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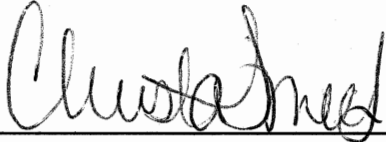
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Sexual Cognitions of Childhood Sexual Abuse Survivors

BY

Christa M. Smith

THESIS

SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS
FOR THE DEGREE OF

Master of Arts in Clinical Psychology

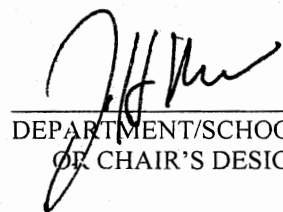
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Abstract

Studies have examined the effects of childhood sexual abuse (CSA) including the relationship between CSA and force cognitions (Renaud & Byers, 2005). However, no studies have researched the relationship between CSA and sexual abuse cognitions, despite limited clinical literature reporting that this may be a problem (e.g., Wilson & Wilson, in press). Two-hundred twenty-seven females completed revised versions of the Childhood Sexual Abuse Questionnaire the Sexual Cognitions Checklist. Results found that female CSA survivors reported more sexual abuse cognitions and greater arousal to these cognitions than those who had not experienced CSA. Results indicate that compared to women with no history of CSA, survivors of CSA more frequently experience sexual abuse cognitions and they are often accompanied by sexual arousal.

TABLE OF CONTENTS

ABSTRACT.....	ii
ACKNOWLEDGEMENTS.....	iii
TABLE OF CONTENTS.....	iv
COPYRIGHT PAGE.....	v
LIST OF TABLES.....	vi
LIST OF APPENDICES.....	vii
INTRODUCTION.....	1
EFFECTS OF CHILDHOOD SEXUAL ABUSE AND SEXUAL ASSAULT.....	1
SEXUAL FANTASIES.....	3
INTRUSIVE THOUGHTS.....	9
DISTRESS.....	12
SIGNIFICANCE OF STUDY.....	13
CURRENT STUDY.....	15
HYPOTHESES.....	16
METHOD.....	16
PARTICIPANTS.....	16
MATERIALS.....	17
PROCEDURE.....	19
RESULTS.....	20
DISCUSSION.....	22
LIMITATIONS.....	22
FUTURE RESEARCH.....	24

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LIST OF TABLES

TABLE 1. Interaction Between CSA and Force Appraisals	27
TABLE 2. Force Appraisals and Childhood Sexual Abuse	28
TABLE 3. Interaction Between CSA and Sexual Abuse Cognitions	29
TABLE 4. Sexual Abuse Appraisals and Childhood Sexual Abuse	30

LIST OF APPENDICES

APPENDIX A. Consent Form	31
APPENDIX B. Demographic Questionnaire	32
APPENDIX C. Childhood Sexual Abuse Questionnaire	33
APPENDIX D. Sexual Cognitions Checklist	35

Introduction

This study examined the relationship between childhood sexual abuse and sexual cognitions with themes of force and violence. The study looked at the frequency of these thoughts as well as the appraisal and affective response to them. Over two hundred students from Eastern Illinois University participated in this study by providing answers to questionnaires and surveys that examine sexual abuse history, affective response, sexual thoughts, and appraisal of these thoughts.

Effects of Childhood Sexual Abuse and Sexual Assault

Studies have found an abundance of short-term and long-term effects related to childhood sexual abuse and adult sexual abuse. Numerous well-documented effects in victims of childhood sexual abuse and adult sexual abuse are as follows: fear, guilt, anger, anxiety, depression, inappropriate sexual behaviors, eating disorders, feelings of isolation, social stigma, poor self-esteem, feelings of inadequacy, revictimization, problems with trust and relationships, sexual dysfunction, PTSD, dissociative symptoms, suicide attempts, poor coping skills, and poor social adjustment (Browne & Finkelhor, 1986; Fromuth, 1986; Gold, 1986; Lundqvist, Svedin & Hansson, 2004). These effects have been found across studies, are very problematic, and have a lasting impact on survivors. In particular, one well-researched effect of sexual abuse is sexual dysfunction in women. Numerous studies have found a relationship between a history of child and adult sexual abuse and sexual dysfunction, such as dysfunctions in desire and arousal, primary and secondary nonorgasmia, dyspareunia, vaginismus, and fear of sex.

In a study done by Becker, Skinner, Abel & Treachy (1982), information was gathered from 83 “rape” (people that were victimized in adolescence or adulthood), and

“incest” victims (people that were victimized in childhood by relatives). Participants were recruited through newspaper and magazine articles, television and radio programs, social services agencies, the New York Women Against Rape referral network, and rape crisis centers, staff referrals, private practitioners, schools, and hospitals. The participants ranged in age from 18-60. The participants were interviewed regarding their sexual histories and then completed the Sexual Arousal Inventory (SAI), which is a 28-item inventory in which women rate their level of arousal to several erotic situations, on a 7-point Likert scale. This scale helps to distinguish between sexually dysfunctional and non-dysfunctional women. The researchers found that 56.6% of the survivors suffered from at least one type of sexual dysfunction. Over 70% indicated that their reported sexual dysfunction occurred after the assault. Additionally for incest victims, a significant relationship was found between arousal and desire dysfunctions, such as problems becoming aroused, and well as fear of sex and other sexual problems. There was no significant correlation between the types of sexual problems in rape victims.

A study done by Becker, Skinner, Abel & Cichon (1986) found similar results. In this study, the researchers gathered information from 372 sexual assault survivors and 99 women with no history of sexual assault. The types of sexual assault included rape, attempted rape, incest, and child molestation. All participants ranged in age from 18- 76. The sexual assault survivors were taken from a sample of survivors at the Victim Treatment and Research Clinic at Columbia University in New York City. All of the participants were interviewed regarding their sexual histories and histories of sexual dysfunction. The participants also completed the Sexual Arousal Inventory (SAI). The researchers found that, of the sexual assault survivors, 58.6% were found to suffer

from some type of sexual dysfunction and 71% of those suffering from sexual dysfunction attributed their dysfunctions to their assault. Conversely, only 17.2% of the women with no history of sexual assault reported any type of sexual dysfunction. The sexual assault survivors were found to experience more fear of sex and problems becoming aroused.

The effects of childhood and adult sexual abuse are extensive and problematic, therefore an important phenomena to study. Though these effects are well studied, the effects of childhood sexual abuse on sexual fantasies and arousal to them, as well as distress felt in response to fantasies and arousal, have not been assessed as frequently.

