Assessing Motives for Consensual Sex: Development of the Sexual Motives Questionnaire

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Abstract

The present study describes the development and preliminary validation of the Sexual Motives Questionnaire (SMQ), a measure of motives for consensual sex. The measure is informed two dispositional theories, functional theory and self-construal theories, which suggest that individuals are motivated to engage in behavior due to approach/avoidance and independent/interdependent tendencies, respectively. Items were also selected to reflect sexual scripts and fear of sexual and physical violence. A total of 81 items was administered to 920 undergraduates. Exploratory factor analysis was conducted utilizing the 821 participants with complete data. The final sample was predominately heterosexual (96%) and Caucasian (83%) with a mean age of 19.27 (*SD* = 3.07). About half of participants were female. A 6 factor structure was obtained consisting of 2 approach factors (*Relational* and *Pleasure*) and 4 avoidance factors (*Appease-partner, Prevent-harm, Reassure-self,* and *Reputation*). Generally, the SMQ demonstrated convergent and discriminant validity consistent with expectations. Confirmatory factor analysis is needed to further validate the SMQ. However, preliminary data suggests that this measure has the potential to examine the relation between sexual motives and sexual health and functioning, and the impact of sexual victimization on these domains.

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Chapter 1: Introduction

Generally, motivation has been defined as a state of increased interest in a particular goal involving the initiation and maintenance of behavior toward the accomplishment of that goal (Hill & Preston 1996). Research indicates that motives for sexual behavior specifically are associated with a wide array of personal and relational outcomes. For instance, one large community sample of adolescents and young adults found that sexual motives were associated with sexual risk taking, number of lifetime sexual partners, contraceptive use, number of lifetime sexually transmitted infections and number of lifetime unplanned pregnancies (Cooper, Shapiro, & Powers, 1998). Among dating couples, motives for sex have been associated with individuals' daily experiences of affect and relationship quality controlling for other factors such as level of desire for the sexual interaction and overall frequency of intercourse in the relationship (Impett, Peplau, & Gable, 2005). Data also suggests that motives can predict sexual behavior across time, such as number of partners or likelihood of contracting an STI (Cooper, et al., 1998). Thus, the ability to reliably assess a comprehensive range of sexual motives could provide invaluable data to researchers and service providers alike. The proposed study seeks to create a dispositional measure of sexual motives utilizing the larger body of work on motivation for human behavior. This work is also informed by predominately feminist research on the impact of social constraints sexual behavior.

Theoretical Considerations

A dispositional perspective asserts that "sexual motives are likely to exert stable, recurring influences on sexual desire because, theoretically, dispositional motives are enduring and operate across a variety of motive-relevant situations in an individual's life" (Hill & Preston, 1996, p.29). Though little research has examined the relationship between sexual motives and

motives for other behavior, some data suggests that motives for sex are associated with motives for general social behavior (Impett, Strachman, Finkel, & Gable, 2008) and are stable over time (Cooper et. al., 1998).

Functional Theory is one motivational theory for general human behavior that has been applied to sexuality (Cooper et al., 1998). This theory suggests that individuals engage in sexual behaviors to either avoid negative outcomes or pursue positive ones. Functional theory has been elaborated on with subsequent theories. Namely, Self-awareness Theory, as delineated by Carver and Scheier (2011), suggests that behavior is guided both by the experience of affect and discrepancies or congruencies between an individual's self-state and salient standards for behavior which interact in feedback loops. In essence, when an individual's state, in this case sexual desire, matches standards (e.g., I am a male experiencing desire for sex and I believe that I am supposed to engage in sexual activity and find it pleasurable) that individual will approach sexual activity to obtain positive affect. This behavior will be maintained throughout the encounter via the experience of positive affect. On the other hand, when there is a discrepancy between self-state and behaviors (e.g., I am a male experiencing low sexual desire but I believe that I am supposed to engage in sexual activity and find it pleasurable) an aversive internal state is created which motivates the individual to reduce the discrepancy (have sex) in order to avoid the negative consequences of this discrepancy.

Individuals prone to avoidance motivation tend to define pleasing social interactions as those lacking uncertainty, disagreements, and anxiety, whereas predominately approach motivated individuals value the presence of closeness, companionship, and fun (Gable, 2006). More broadly, several studies suggest that individuals are dispositionally predisposed to experience either approach or avoidance motives more frequently. Self-report assessments of

individuals' tendency to approach or avoid have been shown to be stable over time (Elliot & Trash, 2010). The trait-like nature of motivational tendencies has also been supported by neuroimaging studies which demonstrate an association between self-reported approach/avoidance and lateralized brain activity during motivational tasks (Simon, et al., 2009; Spielberg, et al., 2011). Furthermore, neuroimaging research suggests that individuals exhibit lateral differences in prefrontal cortical activation while at rest, and that these differences correspond with reactivity to negative (avoidance related) and positive (approach related) emotions (*see* Davidson, 2003 *for review*). Meanwhile, research with infants indicates that toddlers and infants with greater right prefrontal activity exhibit more behavioral inhibition, compared to those who do not display such asymmetry (Davidson & Rickman, 1999). In sum, research indicates that approach avoidance tendencies represent stable traits impact individuals' motivations to engage in a variety of behaviors.

Self-construal Theory (Cross et al., 2000) is another theory that has been used to describe human motivation in general. According to this theory individuals' thoughts and behavior tend to be oriented towards maintaining a positive sense of self. Depending on whether individuals are independently oriented or interdependently oriented they maintain their sense of self through thoughts and actions directed toward the self or at others. An independently oriented person is motivated by maintaining their autonomy while an interdependently oriented person is motivated by maintaining group membership or close relationships with others (Cross et al., 2011). Taken in conjunction, these theories suggest that individuals are motivated to engage in sexual activity to achieve positive or avoid negative outcomes directed toward the self or others.

Measures of Sexual Motivation

Several empirical investigations have attempted to assess motives for sexual behavior. However, many have utilized disparate theories on sexuality and human behavior. Generally, measures have focused on either predominately intrapersonal factors as motives (i.e., disposition, emotion) or social and situational factors as motives (i.e., fear of coercion, beliefs about sexual norms). A feminist approach assumes that sexual behavior is embedded in a gendered social context, making theories that attempt to understand sexuality independent of this context incomplete (Tolman, 2006). Meanwhile, when social/situational measures fail to account for broader theories of human behavior, researchers may be limiting the degree to which sexual motives relate to individuals' behaviors in other contexts. Hence, assessment measures that integrate general psychological concepts and feminist theory could permit a more comprehensive understanding of human sexuality. Additionally, some studies concerning each type of motive have investigated motives in an exploratory manner, without examining the reliability, validity, or factor structure of items, raising questions about their utility in future research. Existent measures, the methodology employed in their development, and their theoretical assumptions are described below.

The Sex Motives Scale (SMS; Cooper et al., 1998) was created to assess motives for sex based on functional and interdependence theories. According to this framework, the authors anticipated that motives for sex would fall into 4 dimensions: self-appetitive, self-aversive, other-appetitive, and other-aversive. An initial pool of items was generated by administering open ended questionnaires to male and female undergraduate students. Raters identified items from this pool which corresponded with dimensions of these theories. Notably, during this process participants typically provided an average of slightly more than 1 motive, and a low frequency of aversive motives was observed among the sample. The authors suggested that individuals may

have been biased toward generating items based on positive motives when thinking broadly about their sexual experiences. The authors reported adding supplementary items previously published studies on motives for sex, eating, and substance use which also corresponded with functional and interdependence theories before administering the SMS to two independent samples of undergraduate students.

Participants were asked to rate how often they had sexual intercourse for each motive on a 5-point scale (1= almost never/never have sex for this reason, 5= almost always/always have sex for this reason). Instructions did not ask participants to distinguish between consensual and non-consensual experiences. These administrations and subsequent factor analyses led to the creation of six sub-scales each of which exhibited, at minimum, good internal consistency. Two scales reflected approach motivations (enhancement and intimacy) and 4 reflected avoidance (coping, self-affirmation, partner approval, and peer approval). This 29-item measure was administered to a sample of sexually experienced adolescents and young adults. Confirmatory factor analyses compared the 6 factor model to a one factor model, 2 factor aversive/appetitive model, 2 factor independent/interdependent model, and the initial proposed 4 factor model. Results indicated that the 6 factor model (with approach and avoidance as higher order factors) was the best fit to the data. Furthermore, between groups models indicated that both the factor structure and the reliability coefficients of each subscale were invariant according to back/white race, gender, and age. After the SMS was subjected to rigorous evaluation, it was found to be methodologically sound. Furthermore, the findings associated with the SMS suggest that functional and interdependence theories play a predicative role in human sexual behavior. At the same time, this measure did not distinguish between consensual and non-consensual experiences. Additionally, factor analysis indicated that social motives represent a unique form of aversive

sexual motivation. However, neither of the theories guiding the item development and selection process explicitly dealt with social motivation.

Some items from the SMS were adapted to create a brief scale of approach/avoidance motives for sex for use in daily diary studies (Impett, et al., 2005), in combination with items created to reflect attachment-related motives for sex (Impett & Peplau, 2002). This version was initially used among college dating couples. Principal Components Analysis indicated that a two factor solution, with 5 approach and 4 avoidance items, accounted for 61% of variance in the data. In this sample, alphas of .71 and .90 were observed for approach and avoidance motives, respectively. When administered in another study of college dating couples alphas of .86 and .66 were observed for the approach and avoidance scales (Impett, et al., 2008). The scale has also demonstrated adequate to good internal consistency in other self-report research with college aged women (Katz & Tirone, 2009). This measure is internally consistent and has been associated with intrapersonal and relationship functioning variables. Meanwhile, the majority of its items were drawn from a measure whose factor structure supported distinctions between the approach and avoidance motives directed toward self or other. Thus, the relationship between functional and interdependent dimensions of motives as assessed by these scales is unclear. Furthermore, these scales focus exclusively on dispositional motives, limiting the ability to make inferences regarding social motivation.

