

Eastern Illinois University  
**The Keep**

---

Masters Theses

Student Theses & Publications

---

1998

# Sex Differences in the Relations Between Sex Guilt and Sexual Experience

Melanie M. Brown

*Eastern Illinois University*

This research is a product of the graduate program in [Psychology](#) at Eastern Illinois University. [Find out more](#) about the program.

---

## Recommended Citation

Brown, Melanie M., "Sex Differences in the Relations Between Sex Guilt and Sexual Experience" (1998). *Masters Theses*. 1754.  
<https://thekeep.eiu.edu/theses/1754>

This is brought to you for free and open access by the Student Theses & Publications at The Keep. It has been accepted for inclusion in Masters Theses by an authorized administrator of The Keep. For more information, please contact [tabruns@eiu.edu](mailto:tabruns@eiu.edu).

# THESIS REPRODUCTION CERTIFICATE

TO: Graduate Degree Candidates (who have written formal theses)

SUBJECT: Permission to Reproduce Theses

The University Library is receiving a number of request from other institutions asking permission to reproduce dissertations for inclusion in their library holdings. Although no copyright laws are involved, we feel that professional courtesy demands that permission be obtained from the author before we allow these to be copied.

PLEASE SIGN ONE OF THE FOLLOWING STATEMENTS:

Booth Library of Eastern Illinois University has my permission to lend my thesis to a reputable college or university or the purpose of copying it for inclusion in that institution's library or research holdings.

8/19/98  
Date

I respectfully request Booth Library of Eastern Illinois University **NOT** allow my thesis to be reproduced because:

---

---

---

\_\_\_\_\_  
Author's Signature

\_\_\_\_\_  
Date

Sex Differences in the Relations Between Sex Guilt  
and Sexual Experience

(TITLE)

BY  
Melanie M. Brown

**THESIS**

SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS  
FOR THE DEGREE OF

Master of Arts

IN THE GRADUATE SCHOOL, EASTERN ILLINOIS UNIVERSITY  
CHARLESTON, ILLINOIS

1998

YEAR

I HEREBY RECOMMEND THIS THESIS BE ACCEPTED AS FULFILLING  
THIS PART OF THE GRADUATE DEGREE CITED ABOVE

8/14/98  
DATE

8/14/98  
DATE

### Abstract

The purpose of this study was to examine whether sex differences exist in the relations between sex guilt and sexual behavior. Past research has examined variables that affect sex guilt and found that sex guilt and sexual behavior are inversely related. This study specifically examined sex differences and how they affect this relation. The participants were 163 male and female undergraduate students at Eastern Illinois University. Mosher's revised Sex guilt Inventory and Paulson and Spota's Sexual Behavior Frequency survey were administered along with a biographical data sheet.

Bivariate correlation analyses revealed that sex guilt and sexual behavior were inversely related. An Analysis of Variance revealed that sex differences did not exist in this relation. Implications of these findings are discussed as well as possible limitations of the study.

### Acknowledgements

I would like to thank my past and present chairs Dr. Cheryl Sputa-Somers and Dr. William Kirk for providing guidance and support throughout this entire project. I would not have finished this without you. I would also like to thank Dr. Keith Wilson, Dr. Judith Lyles, Dr Russell Gruber, and Dr. Ronan Bernas for their assistance and helpful suggestions. Special thanks to the students who participated in this study. Finally, I would like to thank my family and friends for their unconditional love, support, and prayers. Without you all, I would never have made it through these last two years.

## Table of Contents

Title Page.....	1
Abstract.....	2
Acknowledgements.....	3
Table of Contents.....	4
List of Tables.....	5
Literature Review.....	6
Method.....	12
Results.....	14
Discussion.....	15
References.....	18
Table 1.....	21
Table 2.....	22
Table 3.....	23
Appendix A.....	24
Appendix B.....	25
Appendix C.....	26
Appendix D.....	27
Appendix E.....	28
Appendix F.....	30

List of Tables

- Table 1 Means and Standard deviations of Sex guilt and Sexual Behavior Frequency
- Table 2 Specific Sexual Behaviors ( taken from Paulson and Sputa's sexual behavior frequency questionnaire ) correlated with Sex Guilt.
- Table 3 2X2 (sex by sexual behavior frequency ) Analysis of Variance.

