it was also required that participants were able to have and maintain an erection, have been previously exposed to erotic material, and be fluent in the English language. To avoid potential habituation to research stimuli, individuals who participated in Study 1 were excluded from participating in the current study. Finally, participants were also asked to refrain from sexual activity and from consuming drugs or alcohol for 24 hours prior to participating in the study. All participants received financial compensation of \$40 for their participation.<sup>2</sup>

### *Materials*

*Audio Stimuli.* This study used the same two-minute aural narratives from Study 1 (see Chapter 2; Appendix 8). The narratives depicted consensual sexual interactions, nonconsensual sexual interactions, and nonsexual (neutral) interactions between a man and woman and were presented to participants while their genital arousal was measured.

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<sup>2</sup> Participant compensation was reduced from \$50 in the first study to \$40 in the second study due to funding limitations.

All narratives were recorded in an affectless female voice and were told from a woman's perspective. For the present study, participants listened to a selection of four narratives per category. Narratives were presented in a random order, with the restriction that no narratives from the same category were presented successively. At the beginning of each session, all participants were presented with a neutral narrative as an adaptation stimulus. Each participant listened to 13 narratives during the session, 12 of which were used for analysis.

*Visual Stimuli.* Visual stimuli consisted of 12 videos each depicting a woman engaging in mild physical exercise. Six videos depicted clothed women exercising and six videos depicted nude women exercising. Participants saw all 12 videos, each matched with a different narrative and presented for the duration of the story. The presentation of the videos with the narratives was randomized such that when a participant listened to one story in a stimulus category (e.g., a nonconsenting sexual story) and looked at a video of a clothed woman, later in the session when he heard another story from that stimulus category (i.e., another nonconsenting sexual story) he would see a video of a nude woman. The narrative and video combinations were randomized between-subjects. The six videos that depicted nude women exercising were obtained through a subscription to a website for nude exercise and nude sport enthusiasts ([www.nudesportvideos.com](http://www.nudesportvideos.com)). The six videos that depicted clothed women exercising were obtained from a free website for exercise enthusiasts ([www.workoutz.com](http://www.workoutz.com)). The nude and clothed exercise videos were selected so that the women in the videos were engaging in similar activity, such as low-impact cardiovascular exercise. For example, if a clothed exercise video depicted leg stretches, a comparable nude exercise video was found that included leg stretches. Videos

were also selected based on the attractiveness of the woman. Attractiveness was measured in a pre-testing phase using heterosexual, male volunteers.

*Psychophysiological Assessment.* All physiological data were sampled continuously throughout each trial using Limestone Technologies Inc. (Kingston, ON) DataPac\_USB and Prefest software Version 10. Genital arousal was assessed using a mercury-in-rubber strain gauge (sizes included 80, 85, 90, and 100mm in circumference; D. M. Davis, New Jersey). Prior to each experimental session, gauges were calibrated over six 5-mm steps. The signal was low-pass filtered (to .5 Hz) and digitized (40 Hz) before being transformed into millimeters of circumference change from baseline. Baseline was established at the beginning of each trial and the peak response corresponded with the highest circumference value during video and narrative presentation. Movement artifacts were detected through visual inspection of arousal responses and removed prior to data analysis.

*Post-stimulus Questions.* Three questions appeared sequentially on a computer monitor at the end of each trial. Participants were asked to rate their maximum sexual arousal experienced during the trial, how pleasant the story was, and how interested they would be in having sexual intercourse with the woman in the video. Participants responded to the questions on a keypad using a scale ranging from one to nine where one corresponded with the lowest level of response (i.e., the emotion in question was definitely not present) and nine corresponded with the highest level of response. All questions were presented in a fixed order both within- and between-subjects.

*Questionnaires.* Questionnaires were administered to participants to assess their personal dispositions, beliefs and attitudes, as well as sexual and nonsexual behavioural



histories. The same questionnaires from Study 1 (see Chapter 2; Appendix 9) were used in the current study.<sup>3</sup>

Nonsexual behavioural histories were measured using the following questionnaires. The *Levenson Psychopathy Scale* (LPS, Levenson, 1990) is a 26-item scale that measures psychopathic tendencies such as substance use and impulsivity. Cronbach's alpha for this measure was .87. The *Self-Report Early Delinquency Inventory* (SRED, Moffitt & Silva, 1988) is a 34-item questionnaire that addresses antisocial behaviours over the past twelve months, including theft, assault, vandalism, and substance abuse. Cronbach's alpha for this measure was .78. The *Childhood and Adolescent Taxon Scale – Self-Report* (CATS-SR, Harris et al., 1994; Seto et al., 1997) is a 10-item questionnaire that measures antisocial behaviour in childhood and adolescence, such as arrests prior to age 16, school suspensions, alcohol abuse, and violent behaviour. Cronbach's alpha for this measure was .61.

Sexual experiences and behaviours were measured using the following questionnaires. The *Preference for Partner Variety and Casual Sex* (Lalumière et al., 1996) is a 12-item questionnaire that measures attitudes regarding casual sex and monogamy. Cronbach's alpha for this measure was .83. The *Koss Sexual Experiences Survey (Revised)* (SES, Koss & Oros, 1982) is a 12-item questionnaire addressing the history of sexual aggression against women, including attempted perpetration and perpetration of various unwanted sexual activities. Cronbach's alpha for this measure was .83.

Personal beliefs and attitudes were measured using the following questionnaires.

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<sup>3</sup> There were more questionnaires in the questionnaire package than are listed here; however, they were not used in this thesis.

The *Hostility Toward Women Scale* (HTW, Check & Malamuth, 1983) is a 30-item questionnaire that measures attitudes toward women, particularly addressing beliefs about women's sexual and nonsexual intentions and quality of relationships with women. Cronbach's alpha for this measure was .21. *Burt's Date Rape Myth Acceptance Scale* (BRMAS, Burt & Albin, 1981) is a 15-item measure of beliefs and attitudes associated with male sexual aggression, with a particular focus on rape supportive attitudes and beliefs. Cronbach's alpha for this measure was .72.

All questionnaires were coded so that higher scores indicated greater levels of the particular attitude or behaviour in question.

#### *Procedure*

Prior to beginning the session, each participant was briefed of the experimental process and signed an informed consent form (see Appendices 5.1 and 6.2). In a private room, participants were instructed on how to place the genital gauge while seated in a comfortable chair. The researcher monitored the session from an adjacent room and an intercom system was used to allow for communication between the researcher and the participant. A computer monitor in the private room was used to present the videos and post-stimulus questions. Participants listened to the narratives through a set of headphones. Participants also completed a questionnaire package in the private room. For all participants, the session began with the psychophysiological measurements and ended with the questionnaires. After the session was finished, participants were debriefed, provided with contact information for the researcher to whom they could inquire about the study results, and received their \$40 compensation (see Appendix 7). Each session lasted approximately two to two-and-a-half hours.

*Treatment of Genital and Subjective Arousal Data*

Peak scores for each trial were obtained by subtracting the baseline circumference in millimetres (as recorded at the beginning of each trial) from the peak response in millimetres during the trial. The peak scores were then transformed into z-scores for each participant and averaged to create three response scores: one for the consensual sexual narratives, one for the nonconsensual sexual narratives, and one for the neutral narratives. Standardizing responses minimizes the effect of individual variation in responsiveness (Harris et al., 1992). Responses to the post-stimulus questions were averaged for each category and not standardized.

*Individual Differences in Arousability*

It was hypothesized that some men would be more easily disinhibited than other men because of antisocial tendencies, hostility towards women, supportive beliefs of rape myths, or having a history of using sexually aggressive tactics against women. To test this hypothesis, mean scores for Antisociality, Mating Effort, and Disinhibition were created for each participant using responses from relevant measures. Antisociality scores were calculated for each participant by averaging his standardized responses to the questionnaires involving attitudes toward women, as well as antisocial and illicit behaviours (BRMAS, CATS-SR, HTW, LPS, and SRED). Mating effort scores were calculated for each participant by averaging his standardized responses to the PVCS questionnaire. Participants were ranked as being “high” or “low” in antisocial tendencies or having “high” or “low” mating effort using a median split. Disinhibition scores were calculated by subtracting the average genital arousal for the two nonconsenting sexual narratives paired with the clothed videos (in raw scores) from the average genital arousal

for the two nonconsenting sexual narratives paired with the nude videos (in raw scores). This calculation created a difference score for each participant and resulted in either a positive, negative, or neutral score. A positive score indicated higher arousal for nonconsenting sex paired with nude women, a negative score indicated higher arousal for nonconsenting sex paired with clothed women, and a neutral score indicated no difference in arousal to clothed or nude women.

### *Data Analysis*

To test the hypothesis that men's sexual arousal to nonconsensual sexual scenarios would be disinhibited by the presence of nudity, separate 2 (video: clothed or nude) X 3 (narrative: consenting sex, nonconsenting sex, neutral) repeated measures ANOVAs were conducted for genital arousal and subjective arousal. To test whether individual characteristics led to more disinhibition in the laboratory, pairwise bivariate correlations were calculated using the three measures: Antisociality, Mating Effort, and Disinhibition. All analyses were done using the Statistical Package for the Social Sciences (SPSS) program Version 17.0.

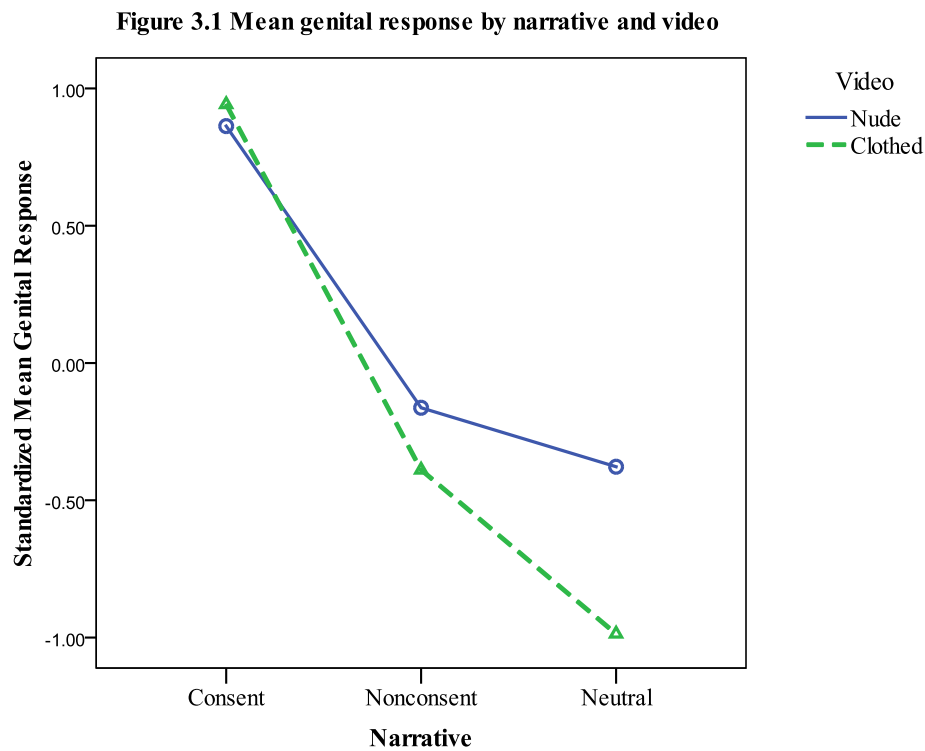
### Results

*Genital Response.* A 2 (video) X 3 (narrative) repeated-measures ANOVA was used to determine whether genital arousal in response to nonconsensual sexual cues was disinhibited by the presence of nude women. Significant main effects were obtained for narrative,  $F(1.294, 24.585) = 79.86, p < .001, \eta^2 = .81$ , and video,  $F(1, 19) = 7.723, p = .012, \eta^2 = .29$ , and a significant interaction was obtained between narrative and video,  $F(2, 38) = 5.85, p = .006, \eta^2 = .24$  (Greenhouse-Geisser statistics are reported when sphericity was not assumed). Because of the significant interaction between narrative and

video, follow-up pair-wise comparisons were conducted. A  $t$  test was used to determine whether genital responses to consenting sexual narratives paired with videos of clothed women ( $M = .94$ ;  $SD = .56$ ) significantly differed from genital responses to consenting sexual narratives paired with videos of nude women ( $M = .86$ ;  $SD = .45$ ). The  $t$  statistic was not significant,  $t(19) = 0.44$ ,  $p = .67$  (2-tailed, equal variance assumed), indicating that there was no difference in arousal to consenting sexual narratives when paired with either clothed or nude women. A  $t$  test was used to determine whether genital responses to nonconsenting sexual narratives paired with videos of clothed women ( $M = -.39$ ;  $SD = .48$ ) significantly differed from genital responses to nonconsenting sexual narratives paired with videos of nude women ( $M = -.16$ ;  $SD = .50$ ). The  $t$  statistic was significant,  $t(19) = -3.00$ ,  $p = .007$  (2-tailed, equal variance assumed), indicating that there was significantly more genital arousal to nonconsenting sexual narratives paired with videos of nude women than there was to nonconsenting sexual narratives paired with videos of clothed women. Finally, a  $t$  test was used to determine whether genital responses to neutral narratives paired with videos of clothed women ( $M = -.99$ ;  $SD = .50$ ) significantly differed from genital responses to neutral narratives paired with videos of nude women ( $M = -.38$ ;  $SD = .34$ ). The  $t$  statistic was significant,  $t(19) = -3.71$ ,  $p = .001$  (2-tailed, equal variance assumed), indicating that genital arousal increased significantly in response to neutral narratives when they were paired with videos of nude women than when paired with videos of clothed women.