The Affective and Motivational Orientation Related to Erotic Arousal Questionnaire (AMORE; Hill & Preston, 1996) was developed to assess the role of 8 potential motives of sexual behavior intended to reflect individual's motivation to obtain positive outcomes based on situational factors common to sexual scenarios (feeling valued by one's partner, showing value for one's partner, obtaining relief from stress, providing nurturance to one's partner, enhancing

feelings of personal power, experiencing the power of one's partner, experiencing pleasure, and procreating). The authors created a minimum of 10 items reflecting each of these proposed motives, resulting in an initial pool of 101 items that was tested among male and female undergraduates. Participants were instructed to indicate how true each statement was of them on a 5-point scale (1= not at all true of me, 5= very true of me) The authors conducted an unconstrained principal components analysis which led them to retain the 62 items that loaded most strongly on their proposed 8 factors. The revised AMORE was administered to 2 additional independent samples of college students, among whom the authors found support for retaining the 8 factor structure using principal components analysis. Internal consistency among the latter 2 samples was found to be minimally adequate for each subscale. Though the authors provide rationale for the creation of each subscale of the AMORE, the measure in its entirety was not developed to conform to a uniform theory. Several of the subscales appear to relate to the approach motives found in the SMS, although avoidance type motives are not assessed as the authors suggested that sexual behavior is guided predominately by a pursuit of positive outcomes.

Other measurement studies have focused on sexual experiences characterized by ambiguity or a lack of sexual desire. For example, Muehlenhard and Cook (1988) developed a scale of men's reasons for engaging in unwanted sex. Their approach was participant driven, with items created using undergraduate males' responses to open-ended questionnaires about their experiences with unwanted sexual activity. The resultant 51 items were tested among a second sample of undergraduate males and females. Participants were asked, "Have you ever engaged in sexual activities (ranging from kissing to sexual intercourse) when you didn't want to because…" and were asked to indicate whether they encountered the situation at all, and if so

what if it led to kissing, petting, or intercourse. Responses were examined using principal components analysis leading to the creation of 13 subscales: enticement, physical coercion, intoxication, altruism, inexperience, peer pressure, termination of relationship, popularity, partner's verbal coercion, sex role concerns, reluctance, partner's threat of self-harm, and family pressure. The authors concluded that individuals' unwanted sexual behavior is motivated by physical and psychological pressure and societal expectations about sexuality. This study was important as one of the first studies to demonstrate that men experience sexual coercion. At the same time, motives characterized by explicit pressure may not apply to models of consensual sexual behavior. Additionally, as items were generated only by men, it is unclear whether the remaining subscales reflect the range of motives women experience.

Alternatively, in their study designed to assess token resistance Muehlenhard and Hollabaugh (1988) administered open-ended pilot questionnaires to male and female undergraduate students. Female participants were asked if they had ever acted as though they were NOT interested in engaging in sexual even though they had intended to, while men were asked if they ever thought that a female partner had engaged in this behavior. Next, they were asked to list potential reasons for the token resistance. The authors selected 26 items from this pool which were administered to undergraduate women who were asked to rate how important each reason was in each of 3 potential scenarios: you said no and you meant no, you said no and you weren't sure, you said no and you meant yes. The authors conducted a principal components analysis followed by a second order factor analysis, which led them to organize items into 3 subscales. The subscales were described as practical motives (e.g. fear of appearing promiscuous, uncertainty about a partner's feelings), feeling inhibited (e.g. physically, emotionally, or morally), and manipulation (e.g. being angry with a man). These findings suggest

that women's sexual decisions featuring token resistance may be motivated by avoidance of various anticipated emotional, relational, and social outcomes.

In an effort to compare token resistance with unwanted consensual sex (UWCS), Shotland and Hunter (1995) asked undergraduate women who endorsed token resistance the motive items developed by Meuhlenhard and Hollabaugh (1988) and asked women who endorsed UWCS 18 motive items developed in their own pilot study. Items and their correlates were examined individually, with no attempts to examine factor structure. Five items were rated as reasons for UWCS by over 50% of women who reported having engaged in this behavior: I didn't want to disappoint him, I didn't want to seem like I had been leading him on, he was aroused so I didn't want to stop him, I didn't want him to think that I didn't want to have sex, and I didn't want to destroy the mood. Additional items (e.g. I had sex with him before, so I didn't think that I should refuse) distinguished women who engaged in UWCS after more or less than 10 dates, leading the authors to suggests that UWCS for these motives served a relationship maintenance function. Their data also illustrated that many women reported engaging in token resistance and UWCS as part of the same sexual interactions. The authors suggested that many women experience ambivalence in their sexual decision making, thus women may consider both types of reasons in deciding to have sex. Items generated in both studies were also used by O'Sullivan and Allgeier (1999) to categorize reasons for engaging in UWCS which were obtained in open-ended format from men and women in dating relationships. Raters generated the following categories: to satisfy a partners needs/or promote intimacy with partner, avoid relationship tension, feeling obligated because of prior sexual experiences with one's partner, feeling obligated because of an established relationship norm to engage in sexual activity regularly, unable to refuse, and other (e.g. hadn't tried it before). The authors concluded that

among heterosexual dating couples, UWCS is often motivated by efforts to promote relationship functioning.

The Sexual Wantedness Questionnaire (Peterson & Muehlenhard, 2007) was designed to assess women's reasons for wanting and not wanting to consent to sex. The authors described obtaining items from previously published research on reasons for having sex which reflected the themes of sexual arousal, values, situational characteristics, social status, fear of pregnancy and STDs, and relationship concerns. Participants, female undergraduate students, were instructed to rate each item on a 7 point scale (-3 = *strong reason for not wanting to have sex*, 3 = *strong reason for wanting to have sex*). The authors conducted a factor analysis on the 60 items for which there were positive means (indicating that, on average they were rated as reasons for wanting sex) among their sample which resulted in 13 factors. After removing factors with fewer than 2 items and less than adequate internal consistency 8 subscales were created: in the mood, negative consequences of refusing, personal gain, social benefits, fear of physical harm, strengthen the relationship, not intoxicated, and not a virgin. Although these factors were data driven, many seem to also reflect themes of functional and interdependence theory, as well as social motivation.

In sum, a large body of research has attempted to assess individual's motives for sexual behavior. Arguably, the SMS is the most firmly grounded in larger theoretical work on general motives for human behavior, in addition to being the most stringently tested. Simultaneously, the SMS did not systematically incorporate social factors which may impact sexual behavior or discriminate between consensual and nonconsensual experiences. Meanwhile, several other measure development studies produced subscales that appear to reflect the functional and interdependence theories which informed the SMS, supporting the importance in these

dispositional constructs in understanding sexual motivation. Simultaneously, many of these measures also combine motives for non-consensual and consensual behavior or focus specifically on unwanted encounters. Thus it is unclear whether the motives identified by these studies generalize to consensual decision making.

Additional Considerations and Proposed Measure

Sexual Victimization and Consensual Sex

Because of these prior limitations it is necessary to clarify the relation between sexual victimization and consensual sex. Recent work on the topic of sexual victimization suggests that sex can be both wanted and unwanted at the same time, making the distinction between wanted consensual sex and unwanted consensual sex more ambiguous (Peterson & Muelenhard, 2007). This research also supports the notion that sexual activity can be both wanted and coerced. For instance, a woman could want to have intercourse with a man because she is sexually aroused, not want to have sex due to a lack of available prophylactics, and may involuntarily acquiesce to activity because her partner threatens to harm her. Some studies define such experiences as "unwanted" obscuring the fact that such an experience could be legally defined as rape (e.g. Meuhlenhard & Cook 1988). Such coercive experiences have been conceptualized as non-voluntary sexual encounters (e.g. Katz, Tirone, & Schukrafft, 2012) and although individuals may retain some agency in coercive scenarios their decision making ability has been directly constrained. Thus, it may be that individual motives, and their relationship to trait like features, can be more clearly delineated when individuals are asked to consider their decisions in the absence of such explicit pressure. At the same time, a large percentage of individuals' sexual interactions may be characterized by explicit partner pressure (Koss, et al., 2007). Additionally, approach/avoidance and self-construal motives may play a role whether or not individuals

acquiesce to partner pressure. However, such experiences are beyond the purview of the proposed measure.

Social Motives

The development of the proposed measure focused on two types of social constraints on sexual behavior; experiences of sexual victimization and sexual scripts. Items were created to assess the impact that past coercive experiences may have on sexual decision making such as, "If I refused, the other person might have harmed me physically." Items reflecting this type of motivation were included in a measure of sexual wantedness developed by Peterson and Muehlenhard (2007a). Past experiences of coercion could relate to self-awareness theory by influencing individuals' beliefs about their self-efficacy in sexual scenarios. The theory asserts that whether a person engages in efforts to reduce a discrepancy (e.g., a woman with a history of sexual coercion with low desire for sexual activity during a potential encounter, choosing to refuse sex) or withdraws their efforts to avoid the aversive internal state, depends on their belief that they could successfully reduce the discrepancy if they tried (Carver & Scheier, 2011). In such a scenario, a woman may have learned that her efforts to reduce incongruences between her feelings and behavior actually create more aversive experiences and distress, such as a partner using verbal manipulation or physical force in response to her sexual refusals. Thus, she may choose to engage in sexual activity for avoidance motives. This conceptualization is supported by qualitative research of battered women who report INITIATING sex to avoid physical assault, calm their batterer after a physical assault, and avoid their batterer harming their children (Walker, 2000).

Other social motives can be identified through discourse analysis which is thought to identify "systems of understanding adopted by individuals in order to interpret their worlds"

(Moore & Rosenthal, 1993, p. 41). According to post-modern feminist theory, the male sexual drive script assumes that men are always ready and willing to engage in sexual activity (Gavey, 2005). Women are expected to adhere to the have/hold script which suggests that women do not engage in sexual activity as a result of their own desire. Rather, they are supposed use sexual activity primarily as a means to establish and maintain long term romantic relationships (Gavey, 2005).