In the early 1900s many researchers were eager to study the extent of human variations. Studies on individual differences including race, personality, and intelligence, were very common. Sex was undoubtedly one of the most intensely studied individual differences. The Jastrow Laboratory at the University of Wisconsin and the Helen Thompson laboratory at the University of Chicago, were almost exclusively dedicated to the study of sex differences in cognitive, sensory and motor function (Baker, 1987). However, the study of sex differences was abandoned almost entirely for close to thirty years. It was not until the sexual revolution of the 1960s and 70s when interest in the study of human sexual behavior increased, and with this the study of sex differences was somewhat revived.

During this period, researchers began to examine whether a link existed between sexual experience and variables such as self-esteem and sex guilt. The relation between self-esteem and sexual experience was widely researched in previous decades. In perhaps one of the earliest studies in this area, Rappaport (1947) found a negative relation between sexually permissive behavior and self-esteem. Others found similar outcomes (e.g., Choise, 1950; Greenwald, 1958; Stratton & Spitzer, 1967).

Later research conducted in the area of self-esteem and sexual experience produced greater interest in the concept of sex guilt. Herold and Goodwin (1979) found that there was no relationship between self-esteem and sexually permissive behavior, however they went beyond the usual examination of sexually permissive behavior by looking at sex guilt. They found a significant positive relation between self-esteem and sex guilt. However, sex guilt was measured by a single item "I feel guilty about having intercourse." Studies such as this along with the development of The Mosher Forced



Choice Guilt Inventory (Mosher, 1969) which was the first scale created to measure sex guilt, helped to increase interest in and promote research on sex guilt. Sex guilt has been defined as a “generalized expectancy for self-mediated punishment for violating or anticipating violating internalized standards concerning sexual behavior” (Mosher, 1969).

### Correlates of Sex Guilt

Recent studies in the areas of sex guilt have primarily explored the relations between sex guilt and contraceptive knowledge and/or use. For example, Rimberg & Lewis (1994) found that higher levels of sex guilt were related to safer sex practices. In contrast, Alden (1995) found that higher levels of sex guilt were related to negative attitudes about information presented on contraception. Still other studies have not found sex guilt to be a significant influence at all. For example, Wiebe, Williams, and Quakenbush (1994) found that high and low sex guilt subjects displayed equal levels of negative affect towards learning contraceptive information. Overall, the relations between contraceptive knowledge and/or use and sex guilt appear to remain inconclusive.

Additionally, much of the research conducted in this area has focused on sexual abuse or traumatic sexual experience victims, most of whom are women. However, the research has not shown that sex guilt occurs more often in victims of sexual abuse or traumatic sexual experiences. For example, Walser & Kern (1996) found a significant relationship between non-accepted sexual behavior and sex guilt, within both childhood sexual abuse victims and subjects who had not been abused. Similarly, Pihlgren, Gidycz and Lynn (1992) reported that victims were indistinguishable from non-victims concerning sex guilt.

Research conducted on sex guilt with male samples is limited and has focused primarily on the relation between sexual aggression and sex guilt. For example, Walker (1993) found that past sexual aggression and sex guilt were positively related in males. Similarly, Porter, Critelli, and Tang (1992) found that the only predictor of sexual aggression was sex guilt when a measure of social desirability response bias was included in self-report items. Overall, the research is limited and does not address the impact of sex differences on this relation due to having been primarily single sex samples.

The studies in the area of sex guilt that include both sexes in their sample generally focus on perceptions or attitudes. For example, Evans (1984) found that males reported feeling significantly less sex guilt than did females, and that both sexes perceived the typical female to feel more guilty than they typical male. He also found that both sexes underestimated the actual level of female guilt. Weis and Dain (1979) investigated ego development and sex attitudes in heterosexual and homosexual males and females and found that negative attitudes toward homosexuality were correlated with higher levels of sex guilt for both heterosexual and homosexual men and heterosexual women. Kelley (1985) found that both male and female subjects who reported high levels of sex guilt also expressed less positive affect about erotic stimuli. None of these studies specifically address the relation between the chosen sexual behavior of the participant and sex guilt.