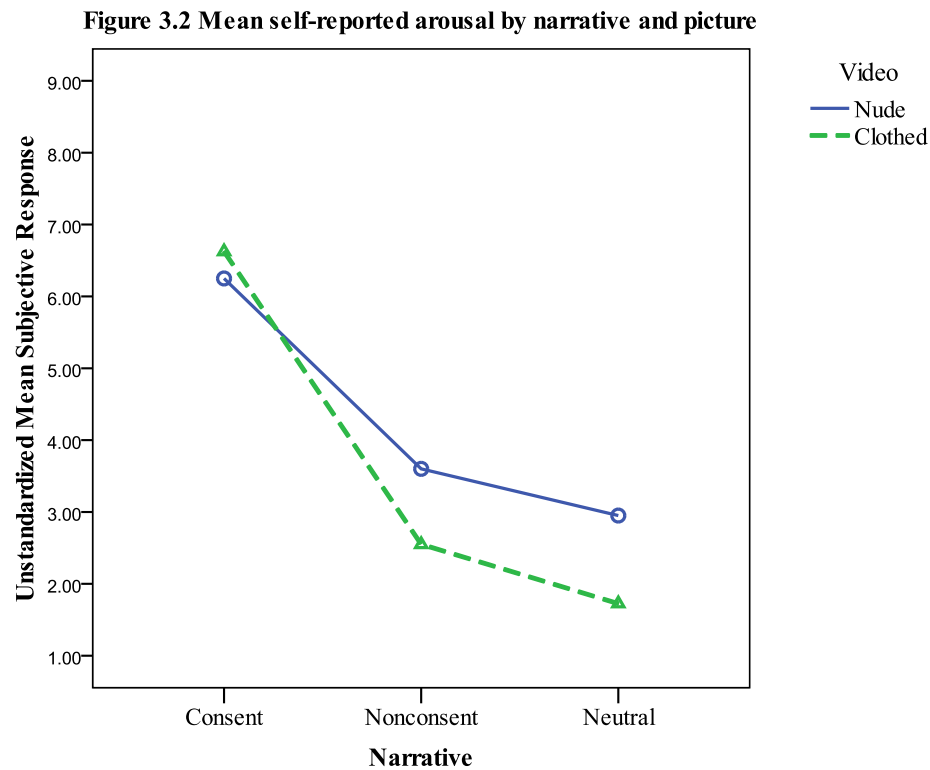
Figure 3.1 presents the standardized means for genital response as a function of narrative and video and shows that consenting sexual narratives elicited more genital arousal than did nonconsenting sexual narratives and neutral narratives. There was no

difference in arousal to the consensual sexual narratives when paired with videos of clothed or nude women, which might be the result of a ceiling effect whereby participants were maximally aroused by the narratives and videos regardless of the presence or absence of clothing. The videos of nude women elicited significantly more genital arousal than the videos of clothed women when paired with nonconsenting sexual narratives and neutral narratives.



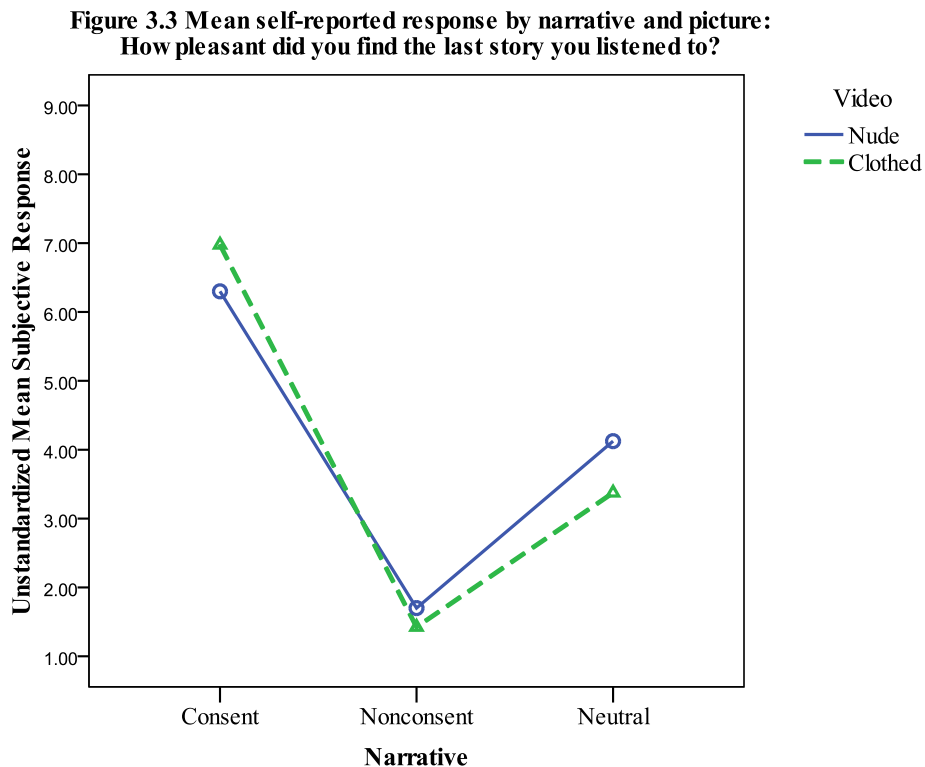
*Subjective Arousal.* A 2 (video) X 3 (narrative) repeated measures ANOVA was used to determine whether men's subjective arousal in response to nonconsensual cues was disinhibited by the presence of nude women for each of the three post-stimulus questions. For the question *What was your maximum sexual arousal you experienced during the last story you listened to?*, significant main effects were obtained for narrative,  $F(2, 38) = 68.16, p < .001, \eta^2 = .78$ , and video,  $F(1, 19) = 8.98, p = .007, \eta^2 = .32$ , and a

significant interaction was obtained between narrative and video,  $F(2, 38) = 11.44$ ,  $p < .001$ ,  $\eta^2 = .38$ . Figure 3.2 presents the unstandardized means for self-reported responses to this question and shows that the consenting sexual narratives elicited the most genital arousal followed by the nonconsenting sexual narratives and then the neutral narratives. There was no difference in arousal to the consensual sexual narratives when paired with videos of clothed or nude women ( $M = .38$ ;  $SD = 1.66$ ),  $t(19) = 1.01$ ,  $p = .33$  (2-tailed, equal variance assumed). The videos of nude women elicited more genital arousal than the videos of clothed women when paired with nonconsenting sexual narratives ( $M = -1.05$ ;  $SD = 1.04$ ),  $t(19) = -4.53$ ,  $p < .001$  (2-tailed, equal variance assumed), and neutral narratives ( $M = -1.23$ ;  $SD = 1.24$ ),  $t(19) = -4.42$ ,  $p < .001$  (2-tailed, equal variance assumed).



For the question *How pleasant did you find the last story?*, a significant main

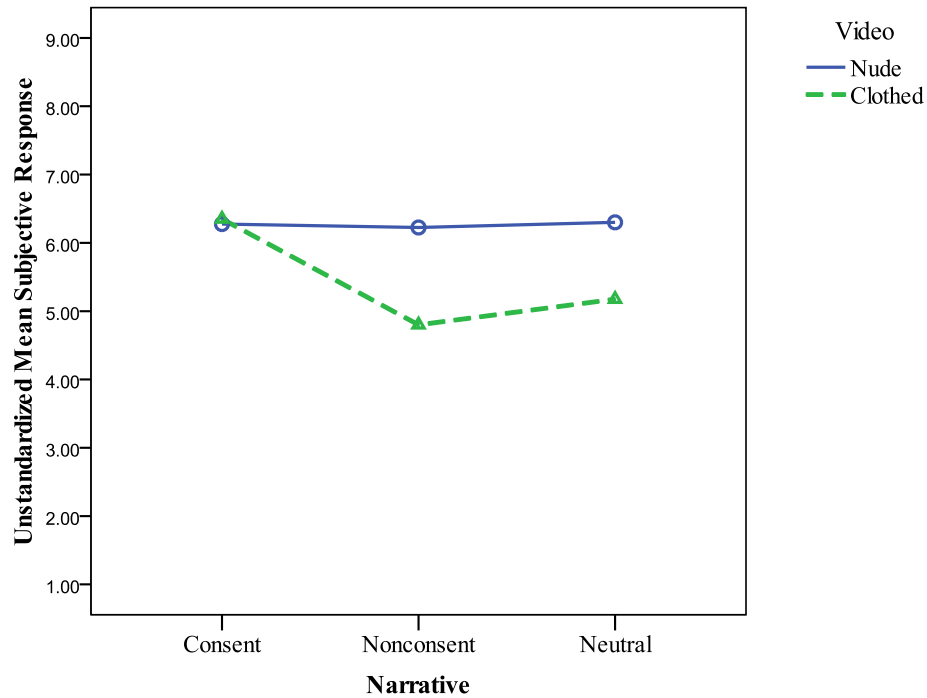
effect was obtained for narrative,  $F(2, 38) = 84.54, p < .001, \eta^2 = .82$ . There was no main effect obtained for video,  $F(1, 19) = .76, p = .39, \eta^2 = .04$ . There was an interaction between narrative and video,  $F(2, 38) = 14.405, p < .001, \eta^2 = .43$ . Figure 3.3 presents the unstandardized means and shows that the consenting sexual narratives were subjectively rated as being most pleasant followed by the neutral narratives. The nonconsenting sexual narratives were subjectively rated as being least pleasant. The consenting sexual narratives were subjectively rated as being least pleasant when paired with clothed women compared to nude women ( $M = .68; SD = 1.10$ ),  $t(19) = 2.74, p = .01$  (2-tailed, equal variance assumed). For nonconsenting sexual narratives ( $M = -.275; SD = .55$ ),  $t(19) = -2.24, p = .04$  (2-tailed, equal variance assumed), and neutral narratives ( $M = -.75; SD = 1.01$ ),  $t(19) = -3.33, p = .004$  (2-tailed, equal variance assumed), participants rated them more pleasant when paired with nude women compared to clothed women.





For the question *How interested would you be in having sex with the woman in the picture?*, there was no significant main effect obtained for narrative,  $F(1.49, 28.22) = 2.83, p = .089, \eta^2 = .13$ . There was a significant main effect obtained for video,  $F(1, 19) = 11.21, p = .003, \eta^2 = .37$ , and a significant interaction was obtained between narrative and video,  $F(2, 38) = 3.83, p = .03, \eta^2 = .17$ . Figure 3.4 presents the unstandardized means and shows that the participants were equally interested in having sexual intercourse with nude women when the videos were paired with consenting sexual narratives, nonconsenting sexual narratives, and neutral narratives. Compared with the videos of clothed women, participants were more interested in having sexual intercourse with the nude women when the videos were paired with nonconsenting sexual narratives ( $M = -1.43; SD = 1.83$ ),  $t(19) = -2.24, p = .04$  (2-tailed, equal variance assumed), and neutral narratives ( $M = -1.13; SD = 2.04$ ),  $t(19) = -2.47, p = .02$  (2-tailed, equal variance assumed); there was no preference for nude or clothed women when the videos were paired with consenting sexual narratives ( $M = .08; SD = 1.65$ ),  $t(19) = .20, p = .84$  (2-tailed, equal variance assumed). The increase in arousal to neutral narratives when paired with nudity suggests that without any sexual cues from the narrative, nudity is a strong excitatory cue. The increase in arousal to nonconsenting sexual narratives paired with nudity supports the inhibition model.

**Figure 3.4 Mean self-reported response by narrative and picture: How interested would you be in having sex with the woman in the video?**



*Individual Differences in Arousability.* It was hypothesized that some men would be more easily disinhibited than other men because of having antisocial tendencies, hostility towards women, supportive beliefs of rape myths, or having a history of using sexually aggressive tactics against women.

*Disinhibition and Antisociality.* A Pearson's  $r$  correlation was used to determine the relationship between measures of Antisociality and Disinhibition scores. There was no significant relationship found,  $r = -.28$ ,  $p = .23$ , indicating that having antisocial tendencies is not associated with higher or lower disinhibition to nonconsenting sexual narratives.

*Disinhibition and Mating Effort.* A Pearson's  $r$  correlation was used to determine the relationship between an individual's Mating Effort and Disinhibition scores. Again, there was no significant relationship,  $r = -.18$ ,  $p = .46$ .

*Disinhibition and Sexual Aggression Histories.* A  $t$  test was used to determine whether the Disinhibition scores of individuals who have a history of using, or attempting to use, sexually aggressive tactics ( $M = 2.00$ ;  $SD = 4.65$ ) significantly differed from the Disinhibition scores of individuals with no histories of sexual aggression ( $M = 3.23$ ;  $SD = 3.42$ ). The  $t$  statistic was not significant,  $t(18) = -0.68$ ,  $p = .51$  (2-tailed, equal variance assumed), indicating no difference between the Disinhibition scores of individuals with or without histories of sexual aggression.