Themes identified by discourse analysis are thought to be closely related to sexual scripts- stereotypical and ritualized behaviors adopted based on social prescriptions (Simon & Gagnon 1986; Moore & Rosenthal, 1993). Though in some ways gendered ideas about sex have changed over time, qualitative data has demonstrated that these scripts remain prevalent in adolescents and young adults' narratives of their sexual experiences (Holland, Ramazanoglu, Sharpe, & Thomson, 2004; Tolman, Spencer, Rosen-Reynoso, & Porche, 2003). Meanwhile, college students believe that the acceptability of sexual behaviors differs according to gender according to the sexual double standard (Katz, Tirone, & van der Kloet, 2012). Thus, the types of scripts identified by discourse analysis appear influence individuals' sexual behaviors and their understanding of their sexuality.

A representative item intended to reflect these discourses and the scripts they produce is, "The other person was aroused so I didn't want to stop them." This example may be a relatively common motive as, during the development of the initial version of the sexual experiences survey, 70% of women endorsed having sex with a man for this reason (incidentally, the item was dropped because it was not directly coercive; Koss & Oros, 1982). Sexual scripts are theorized to be stable over time because their predictability helps insure reliable sexual performance and desire for the individual as well as helping to maintain their sense of identity

(Simon & Gagnon, 1986). However, unlike functional and interdependent motives for sexual behavior, the stability of sexual scripts has not been empirically tested.

As an important caveat, items were not included to assess individual's motives to engage in sexual activity in order to procreate. Prior work on sexual motives suggests that the motive to conceive is phenomenologically distinct from other desire, affect, and relationally based motives for sexual activity (Hill & Preston, 1996; Cooper, et al., 1998). Furthermore, the goal of conception would not be attainable as a result of all the activities subsumed under the operational definition of sex utilized, or by non-heterosexual partners.

Gender and Sexual Motives

Several theories suggest that either gender or biological sex should predict differential motives for sex between men and women. For instance, according to sexual strategies theory women have evolved to seek long term sexual partners due to high demand of resources created by gestation and child rearing while men are more inclined to employ short term strategies, which seek to maximize number of sexual partners and avoid commitment (Haselton & Buss, 2001). According to the affective shift hypothesis (Haselton & Buss, 2001) men and women may have different emotional responses to sex, which reinforce their pursuit of these goals. For instance, an initial sexual encounter may lead to increased emotional investment in women and decreased emotional investment in men. Meanwhile, continued sexual encounters may make a partner more appealing to women and less appealing to men. In their study that tested this hypothesis with undergraduates, Haselton and Buss (2001) found that both men and women reported, on average, that having sex with a partner for a few months did not make them less interesting; however, women were more likely to endorse enduring appeal. In the same study, both men and women reported, to an equal degree, that first-time sexual encounters increased

emotional closeness to a partner. Based on affective shift hypothesis and this data, women may be more motivated to endorse relational motives for sex.

Gender may also impact motivational proclivities as a determinant of individuals' relative power. As delineated by Keltner, Gruenfeld, & Anderson (2003), powerfulness is associated with reward rich environments and behavioral freedom, the combination of which may trigger approach motivations and behaviors. By comparison individuals who lack power are vulnerable to increased threat, punishment, and social constraint, leading to inhibition. Some experimental support has been found for the association between high power and approach motivation and behaviors (Smith & Bargh, 2008). While this line of research did not find associations between powerlessness and avoidance or concomitant effects of gender specifically, these early studies may have also been hampered by low statistical power.

While theory may support the prediction of sexual motives based on gender, empirical data on the topic has failed to demonstrate a consistent pattern. For instance, in their study Muehlenhard and Cook (1988) found that undergraduate males were more likely than females to engage in unwanted sexual activity because of peer pressure and a desire to be popular while women were more likely to agree to unwanted activity out of altruism, to avoid relationship termination, and because of verbal or physical coercion. When motives for unwanted intercourse alone were examined men rated, at a higher degree than women, being motivated by enticement, intoxication, a desire to mitigate their inexperience, peer pressure, popularity, and sex role concerns. Other research among undergraduates suggested that men and women were similar in their motives for UWCS, except that men were more likely to report UWCS to avoid relationship tension (O'Sullivan 1999). Similarly, Impett et al. (2005) found no differences between men and women's approach avoidance motives for daily sexual interactions in dating relationships. When

the items of these respective scales were examined individually men ranked one motive, expressing love for their partner, as more important than women. During the development of the AMORE (Hill & Preston, 1996), women reported higher scores on the value for partner and valued by partner scales while men reported higher pleasure, stress relief, power, and partner power, and nurturance motives. However, gender differences were varied across the 3 trials used to create the measure, with the only consistent finding being that men reported greater relief from stress and partner power motives. Meanwhile, research utilizing the SMS indicated that men reported a higher frequency of enhancement, coping, self-affirmation, partner approval and peer approval motives while no gender differences were observed on the measure's final subscale, intimacy.

Currently, inconsistencies in empirical data preclude the generation of specific hypotheses regarding gender and motives for sex. Additionally several sexuality researchers (e.g. Tolman, 2006; Vanwesenbeeck, 2009) have suggested research focused on finding difference based on binary notions of gender are overly reductionist and obscure both variability in constructs among men and women and the dynamic nature of gender as a construct. As such, two types of dimensional measures of gender were included in the present research to examine the relationships between these variables and sexual motives.

Convergent and Discriminant Validity

Other dispositional and historical factors may also be related to sexual motivation. Several such constructs were assessed in order to establish convergent and discriminate validity. Foremost, The Sex Motives Scale measure created by Cooper et al. (1998) was administered in its original format. The exploratory factor analysis is expected to yield factors which correlate

with conceptually similar motives on the SMS. Other convergent and discriminant validity variables are described below.

Attachment style can be conceptualized as a dispositional marker of underlying approach/avoidance motivational temperament which serves to orient individual's behavior specifically within relational contexts (Park, 2010). Adult's attachment styles are usually described in terms of relative anxiety and avoidance with secure attachment characterized by low levels of each, fearful or fearful-avoidant featuring high levels of both, preoccupied defined by high anxiety and low avoidance, and dismissive or avoidant characterized by high avoidance and low anxiety (Locke, 2008). Cross-sectional data indicates that secure attachment is positively associated with approach goals and negatively associated with avoidance goals while inverse relationships have been observed for fearful attachment (Nikitin & Freund, 2010). Experimental work suggests that secure attachment is associated with efforts to increase proximity to attachment figures while avoidant attachment related to efforts to increase distance (Dewitte, De Houwer, Buysse, & Koster, 2008).

Research suggests that attachment styles predict various types of behavior in romantic relationships and sexual behavior in general. For instance daily diary research demonstrated that during partner interactions, avoidantly attached individuals endorse strong motivation to avoid closeness and weak goals to increase closeness (Locke, 2008). Meanwhile, anxiously attached individuals report weak motivation to approach closeness and strong motivation to avoid distance. In another daily diary study of college students in relationships, attachment anxiety was positively associated with approach motives for sex. In the same study, avoidance sexual motives were positively associated with attachment avoidance and negatively associated with attachment anxiety (Impett, Gordon, & Strachman, 2008). Gentzler and Kerns (2004) found that

among undergraduates, anxious and avoidant attachment styles were both related to more frequent experiences of unwanted consensual sex (UWCS) among women while avoidant attachment was related to more frequent UWCS among men. Other research with a large community based sample demonstrated that anxious attachment is associated with being motivated to have sex to feel emotionally close to one's partner, to reassure one's self about their relationship, and to deal with relationship insecurity (Davis, Shaver, & Vernon, 2004). Attachment avoidance, on the other hand, was negatively associated with sex to obtain closeness and reassurance but positively associated with sex to deal with relationship insecurity. Among college students avoidant attachment was also found to be positively related to having sex to enhance one's image with one's peers (Schachner & Shaver, 2004).

Strategies for coping with stress may also be associated with how individuals approach sexual behavior. Coping involves assessing threat to the self and developing a response to such threat (Lazarus, 1966). In the model of coping developed by Carver, Scheier, and Weintraub (1989) many primary coping strategies involve approach behaviors (i.e. acceptance of emotions, seeking support) while others involve avoidance (i.e. denial, behavioral disengagement). Keeping one's emotions to one's self and using sex to cope with stress has been associated with risky sexual behaviors among gay men (Folkman, Chesney, Pollack, & Phillips, 1992). In the same study, seeking support as a coping strategy was negatively associated with sexual risk behaviors. Thus, individuals who use avoidant coping strategies in general may be more likely to be motivated to engage in sexual behavior for these purposes.

Self-esteem may be related to individuals' dispositional motives in several ways. For instance, low self-esteem could be related to having sex to feel avoid negative feelings about one's self whereas high self-esteem could be related to seeking positive personal outcomes.

However, to date these associations have not been empirically tested. Research thus far indicates adolescents' self-esteem is negatively associated with earlier sexual initiation, having risky sexual partners (i.e. with a history of injecting drugs), and engaging in unprotected sex (Ethier, et al., 2006). Other research has suggested that, among young women, self-esteem does not impact sexual behavior when models account for depressive symptoms (Shrier, Harris, Sternberg, & Beardslee, 2001).

Self-silencing schemata are also thought to predict individuals' relationship behaviors. One schema, care as self-sacrifice, involves prioritizing others needs to maintain attachments. Silencing the self involves inhibiting self-expression and behavior to avoid conflict (Jack & Dill, 1992). Though these constructs emerged out of studies with depressed women, subsequent research has suggested that, at least among college students, men may engage in more self-silencing than women (Duarte & Thompson, 1999; Gratch, Bassett, & Attra, 1995). Among adolescents these schemata have been associated with fear of being rejected by one's dating partner (Harper, Dickson, Welsh, 2006). It was also negatively related to safe sex behaviors among older women (Jacobs & Thomlinson, 2009). Individuals who ascribe to these schemata may be more motivated to prioritize their partners' sexual needs for the sake of maintaining positive relationships.