Sexual Fantasies

The studies that have been done on sexual fantasies in relationship to childhood sexual abuse and later sexual abuse have found conflicting results. In regards to the frequency of sexual fantasies experienced by childhood sexual abuse survivors and those with no history of childhood sexual abuse, Gold (1991) and Briere, Smiljanich & Henschel (1994) found that childhood sexual abuse survivors experienced more sexual fantasies, such as those involving consensual sex, being forced to have sex, forcing someone to have sex, having an orgy, and having sex with a stranger, than those who never experienced CSA. Conversely, other studies (Gold, Balzano, and Stamey, 1991; Strassberg and Lockerd, 1998) have found no differences in sexual fantasies between childhood sexual abuse survivors and those with no history of sexual abuse.

Gold (1991) recruited 138 female undergraduates from a Southeastern state university and a Midwestern state university with an age range from 18-41. In this study, sexual abuse was defined as “childhood sexual experiences with adults.” Participants

completed demographic questionnaires and fantasy log sheets. The fantasy log sheets asked the participants to write out a frequently occurring fantasy in as much detail as possible and to write the first two sexual fantasies that they could remember having, as well as the age that they were when they first had the fantasies. Researchers assessed the fantasies and rated them based on the number of body parts, sex acts, and emotions that were mentioned. In addition, the degree of force used and experienced in the fantasies was rated from 1-5. Researchers also rated the presence or absence of 20 fantasy themes; group sex, sex where they could be observed, sex with stranger, and sex w/ partner in control. After writing out the fantasies, participants answered selected questions from the Sexual Fantasy Questionnaire (SFQ), which is a 155 item self-report checklist that describes sexual activities and the frequency that the participant has fantasized about them during the daytime, during masturbation, or during intercourse. The fantasies measured included fantasies of consensual sex, sex with bondage, sex where the participant is being abused, sex where the participant is abusing their partner, sex where the participant is being forced, sex with a child, and sex involving other paraphilias. The frequency of the fantasies are measured on a 3-point Likert scale, with the choices being never, sometimes, and frequently.

The participants also completed the Childhood History Questionnaire (CHQ), which is a self report questionnaire that assesses an individual's history of childhood physical and sexual abuse. This measure contains a series of questions regarding the presence and frequency of physical and sexual abuse. The CHQ asks participants to indicate whether they have experienced whipping, slapping/kicking, punching/poking, hair pulling, inappropriate touching, sexual fondling, intercourse/rape,

exhibition/flashing, as well as how often they experienced it; never, rarely, occasionally, often, or very often. Participants were asked if they experienced any of these acts of abuse before the age of 13 and after the age of 13, as well if they observed this abuse before the age of 13 and after the age of 13. The researchers found that women with a history of sexual abuse wrote more sexually explicit fantasies and had sexual fantasies at an earlier age. Additionally, Gold (1991) found that women with a history of childhood sexual abuse had more force in their fantasies and had more force in their first fantasies. Gold (1991) also found that women with a history of childhood sexual abuse had a higher frequency of fantasies that portrayed the partner as being in control. Similar themes were not present for individuals with a history of physical abuse or those with a history of no physical or sexual abuse.

Briere, Smiljanich, and Henschel (1994) found similar results. Participants were 314 male and female undergraduate students over the age of 18. In this study, sexual abuse was described as “any reports of sexual contact at or before age 16 with someone 5 or more years older.” All participants completed a questionnaire that examined history of childhood sexual abuse and frequency of different types of sexual fantasies such as, “You and someone having mutually consenting intercourse,” “You forcing someone to have intercourse with you,” “You being dominated to the point of being physically forced to have intercourse with someone else,” “You participating in an orgy,” “You having sex with a stranger,” and “You having sex with a child.” Twenty-one percent of the participants reported a history of childhood sexual abuse and those with a history of childhood sexual abuse reported a higher frequency of all of the sexual fantasies except for the fantasy of having sex with a child. In particular, sexually abused women had more

fantasies of being forced to have sex. Briere et al (1994) also reported that the fantasy of being forced into sex was correlated with earlier onset of molestation.

Gold, Balzano & Stamey (1991) found contrasting results. In this study, the researchers gathered information from 94 undergraduate females. Participants were given Fantasy Log Sheets to complete. They were asked to write down three frequently occurring fantasies in as much detail as possible. Researchers measured the number of body parts, sex acts and emotions mentioned. The degree of force was measured on a scale from 1-5. In addition, the presence or absence of various fantasy themes, such as sex with an older partner, group sex, sex with partners of a different race, sex where they could be observed, sex with strangers, sex with famous people, and being swept away by males were rated. Participants were then asked to rate all of the following on a 7 point Likert scale: how aroused they were to the fantasies, their genital sensations in response to the fantasies, how happy, excited, frightened, guilty, or disgusted they felt after each fantasy, and how likely they would be to act out the fantasies. Respondents were also asked to complete a demographic questionnaire and the Sexual Experience Survey. The Sexual Experiences Survey is a 10-item questionnaire that examines whether or not participants had experienced any type of sexual coercion, such as “Had sexual intercourse with a man when you didn’t really want to because you felt pressured by his continual argument,” and “Been in a situation where a man obtained sexual acts with you...when you didn’t want to by using threats of physical force”. They used the term “sexual victimization” to refer to sexual abuse and did not specify if it was childhood sexual abuse or adult sexual abuse. While the researchers found that women who had force in their fantasies were significantly more guilty, disgusted, unhappy, and frightened after

having fantasies involving force, they found that there was not a significant difference in the amount of force in the fantasies between women with a history of sexual victimization and those with no history of victimization. They did not examine if there was a difference in affective responses to the fantasies between those with a history of sexual victimization and those with no history of sexual victimization.

Strassberg and Lockerd (1998) found similar contrasting results. Participants in this study were 137 female undergraduate students ranging in age from 18-40. This study used the term “sexual coercion” to refer to sexual abuse and they did not specify if it was childhood sexual abuse or adult sexual abuse. Subjects filled out numerous questionnaires, including a demographic data sheet, a Sexual Interaction Survey, the Sexual Experiences Survey, the Mosher Forced-Choice Sex-Guilt Inventory, the Sexual Fantasy Checklist, three fantasy log sheets where participants are asked to write out their favorite sexual fantasy, and the Sexual Opinion Survey. The Sexual Interaction Survey (SIS) was designed by Strassberg and Lockerd and examined participant’s heterosexual sexual experiences as well as how guilty they felt about engaging in the behavior. The Sexual Experiences Survey (SES) measured if participants had ever experienced any kind of sexual coercion with items such as: “Had sexual intercourse with a man when you really didn’t want to because you felt pressured by his continual arguments”, and “Been in a situation where a man obtained sexual acts with you....when you didn’t want to by using threats of physical force.”