#### Relations between Sex Guilt and Sexual Behavior

The term sexual behavior is comprehensive and as result it has been measured in a variety of ways. Much of the current literature examining sexual behavior in relation to sex guilt has focused on such variables as fantasies, response to erotic stimuli, and peer

influence. For example, Follingstad and Kimbrell (1986) found that males created longer, more explicit sexual fantasies, than did women, but no differences in levels of sex guilt appeared. Kelley (1985) found that both male and female subjects who reported high levels of sex guilt also expressed less positive affect about erotic stimuli.

Similarly, Sack, Keller, and Hinkle (1984) considered the importance of college students' closest friends' sexual behavior, their perceived approval of engaging in premarital sex, conventional religiosity, age, and sex guilt. They found that for both sexes, sex guilt was negatively associated with being a non-virgin. For women, both the sexual behavior and the expected degree of approval from close friends was associated with being a non-virgin. For men, the results indicated that anticipated approval from close friends was not associated with being a non-virgin, however the greater number of close friends thought to be non-virgins, the greater the likelihood that the man was also a non-virgin. For both sexes the subject's age and degree of conventional religiosity was not associated with the sexual behavior. While these studies provide useful information about the relation between various types of sexual behaviors and sex guilt, none of them specifically address Participants' current sexual activity in terms of sexual experience with such behaviors as fondling, oral sex, and sexual intercourse.

#### Relations between Sexual Guilt and Sexual Experience

Only a few studies have specifically addressed the relations between the participant's own level of sexual experience and sex guilt. Mosher (1972) found that higher levels of sex guilt were related to limited sexual experience. Similarly, Rathak and Fishburn (1981) found that higher levels of sexual experience were related to lower levels of sex guilt. However, Mosher's (1972) sample consisted of all female participants and

Rathak and Fishburn (1981) used an all male sample. It may be that there are differences for males and females. No single research study to date has specifically explored sex differences in levels of sex guilt associated with one's own chosen sexual behavior. The lack of study in this area validates the need for the current proposed research.

#### Description of the Study

The current study examined whether sex differences existed in the relations between sex guilt and sexual behavior in college students. The specific research questions were: 1) Is there a relation between one's sexual behavior and the incidence of sex guilt? , and 2) Does this relation differ by sex? Based on prior research, it was expected that frequency of sexual behavior and sex guilt would be inversely related. However, it was expected that this would differ by sex. Specifically, males who reported more frequent sexual behavior were expected to report lower levels of sex guilt, but females who report more frequent sexual behavior were expected to report higher levels of sex guilt.

## Method

### Participants

The participants were 163 male and female undergraduates at a Midwestern University. There were 94 female participants and 69 male participants. The average age of the participants was 21.

### Measures

Sexual experience. Participant's were given an 18 item questionnaire designed to yield information about the frequency with which the subject has engaged in a variety of sexual behaviors (see Sputa-Somers & Paulson, 1998), including such topics as petting, oral sex, viewing pornography and sexual intercourse. For the purposes of this study this scale will be called the Sexual Behaviors Frequency scale. Responses were on a five point scale ranging from "never" to "daily." Responses were summed. Higher scores represented more frequent sexual behavior.

Sex guilt. The participants completed the Revised Mosher Guilt Inventory, (RMGI). The RMGI was designed to measure sex guilt, hostility guilt, and morality conscience guilt. For the purpose of this study only the sex guilt subscale was scored and administered. The sex guilt subscale consists of fifty items arranged in pairs of responses to sentence completion stems such as:

Sex relations before marriage...

1. should be permitted.
2. are wrong and immoral.

Unusual sex practices

1. might be interesting.
2. don't interest me.