### Discussion

The purpose of this study was to better understand the potential disinhibitory effect of female nudity on men's sexual arousal in a date rape analogue. This study partially replicated Study 1 (see Chapter 2) and measured genital arousal while presenting aural narratives depicting consensual sexual interactions, nonconsensual sexual interactions, and nonsexual interactions between a man and a woman as well as exercising videos of clothed and nude women. It was hypothesized that sexually nonaggressive men, when presented with videos of nude women, would experience greater increase in genital sexual arousal to nonconsensual sexual narratives than to consensual sexual narratives. Furthermore, it was hypothesized that in the presence of nonconsensual cues, some individuals would be more easily disinhibited by the videos of nude women due to having antisocial tendencies, increased mating effort, or a history of sexual aggression.

Findings indicate that the nude videos elicited greater genital and subjective arousal to nonconsensual sexual narratives and neutral narratives. There was no difference in genital arousal to consensual sexual narratives when paired with videos of

either nude or clothed women, possibly the result of a ceiling effect in arousal. With respect to the first hypothesis then, this study found that female nudity might have a small disinhibitory effect for nonconsensual cues. There was no support for the hypothesis that antisocial tendencies, mating effort, or history of sexual aggression had an effect on tendency toward disinhibition.

Limitations to the research should be considered before interpreting the research findings. First, just as in Study 1, no participants admitted to having committed rape. Most of the participants reported using coercive tactics to circumvent a partner's nonconsent, including verbal pressure, emotional manipulation, or providing alcohol. Considering the low rates of sexual aggression in this sample, perhaps splitting the group into sexually aggressive and sexually nonaggressive categories was artificial. Second, there are again concerns about the internal consistency of the HTW questionnaire. The low reliability coefficient for this measure requires any results to be interpreted with caution and draws into question the continued use of this measure. Third, unlike the high-quality pictures used in Study 1, and despite the hours and hours invested in researching videos, there did not exist a set of videos in which the same woman was clothed in one video and nude in another. To find the exact right videos would have required making them, an infeasible solution for this project; therefore, it is conceivable that there was a qualitative difference in the videos themselves or attractiveness of the women that confounded these results. As the previous study already demonstrated, however, there was a strong effect of nudity such that when participants were presented with a nude picture of a woman and a clothed picture of the same woman, genital arousal increased more in the presence of the nude picture. The fact that a similar pattern of arousal was

found between the videos of clothed and nude women in this second study suggests that the genital arousal to nudity could be independent of one's attraction to a woman. More research is recommended to investigate the effects of nudity on men's sexual arousal. Directions for future research will be discussed in the final chapter along with conclusions.

Chapter 4

Discussion and Conclusion

Abstract

The research findings from the two studies are combined and discussed in this chapter, as well as limitations to the research and future research directions.

## Discussion

The Inhibition Model of Sexual Aggression states that sexually nonaggressive men are sexually aroused by excitatory cues and inhibited by cues of nonconsent, whereas sexually aggressive men are aroused by excitatory cues but fail to be inhibited by cues of nonconsent. Evidence for this can be seen in a laboratory setting, where sexually aggressive men exhibit continued sexual arousal to excitatory cues in the presence of nonconsent, suggesting some interruption of the inhibiting mechanism. This model suggests that some men who commit rape may not be especially aroused by a woman's nonconsent so much as disinhibited to her nonconsent by the presence of other cues in the situation. This model has important implications for sexually nonaggressive men and their sexual arousal; specifically, if there are sufficient excitatory cues present, can these cues potentially interrupt the inhibition to nonconsent that is typically seen in sexually nonaggressive men? As date rape is a "crime of opportunity," perpetrators of date rape may not fit within the typical profile of a sexually aggressive offender; rather, they may be better characterized as sexually nonaggressive until the situational excitatory cues present in a dating interaction interrupt their inhibition and the opportunity to sexually aggress occurs.

It was the goal of this research to investigate nudity as a situational disinhibitor in a date rape analogue and observe disinhibition in sexually nonaggressive men. In two separate studies, participants listened to aural narratives describing consensual sexual interactions, nonconsensual sexual interactions, and nonsexual interactions between a man and a woman while their genital and subjective sexual arousal was measured. Paired with each of these narratives were visual depictions of nude and clothed women. In the

first study, 20 participants looked at still pictures of nude and clothed women, and in the second study, another 21 participants watched videos of nude and clothed women exercising. For both studies, it was hypothesized that when participants listened to the narratives, their genital response would increase significantly more in the presence of nude women than clothed women; furthermore, the change in genital arousal in response to nonconsenting sexual narratives paired with female nudity would be significantly greater than the change in arousal to consenting sexual narratives paired with female nudity. It was also hypothesized that some participants would be more easily disinhibited because of having antisocial tendencies, mating effort, or sexual aggression histories.

The first study found significantly greater genital and subjective responses to pictures of nude women for all narratives; however, genital and subjective sexual responses did not increase more or less to the nonconsenting sexual interactions paired with female nudity compared with the consenting sexual interactions and female nudity pairing. The physiological and subjective arousal findings from this study suggest that nudity is a strong excitatory cue that increases sexual arousal, but the still pictures of nude women were not sufficiently arousing to interrupt inhibition in sexually nonaggressive men. Individual differences in antisociality, mating effort, and history of sexual aggression did not correlate with one's disinhibition in the laboratory. Previous research suggests that still pictures elicit moderate genital response and that videos elicit the greatest genital response (Julien & Over, 1988).

In a follow-up study using the same hypotheses as Study 1, the consenting, nonconsenting, and nonsexual narratives were presented to a different sample of participants while their genital and subjective sexual arousal was measured. In place of



still pictures of nude and clothed women, however, videos depicting nude and clothed women engaged in nonsexual activity (i.e., exercise) were presented to participants along with the narratives. Videos of nude women elicited greater genital and subjective responses than videos of clothed women for nonconsenting sexual narratives and nonsexual narratives; there were no differences in genital and subjective responses between the videos of nude and clothed women for consenting sexual narratives. There were significantly greater genital and subjective responses to the nonconsenting sexual narratives in the presence of female nudity than to the nonconsenting sexual narratives paired with clothed women, which suggests that nudity has a disinhibitory effect for nonconsensual cues. There was no relationship between one's disinhibition scores and antisociality, mating effort, or sexual aggression history in the second study.

The insignificant difference in genital and subjective arousal between nude and clothed women was anomalous. Initially, this lack of difference in arousal was attributed to a ceiling effect, whereby the consenting sexual narratives paired with either video elicited maximum sexual arousal; however follow-up analysis was conducted using unstandardized genital responses and results indicated that maximum erection was not achieved (i.e., no 'ceiling' in arousal was reached). Aural narratives do not typically elicit maximum genital arousal in the laboratory (Julien & Over, 1988) so it is likely that the similarity in genital and subjective sexual responses could be due to the potential maximum response that can be elicited by the consenting sexual narratives. The lack of difference, then, is still in essence a ceiling effect although rather than the maximum potential genital arousal creating the insignificant difference between clothed and nude videos, the arousal is limited by the arousing properties of the aural stimulus.

This research was developed using the Inhibition Model of Sexual Aggression, which describes the sexual arousal patterns of sexually aggressive and nonaggressive men whereby sexually aggressive men are less sexually inhibited in the presence of nonconsent than sexually nonaggressive men. This reduction in inhibition is called disinhibition, and potentially applies to the situation of date rape because of the presence of both excitatory and inhibitory elements. But does disinhibition explain the persistent arousal to nonconsent that is typical of sexually aggressive men? Is there some inhibiting mechanism that can be localized and measured and, if so, how does it work? The evidence for inhibition in cognitive and behavioural sciences is controversial (Gorfein & MacLeod, 2007). Alternate mechanisms to the inhibition mechanism should be explored. For example, perhaps instead of a direct suppression of arousal in the presence of nonconsent, as is suggested by the inhibition model, the attention of sexually nonaggressive men is directed away from the excitatory cue and the resulting decrease in sexual arousal can really be attributed to a change in attention. Sexually aggressive men, then, are focusing attention on the salient excitatory cues in the environment and not attending to the inhibiting cues. Instead of inhibition or attention, perhaps there is something else entirely that best explains the difference in arousal to nonconsent between sexually aggressive and nonaggressive men, and, ultimately, explains why some men commit rape and others do not.

The implications of this research are many and varied. Primarily, this research aimed to better understand the situational factors involved in date rape so that we can prevent this crime of opportunity. Understanding the personal characteristics of perpetrators and victims is also important and has implications for potential interventions.

A potential avenue for intervention could include reducing men's hostile or negative attitudes and beliefs about sex, women, and related stereotypes. Ideally, any intervention program should address issues related to men's and women's experiences with poverty, healthy home environments, and mental health support initiatives.

Studying a mechanism such as the one described in the Inhibition Model of Sexual Aggression has serious implications for perpetrators, victims, and the law. It is important to remember that a woman who engages in consensual sexual activity involving the removal of her clothing maintains the right to say "No" to sexual intercourse at any point. The evidence for compelling cues that interrupt men's sexual inhibition in the presence of nonconsent in no way removes individual responsibility: Sexual aggression against a nonconsenting partner is always wrong. The opportunistic nature of date rape makes this particular research all the more relevant and should not be misconstrued to blame victims or mitigate blame for sexual aggressors. The fact that most men do not engage in sexual aggression is testament to individual agency; although disinhibition may be one factor implicated in sexual aggression, it is not the only factor.

There are several cautions and limitations to these studies that should be kept in mind when interpreting any results. The uniform distribution of participants with regard to their sexual aggression histories, attitudes toward women, and illicit behaviours may preclude the findings from being extended beyond this particular group of participants. Although much effort was taken to recruit participants from all corners of the community, the vast majority of participants were attending the institution in which the study took place. Future research should include more representative community samples. Furthermore, there exists a selection bias in sex research, which speaks to the individuals

who participate in psychophysiological research. In particular, individuals who volunteer for these studies tend to have more sexual experiences than individuals who do not volunteer for these studies (Wolchik, Braver, & Jensen, 1985). Participants are also more likely to be familiar with sexually explicit materials, masturbate more often, and are less concerned about their performance compared to non-volunteers. Despite these group differences, however, there is no evidence to suggest that arousal patterns would change as a function of willingness to volunteer (Chivers, Reiger, Latty, & Bailey 2004).

Another limitation to these studies rests with the reliance on self-report for very personal information. The nature of the questionnaires themselves may deter participants from answering honestly to questions regarding illicit or sexually aggressive behaviours. Participants may misremember events and inadvertently provide inaccurate information as a result. Although not discussed in this thesis, a measure of social desirable responding was included in the questionnaire package in order to account for some of the limitations to self-report; however, there is little to be done about inaccurate remembrances.

Finally, the within-subject research design might have had unique limitations that affected the current findings. The within-subject design required that each participant be exposed to a multitude of sexual stimuli and it may be possible that the emotional or physiological responses elicited by one stimulus could have carry-over effects on subsequent stimuli. The effect of this excitation transfer was minimized, however, by presenting stimuli in a randomized order for each participant. If there were carry-over effects from one stimulus to the next, it would be observable in the genital and subjective arousal to nonsexual narratives that followed the highly arousing consenting sexual narratives. There was very little genital and subjective sexual arousal to the nonsexual

narratives regardless of their order in the presentation of stimuli, thus, it is unlikely there were carry-over effects between any stimuli.

### Conclusion

The purpose of this research was to better understand nudity as a situational disinhibitor involved in date rape. It was the aim of this research to study disinhibition to nonconsenting cues in sexually nonaggressive men in the presence of female nudity. In two separate studies, female nudity was found to be a strong excitatory cue that positively affected men's genital sexual arousal. Disinhibition to nonconsenting cues was observed in the presence of videos depicting female nudity but not in the presence of still pictures, suggesting a small disinhibitory effect for female nudity. Nudity, however, is only one potential situational disinhibitor among many. Past research has focused on alcohol, anger, and depictions of sexual activity (i.e., pornography) as situational disinhibitors involved in sexual aggression. Future research could explore combinations of these disinhibitors instead of investigating each of them in isolation; it is likely that some of these variables co-occur in date rape situations and the interaction of these variables might have the greatest effect. More specific to this study, visual cues of nudity may be less arousing than other facets of female nudity, such as tactile cues or olfactory cues. Future research could explore cues of nudity that are more interactive by incorporating female undergarments, adult toys shaped and textured like women's bodies and sex organs, or particular scents and perfumes.

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Appendix 1

Studies 1 & 2 Recruitment Poster

# VOLUNTEERS

# NEEDED



We are looking for:

Men 18—25

- To:
- Listen to stories
  - Measure sexual arousal
  - Complete questionnaires

# SEXUAL AROUSAL STUDY

Participation is individual, confidential, and anonymous.

Participants will be reimbursed for their time.

For more information contact:

**ANNABREE at 329-2430**

Department of Psychology  
University of Lethbridge

Annabree  
sshrcarousalstudy@gmail.com  
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## Appendix 2.1

## Study 1 Email Recruitment Advertisement

**Attention: Prospective Participants**

We are looking for heterosexual men, age 18 to 25, to participate in a study of sexual arousal. The study is being conducted by Annabree Fairweather under the supervision of Dr. Martin Lalumière. During the course of the experimental session, you will be asked to listen to a variety of stories while looking at pictures and you will complete several questionnaires. The stories will describe sexual and nonsexual scenarios between a man and a woman. The pictures will depict clothed and naked women. The study will take approximately two hours to complete and offers \$50 in return for your time. Participation in the study is confidential.