The Sexual Fantasy Checklist is a list of 16 fantasies. On this checklist, the participants reported if they had ever had the fantasy, how often they had it, and how likely they would be to act on it. Two of the fantasies on this checklist were, “I imagine

that I am overpowered or forced to surrender,” and “I imagine that I am forced to expose my body to a seducer.” These two items were combined to make a Force Report score of either 1 (yes) or 0 (no), regarding if they ever had the fantasy, and a Force Act ranging from 0 (never) to 3 (very likely), regarding how likely they would be to act out the fantasy. Participants were also asked to write down their most favorite fantasy. The researchers did not find a significant difference in the amount of fantasies that participants with a history of sexual coercion reported compared to those without a history of sexual coercion. Additionally, Strassberg and Lockerd (1998) found that there was no significant difference in the amount of force in the fantasies of sexual assault or abuse survivors and those that had no sexual abuse experiences.

Leonard and Follette (2002) hypothesized that the many conflicting results found in all studies of CSA may be the result of inconsistent definitions of CSA. Gold et al (1991) used the terms sexual victimization and sexual aggression, but did not clearly define whether it occurred in childhood or not. Similarly, Strassberg et al (1998) used the term sexual coercion, but did not specify if it was in regards to childhood or adult experiences. Lastly, Gold (1991) and Briere et al’s (1994) “abused” participants were only those who were abused as children.

Intrusive Thoughts

There has been some speculation that sexual fantasies and sexually intrusive thoughts are different and can be differentiated. In addition, some researchers have stated that there is confusion as to what constitutes a sexual fantasy. Byers, Purdon, and Clark (1998), in their study on the positive and negative appraisals of fantasies and intrusive thoughts, state that “most researchers have failed to operationally define sexual fantasy”

(p. 15). They contend that most researchers fail to determine whether fantasies are internally generated, which would indeed be sexual fantasies, or externally generated spontaneously by an outside event, which would be an intrusive thought. In addition, Byers et al. (1998) stated that there has been minimal research examining a person's affective responses to fantasies or cognitions. Also, by referring to cognitions as fantasies, Byers et al. (1998) hypothesized that researchers believe participants are reporting only the fantasies that they find positive and pleasant. They hypothesized that this could be the reason for the findings that women engage in and enjoy fantasies of submission more than men. Due to these limitations in much of the research, they concluded that further studies were needed to assess individuals' affective responses to sexual cognitions.

These speculations and findings led to the Renaud and Byers' (2006) study and the development of the Sexual Cognitions Checklist (SCC). Renaud and Byers examined the relationship between sexual thoughts and sexual victimization. The researchers examined sexual victimization in childhood as well as in adulthood. They defined childhood sexual abuse as having had one or more sexual contact experiences with an adult or someone at least 5 years older than them before the age of 14. Adult victimization was defined as any time coercion was used to obtain sexual acts. In this study, the researchers gathered information from 292 male and female undergraduate students ranging in age from 17 to 45. They found that 17% of women and 11% of men who participated in this study experienced childhood sexual abuse and 59% of women and 35% of men experienced sexual coercion in adulthood. Participants completed the Sexual Cognitions Checklist (SCC), which is a 56 item checklist measuring the frequency

of experiencing sexual intrusive thoughts, as well as measuring if the thoughts were experienced as being negative or positive. Each item was rated on a 7-point Likert scale ranging from 0 "I have never had this thought", to 6 "I have this thought frequently during the day". Items included cognitions such as, "Forcing someone to do something sexually;" "Lifting my skirt or dropping my pants, therefore indecently exposing myself in public;" "Being whipped or spanked;" "Engaging in a sexual act with someone who has authority over me;" and "Being promiscuous." Negative cognitions were defined as cognitions that may or may not result in sexual arousal and are highly unacceptable, upsetting, unpleasant, and the types of thoughts that one would not expect to have. Positive cognitions were defined as either purposeful to enhance sexual arousal or non-purposeful, and acceptable, pleasant, and the types of thoughts that a person would expect to have. Each participant was then asked to identify which cognitions were the most positive and which cognitions were the most negative.

Respondents were also asked to complete the Child Sexual Abuse Questionnaire, which is an 11-item questionnaire used to assess the participants' sexual experiences prior to the age of 14. Questions included: "Did an adult or significantly older person try to have you arouse them or touch their body in a sexual way?" and "Did an adult or significantly older person ever have sexual intercourse with you?" Participants were also asked to complete the Sexual Experiences Survey (SES) which was revised to be gender-neutral by changing "woman" to "person" and "her" to "him or her." Lastly, participants filled out the Marlowe-Crown Social Desirability Scale, which is a 33-item inventory measuring participants' tendency to present themselves in a socially desirable fashion.

The researchers found that the most positive cognitions for women were, “Engaging in a sexual act with someone who has authority over me;” “Being overwhelmed by a stranger’s advances;” “Being seduced as an ‘innocent’ ” and “Being tied up.” Women’s most negative cognitions were; “Being overwhelmed by a stranger’s sexual advances;” “Being forced to do something sexually;” “Being pressured into engaging in sex” and “Being sexually victimized.” Additionally, they found that women reported more negative cognitions of submission as well as more positive cognitions of submission, which suggested that although social roles dictate being sexually passive, women still find this to be more aversive and upsetting. More importantly, the researchers found that women who were victimized as children reported more positive cognitions of submission compared to women who were not victimized as children, while those who were victimized as adults reported more negative cognitions of submission compared to women who were not victimized as children. This suggests that childhood sexual abuse may condition arousal to sexual submission. Likewise, adult victimization may result in more negative flashbacks or memories. This is consistent with Briere et al’s (1994) findings. Likewise, Philgren, Gidycz, and Lynn (1992) made a similar hypothesis in their study of sexual fantasies of victims of adult sexual abuse.

Though Renaud and Byers developed the SCC to explore the relationship between sexual victimization and both positive and negative sexual cognitions, they combined both force and submission thoughts into one index, which makes it difficult to determine if the positive and negative responses are due to the thoughts of force or due to the thoughts or submission. In addition, some of the items are vague as to how much force and how much submission are involved in them. For example, the items about being

spanked and being tied up could both be seen as either a thought of force or a thought of submission.