Another possible predictor of motives for consensual sex may be past experiences of sexual victimization. For example, Katz and Tirone (2010) found that among undergraduate college women in heterosexual dating relationships, women who experienced sexual coercion from their dating partner were more likely to report UWCS for avoidance motives. Similarly, in a qualitative study of battered women's unwanted sexual experiences, Basile (1999) found that many women decided to have sex although they did not want to because they "knew what would

happen if they didn't." In other words, individuals may be motivated to have sex that they do not desire in order to avoid future experiences of sexual coercion (Humphreys & Kennett, 2010). Studies have shown that male college students also experience sexual coercion, although they usually experience less severe tactics and report fewer negative consequences (Larimer, Lydum, Anderson, & Turner, 1999; Struckman-Johnson, Struckman-Johnson & Anderson, 2003). Meanwhile, the association between men's experiences of coercion and motives for consensual sex has not been empirically examined.

Childhood sexual abuse (CSA) is another experience that may influence individuals' later sexual experiences and their motives for consensual sex. Female CSA survivors are 2-3 times more likely than other women to be re-victimized in adulthood (Arata, 2002; Messman-Moore & Brown 2004). In a sample of female, CSA survivors enrolled in college, CSA severity was indirectly associated with an increased likelihood for adulthood sexual assault through its relationship with increased Posttraumatic Stress Disorder (PTSD) symptoms and more frequent consensual sex. In addition to having more violent or coercive sexual experiences, CSA survivors may be more likely to consent to sex for specific types of motives. Research has shown that CSA victims may agree to have unwanted sex to keep their partner from becoming angry, to seek love or attention, or to prevent feelings of sadness or loneliness (Katz et al., 2008; Myers, Wyatt, Loeb, Carmona, Warda, Longshore, et al., 2006; Orcutt, Cooper & Garcia, 2005). Much like sexual coercion, research on CSA and motives for sex have focused predominately on women. Based on this body of work it is expected that a prior history of rape or CSA will be associated with avoidance/interpersonal motives for consensual sex.

Hypotheses

The present study was designed to develop a measure of sexual motives based on prior theoretical and empirical work in the areas of human behavior and sexuality. This research seeks to create a measure of functional and interdependence motives for consensual sex which also accounts for the roles sexual victimization and sexual scripts for appropriate sexual behavior play in motivational tendencies. Specifically, the following hypotheses were examined.

1. Exploratory Factor analysis of SMQ items will yield a solution which suggests more than 1 factor is necessary to explain sexual motives.

    1a. Factors will emerge that suggest the existence of independent/interdependent and approach/avoidance sexual motives.

    1b. Factors are expected to correlate with each other based on independent/interdependent and approach/avoidance dimensions.

    1c. It is expected that items involving fear of physical harm and sexual coercion will load onto an avoidance factor.

    1d. No specific hypotheses are made regarding the categorization of motives based on sexual scripts, as these incorporate potential rewards and punishments associated with the self, sexual partners, and society in general. Sexual beliefs and attitudes were assessed for the present study so that convergent and discriminant validity could be assessed, should specific sexual script factors emerge.

2. It is expected that participants will report higher mean scores on approach compared to avoidance sexual motives.

3. SMQ scales are expected to correlate most strongly with the most conceptually related scales on the SMS.

3a. SMQ scales will correlate with SMS scales more generally based on approach/avoidance dimensions.

4. SMQ scales will correlate with self-construal measures based on independent/interdependent dimensions.

4a. SMQ factors reflecting independent motives for consensual sex will positively correlate with independent self-construal and negatively correlate with interdependent self-construal.

4b. SMQ factors reflecting interdependent motives for consensual sex will positively correlate with interdependent self-construal and negatively correlate with independent self-construal.

5. SMQ scales will correlate with behavioral activation and behavioral inhibition measures based on approach/avoidance dimensions.

5a. SMQ scales reflecting approach motives will positively correlate with measures of behavioral activation and negatively correlate with behavioral inhibition

5b. SMQ scales reflecting avoidance motives will positively correlate with behavioral inhibition and negatively correlate with measures of behavioral activation.

6. Correlations between coping strategies and SMQ scores based on approach/avoidance dimensions.

6a. Approach motives are expected to positively correlate with active coping and negatively correlate with behavioral disengagement.

6b. Avoidance motives will be positively associated with denial.

7. No specific predictions are made regarding how SMQ factors will relate to self-esteem based on approach/avoidance or independent/interdependent dimensions. Self-esteem was included as a

validity measure because the content of some SMQ items appear to be conceptually related to self-esteem. Correlations will be conducted in an exploratory fashion.

8. SMQ scales will correlate to self-silencing schemata based on independent/interpersonal dimensions.

    8a. Silencing the self will be positively associated with avoidance interpersonal motives.

    8b. Care as self-sacrifice is expected to relate to interpersonal motives more generally.

9. SMQ scales will correlate with sexual assertiveness based on approach/avoidance dimensions.

    9a. SMQ scales reflecting approach motives will positively correlate with sexual assertiveness.

    9b. SMQ scales reflecting avoidance motives will negatively correlate with sexual assertiveness.

10. SMQ scores are expected to vary according to attachment styles.

    10a. Secure attachment (low anxiety/low avoidance) will be positively related to approach interdependent motives and negatively related to avoidance interdependent motives.

    10b. Preoccupied attachment (high anxiety/low avoidance) will be positively related to approach interdependent motives.

    10c. Fearful (high anxiety/high avoidance) attachment will be positively associated with avoid interdependent motives.

    10d. Avoidant attachment (low anxiety/high avoidance) will be positively associated with avoid interdependent motives.

11. SMQ scores will differ according to individuals' history of sexual victimization and UWCS.

    11a. Individuals with a history of CSA will report higher avoidance/interpersonal motives

scores compared to their non-victimized peers.

11b. Individuals with a history of rape will report higher avoidance/interpersonal motives scores compared to their non-victimized peers.

11c. Individuals with a history of UWCS will report higher interpersonal motives scores compared to individuals without a history of this behavior.

12. No specific hypotheses are made regarding how SMQ factors will relate to categorical or dimensional measures of gender. Mean differences and correlations will be analyzed in an exploratory fashion.

Chapter 2: Method

Participants

Data was collected from 920 undergraduate students enrolled in introductory psychology courses at a large public university in the Southeast. Inclusion criteria required individuals to be at least 18 years of age and to have consented to sexual activity at least once in the past. Participants completed items of the proposed measure and associated variables through an online survey, hosted at www.surveymonkey.com. All individuals also provided informed consent via the same website. Of the initial sample, 821 (89%) participants responded to all items on the proposed measure. Participants with incomplete data were excluded from analysis. Among the remaining participants, 58% were women with a mean age of 19.13 (*SD* = 2.94). The sample was almost exclusively heterosexual (96%) while 2% were bi-sexual, 1% was gay, and 3 (.3%) were lesbian. The majority of participants (85%) were Caucasian, 6% were Black/African American, 3% were Multi-racial/Mixed ethnicity, 3% were Asian American, 2% were Hispanic/Latin American, and 1 individual reported being Native American, Hawaiian Islander, Arabic, Indian, Iranian, Korean, Portuguese American, and West Indian, respectively.

Measures

Descriptive statistics and internal consistency for measures administered across gender are listed in Table 4 (Appendix A). This data for measures administered only to women and men are listed in Tables 9 and 11 (Appendix A), respectively.

Demographics. Demographic variables were assessed using several items developed by the investigator (Appendix B). Participants were asked to provide information on their gender, sexual orientation, race, relationship status, and year in school.

Sexual Motives. Motives for consensual sex were assessed using 81 items compiled and developed by the PI for the current study (Appendix B). Participants were given the following instructions: *Listed below are different reasons why people choose to have sexual intercourse. For each statement, select the response that best describes how important each motive typically is when you decide to have sex. Sex includes oral, vaginal, or anal sex. Please think about times when you consented to sex. In other words, times when your partner did not pressure you.* Participants were instructed to focus on these specific sexual behaviors as research indicates both that "sex" is not defined consistently across individuals and contexts, but that these 3 types of behaviors are included most commonly in individuals' definitions of the term (*see* Peterson & Muehlenhard, 2007b *for review)*. Participants are instructed to rate each motive on a 7 point scale. (1 = *Not at all important*, 7 = *extremely important*). Additionally, the Sex Motive Scale (SMS; Cooper, et al. 1998) was included to evaluate the validity of the new measure. This measure asks participants to rate the frequency with which individual's chose to choose to have sex for each of 29 motives (1= *almost never/never* 5= *almost always/always*). In prior research cronbach's alpha was good to excellent across subscales (Cooper, et al., 1998). Notably, the authors of the Sex Motive Scale suggested that in the future it may be appropriate to use an importance scale rather than a frequency scale, so as not to confound the influence of each motive with the frequency of sex. It is for this reason that the scale was modified for the proposed measure. Upon completion of data analysis it was discovered that participants were not administered 2 items of the partner approval subscale. This subscale was still included in validity analyses, though these results should be viewed tentatively.

Self Esteem. The Rosenberg Self Esteem Scale (RBSS; Rosenberg, 1965) was used to assess individuals' beliefs about their self-worth. Participants rated 10 statements on a 4 point

scale (1 =*strongly agree*, 4 = *strongly disagree*). Research suggests that this measure exhibits similar characteristics regardless of whether it is administered via a paper or computer based survey (Vispoel, Boo, & Bleiler, 2001). The measure has also demonstrated good internal consistency (Orme, Reis, & Herz, 1986; Schmitt & Bedeian, 1982) and concurrent validity (Harborg, 1993).

Approach/Avoidance Motives. General approach/avoidance motives were assessed using the Behavioral Inhibition Scale/Behavioral Avoidance Scale (BIS/BAS; Carver & White, 1994). The 24 items of this scale gauge an individual's sensitivity to reward, i.e., "I'm always willing to try something new if I think it will be fun," and punishment, "I worry about making mistakes." Items are rated on a 4 point scale (1 = *very true for* me, 4 = *very false for me*). During initial item development cronbach's alpha of the behavioral inhibition, drive, and reward responsivity scales were adequate, while the fun scale exhibited questionable internal consistency (Carver & White, 1994). Approach/avoidance methods of coping were addressed using the COPE Inventory (Carver, Scheier, & Weintraub, 1989). This 60 item measure is rated on a 4 point scale (1 = *I usually don't do this at all*, 4 = *I usually do this a lot*). A representative item is, "I keep myself from getting distracted by other thoughts or activities." The scales of interest for the present study, active coping, denial, and behavioral disengagement, exhibited questionable to good internal consistency in prior research(Carver, Scheier, & Weintraub, 1989).