Subjects were instructed to respond to each item by rating their response on a seven point Likert scale ranging from 0 (“not at all true”) to 6 (“extremely true”). The two different completions to a single stem allows the subject to compare the level of “trueness” for them, since most people tend to find that one alternative is more or less true for them (Davis, Yarber, & Davis 1988). A total sex guilt score was obtained by adding the responses of the guilty items and reverse scoring the non-guilty alternatives. Since the revised scale retains the same items as the original scale, the only revision was the change from a forced choice format to a Likert scale format, the original version’s reliability and validity has been generalized to the revised version. Corrected split-half reliability is .97. The RSGI continues to be a valid measure of guilt as a personality disposition (Mosher, 1988).

#### Procedure

Information was given to both the instructor and the students regarding the nature of the study, participants’ anonymity, confidentiality of responses and the right to withdraw participation at any time. The students were given the self-report forms to complete individually during class. Debriefing statements were distributed afterward. Results of the study were made available to all interested parties. Only group data has been reported.

#### Proposed Analyses

Bivariate correlation analysis was used to determine whether relations existed between scores on the sex guilt scale and the sexual experience scale. To answer the second research question, a 2x2 Analysis of Variance (ANOVA) was run for sex (male,

female) by frequency of sexual experience (low, or high) to explore whether differences existed in levels of sex guilt for the groups.

## Results

Table 1 presents the means and standard deviations of measured sex guilt and sexual experience. Bivariate correlation analysis revealed that higher levels of guilt were significantly related to lower frequencies of sexual behavior.

---

Insert Table 1 here

---

Separate correlation analyses were performed for males and females and revealed that both had moderately strong correlations between sex guilt and sexual behavior, although the correlation was somewhat stronger for males ( $r = -.52$ ,  $p < .001$ ) than for females ( $r = -.44$ ,  $p < .001$ ).

To further explore the relationship between sex guilt and sexual experience, correlations were run for each of the eighteen individual sex behaviors as measured by the sexual behavior scale with and overall sex guilt score.

Results indicate significant correlations between the overall sex guilt score and fourteen of the eighteen sexual behaviors. Correlations and alpha levels are reported in Table 2.

---

Insert Table 2 here

---

A 2x2 ANOVA with sex (male or female) by sexual behavior frequency (low or high) was performed to determine whether differences existed in the relation between sex guilt and sexual experience. Sex guilt scores ranged from 136 to 177 with a mean of



116.2 (SD = 41.84). Sexual behavior frequency scores ranged from 18 to 73 with a mean of 57.68 (SD = 12.92 ). Results revealed that there was no main effect found in either the low or high frequency of sexual behavior groups by sex.

---

Insert Table 3 here

---

### Discussion

The specific research questions were: 1) Is there a relationship between one's sexual behavior and measured sex guilt? And 2) Does this relationship differ by biological sex? It was expected that frequency of sexual behavior and sex guilt would be inversely related based on previous research. Mosher (1972) found that higher levels of sex guilt were related to limited sexual experience in his all-female sample. Similarly Rathak and Fishburn (1981) found that higher levels of sexual experience were related to lower levels of sex guilt in their all-male sample. The results of this study are compatible with the previous research in this area. However, the overall results of this study negate that sex differences exist in the relation between sex guilt and sexual experience. It was expected that males who reported more frequent sexual behavior would also report lower levels of sex guilt while females who reported more frequent sexual behavior would report higher levels of sex guilt. It was also expected that females in general (in both the high and low sexual behavior frequency groups) would report more guilt than males with the same or similar levels of sexual experience. This would seem to conform to one societal trend, which encourages sexual abstinence for females and experimentation for males.

Interestingly, there was a strong correlation between sex guilt and sexual behavior for both females and males but the correlation was slightly stronger in the male sample for both the low and high sexual behavior frequency groups. This result is unparalleled in the literature, however there did not seem to be any previous literature that included both males and females in the study of sex guilt and sexual behavior.