Distress

Some studies have focused on the distress felt by childhood sexual abuse victims in response to their arousing sexual fantasies, especially the ones involving force. Gold and Clegg (1990) conducted a study with 100 undergraduate students. In this study, the term “sexual coercion” was used and it was not specified if it included childhood or adult sexual abuse. The researchers also did not indicate what percentage of the participants had experienced or used coercion. Subjects completed the Sexual Experience Survey, the Sexual History Questionnaire, which is a measure of subject’s sexual experiences and sexual satisfaction, the Coercion Attitudes Scale, which assesses how participant’s feel about coercive sexual practices, and Fantasy Log Sheets. For the Fantasy Log Sheets, respondents were asked to write down three sexual fantasies and raters measured a number of variables, force in fantasies and how the participants felt after having the fantasies. Gold and Clegg (1990) found that 9 out of 42 males had force in their fantasies and 12 of 58 females had force in their fantasies and that there was a significant difference in how they felt after having those fantasies than the ones not involving force. After having a fantasy that included force, women felt less happy. Similarly, Gold, Balzano & Stamey (1991) in their study of 94 undergraduate women, found that women with force in their fantasies felt significantly more frightened, unhappy, disgusted, and guilty after having the fantasies.

Significance of the Study

Studying the effect that childhood sexual abuse has on sexual fantasies or cognitions and the individual's affective response to them is important for many reasons. First, childhood sexual abuse could lead to more force and coercion in sexual fantasies and intrusive thoughts due to conditioning. Researchers have talked about this in some of their studies. Briere et al (1994) discussed the relationship of sexual abuse history and fantasies of being forced as arising from

“conditioned associations between domination and sexual stimuli. The child whose victimization contained both aggressive and sexual components may ultimately associate one with the other, such that sexual feelings and fantasies inherently include themes of violation or of being controlled” (pg. 136).

Abel and Blanchard (1974), in their study of sex offenders, supported this idea by stating that fantasies develop by repeated pairings of orgasm with the fantasized cues. Therefore, in the case of child sexual abuse, the child sexual abuse would be repeatedly paired with sexual stimulation or even orgasm. Over time, cues related to the sexual abuse, such as fantasizing about being abused or another child being abused, may come to elicit sexual arousal.

This idea is further demonstrated in the case study of a woman with CSA history (Wilson & Wilson, 2008). . In this study, a client presented to one of the authors, who is a therapist, with symptoms of Post Traumatic Stress Disorder resulting from years of childhood and adolescent sexual abuse. The client disclosed that she was distressed by

arousal that she had to thoughts and fantasies of being sexually dominated, or thoughts of a child being sexually abused. It should be noted that she identified with the child during these thoughts and fantasies. For her, unwanted sexual arousal that was initially respondent in nature had, over time, led to other thoughts that were both respondent and operant.

Another reason that studying these phenomena is important is that sexual fantasies have an effect on sexual behaviors (Leitenberg & Henning, 1995). Leitenberg & Henning state “what people do sexually with other people can sometimes be influenced by their fantasies, and, in turn, people’s fantasies are affected by what they have previously done, seen, or read about” (p 470). This could mean that sexual fantasies have an effect on sexual dysfunction, such as nonorgasmia. Sex may sometimes take on aversive qualities because it is repulsive due to the associations with the abuse, which could result in nonorgasmia. Sex could also take on aversive qualities because women are repulsed by their arousal to fantasies or intrusive thoughts of violence and/or inappropriate partners, which leads them to avoid sex altogether. Therefore, if therapists could help childhood sexual abuse victims address their distressing fantasies or cognitions, they may also positively impact their sexual functioning.

Additionally, it would be useful to discover if these sexual fantasies are particularly distressing for sexual abuse survivors. The thoughts and the guilt and shame in response to them may be an unrecognized effect of childhood sexual abuse. The key point is that sexual cognitions and the related distress felt in response to them have been an insufficiently recognized and little studied negative effect of sexual abuse. The majority of research, while studying the fantasies of those who have been sexually

victimized, have not adequately examined whether the fantasies reported are appraised positively or negatively.

The present study is also important given that many studies that have examined sexual fantasies involving force, such as Renaud and Byers (2006) have not differentiated between force cognitions and submission cognitions. For this study, this researcher examined only force. Finally, this study is needed to examine sexual abuse cues in fantasies involving force. Although Renaud and Byers examined thoughts of being forced into sex and forcing others into sex, they did not include thoughts of a child being forced to have sex, and no studies address having thoughts of children being forced to have sex while identifying with the child.

Current Study

For this study, this researcher looked at the amount of sexual thoughts involving force and sexual abuse in a sample of undergraduate women. Additionally, this researcher examined the participants' appraisal of the sexual thoughts. Finally, the results of participants with no history of childhood sexual abuse were compared to those with a history of childhood sexual abuse.

Adult survivors of childhood sexual abuse were examined because previous studies have found that sexual abuse occurring at a younger age seems to have the longest lasting and most problematic effects, therefore this is where we expected to see the most problems. Additionally, Leitenberg & Henning (1995) stated that further studies needed to be done with adult survivors of childhood sexual abuse. The current study examined childhood sexual abuse that occurred before the age of 14, as this is what the standard used in the Child Sexual Abuse Questionnaire, used in (Renaud & Byers, 2006).

Hypotheses

Based on previous studies (Gold, 1991; Briere et al, 1994; Renaud & Byers, 2006; Wilson & Wilson, 2008), it was predicted that participants with a history of childhood sexual abuse would have more force and sexual abuse in their sexual thoughts and images than will those with no history of childhood sexual abuse.

The second hypothesis was that participants with a history of childhood sexual abuse would report more negative affect to thoughts involving force and sexual abuse compared to those with no history of sexual abuse. Although Renaud and Byers (2006) found that those who were abused in adulthood had more negative appraisals of force fantasies and did not find this for those who experienced sexual abuse in childhood, this may be due to the fact that they did not differentiate between force and submission. Also, Wilson and Wilson's (2008), participant experienced much negative affect in response to her fantasies involving force and sexual abuse.

Due to Renaud and Byers' (2006) findings that women abused in childhood report more positive cognitions of submission, the third hypothesis was that those women with a history of childhood sexual abuse will also report more positive thoughts involving force and sexual abuse than those with no history of childhood sexual abuse.