Self-Construal Motives. Interdependent self-construal was assessed using the Relational-Interdependent Self-construal Scale (RISC; Cross, et al., 2000). This 11 item measure assesses the degree to which a person is motivated by maintenance of close relationships. The RISC has demonstrated good internal consistency and test-retest reliability (Cross, et al., 2000; Cross, Gore, & Morris, 2003). The 11 item Independent Self-construal Scale (Hackman, Ellis,

Johnson, & Staley, 1999) was used to examine independent self-construal. This scale is meant to assess the degree to which individuals are motivated by fostering an autonomous identity. It demonstrated adequate to good internal consistency in several international samples of college students (Hackman, et al., 1999).

Sexual Beliefs and Attitudes. The Multidimensional Measure of Comfort with Sexuality – Short Form (MMCS-SF; Tromovitch, 2011) is a 9 item measure that was used to assess participants' comfort with their sexual life, discussing sex, and comfort with others' sexuality. Respondents rate each item such as, "I enjoy the opportunity to share my personal views about sexuality," on a 6 point scale (1= *strongly disagree*, 6 = *strongly agree*). The Sexual Beliefs Scale (SBS; Muehlenhard & Felts, 1998) is a 40 item measure which contains 5 subscales which measure the following beliefs: 1. Men should dominate women in sexual interactions 2.) Women enjoy force in sexual situations 3.) A man is justified using force in a sexual situation when a woman "leads him on" 4.) Women often engage in token resistance 5.) Women have the right to refuse sex at any point. Each item is rated on a 5 point scale (1 = completely disagree, 5 = completely agree). The Sexual Consent Scale – Revised (SCS-R; Humphreys & Brousseau, 2010) was used to assess participants' beliefs, attitudes, and behaviors related to communicating sexual choices. This 40 item measure is rated on a 7 point scale (1 = *strongly disagree*, 7 = *strongly agree).* A representative item is, "I feel that verbally asking for sexual consent should occur before proceeding with any sexual activity." Sexual Assertiveness, the belief that one can effectively communicate their needs in sexual situations, was measured using the Hurlbert Index of Sexual Assertiveness (Hurlbert, 1991) Twenty-five items such as, "I enjoy sharing my sexual fantasies with my partner," are rated on a 5 point scale (0 = *all of the time*, 4 = *never*). The Sexual Dysfunctional Beliefs Questionnaire (SDBQ; Nobre, Gouveia, & Gomes, 2003) was used

to assess dysfunctional beliefs and expectations about sexuality. The 40 items are rated on a 5 point scale (1 = *completely disagree, 5 = completely agree*). A representative item from the male version of the scale is, "Men who are not capable of penetrating women can't satisfy them sexually." An example from the female version is, "Masturbation is not a proper activity for respectable women." The motherhood primacy subscale of the female version of the SDBQ will not be examined, as procreation motives were not a focus of the present study.

Self-Silencing. The care as self-sacrifice and silencing the self subscales of the Silencing The Self Scale (STSS; Jack & Dill, 1992) will be used to measure the degree to which individuals sacrifice their own needs for the good of their romantic relationships. The 31 item measure asks respondents to rate each item on a 5 point scale (1 = *Strongly Disagree* 5 = *Strongly Agree*). A representative item is, "I don't speak my feelings in an intimate relationship when I know they will cause disagreement." Among samples of female undergraduates, domestic violence shelter residents, and recently pregnant substance abusers the STSS exhibited test-retest reliability and good to excellent internal consistency (Jack & Dill, 1992). In the present sample internal consistency of the care as self sacrifice subscale was questionable, thus, results should be interpreted cautiously.

Attachment. The Experiences in Close Relationships Scale (Brennan, Clark, & Shaver, 1998) was utilized to assess participants' attachment styles in adult relationships. Participants were asked to think about their current or most recent dating partner. Representative items are, "I need a lot of reassurance that I am loved by my partner," and, "I try to avoid getting too close to my partner." Items are rated on a 7 point scale (1 = *disagree strongly*, 7 = *agree strongly*). Responses are averaged such that higher scores indicate higher attachment and avoidance, respectively. This measure demonstrates convergent validity when compared with other

measures of anxiety and avoidance (Brennan, et al., 1998), and high internal consistency (Impett, Gordon, & Strachman, 2008).

Unwanted Consensual Sex. History of unwanted consensual vaginal, oral, and anal sex was assessed using 3 items adapted from Genzler and Kerns (2004). For example, to assess unwanted consensual vaginal sex participants will be asked, "Since the age of 14 how many times have you willingly consented to vaginal sex even though you didn't want to? Only consider times when the other person was not pressuring you."

Sexual Victimization History. Adult sexual victimization was assessed with the *Sexual Experiences Survey* (SES; Koss, Abbey, Campbell, Cook, & Norris, et al., 2007), a 10 item self-report measure of respondents' unwilling experiences of sexual contact. A representative item is, "How many times have you had sexual intercourse when you didn't want to because you were overwhelmed by a man's continual arguments and pressure?" Participants provide two separate ratings for each type of experience on a 4 point scale (0 = never happened, 1 = once, 2 = twice, 3+ = 3 or more times). The first rating indicates how many times they had each experience in the past year. The second rating indicates the number of times since age 14. Childhood sexual abuse, activity occurring before the age of 14 was assessed using the Childhood Trauma Questionnaire – Short Form (CTQ-SF; Bernstein et al., 2003). This 28 item measure asks participants whether or not they experienced a variety of potentially harmful experiences while they were growing up. A representative item is, "Someone tried to make me do sexual things or watch sexual things." Items are rated on a 5 point scale (1 = *never true*, 5 = *very often true*). Internal consistency for these measures is not reported as use of cronbach's alpha to evaluate the assessment of rare events is statistically inappropriate (Turner, & Wheaton, 1995).

Female Only Measures

Feminine Gender Role Adherence. Female participants completed the Adolescent Femininity Ideology Scale (AFIS; Impett, Schooler, & Tolman, 2006; Tolman & Porche, 2000), a 17 item self-report measure with two subscales: inauthentic self in relationships (9 items) and objectified relationship with body (8 items). Respondents indicate their level of agreement with each item on a 6 point scale (1 = *strongly disagree*, 6 = *strongly agree*). Representative items include, "Often I look happy on the outside in order to please others, even if I don't feel happy on the inside" and "I am more concerned about how my body looks than how my body feels". The authors of this scale report evidence of reliability and convergent validity.

Feminine Gender Role Stress. The 39 item Feminine Gender Role Stress Scale (FGRS; Gillespie & Eisler, 1992) was utilized to assess women's self-perceived failure to live up to traditional feminine roles across 5 domains including fear of unemotional relationships, fear of physical unattractiveness, fear of victimization, fear of behaving assertively, and fear of not being nurturing. Women are asked to rate the amount of stress they would experience in scenarios corresponding with each domain on a 6 point scale (1 = *not at all stressful*, 6 = *extremely* stressful). A representative item from the fear of behaving assertively scale is, "Making sure you are not taken advantage of when buying a house or car." Items are summed such that a higher score indicates a greater tendency to experience stress in each respective domain. This measure has shown adequate internal consistency in adult Australian women (Mussap, 2007). Good internal consistency and test-retest reliability have also been found among college women (Gillespie & Eisler, 1992).

Male only measures

Male Gender Role Adherence. Men will complete the Male Role Norms Inventory (MRNI; Levant & Fisher, 1998). The MRNI assesses men's beliefs in the importance of

traditional standards for male behavior. Participants rate items involving avoidance of femininity, rejection of homosexuals, self-reliance, aggression, achievement/status, attitudes toward sex, and restrictive emotionality on a 7 point scale (1 = *strongly disagree,* 7 = *strongly agree*). Items from the first 7 subscales are averaged, such that higher score more traditional masculine ideology. The final subscale, nontraditional attitudes about male behavior, was not utilized in the present study. In past studies the measure has demonstrated discriminant and convergent validity (Levant & Fischer, 1998).

Masculine Gender Role Stress. The 40 item Masculine Gender Role Stress Scale (MGRS; Eisler & Skidmore, 1987) was utilized to assess men's self-perceived failure to live up to traditional feminine roles across 5 domains including fear of physical inadequacy, emotional inexpressiveness, subordination to women, intellectual inferiority, and performance failure. Men are asked to rate the amount of stress they would experience in scenarios corresponding with each domain on a 6 point scale (0 = *not at all stressful,* 5 = *extremely* stressful). A representative item from the performance failure scale is, "Finding you lack the occupation skills to succeed." Items are summed such that a higher score indicates a greater tendency to experience stress in each respective domain. The MGRS has demonstrated good internal consistency (Jakupcak, Lisak, & Roemer, 2002) and construct validity (Eisler et al., 1988).

Data Analytic Plan

As stated previously the goal of the proposed project is to empirically identify a parsimonious model of the conceptual factors underlying individuals motives for consensual sex from a set of variables which have been identified based on theory. Exploratory factor analysis (EFA) will be utilized to this end. As discussed by Fabrigar et al. (1999), this method is distinct from principal component analysis (PCA) which is commonly utilized among social scientists

for measure development. The goal of the former is to identify latent constructs based on the relationships between variables, while the latter is a data reduction approach which seeks to preserve the scores (and the factors they represent) obtained from a larger pool of items, using fewer items. An oblique rotation will also be utilized. This method allows factors to correlate with one another as would be expected if multiple avoidance/approach and independent/interdependent motives are obtained. Factors will be selected using eigen values and scree plots. Items that exhibit low factor loadings or that demonstrate high cross-loading (correlations with multiple factors) will be removed. Cronbach's alpha will be reported for the resultant subscales.

Generally, correlational analyses will be run between subscales and measures of convergent and discriminant validity. The association between attachment styles and subscales will be evaluated using moderation analyses in which attachment anxiety, attachment avoidance, and their interaction are simultaneously regressed onto each factor. Decomposition of any significant anxiety X avoidance product terms will allow for the evaluation of sexual motives for individuals at differing levels of each variable. Finally, differences in motive scores according to gender and sexual history will be evaluated using *t*-tests.