The results of this study also introduced several intriguing findings about the relationship between specific sexual behaviors or sex related experiences and sex guilt. There were significant correlations between sixteen of the eighteen sexual experiences listed on the questionnaire. All of the behaviors were negatively correlated with sex guilt except for two. Interestingly, the two sexual experiences that demonstrated positive correlations were talking with parents about contraception ( $r = .38, p < .001$ ) and talking with parents about sex ( $r = .46, p < .001$ ). The results suggest that the more that the participants reported talking with parents about sex and sex related issues, the more sex guilt they reported. It is difficult to know why this result occurred and there may be many possible explanations. Parent/child communication regarding sexuality is a complex phenomenon. Communication problems, relational issues and value conflicts may be only a few of the variables, which may effect this relation. Additional research in the area of parent/child communication about sexuality and sex guilt may reveal intriguing findings.

While this study contributes interesting and important findings. Several limitations must be addressed. This was not a random sample and the similarity of the sample may have been an important factor in explaining why the data was so drastically skewed. The participant's scores on the Sexual Behaviors Frequency Scale were not

normally distributed but instead drastically skewed to the right indicating that an unusually high number of respondents were responding in a similar manner. In fact, approximately one third of the participants scored over 70 (score of 80 is highest possible) on the sexual experiences scale. This may be due to the fact that the Sexual Behaviors Frequency Scale was normed on a population that was slightly younger in age than the sample population used in this study and sexual activity generally increases with age. It may also be true that this group is not representative of the normal young adult population. Additional research addressing these issues would be helpful.

Hopefully, the results of this study contribute to the current literature in the area of sex guilt and sexual behavior, which is bereft of studies that include both sexes in their sample. It could also be of value to the many researchers who will continue to study sex differences in human sexuality. Ultimately, it is hoped that this study and others like it will benefit society because it increases our understanding of each other.

## References

- Alden, D. L. & Crowley, A. E. (1995). Sex guilt and receptivity to condom advertising. Journal of Applied Social Psychology, *25* (16), 1446-1463.
- Baker, M. (1987). Sex differences in human performance. West Sussex, NY: Chichester.
- Choise, M. (1950). Psychoanalysis of the Prostitute. London: Peter Owen.
- DiVasto, P. V., Pathak, D. , & Fishburn, W. R. (1981). The Interrelationship of sex guilt, sex behavior, and age in an adult sample. Archives of Sexual Behavior, *10* (2), 119-122.
- Evans, R. G. (1984). Hostility and sex guilt: Perceptions of self and others as a function of gender and sex-role orientation. Sex Roles, *10* (3-4), 207-215.
- Follingstad, D. R. , & Kimbrell, C. D. (1986). Sex fantasies revisited: An expansion and further clarification of variables affecting sex fantasy production. Archives of Sexual Behavior, *15* (6), 475-486.
- Greenwald, H. (1958). The Call Girl. New York: Ballantine Books.
- Herold, E. , & Goodwin, M. S. (1979). Self-esteem and sexual permissiveness. Journal of Clinical Psychology, *35* (4), 908-912.
- Kelley, K. (1985). Sex, sex guilt, and authoritarianism: Differences in Responses to Explicit Heterosexual and Masturbatory Slides. Journal of Sex Research, *21*(1), 68-85.
- Mosher, D.L. (1969). Females' affective responses to reading erotic literature. Journal of Consulting & Clinical Psychology, *33*(4), 472-477

Mosher, D. L. (1972). Misgivings about sex. Sexual Behavior, 2 (8), 50-56.

Mosher, D. L. (1979). The meaning and measurement of guilt. In C. E. Izard (Ed.), Emotions in personality and psychopathology (pp. 105-130). New York: Plenum.

Mosher, D. L. (1988). Aggressive sexual behavior inventory and revised guilt inventory. In C. M. Davis, W. L. Varber, & S. L. Davis (Eds.), Sexuality-related measures: A Compendium. (pp. 151-154). Lake Mills, IA: Graphic.

Pihlgren, E. M., Gidycz, C. A., & Lynn, S. J. (1992-93). Impact of adulthood and adolescent rape experiences on subsequent sexual fantasies. Imagination, Cognition, & Personality, 12 (4), 321-339.

Porter, J. F., Critelli, J. W., & Tang, C. S. (1992). Sexual and aggressive motives in sexually aggressive college males. Archives of Sexual Behavior, 21 (5), 457-468.