\*\*No course credit is offered for this study.

To receive more information about the study, please contact Annabree Fairweather via e-mail or telephone:

- arousalstudy@gmail.com (please write “AROUSAL STUDY” in the subject line)
- (403) 329-2430 (please ask for Annabree or leave a message if there is no answer)

Sincerely,

Annabree Fairweather, MSc Candidate  
Martin Lalumière, PhD (Supervisor)

## Appendix 2.2

## Study 2 Email Recruitment Advertisement

**Attention: Prospective Participants**

We are looking for heterosexual men, age 18 to 25, to participate in a study of sexual arousal. The study is being conducted by Annabree Fairweather under the supervision of Dr. Martin Lalumière. During the course of the experimental session, you will be asked to listen to a variety of stories while watching videos and you will complete several questionnaires. The stories will describe sexual and nonsexual scenarios between a man and a woman. The videos will depict clothed and naked women engaging in physical activity. The study will take approximately two hours to complete and offers \$40 in return for your time. Participation in the study is confidential.

\*\*No course credit is offered for this study.

To receive more information about the study, please contact Annabree Fairweather via e-mail or telephone:

- arousalstudy@gmail.com (please write “AROUSAL STUDY” in the subject line)
- (403) 329-2430 (please ask for Annabree or leave a message if there is no answer)

Sincerely,

Annabree Fairweather, MSc Candidate  
Martin Lalumière, PhD (Supervisor)

## Appendix 3.1

## Study 1 Internet Recruitment Advertisement

**Attention: Prospective Participants**

We are looking for heterosexual men, age 18 to 25, to participate in a study of sexual arousal at the University of Lethbridge. The study is being conducted by Annabree Fairweather under the supervision of Dr. Martin Lalumière. During the course of the experimental session, you will be asked to listen to a variety of stories and look at pictures while your genital sexual arousal is measured. You will also be asked to complete several questionnaires. The stories will describe sexual and nonsexual scenarios between a man and a woman. The pictures will depict clothed and naked women. The study will take approximately two hours to complete and offers \$50 in return for your time. Participation in the study is confidential.

To receive more information about the study, please contact Annabree Fairweather via e-mail or telephone:

- arousalstudy@gmail.com (please write “AROUSAL STUDY” in the subject line)
- (403) 329-2430 (please ask for Annabree or leave a message if there is no answer)

Sincerely,

Annabree Fairweather, MSc Candidate

Martin Lalumière, PhD (Supervisor)



## Appendix 3.2

## Study 2 Internet Recruitment Advertisement

**Attention: Prospective Participants**

We are looking for heterosexual men, age 18 to 25, to participate in a study of sexual arousal at the University of Lethbridge. The study is being conducted by Annabree Fairweather under the supervision of Dr. Martin Lalumière. During the course of the experimental session, you will be asked to listen to a variety of stories and watch videos while your genital sexual arousal is measured. You will also be asked to complete several questionnaires. The stories will describe sexual and nonsexual scenarios between a man and a woman. The videos will depict clothed and naked women engaging in physical exercise. The study will take approximately two hours to complete and offers \$50 in return for your time. Participation in the study is confidential.

To receive more information about the study, please contact Annabree Fairweather via e-mail or telephone:

- arousalstudy@gmail.com (please write “AROUSAL STUDY” in the subject line)
- (403) 329-2430 (please ask for Annabree or leave a message if there is no answer)

Sincerely,

Annabree Fairweather, MSc Candidate

Martin Lalumière, PhD (Supervisor)

## Appendix 4.1

## Study 1 Telephone Script

Preliminary information:

“The purpose of this study is to investigate male sexual arousal, more specifically the relationship between personality characteristics, behaviours, and sexual arousal in response to different sexual stories. If you decide to participate in this study, you will come to a laboratory at the University of Lethbridge. In the laboratory, you will complete several questionnaires and listen to several stories while your sexual arousal is measured using medical instruments. Would you be interested in finding out more about the study?”

(if no): the individual will be thanked for his interest in the study.

(if yes): “To make sure you are eligible to participate in this study, I am going to read a list of things that would exclude you from participating. If one or more of these items apply to you, you will not be eligible to participate in this study. You do not need to tell me which one applies to you, just let me know at the end of the list if you are or are not eligible. Do you understand?”

List of statements:

1. You are younger than 18 or older than 25.
2. You are exclusively or predominantly attracted to men.
3. You are equally or about equally sexually attracted to women and to men.
4. You have a history of serious mental illness.
5. You have a history of substance abuse.
6. You have difficulty having or keeping an erection.
7. You are taking medications to treat a mental illness or medications to treat high blood pressure.
8. You have a sexually transmitted disease.
9. You do not speak or write English easily.
10. You have never been exposed to erotic materials.
11. You have participated in a study of sexual arousal in the Lalumière Lab in the past 2 years.

“Do any of these statements apply to you?”

If yes (the individual meets one or more exclusion criteria), he will be thanked for his interest in the study.

If no, the individual will be read the following:

Detailed study information:

“Now I’m going to tell you more about the study so you can decide if you want to participate.

During the course of the study, you will be asked to complete a questionnaire package in a private room asking about your sexuality, personality, and behavioral patterns throughout your life. Following the questionnaire package, you will listen to a series of stories and look at pictures of women while your sexual arousal is measured using a penile gauge. The penile gauge instrument consists of a small rubber band that fits around your penis. It measures changes in the penis during various stages of erection. Men who have previously participated in our studies report that the gauge is not uncomfortable and that they cannot tell that they are wearing it once it is on. You will put the gauge on and take it off yourself in a private room.

The stories you will listen to describe a male and a female interacting in a variety of scenarios. Some of the stories describe sexual interactions between a man and a woman. Sometimes the woman is consenting and sometimes she is not. The images you will see will show a woman who is either clothed or naked. Between each story, you will answer questions about your feelings toward the stories and your sexual responses to the stories.

Even if you agree to participate in the study, keep in mind that you are free to change your mind at any point. The entire procedure takes 2 to 2 and one half hours. You will receive monetary compensation at a rate of \$25 per hour with a maximum of \$50 when you complete the in-lab study to reimburse your travel costs and to thank you for your time.

All of the information that you provide during the study will be strictly confidential. We have safeguards in place to protect your anonymity. Are you interested in participating? Do you have any questions?”

If no, the participant will be thanked for his interest in the study.

If yes, the researcher will set up a date and time for the participant to come to the lab to participate in the study. Upon scheduling the appointment, the researcher will inform the participant of the following restrictions prior to testing:

1. Please do not engage in any form of sexual activity for 24 hours prior to testing.
2. On the day of testing do not to drink coffee, alcohol, smoke cigarettes, or use recreational drugs as they may affect the results.
3. Do not to engage in any form of physical exercise for at least 1 hour prior to testing.
4. If you need to cancel or re-schedule, please call me at 329-2430.

## Appendix 4.2

## Study 2 Telephone Script

Preliminary information:

“The purpose of this study is to investigate male sexual arousal, more specifically the relationship between personality characteristics, behaviours, and sexual arousal in response to different sexual stories. If you decide to participate in this study, you will come to a laboratory at the University of Lethbridge. In the laboratory, you will complete several questionnaires and listen to several stories and watch videos while your sexual arousal is measured using medical instruments. Would you be interested in finding out more about the study?”

(if no): the individual will be thanked for his interest in the study.

(if yes): “To make sure you are eligible to participate in this study, I am going to read a list of things that would exclude you from participating. If one or more of these items apply to you, you will not be eligible to participate in this study. You do not need to tell me which one applies to you, just let me know at the end of the list if you are or are not eligible. Do you understand?”

List of statements:

1. You are younger than 18 or older than 25.
2. You are exclusively or predominantly attracted to men.
3. You are equally or about equally sexually attracted to women and to men.
4. You have a history of serious mental illness.
5. You have a history of substance abuse.
6. You have difficulty having or keeping an erection.
7. You are taking medications to treat a mental illness or medications to treat high blood pressure.
8. You have a sexually transmitted disease.
9. You do not speak or write English easily.
10. You have never been exposed to erotic materials.
11. You have participated in a study of sexual arousal in the Lalumière Lab in the past 2 years.

“Do any of these statements apply to you?”

If yes (the individual meets one or more exclusion criteria), he will be thanked for his interest in the study.

If no, the individual will be read the following:

Detailed study information:

“Now I’m going to tell you more about the study so you can decide if you want to participate.

During the course of the study, you will be asked to complete a questionnaire package in a private room asking about your sexuality, personality, and behavioral patterns throughout your life. Following the questionnaire package, you will listen to a series of stories and watch videos while your sexual arousal is measured using a penile gauge. The penile gauge instrument consists of a small rubber band that fits around your penis. It measures changes in the penis during various stages of erection. Men who have previously participated in our studies report that the gauge is not uncomfortable and that they cannot tell that they are wearing it once it is on. You will put the gauge on and take it off yourself in a private room.

The stories you will listen to describe a male and a female interacting in a variety of scenarios. Some of the stories describe sexual interactions between a man and a woman. Sometimes the woman is consenting and sometimes she is not. The videos you will watch will be of nude and clothed women exercising. Between each story, you will answer questions about your feelings toward the stories and your sexual responses to the stories.

Even if you agree to participate in the study, keep in mind that you are free to change your mind at any point. The entire procedure takes 2 to 2 and one half hours. You will receive monetary compensation at a rate of \$25 per hour with a maximum of \$50 when you complete the in-lab study to reimburse your travel costs and to thank you for your time.

All of the information that you provide during the study will be strictly confidential. We have safeguards in place to protect your anonymity. Are you interested in participating? Do you have any questions?”

If no, the participant will be thanked for his interest in the study.

If yes, the researcher will set up a date and time for the participant to come to the lab to participate in the study. Upon scheduling the appointment, the researcher will inform the participant of the following restrictions prior to testing:

1. Please do not engage in any form of sexual activity for 24 hours prior to testing.
2. On the day of testing do not to drink coffee, alcohol, smoke cigarettes, or use recreational drugs as they may affect the results.
3. Do not to engage in any form of physical exercise for at least 1 hour prior to testing.
4. If you need to cancel or re-schedule, please call me at 329-2430.

## Appendix 5.1

## Study 1 Room Script

**Description of Procedure**

The study will take 2 to 2 ½ hours to complete. You will be paid \$25 per hour up to a maximum of \$50 that you will get at the end of the experiment. Throughout the experiment, I will be in a separate room. If you have any questions or you are unsure of something, you can ask me using the intercom system. You do not have to push a button for the intercom to work, just simply say something out loud and I will be able to hear you. I will respond to your questions using text messages that will appear on the computer monitor in front of you. I may not be able to answer you immediately after you ask a question, but I will always be in the room next to you and will respond as soon as possible. Please note that if at any time throughout the study you would like to stop participating for any reason, just say so and the experiment will be stopped. You will be paid for the time you have put into the study up until that point and you will be free to leave.

Before you complete the consent form, you will have a chance to look at the equipment and to ask any questions you may have. First of all, let me summarize what is going to take place within the next 2 to 2 ½ hours:

The experiment is broken into two parts. During the first part of the study, you will fill out a questionnaire package; the questionnaire will ask you about personal information such as age, marital status, sexual experiences and behaviours, sexual orientation, as well as past and present nonsexual behaviours. This part of the study will take approximately 30 minutes to complete. During the second part of the experiment, you will listen to stories and look at images while your sexual arousal is measured. This part of the study will take approximately one and a half hours to complete. Some of the stories describe sexual interactions between a man and a woman. Sometimes the woman is consenting and sometimes she is not. Your sexual arousal will be measured using a penile gauge.

*(Show participant penile gauge)* This is the device that you will be using. It is called a penile gauge and it measures changes in the penis that occur during erection. When you are instructed to do so, you will place the gauge onto your penis in the private room. I will give you instructions on how to do this before we begin the second part of the study.

**Cleaning of the Gauge and Room**

The instruments that we use to measure sexual arousal are re-used. Each device goes through a thorough high-level disinfectant process that is identical to the process used to clean medical instruments in hospital. This vigorous cleaning process virtually eliminates any chance of transmitting infections.

Likewise, all surfaces that participants come into contact with are wiped with alcohol swabs that kill any bacteria present. This includes the recliner (arms, seat, back, lever), headphones, keypad, desk, doorknob, etc. The sheets and blankets are washed after every use as well.

If you are still interested in continuing with the study, I will need you to read over and fill out the consent form. Please keep in mind that you and all your personal information will be kept confidential. This form just confirms that you understand what you are participating in and that you are consenting to participate in this study.

Do you have any questions?

*Obtain signed consent form.*

### **Explanation of Part 1 of Study (Questionnaire Package)**

The questionnaire package you will fill out is located inside the envelope on the desk behind you. If you have any questions, please do not hesitate to ask me through the intercom and I will answer them you using text messages. Please complete the questionnaires as honestly as possible. If there are questions that you do not feel comfortable answering in the questionnaire, place a star beside them to signal that you have seen the question, but did not want to answer it. The questionnaire package will take approximately 30 minutes to complete. After you have finished the questionnaires, you will place the questionnaire package inside the envelope you found it in, seal it, and place the sealed envelope inside a box underneath the desk. Once you have finished the questionnaire package and are ready for me to come back into the room, open up the door so I know you are ready for me to re-join you. I will re-enter the room with your permission, you can use the washroom if you want to and then I will explain the next part of the experiment after that.