*Method**Participants*

Approximately two-hundred and forty-seven female undergraduate students were recruited from the undergraduate subject pool of a Midwestern university. Eighty-seven percent of the participant's data was kept for the study. Two hundred and twenty-seven participant's data was included. Twenty of the participant's data was excluded, as they

did not complete all of the materials. Thirteen of those that were kept did not complete the materials; however, this was due to experimenter error. Experimenter did not include the MCSD scale for the thirteen that were included, but not completed.

The mean age for those that were kept for the study was twenty. Two-hundred and nineteen of the participants identified themselves as heterosexual, three identified as homosexual, three identified as bisexual, and one identified as undecided. The students were enrolled in psychology courses and all completed this study for course requirements. Approximately 14% of participants reported a history of childhood sexual abuse.

Materials

The participants were given a demographic questionnaire (DQ) to complete. This DQ asked them their age, gender, and sexual orientation (See Appendix B).

Sexual abuse history was measured by the CSAQ (See Appendix C), which is a revised version of the questionnaire used in Renaud and Byers (2006). This questionnaire includes questions such as: "Did anyone ever touch or fondle your body (including your breasts and/or genitals) or attempt to arouse you sexually?" and "Did anyone ever have sexual intercourse (vaginal, oral, or anal) with you?" These questions all pertain to experiences that the individual had before the age of 14. Four questions have been added to this measure. One question asks if the individual experienced physical abuse at any time during the sexual abuse. Another question asks if they ever experienced any type of sexual abuse at any age, at any time other than during physical abuse. Also, a question was added asking what age the sexual abuse began and ended. Lastly, a question was added asking if they experienced any sexual abuse after the age of 14.

Intrusive thoughts and images involving force and sexual abuse were measured by an amended version of the Sexual Cognitions Checklist (SCC), which is a two-part 56 item self-report questionnaire designed by Renaud & Byers (2006) to assess the frequency of sexual cognitions and the participant's positive and negative reactions to the cognitions. In this measure, the participant's cognitions are rated on a 6-point Likert scale ranging from 0, "I have never had this thought", to 6, "I have this thought frequently during the day." Positive cognitions are described as sexual cognitions that the participant feels are acceptable and pleasant. Negative cognitions are sexual cognitions that the participant feels are unacceptable and unpleasant. The positive cognition subscale has a high internal consistency of .81 for men and .80 for women, and the negative cognition subscale has a high internal consistency of .85 for men and .82 for women. Items in this scale include such cognitions as: "Forcing someone to do something sexually," "Lifting my skirt or dropping my pants, therefore indecently exposing myself in public," "Being whipped or spanked," "Engaging in a sexual act with someone who has authority over me" and "Being promiscuous" (See Appendix D).

For the purpose of this study, the word "image" was included in each question of the SCC in order to facilitate more endorsement of items. Some participants may have these cognitions, but fail to endorse them because they experience them as images and not as thoughts.

In addition, some additional items were added to the SCC, including, "Begging someone not to have sex with you and they do anyway," "Watching a child (0-14) being sexually abused by an adult" and "Sexually abusing a child." These items were added due to the fact that we are interested in studying force, including cues to sexual abuse,

and this questionnaire appears to contain questions that refer mostly to thoughts that include submission, or do not differentiate between force and submission. In addition, this questionnaire does not include thoughts about sexual abuse.

The items that were used to measure force cognitions and appraisals were, “Being tied up by an adult and forced to have sex” (# 7), “Begging someone not to sex with you and they do anyway” (# 9), “Being forced to do something sexually” (# 12), “Forcing someone to do something sexually” (# 13), “Being physically harmed against your will by a partner” (# 15), “Being sexually victimized” (# 24), “Whipping or spanking someone” (# 27), “Being whipped or spanked” (# 28), “Forcing another adult to engage in a sex act with me” (# 32), “Hurting a partner” (# 36), “Being hurt by a partner” (# 37), “Tying someone up” (# 57) and “Being tied up” (# 58).

The items that were used to measure sexual abuse cognitions, “Imagining a child being sexually abused by an adult and identifying (that is to say, taking the perspective of) the child” (# 24), “Imagining yourself as a child (0-14) being sexually abused by an adult” (# 26), “Imagining yourself as an adult having sex with someone who sexually abused you” (# 33), “Watching a child cry and plead not to be harmed while they are sexually abused by an adult (identifying with the child)” (# 38) and “Being seduced as a child” (# 48).

Procedure

Data was collected in groups of fifteen to forty-five. Participants were seated with one or two chairs between them to ensure privacy. Consent forms were passed out and signatures were obtained from all of the participants before proceeding. The consent form explained that some of the questions might be distressing. They were told that the

types of cognitions being asked covered the range of human experience and explained to them that it was important for them to be honest and open when filling out their questionnaires. Participants were reminded that they could leave the study at any time without penalty

Participants were given a packet containing the experimental measures. First in the packet was the demographic questionnaire. The packet also included the Childhood Sexual Abuse Questionnaire (CSAQ), followed by the SCC (Sexual Cognitions Checklist) and the MCSD (Marlowe-Crowne Social Desirability Scale) to complete. After all questionnaires were completed, the participants were debriefed on the purpose of the study. Included in the debriefing form was information about resources in the area for victims of childhood and adult sexual abuse.

Results

Table 1 depicts the means of participant's frequency, or total, of force cognitions. A two-way analysis of variance was conducted on the amount of force cognitions experienced (See Table 2). Results show that there are no significant differences in the number of force cognitions experienced, $F(1, 225) = 3.06, p = .08$. Although this was not statistically significant, results approached significance. Results show a significant main effect of force cognition appraisals, $F(1, 225) = 7.23, p = .008$, with more participants reporting negative force appraisals than positive. There was no significant interaction between appraisals of cognitions involving force and whether or not the participant had experienced childhood sexual abuse, $F(2, 225) = .18, p = .67$.

Table 3 depicts the means of participant's frequency of sexual abuse cognitions. The table shows the frequency of both positive and negative sexual abuse cognitions of

those who had experienced CSA and those that had not experienced CSA. A two-way analysis of variance was conducted on the sexual abuse appraisals (See Table 4). Results show a significant main effect of childhood sexual abuse cognition appraisals, $F(1, 225) = 28.85, p = .00$. Regardless of whether or not the participant had experienced childhood sexual abuse, participants reported more negative child sexual abuse cognitions. There was no significant interaction between a history of sexual abuse and appraisals, $F(2, 225) = 1.96, p = .16$. However, those that had experienced childhood sexual abuse experienced more childhood sexual abuse cognitions $F(1, 225) = 5.04, p = .03$.