Rappaport, M. T. The possibility of help for the prostitute through functional casework in an authoritative setting. In R. Wessel (Ed.), A case work approach to sex delinquents. Philadelphia: Pennsylvania School of Social Work.

Rimberg, H. M., & Lewis, R. J. (1992). Older adolescents and aids: Correlates of self-reported safer sex practices. Journal of Research on Adolescents, 4 (3), 453-464.

Sack, A. R., Keller, J. F. & Dennis, E. (1984). Premarital sexual intercourse: A Test of the effects of peer group, religiosity, and sexual guilt. Journal of Sex Research, 20 (2), 168-185.

Sputa-Somers, C. L. , & Paulson, S. E. (1998, February) . Parent-adolescent closeness & communication about sexuality: Relations with sexual knowledge, attitudes, & behavior. Poster session presented at the Biannual Meeting of The Society for Research on Adolescence (SRA), San Diego, and CA. Manuscript submitted for publication.

Stratton, J. R. , & Spitzer, S. P. (1967) . Sexual permissiveness and self-evaluation: A Question of method. Journal of Marriage & the Family, 29(3), 434-441.

Walser, R. D. , & Kern, J. M. (1996) . Relationships among childhood sexual abuse, sex guilt and sexual behavior in adult clinical samples. Journal of Sex Research, 33(4), 321-326

Weis, C. B. & Dain, R. N. (1979) . Ego development and sex attitudes in heterosexual and homosexual men and women. Archives of Sexual Behavior, 8 (4), 341-356.

Wiebe, D. J. , Williams, P. G. , & Quakenbush, D. (1994) . Sex guilt and contraceptive knowledge: Interference of justification? Journal of Research in Personality, 28 (3), 332-350.

Table 1Means and standard deviations of selected variables

	Mean	Standard Deviation
Sex guilt Total	116.2	41.84
Sexual Behavior Total	57.7	12.92

Table 2

**Individual Sexual Behaviors Correlation with Total Sex Guilt**

<u>Sexual Behavior</u>	<u>Correlation</u>
SB1 = dating	-.41 P = .001
SB2 = Going home with stranger	-.39 P = .001
SB3 = Go on date with group	-.36 P = .001
SB4 = Kissing while on date	-.39 P = .001
SB5 = petting	-.15 P = .067
SB6 = oral sex	-.27 P = .001
SB7 = heterosexual intercourse	-.28 P = .001
SB8 = homosexual activity	-.51 P = .001
SB9 = masturbating alone	-.36 P = .001
SB10 = viewing pornography alone	-.50 P = .001
SB11 = reading pornography	-.56 P = .001
SB12 = talking with parents about contraception	.38 P = .001
SB13 = talking with parents about sex	.46 P = .001
SB14 = talking with boyfriend/girlfriend about contraception	-.44 P = .001
SB15 = talking with boyfriend/girlfriend about sex	-.30 P = .001
SB16 = talking with friends about contraception	-.10 P = .255
SB17 = talking with friends about sex	-.49 P = .001
SB18 = having sexual fantasies	-.41 P = .001



Table 3

Analysis of Variance of Sex Differences in the Relation between Sex Guilt and Sexual Experience.

	<u>F</u>	<u>Significance of F</u>
Main Effects	29.584	.001
Sex	2.968	.087
Sexual experience frequency group	50.553	.001

---

## Appendix A

### Information Summary

Dear Students,

I am a Master's degree student in Clinical Psychology at Eastern Illinois University. I am conducting a study for my Master's thesis to examine the relations among such sexual variables as sexual behavior and feelings of guilt. This information will be very useful in better understanding the development of sexuality and people's feeling about it.

I am asking for your help by participating in this study. All of the data will be completely anonymous and there will be no way to identify individual responses. Attached is a consent form, which must be signed by you in order for you to be included in this study. Your participation is completely voluntary and you may withdraw at any time. I hope that you will consider the importance of these issues before making a decision. I want to reassure you that absolutely no names will be used and that individual data will be completely anonymous. Only group data will be reported.