*Ask participant if they need to use the washroom.*

### **Explanation of Part 2 of Study (Listening to stories)**

The second part of the experiment involves measuring penile responses and listening to stories that describe various interactions between a man and a woman. You will continue to receive instructions on the screen in front of you. You will listen to a total of 12 stories, each two minutes long, and answer a series of questions after each story. You will listen to these stories using the headphones on the table beside you. This portion of the experiment will take approximately 1 and a half hours to complete.

At the end of each story, a series of questions will appear on the screen in front of you that will ask you how you felt about the story. To answer these questions, you will use the keypad to input your answers. You will answer these questions using a scale of 1 to 9, where one is the lowest level of response, meaning that the emotion or feeling is not at all

present, five is the moderate or average level of response, meaning that the emotion or feeling is present, but not extremely high or low, and nine is the highest level of response, meaning that the emotion or feeling is definitely present. For example, if you were asked how happy you felt, and you felt really happy, you would respond with a 7, 8 or 9, because those numbers mean that you were really happy, and not just a little bit happy. To answer, press a number on the keypad and then hit OK. The instructions for these questions are also on the poster beside the screen to remind you.

Here are the questions that you will be asked. I would like you to look them over and see if you have any questions about them? *(Show participant a list of questions)*

Please keep in mind that there are no right or wrong answers to these questions. Try to answer the questions as honestly as possible.

Between stories, you may be asked to complete simple tasks, like read aloud from a magazine, or count backwards from 100. Sometimes there is a lot of time between the stories and we don't want you to get bored.

After you have listened to all of the stories a message will appear on your screen telling you that this portion of the experiment is over. You can remove the gauge and place it in the re-sealable plastic bag inside the black case. After you have removed the gauge, you can get dressed and open the door to let me know you are ready for me to come back into the room.

Once I am back in the room, I will debrief you about the study and you will also receive your \$50 as a thank you for your time and participation in the study.

### **Attaching the Gauge**

Before I leave the room and lock the door, I will turn off the overhead lights and turn on the small lamp. After I leave, please undress from the waist down and sit in the recliner in the fully reclined position. To do this, you will need to pull on the handle on the right hand side of the chair while sitting in it, and then grip the arms and push backwards. Once you have the chair in the fully reclined position, you can take the penile gauge out of the black case on the table beside the chair. To attach the gauge, lie back in the recliner and gently stretch the rubber placing it around the middle of your penis. Do not roll the gauge down, as this will damage it. Place the cable from the penile gauge on your leg, so that there is no stretching of the cable. There is a light blanket that with which you can use to cover your lower legs so you don't get cold during the experiment. Place the headphones on your ears and say "ready" when you are ready to begin the experiment.

### **How to Sit**

While you are listening to the stories, you should be fully reclined in the recliner with your legs about shoulder-width apart and covered with a blanket. It is important that you try to sit as still as possible throughout this portion of the experiment, as movements can



interfere with the measurements I am taking. If you have to move during this part of the experiment, please try to avoid doing so during the stories. Also, try to avoid any voluntary muscle contractions, as that will interfere with the measurements as well.

Avoid talking or coughing during the stories, as well, as this can interfere with the measurements I am taking. If you do need to move or cough, please let me know, and I will make a note of it. If you are uncomfortable and wish to stop the experiment at any time, please let me know immediately and we will stop.

### **Overview of Procedure**

- consent
- rest room
- questionnaire package
- experimenter re-enters room with permission; offers participant a break and then discusses second part of experiment
- experimenter leaves room
- undress from the waist down
- attach genital gauge while reclined in chair
- cover up with blanket
- say ready
- listen to stories
- re-dress
- experimenter re-enters room with permission
- debriefing/compensation

## Appendix 5.2

## Study 2 Room Script

**Description of Procedure**

The study will take 2 to 2 ½ hours to complete. You will be paid \$20 per hour up to a maximum of \$40 that you will get at the end of the experiment. Throughout the experiment, I will be in a separate room. If you have any questions or you are unsure of something, you can ask me using the intercom system. You do not have to push a button for the intercom to work, just simply say something out loud and I will be able to hear you. I will respond to your questions using text messages that will appear on the computer monitor in front of you. I may not be able to answer you immediately after you ask a question, but I will always be in the room next to you and will respond as soon as possible. Please note that if at any time throughout the study you would like to stop participating for any reason, just say so and the experiment will be stopped. You will be paid for the time you have put into the study up until that point and you will be free to leave.

Before you complete the consent form, you will have a chance to look at the equipment and to ask any questions you may have. First of all, let me summarize what is going to take place within the next 2 to 2 ½ hours:

The experiment is broken into two parts. During the first part of the study, you will fill out a questionnaire package. The questionnaire will ask you about personal information such as age, marital status, sexual experiences and behaviours, sexual orientation, as well as past and present nonsexual behaviours. This part of the study will take approximately 30 minutes to complete. During the second part of the experiment, you will listen to stories and watch videos while your sexual arousal is measured. This part of the study will take approximately one and a half hours to complete. Some of the stories describe sexual interactions between a man and a woman. Sometimes the woman is consenting and sometimes she is not. Your sexual arousal will be measured using a penile gauge.

*(Show participant penile gauge)* This is the device that you will be using. It is called a penile gauge and it measures changes in the penis that occur during erection. When you are instructed to do so, you will place the gauge onto your penis in the private room. I will give you instructions on how to do this before we begin the second part of the study.

**Cleaning of the Gauge and Room**

The instruments that we use to measure sexual arousal are re-used. Each device goes through a thorough high-level disinfectant process that is identical to the process used to clean medical instruments in hospitals. This vigorous cleaning process virtually eliminates any chance of transmitting infections.

Likewise, all surfaces that participants come into contact with are wiped with alcohol swabs that kill any bacteria present. This includes the recliner (arms, seat, back, lever), headphones, keypad, desk, doorknob, etc. The sheets and blankets are washed after every use as well.

If you are still interested in continuing with the study, I will need you to read over and fill out the consent form. Please keep in mind that you and all your personal information will be kept confidential. This form just confirms that you understand what you are participating in and that you are consenting to participate in this study.

Do you have any questions?

*Obtain signed consent form.*

### **Explanation of Part 1 of Study (Questionnaire Package)**

The questionnaire package you will fill out is located inside the envelope on the desk behind you. If you have any questions, please do not hesitate to ask me through the intercom and I will answer you using text messages. Please complete the questionnaires as honestly as possible. If there are questions that you do not feel comfortable answering in the questionnaire, place a star beside them to signal that you have seen the question, but did not want to answer it. The questionnaire package will take approximately 30 minutes to complete. After you have finished the questionnaires, you will place the questionnaire package inside the envelope you found it in, seal it, and place the sealed envelope inside a box underneath the desk. Once you have finished the questionnaire package and are ready for me to come back into the room, open up the door so I know you are ready for me to re-join you. I will re-enter the room with your permission, you can use the washroom if you want to and then I will explain the next part of the experiment after that.

*Ask participant if they need to use the washroom.*

### **Explanation of Part 2 of Study (Listening to stories)**

The second part of the experiment involves measuring penile responses, listening to stories that describe various interactions between a man and a woman, and watching videos of nude and clothed women exercising. You will continue to receive instructions on the screen in front of you. You will listen to a total of 12 stories, each two minutes long, and answer a series of questions after each story. You will listen to these stories using the headphones on the table beside you. This portion of the experiment will take approximately 1 and a half hours to complete.

At the end of each story, a series of questions will appear on the screen in front of you that will ask you how you felt about the story. To answer these questions, you will use the keypad to input your answers. You will answer these questions using a scale of 1 to 9,

where one is the lowest level of response, meaning that the emotion or feeling is not at all present, five is the moderate or average level of response, meaning that the emotion or feeling is present, but not extremely high or low, and nine is the highest level of response, meaning that the emotion or feeling is definitely present. For example, if you were asked how happy you felt, and you felt really happy, you would respond with a 7, 8 or 9, because those numbers mean that you were really happy, and not just a little bit happy. To answer, press a number on the keypad and then hit OK. The instructions for these questions are also on the poster beside the screen to remind you.

Here are the questions that you will be asked. I would like you to look them over and see if you have any questions about them? (*Show participant a list of questions*)

Please keep in mind that there are no right or wrong answers to these questions. Try to answer the questions as honestly as possible.

Between stories, you may be asked to complete simple tasks, like read aloud from a magazine, or count backwards from 100. Sometimes there is a lot of time between the stories and we don't want you to get bored.

After you have listened to all of the stories a message will appear on your screen telling you that this portion of the experiment is over. You can remove the gauge and place it in the re-sealable plastic bag inside the black case. After you have removed the gauge, you can get dressed and open the door to let me know you are ready for me to come back into the room.

Once I am back in the room, I will debrief you about the study and you will also receive your \$50 as a thank you for your time and participation in the study.

### **Attaching the Gauge**

Before I leave the room and lock the door, I will turn off the overhead lights and turn on the small lamp. After I leave, please undress from the waist down and sit in the recliner in the fully reclined position. To do this, you will need to pull on the handle on the right hand side of the chair while sitting in it, and then grip the arms and push backwards. Once you have the chair in the fully reclined position, you can take the penile gauge out of the black case on the table beside the chair. To attach the gauge, lie back in the recliner and gently stretch the rubber placing it around the middle of your penis. Do not roll the gauge down, as this will damage it. Place the cable from the penile gauge on your leg, so that there is no stretching of the cable. There is a light blanket that you can use to cover your lower legs so you don't get cold during the experiment. Place the headphones on your ears and say "ready" when you are ready to begin the experiment.

### **How to Sit**

While you are listening to the stories, you should be fully reclined in the recliner with your legs about shoulder-width apart and covered with a blanket. It is important that you

try to sit as still as possible throughout this portion of the experiment, as movements can interfere with the measurements I am taking. If you have to move during this part of the experiment, please try to avoid doing so during the stories. Also, try to avoid any voluntary muscle contractions, as that will interfere with the measurements as well.

Avoid talking or coughing during the stories, as well, as this can interfere with the measurements I am taking. If you do need to move or cough, please let me know, and I will make a note of it. If you are uncomfortable and wish to stop the experiment at any time, please let me know immediately and we will stop.

### **Overview of Procedure**

- consent
- rest room
- questionnaire package
- experimenter re-enters room with permission; offers participant a break and then discusses second part of experiment
- experimenter leaves room
- undress from the waist down
- attach genital gauge while reclined in chair
- cover up with blanket
- say ready
- listen to stories
- re-dress
- experimenter re-enters room with permission
- debriefing/compensation

## Appendix 6.1

## Study 1 Informed Consent Form

**Sexual Arousal Study 2009 Informed Consent Form**

**Primary Researcher:** Annabree Fairweather (MSc. Candidate)

**Co-researcher:** Martin Lalumière, PhD (Supervisor)

You are invited to take part in a research study that involves measuring your sexual arousal by measuring your penile responses while you listen to stories describing various interactions between a man and a woman and look at pictures of clothed and nude women. The stories you will listen to will vary with respect to sexual, consenting and nonconsenting content. This means that some of these scenarios will have sexual content while others will not and some of these stories will contain consensual sexual interactions while others will be nonconsensual. The study also involves completing questionnaires about your sexuality, personality, and behaviours, as well as answering questions about your reactions to the stories. Your participation in the study will inform researchers about the relationship between sexual arousal, personality characteristics, and behaviours among young men.

**What Will Happen**

Before you complete this consent form, you will have a chance to look at the testing room and the equipment and to ask any questions you may have.

The study will take 2 to 2½ hours to complete.

The first part of the study involves you completing questionnaires about yourself. These questionnaires will ask you about your personal information such as age, marital status, sexual experiences, sexual behaviours, sexual relationships, sexual orientation, various personality traits, as well as past and present nonsexual behaviours. The questionnaire package will take approximately 30 minutes to complete and you will complete these questionnaires in a private room.

The second part of the study involves listening to stories and looking at pictures. This part of the study also involves measuring your genital responses to the stories and the pictures. The experimenter will explain how to use the equipment to measure your penile responses. Once you understand how to do this, you will be left alone in the private testing room, undress from the waist down, and place the penile gauge (a thin rubber band) on the middle of your penis. The experimenter will guide you through the study from a separate room, using an intercom and text messages that will appear on the computer screen in front of you. You will listen to 12 stories, each approximately 2 minutes in length. Between each story, you will be asked to answer questions regarding your feelings during the story. After you have listened to all of the stories, you will remove the genital gauge, place it in a plastic bag, and re-dress. The experimenter will re-

enter the room and debrief you about the study.

### **Compensation**

You will receive \$25 per hour with a maximum of \$50 to reimburse your travel costs to the university and to thank you for your participation in this study.

### **Risks**

You may feel awkward using the genital gauge, especially if you are not comfortable touching your genitals. You may feel uncomfortable listening to the consensual and nonconsensual sexual stories, especially if you find sexually explicit material upsetting.

The genital gauges are re-used and go through an extensive high-level disinfection process between uses. The high-level disinfection process is identical to the process used to sterilize medical instruments in hospitals. The disinfection procedure virtually eliminates all risks of the transmission of infections.