The average score for a positive appraisal of a CSA cognition item for participants with a history of CSA was .16. For those with no history of CSA, the average score was .03. The average score for a negative appraisal of a CSA cognition item for participants with a history of CSA was 1.1. For those with no history of CSA, the average score was .59. The average score for a positive appraisal of a force cognition item for participants with a history of CSA was .70. For those with no history of CSA, the average score was .49. The average score for a negative appraisal of a force cognition item for participants with a history of CSA was 1.07. For those with no history of CSA, the average score was .77. Thus the frequency of cognitions was greater for the experimental group. Those that had experienced CSA reported these cognitions as having occurred about once or twice on average, while those with no history of CSA reported these cognitions, on average, as never occurring or occurring once.

Although not mentioned in the hypothesis, another result is worth noting. A t-test for independent means was conducted on reported arousal levels to force and sexual abuse cognitions. Results show that there are significant differences in the arousal felt to

CSA cognitions by those that have experienced CSA ($M = 1.5$, $SD = 5.0$) than those that have not experienced CSA ($M = .33$, $SD = 1.42$), $t(225) = 26.03$, $p = .007$ (two-tailed).

Discussion

This study did find significant differences in the frequency of sexual abuse cognitions in CSA survivors and the frequency of sexual abuse cognitions in those with no history of CSA. It is clear that participants who experienced childhood sexual abuse report more cognitions of sexual abuse. It is also clear that participants who experienced childhood sexual abuse were more sexually aroused by these cognitions. Although no significant difference was found for force cognitions, the findings were in the expected direction and approached significance.

These findings are significant as they could assist therapists working with CSA survivors. The increased frequency and increased arousal could lead to some sexual dysfunction as reported by Wilson and Wilson (2008). This could also lead to significant distress.

Limitations

The lack of significance in the amount of force cognitions reported by participants that had experienced CSA is inconsistent with the findings of Gold (1991), Briere et al (1994), and Renaud & Byers (2006). This might be due to lack of statistical power, as the trend appeared to show that those with a history of CSA reported more force cognitions. Perhaps with more participants, the power of the study would have been enough to obtain significance, instead of approach significance. Renaud and Byers (2006) collected data from 292 participants, although they were male and female participants, and this researcher collected data from 247 females.

The difference in findings could also be due to the fact that this researcher used different items than Renaud and Byers (2006) in the analysis. Renaud and Byers (2005) used the items; “Engaging in sexual act with someone who has authority over me” (# 5), “Being pressured into engaging in sex” (# 6), “Being forced to do something sexually” (# 12), “Being overwhelmed by a stranger’s sexual advances” (# 23), “Being sexually victimized” (# 24), “Being whipped or spanked” (# 28), “Engaging in a sexual act which I would not want to do because it violates my religious principles” (# 31), “Being hurt by a partner” (# 37), “Being seduced as an “innocent” (# 47), and “Being tied up” (# 58). Also, sexual abuse items were added and the directions were slightly altered.

The lack of significant findings for the force cognitions might be a result of differences in the samples. The number of participants that reported CSA were low compared to past studies. Renaud and Byers (2006) found that out of 292 participants, 17% of women reported CSA. Thus this reflects an important difference in the samples. In addition, participants might not have felt comfortable reporting sexual abuse histories in the environment that the study was conducted, thus minimizing group differences. Lastly, participants might not have wanted to disclose sexual abuse histories, as doing so might have triggered memories of the abuse.

There is an ambiguity in the interpretation of the sexual abuse cognitions. Participants could have interpreted some of the questions such as “Imagining yourself as a child (0-14) being sexually abused by an adult” and “Being seduced as a child” as reporting flashbacks instead of cognitions. Rewording some of these items might be helpful.

Many of the questionnaires had to be thrown out due to incompleteness. Perhaps shorter questionnaires might help increase the amount of completed questionnaires. This would therefore increase the number of participants and the power of the study.

Future Research

For future studies in this area, it might be beneficial for the researcher to conduct the study with other participants than from an undergraduate college. For instance, it might prove useful to enlist participants from various places, such as a sexual abuse treatment center. This would enable researchers to access more participants with a history of childhood sexual abuse.

Future studies might also benefit from conducting the study with fewer participants at a time. The present study had between fifteen to forty-five participants at a time, depending on the size of the room used. While it might not be ideal to have each participant complete the questionnaires individually, as this might decrease anonymity, it might be useful to have fewer participants in the room. Having fewer participants might increase the chance that participants feel more comfortable answering such private questions. Also, participants could complete questionnaires in a study corral, which would offer more privacy.

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Table 1

Interaction Between CSA and Force Appraisals

	Frequency of Positive Force Appraisal	Frequency of Negative Force Appraisal	
CSA N = 34	M = 9.06 SD = 8.90	M = 13.91 SD = 17.86	22.97 26.76
No CSA N = 193	M = 6.43 SD = 8.42	M = 9.97 SD = 16.28	16.40 24.70
	15.59 17.32	23.85 34.14	

Table 2

Force Appraisals and Childhood Sexual Abuse

<i>Sources of Variance</i>	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>
<i>Between Subjects Effects</i>				
Childhood Sexual Abuse	624.20	1	624.20	3.06
Residuals	45,931.63	225	204.14	
<i>Within Subjects Effects</i>				
Force Cognitions	1,017.87	1	1017.87	7.23 **
CSA x Force Cognition Interaction	24.96	1	24.96	.67
Residuals	31,698.12	225	140.88	
<i>Total</i>	79,296.78	453		

*p>.05

**p>.01

Table 3

Interaction Between CSA and Sexual Abuse Cognitions

	Frequency of Positive CSA Appraisal	Frequency of Negative CSA Appraisal	
CSA N = 34	M = .82 SD = 3.39	M = 5.59 SD = 9.29	6.41 12.68
No CSA N = 193	M = .17 SD = .97	M = 2.97 SD = 7.15	3.14 8.12
	.99 4.36	9.46 16.44	

Table 4

Sexual Abuse Appraisals and Childhood Sexual Abuse

<i>Source of Variance</i>	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>
<i>Between Subjects Effects</i>				
Childhood Sexual Abuse	153.91	1	153.91	5.04*
Residuals	6875.14	225	30.56	
<i>Within Subjects Effects</i>				
CSA Cognitions	815.74	1	815.74	28.85**
CSA x CSA Cognition Interaction	55.42	1	55.42	1.96
Residuals	6361.02	225	28.27	
<i>Total</i>	14,261.23	453		

*p>.05

**p>.01

Appendix A

**Eastern Illinois University
Research Participant Information and Consent Form**

Title of the Study: Sexual Cognitions

The purpose of this study is to obtain information about sexual cognitions. If you decide to participate in this research you will be asked to complete a brief survey asking for basic demographic information, a questionnaire asking about your sexual experiences, including sexual abuse, and a lengthy questionnaire asking about sexual thoughts and images. After completing the questionnaires, you will be given a debriefing form with further information about this study.