Chapter 3: Results

Exploratory Factor Analysis

An exploratory factor analysis was run using principal axis factoring and a promax rotation. This yielded 9 factors with eigen values greater than 1 (Table 1, Appendix A). A scree plot of these factors is presented in Figure 1 (Appendix A). The Kaiser-Meyer-Olkin measure of sampling adequacy equaled .97, surpassing the cut-off of .60 suggested by Tabachnick and Fidell (2001). This statistic indicates that the obtained correlation matrix likely reflects true factors, rather than associations obtained by chance. Based on examination of the eigen values, scree plot, and item content, the first 7 factors were retained. For example, even though the 8th factor possessed an eigen value of 1.25, no items loaded more strongly on this factor compared to other factors. In addition, items with cross-loadings less than .15 difference from the loading on their primary factor were removed, as recommended by Worthington and Whittaker (2006). This resulted in the removal of 36 items. Given Comrey and Lee's (1992) guidelines for qualitative distinctions for factor loadings (i.e., .71 excellent, .63 very good, .55 good, .45 fair, and .32 poor), items with loadings less than .45 were removed (one item). After these steps, factor 7 possessed only 2 items. As Costello and Osborne (2005) suggest that factors which contain fewer than 3 items are weak and unstable, this factor was removed. The final 6 factors consisted of a total of 42 items. Individual items and their factor loadings are listed according to subscales in Table 2 (Appendix A). As shown in Table 2, a single item loaded onto Factor 2 with a value greater than 1. Although such values should not occur with orthogonal rotation methods, they are sometimes obtained using oblique rotation methods (Babakus, Ferguson, & Joreskog, 1987). Evidence supporting more than 1 dimension of sexual motives, characterized by independent/interdependent and approach/avoidance dimensions are consistent with hypotheses

1 and 1a. As stated in hypothesis 1d, no specific predictions were made regarding the factor loadings of items reflecting sexual scripts. These items appear not to have grouped in a single factor. As such, sexual beliefs and attitudes are not examined as potential indicators of convergent and discriminant validity.

Factor 1. The first factor, *Appease-Partner*, consists of 11 items. Item content appears to reflect a desire to prevent a partner from experiencing negative emotions (e.g., *I wanted to avoid hurting the other person's feelings*). Items also involve being motivated to avoid relationship discord (e.g., *I wanted to avoid tension in the relationship*) and acting out of a sense of obligation (e.g., *If I refused, the other person might think I was ungrateful because he or she had done something for me*). In the context of functional theory, *Appease-partner* could be deemed an avoidance sexual motive. Applying self-construal theory, this factor appears to reflect interpersonal motivation.

Factor 2. The second factor, labeled *Prevent-harm*, contained 5 items. Scale items involve preventing negative partner actions such as physical aggression (e.g., *If I refused, the other person might have harmed me physically*) and sexual coercion (e.g., *If I refused, the other person might have forced me to do it*). Conceptually, this factor appears to represent avoidance and interdependence motives, consistent with hypothesis 1c.

Factor 3. The third factor, consisting of 8 items was named *Reassure-Self.* Items reflect efforts to improve self-esteem (e.g., *I thought it would improve my self-esteem or self-image in at least some ways*). Thus, *Reassure-self* appears to involve independent sexual motivation because items involve personal consequences. However, items involve both efforts to avoid negative outcomes (i.e., feeling insecure) and approach positive outcomes (i.e., feel more self-confident). Hence, in terms of functional theory, *Reassure-self* is a mixed approach/avoidance factor.

Factor 4. The fourth factor, labeled *Relational*, contains 8 items which reflect being motivated to make a partner feel good (e.g., *I wanted to satisfy my partner's needs*) or promote positive relationship outcomes (e.g., *I wanted to promote intimacy in my relationship*). Hence, it might be considered an approach interdependence motive.

Factor 5. Factor 5 was composed of 5 items. This factor was named *Reputation* as items involve having sex due to concern about one's status or relationships with their peers (e.g., *I was worried people would think less of me if I didn't have sex*). In terms of self-construal motivation, this motive could be considered interpersonal as it involves a person's relationship with their social group. Regarding functional theory, *Reputation* includes being motivated to promote positive (e.g., *improve my reputation)* and prevent negative outcomes (e.g., *didn't want other people to put me down*). Thus, *Reputation* appears to involve mixed approach/avoidance motivations.

Factor 6. Lastly, factor 6, *Pleasure*, contains 5 items involving seeking personal outcomes such as excitement and sexual satisfaction (e.g., *To feel good*). Theoretically, *Pleasure*, appears to involve approach and independent motives for sex.

Descriptive statistics, Cronbach's alpha values and bivariate correlations among subscales are presented in Table 3 (Appendix A). As can been seen, Cronbach's alphas for all subscales were at least .85, demonstrating excellent internal consistency within each factor. Tolerance values, also presented in Table 3, illustrate that between 41% and 78% of the variance in each factor was not shared by the other 4 factors combined. Thus, although factors are intercorrelated there is also evidence that they possess independent variance. Consistent with prior research, individuals generally reported being more strongly motivated by approach motives than by avoidance motives, as suggested by subscale means (hypothesis 2). Examination

of normality statistics suggested that factor 2 (skewness = 2.15, 95% CI 1.98-2.32) and factor 5 (skewness = 1.64, 95% CI 1.47-1.81) were positively skewed. Thus, means for these sub-scales were log transformed for use in correlations.

As stated in hypothesis 1b, based on functional theory it was expected that scales involving approach sexual motives (*Relational* and *Pleasure*) would be positively correlated with one another and negatively correlated with avoidance motives (*Appease-partner* and *Prevent-harm*). Meanwhile, avoidance motives were expected to exhibit an inverse set of relationships. Based on self-construal theory, interdependent motives (*Appease-partner, Prevent Harm, Relational,* and *Reputation*) would positively correlate with one another while independence motives (*Reassure-self* and *Pleasure*) would also exhibit positive associations. Notably, some of these hypotheses are contradictory. For instance, theory could predict that *Appease-partner* could either positively or negatively correlate with *Relational*. No predictions are made at this stage whether functional or self-construal theory should supersede the other.

Consistent with self-construal theory, *Appease-partner* was positively correlated with *Prevent-harm* (also an avoid interpersonal motive) and *Relational* (an approach interpersonal motive). Unexpectedly, *Appease-partner* was positively correlated with all other motives. *Appease-partner* may correlate with *Reassure-self* and *Reputation* because each scale contains some avoidance items. It may also correlate with Reputation because both involve interdependent motivation. However, according to both functional and self-construal theories *Appease-partner* would be expected to negatively correlate with *Pleasure*, which reflects approach independence motives.

Like *Appease-partner, Prevent-harm* was positively correlated with *Reassure-self* and *Reputation.* Contrary to self-construal theory, *Prevent-harm* was unrelated to *Relational.* Unlike

Appease-partner, *Prevent-harm* did not exhibit an unexpected positive correlation with *Pleasure* but it was also not negatively correlated with *Pleasure* as anticipated according to both functional and self-construal theories.

Both mixed motive factors, *Reassure-self* and *Reputation*, were positively correlated with all other factors, with the exception of the lack of an association between *Reputation* and *Relational*. These findings are consistent with functional theory given that each factor appears to involve both approach and avoidance motivation. However, self-construal theory would predict that these factors would relate differently to other SMQ scales according to their orientation toward self or others.

Relational positively correlated with all other scales except *Prevent-harm* and *Reputation*. The lack of association between *Relational* and *Prevent-harm* is consistent with functional theory and inconsistent with self-construal theory. Meanwhile, the lack of association between *Relational* and *Reputation* is surprising given that both factors involve elements of interpersonal and approach motivation.

Pleasure positively correlated with all other scales except *Prevent-harm*. These results conflict with functional theory and self-construal, which would predict that *Pleasure* would negatively correlate with *Appease-partner.* Meanwhile, the positive correlation between *Pleasure* and *Relational* is consistent with functional theory and inconsistent with self-construal theory.

Convergent and Discriminant Validity

Descriptive characteristics of convergent and discriminant validity measures are presented in Table 4. Based on theory and because of the observed correlations, some scales of the SMQ were expected to relate to measures of convergent and discriminant validity in a similar

fashion. For example, because *Appease-partner* and *Prevent Harm* both appear to be avoidance interpersonal motives they may both positively relate to behavioral inhibition and relational self-construal. Similarly, while *Relational* and *Pleasure* each involve seeking positive outcomes they may exhibit parallel patterns across validity measures. Meanwhile, since *Relational* shares an interpersonal facet with the avoidance interpersonal motives, this scale may relate to validity measures similarly to the *Appease-partner* and *Prevent Harm*. On the other hand, *Pleasure*, should exhibit a pattern of associations that is dissimilar from the avoidance interpersonal scales. Thus, validity measures are discussed across scales of the SMQ.

Sexual Motives. Correlations between subscales and select validity measures, including the Sex Motives Scale are presented in Table 5 (Appendix A). Consistent with hypothesis 3, results indicate that each factor on the SMQ correlates most strongly with the most conceptually related scale on the SMS. For instance, *Appease-partner* and *Prevent-harm* were positively and most strongly associated with partner approval. *Reassure-self* exhibited its strongest positive association with self-affirmation while *Relational* was most strongly correlated with intimacy. Similarly, the *Reputation* and *Pleasure* scales on the SMQ exhibited the highest positive correlations with the peer approval and enhancement scales of the SMS, respectively.

More generally, it was expected that any approach oriented motives that emerged on the SMQ would positively correlate with approach motives and negatively correlate with avoidance motives on the SMS (Hypothesis 3a). Mixed support was obtained for this hypothesis. For instance, the *Relational* subscale of the SMQ was positively correlated with the enhancement subscale of the SMS. These scales involve seeking positive outcomes from partners and for the self respectively. However, the *Pleasure* scale of the SMQ failed to exhibit significant negative correlations with the partner approval, coping, or self-affirmation scales of the SMS, instead

exhibiting positive correlations with the latter two subscales. Avoidance scales on the SMQ were expected to produce a pattern of correlations opposite to those of the approach scales. This hypothesis was also partially supported. For example, the *Appease-partner* and *Prevent Harm* subscales were positively related to the cope scale of the SMS; however, they were not negatively correlated with intimacy or enhancement.