**It is possible that you might be upset by the stories or by your reactions to the stories. If that is the case, make sure to tell the researcher and she will put you in touch, if you like, with Counselling Services.**

### **Right to Withdraw**

Your participation in the study is completely voluntary. If at any point in the study you wish to stop participating, tell the researcher and the experiment will be stopped. You will not experience any negative consequences for your withdrawal. You will receive monetary reimbursement regardless of completing the session or not. Any data that was collected up until you decided to withdraw will be destroyed if requested.

### **Possible Benefits**

There are no direct benefits to you for participating in this study. However, your participation will inform future research in the study of sexual arousal.

### **Privacy and Confidentiality**

Only the experimenters will have access to the information collected. All of the information that you have provided during the experiment will be stored anonymously. When you enter the study, you will be assigned a participant identification number and this number, not your name, will identify all information you provide. All electronic records will be stored on a non-network computer (i.e., not connected to the internet), and any paper records will be stored in a locked filing cabinet in a locked office. Your name will never be mentioned in any publications, papers, or presentations that come from this study.

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### Dissemination of Results

All data obtained from the current study will be reported in group form, meaning that no individual participant's data will never be reported alone. The results from the study will likely be presented in several formats, including written publications, oral presentations, and poster presentations.

### If you have Other Questions

If you have any questions about this study or would like information about the results of the study, please contact Annabree Fairweather at the University of Lethbridge, by calling 403-380-1877. Questions regarding your rights as a participant may be addressed to the Office of Research Services of the University of Lethbridge at (403) 329-2747.

### Signatures

To be entered into the study, you must indicate your consent below.

- I have received answers to all of my questions to my satisfaction,
- I understand that I may freely choose to stop being a part of this study at any time,
- I agree to be part of this research study and to follow the study procedures,

and I am showing my consent to participate by signing here:

\_\_\_\_\_

Name of participant (please print clearly)

\_\_\_\_\_

Date

\_\_\_\_\_

Signature of participant

\_\_\_\_\_

Signature of individual obtaining consent

\_\_\_\_\_

Date



## Appendix 6.2

## Study 2 Informed Consent Form

**Sexual Arousal Study 2009 Informed Consent Form**

**Primary Researcher:** Annabree Fairweather (MSc. Candidate)

**Co-researcher:** Martin Lalumière, PhD (Supervisor)

You are invited to take part in a research study that involves measuring your sexual arousal by measuring your penile responses while you listen to stories describing various interactions between a man and a woman and watch videos of nude and clothed women exercising. The stories you will listen to will vary with respect to sexual, consenting and nonconsenting content. This means that some of these scenarios will have sexual content while others will not and some of these stories will contain consensual sexual interactions while others will be nonconsensual. The study also involves completing questionnaires about your sexuality, personality, and behaviours, as well as answering questions about your reactions to the stories. Your participation in the study will inform researchers about the relationship between sexual arousal, personality characteristics, and behaviours among young men.

**What Will Happen**

Before you complete this consent form, you will have a chance to look at the testing room and the equipment and to ask any questions you may have.

The study will take 2 to 2½ hours to complete.

The first part of the study involves you completing questionnaires about yourself. These questionnaires will ask you about your personal information such as age, marital status, sexual experiences, sexual behaviours, sexual relationships, sexual orientation, various personality traits, as well as past and present nonsexual behaviours. The questionnaire package will take approximately 30 minutes to complete and you will complete these questionnaires in a private room.

The second part of the study involves listening to stories and watching videos. This part of the study also involves measuring your genital responses to the stories and the videos. The experimenter will explain how to use the equipment to measure your penile responses. Once you understand how to do this, you will be left alone in the private testing room, undress from the waist down, and place the penile gauge (a thin rubber band) on the middle of your penis. The experimenter will guide you through the study from a separate room, using an intercom and text messages that will appear on the computer screen in front of you. You will listen to 12 stories, each approximately 2 minutes in length. Between each story, you will be asked to answer questions regarding your feelings during the story. After you have listened to all of the stories, you will remove the genital gauge, place it in a plastic bag, and re-dress. The experimenter will re-

enter the room and debrief you about the study.

### **Compensation**

You will receive \$20 per hour with a maximum of \$40 to reimburse your travel costs to the university and to thank you for your participation in this study.

### **Risks**

You may feel awkward using the genital gauge, especially if you are not comfortable touching your genitals. You may feel uncomfortable listening to the consensual and nonconsensual sexual stories, especially if you find sexually explicit material upsetting.

The genital gauges are re-used and go through an extensive high-level disinfection process between uses. The high-level disinfection process is identical to the process used to sterilize medical instruments in hospitals. The disinfection procedure virtually eliminates all risks of the transmission of infections.

**It is possible that you might be upset by the stories or by your reactions to the stories. If that is the case, make sure to tell the researcher and she will put you in touch, if you like, with Counselling Services.**

### **Right to Withdraw**

Your participation in the study is completely voluntary. If at any point in the study you wish to stop participating, tell the researcher and the experiment will be stopped. You will not experience any negative consequences for your withdrawal. You will receive monetary reimbursement regardless of completing the session or not. Any data that was collected up until you decided to withdraw will be destroyed if requested.

### **Possible Benefits**

There are no direct benefits to you for participating in this study. However, your participation will inform future research in the study of sexual arousal.

### **Privacy and Confidentiality**

Only the experimenters will have access to the information collected. All of the information that you have provided during the experiment will be stored anonymously. When you enter the study, you will be assigned a participant identification number and this number, not your name, will identify all information you provide. All electronic records will be stored on a non-network computer (i.e., not connected to the internet), and any paper records will be stored in a locked filing cabinet in a locked office. Your name will never be mentioned in any publications, papers, or presentations that come from this study.

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### Dissemination of Results

All data obtained from the current study will be reported in group form, meaning that no individual participant's data will ever be reported alone. The results from the study will likely be presented in several formats, including written publications, oral presentations, and poster presentations.

### If you have Other Questions

If you have any questions about this study or would like information about the results of the study, please contact Annabree Fairweather at the University of Lethbridge, by calling 403-380-1877. Questions regarding your rights as a participant may be addressed to the Office of Research Services of the University of Lethbridge at (403) 329-2747.

### Signatures

To be entered into the study, you must indicate your consent below.

- I have received answers to all of my questions to my satisfaction,
- I understand that I may freely choose to stop being a part of this study at any time,
- I agree to be part of this research study and to follow the study procedures,

and I am showing my consent to participate by signing here:

\_\_\_\_\_

Name of participant (please print clearly)

\_\_\_\_\_

Date

\_\_\_\_\_

Signature of participant

\_\_\_\_\_

Signature of individual obtaining consent

\_\_\_\_\_

Date

## Appendix 7

## Studies 1 &amp; 2 Debriefing Statement

Most men show some arousal to all depictions of sexual scenarios even when one of the persons in the story is not fully consenting. However, some men respond more than others to nonconsensual sex. We are interested in finding out why. In this study we examine whether sexual arousal to nonconsensual sexual interactions is affected by depictions of nudity. The questionnaires you filled out also address possible influences of personality, antisocial tendencies, or sexual history.

The content presented in the stories was developed solely for academic purposes and does not represent actual events or even realistic events. If you experience any distress due to the content in these stories please contact us and we can answer any questions you may have or refer you to counseling services. **You may contact Counselling Services at 403-317-2845.**

Thank you for participating in this study. Your time and effort is greatly appreciated. Because the study is ongoing, we ask you not to tell others about the specific research questions of the study.

If you have any further comments or questions about this research project **or you are interested in the research findings**, please contact Annabree Fairweather by e-mail at [annabree.fairweather@uleth.ca](mailto:annabree.fairweather@uleth.ca) or telephone at 403-380-1877 or Dr. Martin Lalumière by e-mail at [martin.lalumiere@uleth.ca](mailto:martin.lalumiere@uleth.ca) or telephone at 403-329-2406.

## Appendix 8

## Example: Consenting Sexual narrative

The evening stars sparkle overhead. In the moonlight, we can barely find our way back to his car. We were introduced by friends a few days ago and we have enjoyed getting to know each other better during dinner. I enjoyed his sense of humour and accepted a ride home from him. Once inside his car, he begins hugging me gently. It feels nice, so I hug him back. We search each other's eyes and begin kissing with a passion that gradually builds. I am delighted by his touch. His arms encircle me as we lay back together. I wrap my legs around his waist and he begins gently grinding against me. I can feel his cock harden through his jeans. Excitedly, he presses his body against me. He begins kissing my neck. Pulling off my sweater and bra, I feel his hot tongue caress my breasts. "Make love to me now," I beg. I gasp in delight as he takes my nipples into his mouth and begins gently kissing and sucking them. It feels fantastic as they swell with arousal. Sliding off my pants and underwear, I feel his hot breath as he savours my body and begins kissing me all over. My throbbing pussy moistens as his lips reach everywhere. I moan in delight. Filled with desire, he pulls down his jeans and slips his hard erection deep inside me. "That feels so good," I murmur. We begin moving together in wild abandon. The car begins to rock as our passion quickly increases. Our hungry mouths meet and we kiss passionately. Our tongues entangle with yearning kisses. I raise my legs higher and he plunges deeper into me. Our bodies begin moving together faster and faster as passion mounts. His cock feels fantastic as it slides in and out of me again and again. I feel his warm fingers as they fondle my heaving breasts. His hungry mouth finds my heaving breasts and I encourage him to suck and lick my aroused nipples. As I moan, "Oh, yes!", I feel him come inside me. We snuggle together.

## Example: Nonconsenting Sexual Narrative

We're walking home at sunrise. We met a few weeks ago and again at tonight's party. I danced with him several times and he entertained us all with his jokes. As we reach my door, he presses his face close to me, hoping for a kiss. I'm not interested so I ignore him. He asks for a coffee, but I say I have to work early tomorrow. As I enter the house, he places his foot in the door and holds me tightly in his arms. "I want to screw," he growls. He begins kissing my cheek and mouth. I gasp and try to push him away but he clamps his lips hard against mine. His tongue forces my lips apart and surges inside my mouth. My eyes are wide open and I'm powerless as he glares at me. I try to tell him to leave but my voice is just a gurgle. I try to resist him and get away but he is too powerful. Undaunted by my resistance, he begins rubbing my body. I struggle to get away, but he's too heavy and strong. "No, go away," I beg him, "Please stop." His strong body overpowers me. I struggle desperately but can't get him away from me. Quickly, he hauls my dress up, pulls off my panties, and begins sucking and licking my naked tits. His rough hands massage my breasts. "No, no please stop," I beg him. Although I attempt to roll him off me, I'm helpless. He manages to pull out his hard erection and shove it into me. I can't believe this is happening to me, I think to myself as his cock drives into my cunt. His hungry mouth sucks my squirming body. Again, I beg him to stop. He pumps into me again and again, and I continue to struggle beneath him. His mouth is all over me. I'm disgusted but I'm helpless beneath him. His cock continues to thrust deep inside me. Holding my ass, he pumps into me with strong deep thrusts. His hands cover my mouth as he collapses in orgasm. Disgusted and ashamed, I continue trying to get him off me.

## Example: Nonsexual (Neutral) Narrative

Warm sunshine makes me squint as I head out to do some grocery shopping. It's only a short drive to the plaza and I take the time to enjoy the fresh spring weather. Once inside the grocery store, I collect a cart and head for the fresh produce section. I'm delighted to see that several prices have been reduced. I see the manager emerge from the back room. "Good morning. Nice to see you again" he says as we pass in the aisle. Having selected an assortment of fresh fruit and vegetables, I head to the meat counter. I have been shopping in this store for many years and so the employees are familiar to me. I greet the butcher and listen while he recommends several familiar cuts of meat. Although I have a list, I decide to take his advice and purchase a few specials on sale. Next I push my cart up and down the aisles while I periodically check my shopping list. I notice that there is a sale on my favourite juice. Taking advantage of this, I load my cart with several large containers of this juice. Carefully, I search the shelves of pasta in order to find the healthiest choice. Eventually, I decide to purchase some whole wheat noodles and some vegetable pasta. I grab a few cans of my favourite spaghetti sauce and move on to the rows of paper goods. By the time I have found everything on my list, my cart is quite full. As I head to the cash, I notice that the premium ice cream is also on sale. Without hesitation, I scan the assortment until I settle on double fudge chocolate. While I wait in line at the check out, I begin reading the headlines of the tabloid newspapers beside the cash register. "Hi, how are things?" greets the cashier as I begin placing my items on the conveyor belt. As I continue unloading my cart, we chat briefly about the balmy spring weather that we're having. I pay for my groceries with cash and head back home.

Appendix 9

Studies 1 & 2 Questionnaire Package



Date (DD/MM/YY): \_\_\_ / \_\_\_ / \_\_\_

Participant Code: \_\_\_\_\_

# Sexual Arousal 2008-2009

Please note that this study is completely confidential and anonymous. Your name cannot be linked to your responses and responses will not be examined before the study is completed. Please answer as honestly as possible.

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Please answer the following questions by filling in the blank or placing a checkmark in the circle next to the answer that is most representative of you.