A copy of the written results will be made available to anyone who expresses interest in receiving them. If you have any questions regarding the study, please feel free to contact me or my faculty supervisor. I will be grateful for your help.

Sincerely,

Principle investigator:  
Melanie M. Brown, B.A  
Department of Psychology  
Eastern Illinois University  
Charleston, IL 61920  
Telephone: (217) 345-4862

Faculty advisor:  
Cheryl Sputa- Somers, Ph.D.  
Department of Psychology  
Eastern Illinois University  
Charleston, IL 61920  
Telephone: (217) 581-6615



## Appendix C

## Debriefing Statement

The goal of this study “ Sex differences in the relations between sex guilt and sexual behavior” was to determine if males and females differ in the incidence or levels of sex guilt with the same or a similar frequency of sexual behavior. This may reveal important information about the treatment of sex guilt as well as further understanding of the ways in which males and females are socialized. The sex difference variable was not mentioned prior to the completion of the questionnaires to prevent participants from responding in socially expected manners.

A copy of the written results will be made available to anyone who expresses interest in receiving them. Due to the nature of this study, the university counseling center is available to students should the subject matter provoke any unmanageable feelings. I thank you for your participation in this study and please feel free to contact me or my faculty advisor should you have any further questions or concerns.

Sincerely,

Principle Investigator:  
Melanie Brown  
Dept. of Psychology  
Eastern Illinois University  
Charleston, IL 61920  
Telephone: (217) 345-4862

Faculty Supervisor:  
Cheryl Sputa Somers, Ph.D.  
Dept. of Psychology  
Eastern Illinois University  
Charleston, IL 61920  
Telephone: (217) 581-6615.



## Appendix E

## Revised Mosher Guilt Inventory

**Instructions:** This inventory consists of 50 items arranged in pairs of responses written by college students in response to a sentence completion stems such as “When I have sexual dreams...” you are to respond to each item as honestly as you can by rating your response on a 7-point scale from 0, which means NOT AT ALL TRUE FOR ME to 6, which means EXTREMELY TRUE OF (FOR) ME. Ratings of 1 to 5 represent ratings of agreement-disagreement that are intermediate between the extreme anchors of NOT AT ALL TRUE AND EXTREMELY TRUE for you. The items are arranged in pairs of two to permit you to compare the intensity of TRUENESS for you. This limited comparison is often useful since people frequently agree with only one item in a pair. In some instances, it may be the case that both items or neither item is true for you, but you will usually be able to distinguish between items in a pair by using different ratings from the 7-point range for each item.

Rate each of the 50 items for 0 to 6 as you keep in mind the value of comparing items within pairs. Record your rating in the space adjacent to the item number. Please do not omit any items.

Not at all true for me	Extremely true for me
0    1    2    3    4	5    6

- |   |   |
|---|---|
| <p>“Dirty” jokes in mixed company...<br/>         _____ 1. do not bother me.<br/>         _____ 2. are something that make me very uncomfortable</p> <p>Masturbation...<br/>         _____ 3. is wrong and will ruin you.<br/>         _____ 4. helps one feel eased and relaxed.</p> <p>Sex relations before marriage<br/>         _____ 5. should be permitted.<br/>         _____ 6. are wrong and immoral.</p> <p>Sex relations before marriage...<br/>         _____ 7. ruin many a happy couple.<br/>         _____ 8. are good in my opinion.</p> <p>Unusual sex practices..<br/>         _____ 9. might be interesting.<br/>         _____ 10. don't interest me.</p> <p>When I have sexual dreams...<br/>         _____ 11. I sometimes wake up feeling excited.<br/>         _____ 12. I try to forget them.</p> <p>“Dirty” jokes in mixed company...<br/>         _____ 13. are in bad taste.<br/>         _____ 14. can be funny depending on the company.</p> <p>Petting...<br/>         _____ 15. I am sorry to say is becoming an accepted practice.<br/>         _____ 16. Is an expression of affection which is satisfying.</p> | <p>Unusual Sex Practices...<br/>         _____ 17. Are not so unusual.<br/>         _____ 18. Don't interest me.</p> <p>Sex...<br/>         _____ 19. Is good and enjoyable.<br/>         _____ 20. Should be saved for wedlock and childbearing</p> <p>“Dirty jokes in mixed company...<br/>         _____ 21. Are coarse to say the least.<br/>         _____ 22. Are lots of fun.</p> <p>When I have sexual desires...<br/>         _____ 23. I enjoy it like all healthy human beings.<br/>         _____ 24. I fight then for I must have complete control of my body.</p> <p>Unusual sex practices...<br/>         _____ 25. Are unwise and lead only to trouble.<br/>         _____ 26. Are all in how you look at it.</p> <p>Unusual sex practices...<br/>         _____ 27. Are O.K. as long as they're heterosexual.<br/>         _____ 28. Usually aren't pleasurable because you have preconceived feelings about their being wrong.</p> <p>Sex relations before marriage...<br/>         _____ 29. In my opinion, should not be practiced.<br/>         _____ 30. Are practiced too much to be wrong.</p> <p>As a child, sex play...<br/>         _____ 31. Is immature and ridiculous.<br/>         _____ 32. Was indulged in .</p> <p>Unusual sex practices...</p> |
|---|---|