Self-construal motives. Mixed support was obtained for hypothesis 4, that SMQ scales would correlate with self-construal measures based on independent/interdependent dimensions. As hypothesized (4a), independent self-construal was negatively associated with two of the interdependent motives scales, *Appease-partner* and *Prevent-harm*. However, it was not negatively associated with the single approach interpersonal motive, *Relational,* as expected. Independent self-construal also failed to exhibit the anticipated positive correlation with the approach independent motive, *Pleasure*. Taken together, these results suggest that independent self-construal is negatively related to avoidance interdependent sexual motives but is unrelated to all approach sexual motives. Contrary to hypotheses (4b) relational self-construal was negatively associated to the two avoidance interdependence motives. Meanwhile, it was positively related to *Relational*, as expected. In sum, relational self-construal appears to be negatively associated with avoidance sexual motives and positively related to approach interpersonal sexual motives.

Approach/avoidance motives. In general, support was found for hypothesis 5, that SMQ scales would correlate with behavioral activation and behavioral inhibition measures based on approach/avoidance dimensions. Consistent with hypotheses (5a), the drive and fun subscales of the BAS were positively related to the *Pleasure* subscale of the SMQ (Table 5) and unrelated to subscales involving interpersonal avoidance motives (5b). Reward responsiveness was significantly and positively related to both approach oriented subscales (*Relational* and *Pleasure*;

hypothesis 5a) and was significantly and negatively related to the two interpersonal avoidance scales (*Appease-partner* and *Prevent-Harm*). Reward responsiveness was also negatively correlated with both mixed motives scales, *Reassure-self* and *Reputation*. Mixed results were obtained for active coping (hypothesis 6a), which was positively correlated with *Relational* but not *Pleasure*. As hypothesized (hypothesis6b), denial was positively associated with both avoidance motives. In addition, denial was also positively correlated with both mixed motives. A similar pattern of results was observed between behavioral disengagement and the SMQ scales.

Self-esteem. As stated in hypothesis 7, no specific predictions were made regarding how SMQ factors would relate to self-esteem. Self-esteem was negatively correlated with all sub-scales except pleasure. *Reassure-self,* the factor that contains item content related to self-esteem, exhibited the largest correlation with self-esteem.

Self Silencing. Generally, support was found for hypothesis 8, that SMQ scales would correlate to self-silencing schemata based on independent/interpersonal dimensions. As expected (hypothesis 8a), silencing the self was positively associated with avoidance but not approach interpersonal motives. Silencing the self was also positively associated with *Reassure-self* and *Reputation* motives. Consistent with expectations (hypothesis 8b), care as self-sacrifice correlated positively with approach interpersonal goals. Meanwhile, care as self-sacrifice was related to *Appease-partner* but not *Prevent-Harm*.

Sexual Assertiveness. Hypothesis 9, that SMQ scales will correlate with sexual assertiveness based on approach/avoidance dimensions, was supported. As anticipated (hypotheses 9a and 9b) sexual assertiveness was negatively correlated with both avoidance factors and positively correlated with both approach factors. Meanwhile sexual assertiveness also exhibited negative correlations with both mixed motive factors.

Attachment. Separate regression analyses were used to examine the relation between attachment styles and each type of sexual motivation. *Appease-partner* motivation was simultaneously regressed on attachment anxiety, attachment avoidance, and the anxiety x avoidance interaction. To reduce collinearity among the main effects and the product term, attachment anxiety and avoidance were centered before forming the product term (Cohen, Cohen, West, & Aiken, 2003). Generally, results are contrary to hypothesis 10, that SMQ scores would vary according to attachment styles. Rather, in most cases main effects were observed for attachment avoidance and anxiety respectively. Contrary to expectations (hypotheses 10a and 10d), the anxiety x avoidance interaction was not significant (B =.03), $t(784) = .83$, $p = .41$. However, a main effect was observed for attachment anxiety (B = .43), $t(784) = 10.46$, $p < .001$, such that individuals high in this trait reported higher *Appease-partner* motives on average. Attachment avoidance was also positively associated with *Appease-partner* motivation (B = .17), $t(784) = 4.29$, $p < .001$.

Moderation analyses examining the effect of attachment on *Prevent-harm* motives suggested that the interaction between attachment and anxiety neared significance (B = .06, $t(784) = 2.60$, $p = .01$). The interaction was decomposed by testing the simple slope of avoidance for those at high and low anxiety (i.e., 1 standard deviation above and below the mean level of anxiety). *Prevent-harm* and avoidance were positively related for those low in anxiety (B = .11), $t(784) = 3.01$, $p <.01$, and positively associated for those with high anxiety (B = .24), $t(784) = 6.01$, $p < .001$. When the simple slope of anxiety was tested for those at high and low avoidance (i.e., 1 standard deviation above and below the mean level of avoidance) *Prevent-harm* and anxiety were unrelated for those low in avoidance (B = .07), $t(784) = 1.73$, $p = .08$, and positively related for those high in avoidance (B = .22), $t(784) = 5.76$, $p < .001$ (*see* Figure 2). In

other words, high attachment avoidance (which is a feature of fearful and avoidant attachment styles) is associated with higher *Prevent-harm* motives irrespective of attachment anxiety. Meanwhile, attachment anxiety is only positively associated with *Prevent-Harm* at high levels of avoidance (as in fearful attachment style) but not at low levels of avoidance (as in preoccupied attachment style). These results provide partial support for hypotheses 10a-d.

The anxiety x avoidance interaction was not related to *Reassure-self* motives (*B* =.03), *t*(784) = .70, *p* = .48. A main effect was observed for attachment anxiety (*B* = .57), *t*(784) = 12.22, *p* < .001, such that individuals high in this trait reported higher *Reassure-self.* Attachment avoidance was also positively associated with *Reassure-self* motivation (*B* = .15), *t*(784) = 3.42, *p* = .001.

Contrary to hypotheses, the anxiety x avoidance interaction was not related to *Relational* motives (*B* =.00), *t*(784) = -.09, *p* = .93. Attachment anxiety was positively (*B* = .37), *t*(784) = 8.23, *p* < .001, associated with *Relational* motives. Attachment avoidance was negatively associated with *Relational* motivation (*B* = -.33), *t*(784) = -7.82, *p* < .001.

The anxiety x avoidance interaction was not related to *Reputation* motives (*B* =.02), *t*(784) = .77, *p* = .44. On average, high attachment anxiety was associated with high *Reputation* motivation (*B* = .22), *t*(784) = 6.09, *p* < .001. Attachment avoidance was also positively associated with *Reassure-self* motivation (*B* = .21), *t*(784) 6.09, *p* < .001.

Finally, the anxiety x avoidance interaction was also unrelated to *Pleasure* motives (*B* = -.05), *t*(784) = -1.54, *p* = .125. A main effect was observed for attachment anxiety (*B* = .16), *t*(784) = 3.98, *p* < .001, such that individuals high in this trait reported higher *Pleasure* motives. Attachment avoidance was unrelated to *Pleasure* motivation (*B* = -.08), *t*(784) = -2.15, *p* = .03.

Sexual History Comparisons

Subscale scores are presented according to sexual victimization status in Table 6 (Appendix A). As expected (hypotheses 11a and 11b), victimization history was associated with higher avoidance sexual motives. Specifically, participants with a history of CSA reported greater *Appease-partner*, *Prevent-harm*, and *Reassure-self* motives. Participants with rape also reported higher *Appease-partner*, *Prevent-harm*, and *Reassure-self* motives, compared to those lacking adulthood victimization. SMQ scores according to history of consenting to unwanted sex are listed in Table 7 (Appendix A). Consistent with hypotheses (11c), sexual motives also differed according to history of unwanted consensual sex. Individuals who reported to consenting to unwanted sex since the age of 14 scored higher on average on the *Appease-partner*, *Reassure-self*, and *Relational scales*.

Exploratory Gender Analysis

According to hypothesis 12, associations between the SMQ and both categorical and dimensional measures of gender were examined without specific predictions regarding the results. SMQ subscale scores are presented according to gender in Table 8 (Appendix A). On average, men reported greater *Prevent-harm*, *Reassure-self*, *Reputation*, and *Pleasure* motives compared to women. Meanwhile, women did not report greater mean scores relative to men on any subscale.

Female

Descriptive characteristics of measures administered to women only are displayed in Table 9 (Appendix A). Correlations between these measures and SMQ scales are listed in Table 10 (Appendix A).

Feminine Gender Role Stress. All subscales on the FGRS correlated positively with the single approach interpersonal subscale, *Relational*. Physical unattractiveness was also positively

correlated with *Appease-partner* and *Reassure-self*. The victimization scale of the FGRS failed to exhibit a significant relationship to the *Prevent-harm* scale of the SMQ. The being assertive scale of the FGRS scale was also unrelated to any avoidance or mixed motive scales.

Adolescent Feminine Ideology. The inauthentic self scale of the AFIS was positively associated with all interdependence and avoidance scales. It was also positively correlated to both mixed motives scales and was unrelated to *Pleasure*. Body objectification related to all avoidance and mixed motives scales; however, it was unrelated to both approach motives.

Male

Descriptive characteristics of measures administered to men only are displayed in Table 11 (Appendix A). Correlations between these measures and SMQ scales are listed in Table 12 (Appendix A).

Masculine Gender Role Stress. Physical inadequacy was positively associated with *Appease-partner*, *Reassure-self*, *Reputation*, and *Pleasure*. Emotional inexpressiveness and subordination to women were positively correlated with all mixed motive and avoidance motive scales. Performance failure was positively correlated with *Appease-partner*, *Prevent-harm*, *Reassure-self*, and *Reputation*.