You will be given as much time as needed to complete these questionnaires; however, your participation will last approximately 45 minutes to 1 hour.

There are no foreseeable significant risks. However, some of these questions will be very personal and some of the items may, for some individuals, cause some distress or discomfort. The items are common and we ask that you answer each question honestly and openly. If you become distressed after completing this study, or at any time during this study, an advanced clinical psychology graduate student will be available for you to speak with.

Your identity will not be attached to completed questionnaires, although a record of your participation will be kept.

You may ask any questions about the research at any time. If you have questions about the research after you leave today you should contact the Principal Investigator Christa Smith at 1-563-219-5903 or cmsmith4@eiu.edu. You may also contact Keith Wilson, Ph.D at 1-217-581-6411 or kwilson@eiu.edu.

If you have questions about your rights as a research subject you should contact The Office of Research and Sponsored Programs at (217) 581-2125.

Your participation is completely voluntary. You may choose to withdraw from this study at any time with no penalty or loss of benefits.

Your signature indicates that you have read this consent form, had an opportunity to ask any questions about your participation in this research and voluntarily consent to participate.

I am 18 years of age or older and consent to participate in this study.

Signature

Date

Appendix B

Demographic Questionnaire

Please answer the following questions.

AGE:

GENDER: Male ___ Female ___

SEXUAL ORIENTATION: Heterosexual ___ Bisexual ___ Homosexual ___ Other ___
(please specify) _____

Appendix C

Child Sexual Abuse Questionnaire

Many children have had a sexual experience(s) with an adult or someone older than themselves. By sexual, we mean behaviours ranging from someone touching your genitals to someone having intercourse with you. These experiences may have involved a relative, a friend, a friend of the family, an acquaintance, a stranger, or an authority figure. Some experiences are very upsetting and painful while others are not, and some may have occurred without your consent.

The following questions ask about sexual experiences you may have had during your childhood BEFORE THE AGE OF 14. When answering these questions, please note that we are only interested in experiences you may have had with an adult or someone older than yourself prior to the age of 14. We are NOT interested in consensual sex you may have had with a friend who was about the same age as you.

1. Did anyone ever touch or fondle your body (including your breasts and/or genitals) or attempt to arouse you sexually?

NO

YES

2. Did anyone ever try to have you arouse them, or touch their body in a sexual way?

NO

YES

3. Did anyone rub their genitals against your body in a sexual way?

NO

YES

4. Did anyone ever attempt to have sexual intercourse with you?

NO

YES

5. Did anyone ever have sexual intercourse (vaginal, oral, or anal) with you?

NO

YES

6. Did you have any other sexual experience with an adult or someone older than yourself?

NO

YES, Specifically _____

7. What age were you when the abuse started? _____

What age were you when the abuse ended? _____

8. Before the age of 14, did you ever experience physical (slapping, biting, whipping, etc.) abuse at any time, either during the sexual abuse or at any time other than during the sexual abuse?

NO

YES

9. Since you were 14 or older has anyone touched or fondled your body, tried to have you arouse them or touch them in a sexual way, rub their genitals against you in a sexual way, or attempt or have any sexual intercourse with you (anal, vaginal or oral) without your consent (that is to say, against your will)?

NO

YES

Appendix D

Sexual Cognitions Checklist

We all have thoughts and images about sex from time to time. Sexual thoughts and images can be divided into separate types:

Positive Sexual Thoughts and Images. Sometimes we experience our sexual thoughts and images as positive. Positive sexual thoughts and images may include thoughts or images that we purposely engage in to enhance our sexual feelings or sexual arousal. Positive sexual thoughts or images may also include thoughts or images that pop into our heads out of the blue. Whether we purposely engage in positive sexual thoughts or images, or they pop into our heads out of the blue, positive sexual thoughts and images are thoughts and images that we find acceptable and pleasant. They are the types of thoughts and images that we would expect to have. We can have positive sexual thoughts or images while we are engaging in masturbation, while we are engaged in sexual activity with a partner, or while we are engaged in non-sexual activities.

Negative Sexual Thoughts and Images. Sometimes, we have sexual thoughts or images that we experience as negative. Negative sexual thoughts and images are thoughts or images that we dislike having. They are the types of thoughts or images that we would not expect to have because they are uncharacteristic of our usual thoughts and habits. That is, negative sexual thoughts and images are thoughts or images that we would never want to say or do. Therefore, negative sexual thoughts and images are highly unacceptable, upsetting, and unpleasant. We tend to find these thoughts disgusting and we wonder why we are having such repugnant thoughts or images. You may feel ashamed of yourself for having these thoughts and images or guilty about having them. However, because they are sexual in content, we may experience sexual arousal to these thoughts and images even though we find them unacceptable, unpleasant, and upsetting. Like positive sexual thoughts, we can have negative sexual thoughts or images while we are engaging in masturbation, while we are engaged in sexual activity with a partner, and while we are involved in non-sexual activities.

Sometimes Positive and Sometimes Negative Thoughts and Images. Although some thoughts and images are clearly positive or clearly negative for us, there are some sexual thoughts or images that we experience as positive at times and as negative at other times. For example, you may have had a thought or an image about seeing your neighbor undress. If that thought or image was about the good-looking neighbor in apartment "B," the thought or image might be positive. That is, it might be the type of thought or image you would expect to have and it is acceptable and pleasant. On the other hand, if you had the thought or image about the neighbor in apartment "A" who you find disgusting, the thought or image might be negative. In this case, the thought or image is unacceptable, unpleasant, and not the type of thought or image that you would expect to have. So, in this case, the same thought or image of "seeing your neighbor undress" is sometimes positive and sometimes negative.

INSTRUCTIONS: The questions on the following few pages deal with a variety of sexual thoughts and images. Some may be very upsetting. However, they are common and we ask that you answer each question honestly. On these questions, we would like you to answer a number of questions about each thought or image.