1. Age: \_\_\_\_\_
2. Date of Birth (DD/MM/YY): \_\_\_ / \_\_\_ / \_\_\_
3. Relationship Status:
 

<input type="radio"/> Single	<input type="radio"/> Married
<input type="radio"/> Dating	<input type="radio"/> Common Law
<input type="radio"/> Engaged	<input type="radio"/> Divorced
<input type="radio"/> Widowed	
4. If you are currently in a relationship please state the length of that relationship:  
\_\_\_\_\_ years **OR** \_\_\_\_\_ months
5. How many children do you have? \_\_\_\_\_
6. Ethnic Background:
 

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Caucasian	African	First	Asian	Other (please specify)	
	American	Nations			
7. Highest Level of Education Completed:
  - Completed Grade 8
  - Some high school completed (grades 9-11)
  - Graduated from high school, or equivalent
  - Vocational, trade or business school completed
  - Community college – currently attending or completed diploma
  - University – currently attending or completed bachelor's degree
  - Graduate or professional school (M.A., Ph.D., M.B.A., M.D.) – currently attending or completed degree
8. University Major (if applicable): \_\_\_\_\_ Year of Study: \_\_\_\_\_ GPA: \_\_\_\_\_
9. How many siblings do you have:
 

a. older brothers _____	b. younger brothers _____
c. older sisters _____	d. younger sisters _____
10. How many siblings do you have that are biologically related to you through your mother:
 

a. older brothers _____	b. younger brothers _____
c. older sisters _____	d. younger sisters _____

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11. Sexual Orientation:                                                                       \_\_\_\_\_  
    Heterosexual              Bisexual              Homosexual              Other (please specify)
12. Which hand do you use predominately to write with?     Left                       Right
13. Are you currently employed at a paid job?  
 Yes, full-time                       Yes, part-time  
 No, full-time student                       No, full-time homemaker  
 No, retired                       No, currently unemployed
- If yes, what is your current position/title? \_\_\_\_\_
14. What is the total amount of money your household earned last year?  
 Less than \$10 000                       \$40 001 to \$50 000  
 \$10 001 to \$20 000                       \$50 001 to \$75 000  
 \$20 001 to \$30 000                       \$75 000 to \$100 000  
 \$30 001 to \$40 000                       More than \$100 000
15. Did you engage in physical exercise today?                       Yes                       No
16. If yes, how many hours did you exercise before coming into the laboratory today? \_\_\_\_\_
17. Did you use any of the following substances or beverages today? Please check all that apply.  
 Beverage containing caffeine (e.g., coffee, tea, Coke, Mountain Dew)  
 Alcohol  
 Marijuana  
 Tobacco  
 Other recreational drug  
 I did not use any of these substances/beverages
18. Do you have a history of mental illnesses?                       Yes                       No
19. If yes, please list them: \_\_\_\_\_  
 \_\_\_\_\_
20. Did you take any medications today?                       Yes                       No
21. If yes please list what you took: \_\_\_\_\_  
 \_\_\_\_\_
22. Do you currently have a sexually transmitted disease?                       Yes                       No
23. If yes, please list them: \_\_\_\_\_

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24. Have you ever been arrested?  Yes  No
25. If yes, at what age were you first arrested? \_\_\_\_\_
26. Have you ever been charged with a crime?  Yes  No
27. If yes, at what age were you first charged? \_\_\_\_\_
28. Have you ever been convicted or found guilty of committing an offense?  Yes  No
29. If yes, at what age were you **first** convicted? \_\_\_\_\_
30. Have you ever been incarcerated?  Yes  No
31. If yes, at what age were you first incarcerated? \_\_\_\_\_
32. How many times have you been incarcerated? \_\_\_\_\_
33. If yes, what is the longest time period that you were incarcerated? \_\_\_ years **OR** \_\_\_ months
34. Have you ever committed a violent offense (eg., assault)?  Yes  No
35. If yes, were you (select all that apply):
- arrested
  - charged
  - convicted/found guilty
  - incarcerated
  - not arrested
36. Have you ever committed a sexual offense (eg., rape)?  Yes  No
37. If yes, were you (select all that apply):
- arrested
  - charged
  - convicted/found guilty
  - incarcerated
  - not arrested



**Please answer the following questions by checking the appropriate circle, circling the appropriate number, or by filling in the blanks.**

1. Were you ever arrested prior to the age of **16 years**? YES  NO
2. Did you live with both of your natural parents up until the age of **16 years**?  YES  NO
- If you answered **NO** to the previous question, please answer questions 3 and 4. If you answered **YES** to the previous question please skip to question 5.
3. Were you separated from your natural parents for more than 1 month?  YES  NO
4. What was (were) the reason(s) for the separation? (for example, death of a parent, one parent left, divorce, abandonment, removed from home, institutionalization): \_\_\_\_\_
5. Did you get in a lot of physical fights (excluding siblings) prior to **16 years** of age?
- |           |   |   |             |   |   |                 |
|-----------|---|---|-------------|---|---|-----------------|
| 1         | 2 | 3 | 4           | 5 | 6 | 7               |
| No Fights |   |   | Some Fights |   |   | A lot of Fights |
6. Please indicate whether or not you engaged in any of the following behaviors prior to **15 years** of age:
- |  | YES                   | NO                    |
|--|-----------------------|-----------------------|
| Initiating physical fights often   | <input type="radio"/> | <input type="radio"/> |
| Lying often  | <input type="radio"/> | <input type="radio"/> |
| Running away from home overnight (at least twice, or once without returning) | <input type="radio"/> | <input type="radio"/> |
| Stealing (including forgery)   | <input type="radio"/> | <input type="radio"/> |
| Fire-setting (deliberately)  | <input type="radio"/> | <input type="radio"/> |
| Skipping school often  | <input type="radio"/> | <input type="radio"/> |
| Breaking into a car, house, or building                                      | <input type="radio"/> | <input type="radio"/> |
| Vandalism (other than fire-setting)  | <input type="radio"/> | <input type="radio"/> |
| Cruelty to animals   | <input type="radio"/> | <input type="radio"/> |
| Forcing sexual activity on another persons                                   | <input type="radio"/> | <input type="radio"/> |
| Using a weapon in more than one fight  | <input type="radio"/> | <input type="radio"/> |
| Physically cruel to people   | <input type="radio"/> | <input type="radio"/> |
7. Did you ever have discipline problems or attendance problems (skipping class) in elementary school?
- |             |   |   |               |   |   |                  |
|-------------|---|---|---------------|---|---|------------------|
| 1           | 2 | 3 | 4             | 5 | 6 | 7                |
| No Problems |   |   | Some Problems |   |   | Serious Problems |
8. Were you ever suspended or expelled from school?  Yes  No
9. Have you ever felt that, as a teenager, you had problems with alcohol (i.e., that your drinking interfered in some way with your life)?
- |             |   |   |               |   |   |                  |
|-------------|---|---|---------------|---|---|------------------|
| 1           | 2 | 3 | 4             | 5 | 6 | 7                |
| No Problems |   |   | Some Problems |   |   | Serious Problems |
10. Do you feel that one or both of your parents had a drinking problem while you were growing up?  Yes  No



**For each item identified below, circle the number to the right that best reflects your level of agreement with each statement. Please use the scale to the right as a reference.**

- 1 – Strongly Agree
- 2 – Somewhat Agree
- 3 – Somewhat Disagree
- 4 – Strongly Disagree

1. Success is based on survival of the fittest; I am not concerned about losers.	1	2	3	4
2. I find myself in the same kinds of trouble, time after time.	1	2	3	4
3. For me, what's right is whatever I can get away with.	1	2	3	4
4. I am often bored.	1	2	3	4
5. In today's world, I feel justified in doing anything I can get away with to succeed.	1	2	3	4
6. I find that I am able to pursue one goal for a long time.	1	2	3	4
7. My main purpose in life is getting as many goodies as I can.	1	2	3	4
8. I don't plan anything very far in advance.	1	2	3	4
9. Making a lot of money is my most important goal.	1	2	3	4
10. I quickly lose interest in tasks I start.	1	2	3	4
11. I let others worry about higher values, my main concern is with the bottom line.	1	2	3	4
12. Most of my problems are due to the fact that other people just don't understand me.	1	2	3	4
13. People who are stupid enough to get ripped off usually deserve it.	1	2	3	4
14. Before I do anything, I carefully consider the possible consequences.	1	2	3	4
15. Looking out for myself is my top priority.	1	2	3	4
16. I have been in a lot of shouting matches with other people.	1	2	3	4
17. I tell other people what they want to hear so that they will do what I want them to.	1	2	3	4
18. When I get frustrated, I often "let off steam" by blowing my top.	1	2	3	4
19. I would be upset if my success came at someone else's expense.	1	2	3	4
20. Love is overrated.	1	2	3	4
21. I often admire a really clever scam.	1	2	3	4
22. I make a point of trying not to hurt others in pursuit of my goals.	1	2	3	4
23. I enjoy manipulating others' feelings.	1	2	3	4
24. I feel bad if my words or actions cause someone else to feel emotional pain.	1	2	3	4
25. Even if I were trying very hard to sell something, I wouldn't lie about it.	1	2	3	4
26. Cheating is not justified because it is unfair to others.	1	2	3	4



**For each of the following activities please answer all of the questions by placing a checkmark in the appropriate space, even if you are unsure of the answer.**

**Write "NA" for those questions that are not applicable to you.**

**1. Carrying an illegal weapon**

- a) How often have you done this?  Never  Once  Two or more times  
 b) How old were you when you first did this? \_\_\_\_\_  
 c) Have you done this in the last 12 months?  Yes  No

**2. Getting drunk**

- a) How often have you done this?  Never  Once  Two or more times  
 b) How old were you when you first did this? \_\_\_\_\_  
 c) Have you done this in the last 12 months?  Yes  No

**3. Trespassing**

- a) How often have you done this?  Never  Once  Two or more times  
 b) How old were you when you first did this? \_\_\_\_\_  
 c) Have you done this in the last 12 months?  Yes  No

**4. Stealing less than \$10**

- a) How often have you done this?  Never  Once  Two or more times  
 b) How old were you when you first did this? \_\_\_\_\_  
 c) Have you done this in the last 12 months?  Yes  No

**5. Taking a car without permission for a joy ride**

- a) How often have you done this?  Never  Once  Two or more times  
 b) How old were you when you first did this? \_\_\_\_\_  
 c) Have you done this in the last 12 months?  Yes  No

**6. Fighting in the street**

- a) How often have you done this?  Never  Once  Two or more times  
 b) How old were you when you first did this? \_\_\_\_\_  
 c) Have you done this in the last 12 months?  Yes  No

**7. Going to see or renting X-rated movies**

- a) How often have you done this?  Never  Once  Two or more times  
 b) How old were you when you first did this? \_\_\_\_\_  
 c) Have you done this in the last 12 months?  Yes  No

**8. Breaking into a house**

- a) How often have you done this?  Never  Once  Two or more times  
 b) How old were you when you first did this? \_\_\_\_\_  
 c) Have you done this in the last 12 months?  Yes  No

**9. Breaking the windows of an empty building**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**10. Getting into trouble because of alcohol**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**11. Prank telephone calls**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**12. Shoplifting**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**13. Stealing out of a parked car**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**14. Using a weapon in a fight**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**15. Writing graffiti in a public place**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**16. Swearing loudly in public**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**17. Stealing over \$10**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**18. Hitting a person to hurt them**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**19. Letting the air out of other people's car tires**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**20. Truancy (skipping school)**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**21. Getting suspended or expelled from school**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**22. Stealing alcohol**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**23. Starting a fire when you're not supposed to**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**24. Driving without a license**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**25. Throwing objects at people/cars**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**26. Smoking cannabis (marijuana)**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No



**27. Being part of a delinquent gang**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**28. Fare dodging (e.g. getting on a bus without paying)**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**29. Struggling with a police officer**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**30. Drinking alcohol at school**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**31. Gambling**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**32. Stealing a bicycle**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**33. Raising a false alarm**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No

**34. Damaging a parked car**

- a) How often have you done this?  Never  Once  Two or more times
- b) How old were you when you first did this? \_\_\_\_\_
- c) Have you done this in the last 12 months?  Yes  No



**Please fill in or check the appropriate answer.**

1. I was \_\_\_\_\_ years old when I first engaged in sexual intercourse (write N/A if not applicable).
2. I have had \_\_\_\_\_ female sexual partners (involving genital contact) since puberty.
3. How many of your sexual relationships with females were casual (lasted one month or less)? \_\_\_\_\_
4. In the past month, I had sexual intercourse \_\_\_\_\_ times.
5. How many different female partners have you had sexual intercourse with in the past year? \_\_\_\_\_
6. How many different female partners have you had sex with on *one and only one* occasion? \_\_\_\_\_
7. I am presently involved in a long-term, committed, relationship:     Yes     No
8. I am presently sexually involved with one or more persons:         Yes     No
9. My longest relationship (including current relationship) lasted \_\_\_\_\_ years **OR** \_\_\_\_\_ months.
10. Have you ever paid someone to have sex with you, even once?     Yes     No
11. Have you ever been paid to have sex with someone, even once?     Yes     No
12. Please think about the people you typically have sexual fantasies about. By a “sexual fantasy”, we mean sexual scenarios or daydreams you think about, and may use when masturbating and/or having sex with a partner. Would you say your sexual fantasies are about:
  - Women only
  - Women mostly, but men occasionally too
  - Women mostly, but men frequently (but not more than toward women)
  - Women and men about equally
  - Men mostly, but women frequently (but not more than toward men)
  - Men mostly, but women occasionally too
  - Men only