\_\_\_\_\_33. Are dangerous to one's health and mental condition.

\_\_\_\_\_34. Are the business of those who carry them out and no one else's.

When I have sexual desires...

\_\_\_\_\_35. I fell attempt to repress them.

\_\_\_\_\_36. They are quite strong.

Petting...

\_\_\_\_\_37. Is not a good practice until after marriage.

\_\_\_\_\_38. Is justified with love.

Sex relations before marriage...

\_\_\_\_\_39. Help people adjust.

\_\_\_\_\_40. Should not be recommended.

Masturbation...

\_\_\_\_\_41. Is wrong and a sin.

\_\_\_\_\_42. Is a normal outlet for sexual desire.

Masturbation...

\_\_\_\_\_43. Is alright.

\_\_\_\_\_44. Is a form of expression.

Unusual sex practices...

\_\_\_\_\_45. Are awful and unthinkable.

\_\_\_\_\_46. Are all right if both partners agree.

If I had sex relations, I would feel...

\_\_\_\_\_47. All right, I think.

\_\_\_\_\_48. I was being used not loved.

Masturbation...

\_\_\_\_\_49. Is all right.

\_\_\_\_\_50. Should not be permitted.

## Appendix F

*ALL DATA REPORTED IS COMPLETELY ANONYMOUS, AND THERE IS NO WAY FOR YOU TO BE IDENTIFIED, SO PLEASE ANSWER TRUTHFULLY*

**For this section, how often have you had the following experiences over the past year? (Please circle the number that most closely applies to your answer)**

	<u>Never</u>	<u>Less Than Monthly</u>	<u>Monthly</u>	<u>Weekly</u>	<u>Daily</u>
1. Dating (going to dinner, movie, or party with boyfriend/girlfriend)	1	2	3	4	5
2. Going home with a stranger you have met at a party or bar	1	2	3	4	5
3. Go on a date with a group of Friends	1	2	3	4	5
4. Kissing while on a date	1	2	3	4	5
5. Petting or fondling (not oral sex)	1	2	3	4	5
6. Oral Sex	1	2	3	4	5
7. Sexual Intercourse with a person of the opposite sex	1	2	3	4	5
8. Sexual activity with a person of the same sex	1	2	3	4	5
9. Masturbating alone	1	2	3	4	5
10. Viewing pornographic movies	1	2	3	4	5
11. Reading pornographic magazines	1	2	3	4	5
12. Talking with parents about contraception	1	2	3	4	5
13. Talking with parents about sex	1	2	3	4	5
14. Talking with your boyfriend/ girlfriend about contraception	1	2	3	4	5
15. Talking with your boyfriend/ Girlfriend about sex	1	2	3	4	5
16. Talking with friends about Contraception	1	2	3	4	5
17. Talking with friends about sex	1	2	3	4	5
18. Having sexual fantasies	1	2	3	4	5