First, indicate how sexually aroused (i.e. vaginal lubrication, breast sensation, erection, orgasm, increased heart rate, rapid breathing) you were to each thought or image using the following scale:

- 0: I have never been aroused by this thought or image.
- 1: I have been aroused by this thought or image once or twice.
- 2: I have been aroused by this thought or image a few times a year.
- 3: I am aroused by this thought or image once or twice a month.
- 4: I am aroused by this thought or image once or twice a week.
- 5: I am aroused by this thought or image daily.
- 6: I am aroused by this thought or image frequently during the day.

Next, indicate how often you have had each of the listed sexual thoughts when it was a positive sexual thought and when it was a negative sexual thought using the following scale.

- 0: I have never had this thought or image.
- 1: I have had this thought or image once or twice.
- 2: I have this thought or image once or twice a year.
- 3: I have this thought or image once or twice a month.
- 4: I have this thought or image once or twice a week.
- 5: I have this thought or image daily.
- 6: I have this thought or image frequently during the day.

Last, if you have experienced the thought as negative, please indicate the level of guilt that you experience when you have the thought or image using the following scale.

- 0: I have never experienced guilt because of this thought or image.
- 1: I have felt guilt because of this thought or image once or twice.
- 2: I have felt guilt because of this thought or image once or twice a year.
- 3: I feel guilt because of this thought or image once or twice a month.
- 4: I feel guilt because of this thought or image once or twice a week.
- 5: I feel guilt because of this thought or image daily.
- 6: I feel guilt because of this thought or image frequently during the day.

When you have completed all of the questions, please indicate which cognition, out of the ones listed, you have experienced and the most positive, and which cognition you have experienced as the most negative.

EXAMPLE:

Watching my neighbor undress.

How often have you been aroused by this thought/image? 0 1 2 (3) 4 5
6

How often have you had this thought/image when it was positive? 0 1 (2) 3 4 5
6

How often have you had this thought/image when it was negative? 0 1 2 3 (4) 5
6

How often have you felt guilty for having this thought/image? 0 1 2 (3) 4 5
6

This example shows that I have been aroused by this thought or image once or twice a month. It shows that I have had this thought or image when it was positive a few times a year and that I have had this thought or image when it was negative once or twice a week. In addition, it shows that I feel guilty for having this thought or image once or twice a month.

In the past year, I have had sexual thoughts of:

1. Making love out of doors in a romantic setting (e.g. field of flowers; beach at night).

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

2. Having intercourse with a loved partner.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

3. Having intercourse with someone that I know but have not had sex with.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

4. Having sex with an anonymous stranger.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

5. Engaging in a sex act with someone who has authority over me.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

6. Being pressured into engaging in sex.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

7. Being tied up by an adult and forced to have sex.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

8. Engaging in a sexual act with someone who is “taboo” (family member, religious figure)

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

9. Begging someone not to sex with you and they do anyway.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

10. Having sex with two other people at the same time.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

11. Participating in an orgy.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

12. Being forced to do something sexually.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

13. Forcing someone to do something sexually.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

14. Engaging in a sexual activity contrary to my sexual orientation (e.g. heterosexual or homosexual)

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

15. Being physically harmed against your will by a partner.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

16. Throwing my arms around and kissing an authority figure.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

17. Lifting my skirt or dropping my pants, thereby indecently exposing myself in public.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

18. Receiving oral sex.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

19. Giving oral sex.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

20. Watching others have sex.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

21. Having sex with an animal or non-human object.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

22. Imagining a child being sexually abused by an adult and identifying (that is to say, taking the perspective of) the child.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

23. Being overwhelmed by a stranger's advances.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

24. Being sexually victimized.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

25. Receiving or giving genital stimulation.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

26. Imaging yourself as a child (0-14) being sexually abused by an adult.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

27. Whipping or spanking someone.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

28. Being whipped or spanked.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

29. Taking someone's clothes off.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

30. Having my clothes taken off.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

31. Engaging in a sexual act that I would not want to do because it violates my religious principles.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

32. Forcing another adult to engage in a sex act with me.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

33. Imagining yourself as an adult having sex with someone who sexually abused you.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

34. Making love elsewhere than the bedroom (e.g. kitchen or bathroom).

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

35. Being excited by material or clothing (e.g. rubber, leather, underwear).

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

36. Hurting a partner.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

37. Being hurt by a partner.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

38. Watching a child cry and plead not to be harmed while they are sexually abused by an adult (identifying with the child).

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

39. Having incestuous sexual relations (sexual relations with a family member).

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

40. Exposing myself provocatively.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

41. Wearing clothes of the opposite sex.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

42. Being promiscuous (having numerous casual sex partners).

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

43. Having sex with someone much older than myself.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

44. Having sex with someone much younger than myself.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

45. Being much sought after by the opposite sex.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

46. Being much sought after by the same sex.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

47. Being seduced as a “innocent”.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

48. Being seduced as a child.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

49. Seducing an “innocent”.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt ashamed by this thought/image? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

50. Seducing a child.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

51. Partner-swapping.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

52. Watching someone urinate.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

53. Masturbating in a public place.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

54. Authority figure being naked.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt disgusted by this thought/image? 0 1 2 3 4 5 6

55. People that I come in contact with being naked.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

56. Having sex in public.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

57. Tying someone up.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

58. Being tied up.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

59. Being embarrassed by failure of sexual performance.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

60. Having sex with someone of a different race.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

61. Using objects for stimulation (e.g. vibrator, candles).

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

62. Being masturbated to orgasm by a partner.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

63. Looking at obscene pictures or films.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

64. Kissing passionately.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

65. While engaging in a sexual act with my partner, I have had sexual thoughts or images of saying something to my partner that I know would upset him/her.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

66. While engaging in a sexual act with my partner, I have had sexual thoughts or images of doing something to my partner that I know would upset him/her.

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

67. Any other sexual thought not listed above (SPECIFY).

How often have you been aroused by this thought/image? 0 1 2 3 4 5 6

How often have you had this thought/image when it was positive? 0 1 2 3 4 5 6

How often have you had this thought/image when it was negative? 0 1 2 3 4 5 6

How often have you felt guilty for having this thought/image? 0 1 2 3 4 5 6

68. Please select the cognition that YOU HAVE EXPERIENCED as being the most positive. (Go back and circle and write P next to.)**69. Please select the cognition that YOU HAVE EXPERIENCED as being the most negative. (Go back and circle and write N next to.)**