13. Please think about the people you have had sexual contact with. By “sexual contact,” we mean consensual contact with your or your partner’s genitals (either manual, oral, or penetration sex). Would you say that your sexual contacts have been with:

- Women only
- Women mostly, but men occasionally too
- Women mostly, but men frequently (but not more than toward women)
- Women and men about equally
- Men mostly, but women frequently (but not more than toward men)
- Men mostly, but women occasionally too
- Men only

14. How many times have you looked at sexual pictures or films?

- I have never see sexual pictures or films
- I have seen sexual pictures or films once or twice but do not use them regularly
- Less than once per month
- Once per month
- Once per week
- Several times a week
- Once a day
- Several times a day

**Please fill in or circle the appropriate number.**

1. How many different partners do you foresee yourself having sex with during the next five years? (please give a specific, realistic estimate). \_\_\_\_\_
2. How often do you usually fantasize about having sex with someone other than your dating partner?
  - Never
  - Once every two or three months
  - Once a month
  - Once every two weeks
  - Once a week
  - A few times each week
  - Nearly every day
  - At least once a day
  - Not applicable

**For questions 3 - 5, please indicate how strongly you agree or disagree with each of the following statements using a scale of 1 through 9, where "1" means Strongly Disagree and "9" means Strongly Agree.**

3. I think that sex without love is ok. \_\_\_\_\_
4. I can imagine myself being comfortable and enjoying "casual" sex with different partners. \_\_\_\_\_
5. I would have to be closely attached to someone (both emotionally and psychologically) before I could feel comfortable and fully enjoy having sex with him or her. \_\_\_\_\_



**For questions 6 - 12, please indicate how strongly you agree or disagree with each of the following statements using a scale of 1 through 7, where “1” means Strongly Disagree and “7” means Strongly Agree.**

6. I prefer short-term sexual relationships. \_\_\_\_\_
7. Ideally, I would have many sexual partners. \_\_\_\_\_
8. Ideally, I would have one steady sexual partner. \_\_\_\_\_
9. I prefer a long-term relationship with one partner. \_\_\_\_\_
10. I enter a long-term relationship because it offers me a greater guarantee of sexual relations. \_\_\_\_\_
11. I enter a long-term relationship because it offers me a greater guarantee of emotional commitment. \_\_\_\_\_
12. If I could maintain a long-term relationship with one partner while having sexual relations outside of my relationship, I would do so. \_\_\_\_\_



The following questions are based on sexual experiences that you may have had with a **WOMAN since the age of 14 years**. These questions are personal, but they have been asked of people across the country and many men report that they have had one or more of these experiences. Please answer all questions by checking the number of times the described event has occurred.

1. How many times have you had sexual contact (fondling, kissing, or petting, but **NOT** intercourse) with a woman when she didn't want to by overwhelming her with *continual arguments and pressure*?
  - Never
  - Once
  - Twice
  - Three times
  - Four times
  - Five or more times
2. How many times have you had sexual contact (fondling, kissing, or petting, but **NOT** intercourse) with a woman when she didn't want to by *using your position of authority* (boss, teacher, camp counselor, clergy member, supervisor)?
  - Never
  - Once
  - Twice
  - Three times
  - Four times
  - Five or more times
3. How many times have you had sexual contact (fondling, kissing, or petting, but **NOT** intercourse) with a woman when she didn't want to by *threatening or using some degree of physical force* (twisting her arm, holding her down, grabbing, choking, pinching in any way, restraining her movements, or physically hurting her) to make her?
  - Never
  - Once
  - Twice
  - Three times
  - Four times
  - Five or more times



The following questions are based on sexual experiences that you may have had with a **WOMAN** since the age of 14 years.

Questions 4 – 6 are about **attempted sexual intercourse**. **Attempted sexual intercourse** means when a man gets on top of a woman and tries to insert his penis inside of her vagina, but for some reason, intercourse does not occur. Whenever you see the phrase “attempted sexual intercourse” please use this definition.

4. How many times have you attempted sexual intercourse with a woman when she didn't want to by *using your position of authority* (boss, teacher, camp counselor, clergy member, supervisor) but intercourse did not occur?
- |                             |  |
|-----------------------------|--|
| <input type="radio"/> Never | <input type="radio"/> Three times        |
| <input type="radio"/> Once  | <input type="radio"/> Four times         |
| <input type="radio"/> Twice | <input type="radio"/> Five or more times |
5. How many times have you attempted sexual intercourse with a woman when she didn't want to by *threatening or using some degree of physical force* (twisting her arm, holding her down, grabbing, choking, pinching in any way, restraining her movements, or physically hurting her) to make her?
- |                             |  |
|-----------------------------|--|
| <input type="radio"/> Never | <input type="radio"/> Three times        |
| <input type="radio"/> Once  | <input type="radio"/> Four times         |
| <input type="radio"/> Twice | <input type="radio"/> Five or more times |
6. How many times have you attempted sexual intercourse with a woman when she didn't want to by *giving her alcohol or drugs*, but intercourse did not occur?
- |                             |  |
|-----------------------------|--|
| <input type="radio"/> Never | <input type="radio"/> Three times        |
| <input type="radio"/> Once  | <input type="radio"/> Four times         |
| <input type="radio"/> Twice | <input type="radio"/> Five or more times |







Questions 13 – 17 are about sex acts involving oral sex, anal sex, or penetration by objects other than a penis. Anal sex means that you put your penis in the woman's anus.

Whenever you see the term "anal sex" please use this definition. Oral sex means that you put your penis in the woman's mouth or you penetrate the woman's vagina or anus with your mouth or tongue. Whenever you see the term "oral sex" please use this definition.

Penetration by an object other than a penis means that you put an object in the woman's vagina, anus, or mouth. Examples of objects are a stick, bottle, or sex toy. Whenever you see the phrase "penetration by an object other than a penis" please use this definition.

13. How many times have you engaged in sex acts (anal or oral sex, or penetration by an object) with a woman when she didn't want to by *overwhelming her with continual arguments and pressure*?
- Never  Three times  
 Once  Four times  
 Twice  Five or more times
14. How many times have you engaged in sex acts (anal or oral sex, or penetration by an object) with a woman when she didn't want to by *showing displeasure* (for example, sulking, making her feel guilty, swearing, getting angry, threatening to end the relationship) until you got your way?
- Never  Three times  
 Once  Four times  
 Twice  Five or more times
15. How many times have you engaged in sex acts (anal or oral sex, or penetration by an object) with a woman when she didn't want to by *giving her alcohol or drugs*?
- Never  Three times  
 Once  Four times  
 Twice  Five or more times
16. How many times have you engaged in sex acts (anal or oral sex, or penetration by an object) with a woman when she didn't want to by *threatening or using some degree of physical force* (twisting her arm, holding her down, grabbing, choking, pinching in any way, restraining her movements or physically hurting her) to make her?
- Never  Three times  
 Once  Four times  
 Twice  Five or more times
17. How many times have you raped a woman?
- Never  Three times  
 Once  Four times  
 Twice  Five or more times



For each statement identified below, circle the number to the right that best reflects your level of agreement with each statement. Please use the scale below as a reference.

1 ————— 2 ————— 3 ————— 4 ————— 5 ————— 6 ————— 7  
**Not True** **Somewhat True** **Very True**

- |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| 1. I sometimes tell lies if I have to   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I never cover up my mistakes   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. There have been occasions when I have taken advantage of someone               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. I never swear  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. I sometimes try to get even rather than forgive and forget                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. I always obey laws, even if I'm unlikely to get caught                         | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. I have said something bad about a friend behind his/her back                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. When I hear people talking privately, I avoid listening                        | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. I have received too much change from a salesperson without telling him/her     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. I always declare everything at customs  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. When I was young I sometimes stole things                                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. I have never dropped litter on the street                                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. I sometimes drive faster than the speed limit                                 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. I never read sexy books or magazines  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. I have done things that I don't tell other people about                       | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. I never take things that don't belong to me                                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17. I have taken sick-leave from work or school even though I wasn't really sick  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. I have never damaged a library book or store merchandise without reporting it | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19. I have some pretty awful habits   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20. I don't gossip about other people's business                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |



Carefully read each statement and circle “T” (true) if it applies to you or if you agree with it. Circle “F” (false) if the statement does not apply to you or if you disagree with it.

- |  |   |   |
|--|---|---|
| 1. I feel that many times women flirt with men just to tease them or hurt them.                            | T | F |
| 2. I feel upset even by slight criticism by a woman.   | T | F |
| 3. It doesn't really bother me when women tease me about my faults.  | T | F |
| 4. I used to think that most women told the truth but now I know otherwise.                                | T | F |
| 5. I do not believe that women will walk all over you if you aren't willing to fight.                      | T | F |
| 6. I do not often find myself disagreeing with women.  | T | F |
| 7. I do very few things to women that make me feel remorseful afterward.                                   | T | F |
| 8. I rarely become suspicious with women who are friendlier than I expected.                               | T | F |
| 9. There are a number of women who seem to dislike me very much.   | T | F |
| 10. I don't agree that women always seem to get the breaks.  | T | F |
| 11. I don't seem to get what's coming to me in my relationships with women.                                | T | F |
| 12. I generally don't get really angry when a woman makes fun of me.                                       | T | F |
| 13. Women irritate me a great deal more than they are aware of.  | T | F |
| 14. If I let women see the way I feel, they would probably consider me a hard<br>person to get along with. | T | F |
| 15. Lately, I've been kind of grouchy with women.  | T | F |



Carefully read each statement and circle “T” (true) if it applies to you or if you agree with it. Circle “F” (false) if the statement does not apply to you or if you disagree with it.

- |  |   |   |
|--|---|---|
| 16. I think that most women would not lie to get ahead.  | T | F |
| 17. It is safer not to trust women.  | T | F |
| 18. When it really comes down to it, a lot of women are deceitful.   | T | F |
| 19. I am not easily angered by a woman.  | T | F |
| 20. I often feel that women probably think I have not lived the right kind of life.                          | T | F |
| 21. I never have hostile feelings that make me feel ashamed of myself later.                                 | T | F |
| 22. Many times a woman appears to care but just wants to use you.  | T | F |
| 23. I am sure I get a raw deal from the women in my life.  | T | F |
| 24. I don't usually wonder what hidden reason a woman may have for doing something nice for me.              | T | F |
| 25. If women had not had it in for me, I would have been more successful in my personal relations with them. | T | F |
| 26. I never have the feeling that women laugh about me.  | T | F |
| 27. Very few women talk about me behind my back.   | T | F |
| 28. When I look back at what's happened to me, I don't feel at all resentful toward the women in my life.    | T | F |
| 29. I never sulk when a woman makes me angry.  | T | F |
| 30. I have been rejected by too many women in my life.   | T | F |



**Please indicate how strongly you agree or disagree with each of the following statements using a scale of 1 through 7, where “1” means Strongly Disagree and “7” means Strongly Agree.**

1. A woman who goes to the home or apartment of a man on their first date implies that she is willing to have sex. \_\_\_\_\_
2. Any female can get raped. \_\_\_\_\_
3. One reason that women falsely report a rape is that they frequently have a need to call attention to themselves. \_\_\_\_\_
4. Any healthy woman can successfully resist a rapist if she really wants to. \_\_\_\_\_
5. When women go around braless or wearing short skirts and tight tops, they are just asking for trouble. \_\_\_\_\_
6. In the majority of rapes, the victim is promiscuous or has a bad reputation. \_\_\_\_\_
7. If a girl engages in necking or petting and she lets things get out of hand, it is her own fault if her partner forces sex on her. \_\_\_\_\_
8. Women who get raped while hitchhiking get what they deserve. \_\_\_\_\_
9. A woman who is stuck up and thinks she is too good to talk to guys on the street deserves to be taught a lesson. \_\_\_\_\_
10. Many women have an unconscious wish to be raped, and may then unconsciously set up a situation in which they are likely to be attacked. \_\_\_\_\_
11. If a woman gets drunk at a party and has intercourse with a man she’s just met there, she should be considered “fair game” to other males at the party who want to have sex with her too, whether she wants to or not. \_\_\_\_\_



**Please rate your level of agreement with the following statements, using the scale shown below.**

13. What percentage of women who report a rape would you say are lying because they are angry and want to get back at the man they accuse?

1 ————— 2 ————— 3 ————— 4 ————— 5  
 Almost All      About 3/4      About Half      About 1/4      Almost None

14. What percentage of reported rapes would you guess were merely invented by women who discovered they were pregnant and wanted to protect their own reputation?

1 ————— 2 ————— 3 ————— 4 ————— 5  
 Almost All      About 3/4      About Half      About 1/4      Almost None

**Please use the following scale to answer question 15.**

1 ————— 2 ————— 3 ————— 4 ————— 5  
 Always      Frequently      Sometimes      Rarely      Never

15. A person comes to you and claims they were raped. How likely would you be to believe their statement if the person were:

- |                          |   |   |   |   |   |
|--------------------------|---|---|---|---|---|
| a. your best friend?     | 1 | 2 | 3 | 4 | 5 |
| b. an Indian woman?      | 1 | 2 | 3 | 4 | 5 |
| c. a neighborhood woman? | 1 | 2 | 3 | 4 | 5 |
| d. a young boy?          | 1 | 2 | 3 | 4 | 5 |
| e. a black woman?        | 1 | 2 | 3 | 4 | 5 |
| f. a white woman?        | 1 | 2 | 3 | 4 | 5 |