Male Role Norms Inventory. The attitudes toward sex subscale of the male role norms inventory was positively associated with *Appease-partner*, *Prevent-harm*, *Reassure-self*, and *Reputation*. Taken together these results suggest that both gender role strain and traditional masculine ideals about sex are associated with variability in sexual motives among males.

Chapter 4: Conclusion

The present study described the development of the SMQ, a theoretically informed measure of motives for consensual sex. Exploratory factor analysis yielded six factors which accounted for over half of the variance observed in the data. Factors were generally consistent with functional and self-construal theories of motivation. The resultant subscales included two interpersonal avoidance scales (*Appease-Partner* and *Prevent-Harm*), one interpersonal approach scale (*Relational*), and one independent approach scale (*Pleasure*). Based on item content the underlying motivational characteristics of the remaining two factors (*Reputation* and *Reassure-self*) was less clear; however, inferences may be drawn from relations between these scales and validity measures.

Although two items of the *Reputation* scale could be interpreted at face value to imply approach motives (i.e., *I thought it would improve my reputation among my friends and acquaintances*, and *I thought it would give me something to talk about with my friends and acquaintances*), the scale as a whole related to validity measures in a way that suggests avoidance motives. Specifically, *Reputation* was negatively related to reward responsiveness and sexual assertiveness. Simultaneously, *Reputation* was positively related to denial, behavioral disengagement, and silencing the self. A similar pattern of results were observed for *Reassure-self* which also contains items with a seemingly approach theme (i.e., *I thought it would improve my self-esteem or self-image in at least some ways*). Based on this preliminary data it appears that the SMQ possesses 4 avoidance factors overall. Two factors that involve avoiding negative consequences specifically related to a sexual partner, 1 factor that involves avoiding negative emotions and self-image, and 1 factor that involves avoiding negative social consequences.

Future research using structural equation modeling could determine whether the SMQ scales represent 6 distinct constructs or whether there is a higher order approach avoidant structure.

Notably, although *Appease-partner* and *Prevent-Harm* were both conceptualized as avoid interdependence motives, these scales differed in their relation to some validity measures and to other scales on the SMQ. It may be that there is a qualitative difference between being motivated to have sex to avoid negative emotional and relational outcomes associated with a partner versus having sex to avoid threats to one's physical and sexual integrity from a sexual partner. For instance, *Appease-Partner,* but not *Prevent-harm,* was positively correlated with care as self-sacrifice. This suggests that individuals who believe they must minimize their own needs to maintain relationships may be motivated to have sex to avoid conflict, without fearing personal harm.

Convergent and discriminant validity results suggest that the SMQ scales relate to constructs identified by prior research as important to sexual motivation and motivation for behavior more generally. Foremost, although over half of the items administered to the current sample were not items adapted from the SMS (Cooper, et al., 1998), SMQ scales appear to be conceptually related to SMS scales based on item content. Significant correlations across measures also suggest that the SMQ is composed of factors consistent with prior research. However, mixed support was obtained for the proposed association between the SMQ and self-construal dimensions. Generally, interpersonal SMQ scales were either negatively correlated with or unrelated to independent self-construal, as expected. Although interdependent self-construal was positively associated with the single approach interdependent motive, *Relational,* it was unrelated to *Appease-Partner,* and negatively associated with *Prevent Harm.* Examination of the measure used to assess this construct (Relational-interdependent Self-Construal Scale;

Appendix A) suggests that items reflect positive or affiliative dimensions of defining one's self in relation to others (e.g., *My sense of pride comes from knowing who I have as close friends*). Conceptually, this construct could also include negative elements of relational construal such as experiencing shame or distress when one acts inconsistently with others' values. Thus, the lack of association between these measure and avoidance SMQ scales may be due, in part, to the positive valance of the former instrument.

Findings regarding self-silencing schemata also generally supported the validity of the SMQ. As predicted, care as self-sacrifice was positively related to avoidance and approach interdependent motives. This suggests that both of these motives involve prioritizing the sexual needs of others to achieve specific relational outcomes. Moreover, the positive association between silencing the self and avoidance sexual motives, suggests that this group of scales may be associated with the belief that one must inhibit their own sexual feelings (or lack thereof) to mitigate conflict.

In general, high attachment anxiety was associated with greater scores across SMQ scales. Broadly, sensitivity to the availability of attachment figures and need for reassurance from such figures is associated with higher motivation for consensual sex. An exception to this finding was observed regarding the *Prevent-Harm* scale which was only associated with attachment anxiety at high levels of avoidance (as in fearful attachment style) but not at low levels of avoidance (as in preoccupied attachment style). Individuals with the former style are vigilant to attachment concerns and tend to rely on avoidance as a means to cope with fear of being hurt or rejected (Fraley & Bonanno, 2004). Individuals with avoidant attachment style, who tend to take a self-reliant stance in relationships, also exhibited higher *Prevent-harm motives.*

A positive main effect of attachment avoidance was observed for *Appease-partner*, *Prevent-harm, Reassure-self,* and *Reputation*. Meanwhile, attachment avoidance was negatively associated with *Relational* and unrelated to *Pleasure* motives. It may be that individuals who engage in sex for relational motives are less likely to withdraw in interpersonal situations more generally. Failure to find consistent relations between attachment styles and sexual motives across scales may be related to measurement issues. Research with engaged couples suggest that the association between self-reported attachment and collaboration during experimental observations is moderated by individuals' appraisals (Roisman, et al., 2007). More specifically, anxiety and avoidance are negatively correlated with collaboration when the interaction is appraised as stressful versus positive. Thus, although developmental models of attachment posit that anxiety and avoidance will predict interpersonal outcomes regardless of stress, the predicative validity attachment as assessed by self-report measures may be limited to stress or conflict specific contexts. It may be that sexual motives are differentially associated to self-reported attachment based on whether or not an individual's consensual sexual encounters meet these criteria.

Results also suggested that individuals with a history of sexual victimization report greater avoidance sexual motives than non-victims. Foremost, these findings speak to the validity of the *Prevent-harm scale,* given that sexual abuse survivors may be more likely to be motivated by the negative consequences of sexual non-compliance. The results also highlight the fact that assessing sexual behavior, even experiences that individuals personally define as explicitly consensual, may require sensitivity to the impact of prior victimization. Additionally, individuals with a history of UWCS reported greater interdependent motive scores compared to individuals

without this history. This speaks to construct validity by demonstrating that these scales are related to a behavioral sexual outcome, involving concern for the sexual needs of others.

As mentioned previously, although behavioral approach and avoidance are often construed as basic dispositional tendencies does not mean that these dimensions are not impacted by gender and power. The present study failed to find clear evidence of a gendered perspective on functional motives. For instance, men reported greater pleasure motives than women and among women feminine ideology was positively associated with avoidance motives; however, men also reported higher motives than women across several avoidance subscales. Wingwood and DiClemente (2000) provide a comprehensive framework for understanding sexual behavior in the context of gender and power. They propose that risks for negative outcomes are generated by gendered imbalances in division of labor (e.g. socioeconomic status), power (e.g. exposure to physical and sexual assault), and cathexis (e.g. social norms). According to this theory the impact of gender and power on human sexual behavior will be most accurately modeled using a combination of these variables rather than by examining them individually.

Items reflecting sexual discourse were administered with no specific expectations regarding how they would relate with other motives. As a result of exploratory factor analysis, no distinct sexual discourse factor emerged. Instead, one motive reflecting the male sexual drive discourse, loaded onto the *Appease-partner* factor. Meanwhile, while the relational subscale was conceptualized as an approach interpersonal motive based on functional and self-construal theories, the content of items also reflect the ethos of the have/hold discourse. Though this discourse is thought to reflect and impact societal expectations for female sexual behavior, men and women reported similar relational scores. When gender was examined continuously among women, *Relational* was positively associated with social constructionist and gender role strain

measures of femininity. Simultaneously, *Relational* was unrelated to both types of masculinity measures. It may be irrespective of gender, individuals are motivated for approach interpersonal goals based on the same dispositional characteristics that guide other types of behavior; however, for more feminine women the scale may also reflect the operation of sexual discourse.

While these trends my reflect traditional sexual discourse, it is also possible that Reputation motives illustrate sexual discourse, unique to the population the generation of college students sampled, that have not yet been fully articulated in the literature. In their qualitative study of young adults sexual experiences Holland and associates (2004) describe the prevalence of performance stories among males suggesting that sharing sexual experiences with one's peers, "can undermine other men while maintaining collective masculinity, and ridicule from one's peers serves as an instrument of control to ensure that the ideal of male heterosexuality is pursued" (pg. 146). In the same study, women discuss the importance of not being perceived by peers as a tease. Thus, among both young heterosexual men and women, being motivated to have sex in order to be able to talk with and be evaluated favorably amongst peers may reflect a complimentary performance discourse. This conceptualization is in line with Tolman's (2006) assertion that researchers will gain a better understanding of human sexuality by viewing masculine and feminine behaviors as opposite sides of the same coin, both functioning to sustain male hegemony, rather than constructing masculine and feminine as opposite forces.

The present research advanced knowledge on sexual motivation in several ways. This study was the first to assess both dispositional motives and contextual motives such as fear of harm as a consensual sex motive in a large mixed gender sample. The fact that such a wide range of motives were sampled, makes it likely that the SMQ possesses content validity. Additionally, results suggest that fear of harm motives are important; however, the SMQ distinguishes between

consensual and non-consensual sex, a distinction that has been made inconsistently in prior research. Moreover, the creation of factors using data from men and women allows for future empirical examination of gender differences. Furthermore, methodological decision's (e.g., sample size, factor analysis techniques) were based on statistical research and theory, increasing the likelihood that results accurately represent trends in the data. Limitations of the present study include questionable generalizability. The current simple consisted of predominately Caucasian, heterosexual, unmarried college students. Thus it is unclear whether the same pattern of sexual motives would emerge in other samples such as married persons or sexual minorities.

Confirmatory factor analysis is needed to validate the factor structure obtained in the present study. Such methods may also be used to determine whether the SMQ exhibits measurement invariance according to factors such as gender and relationship status. Additionally, recruitment efforts geared specifically toward racial/ethnic and sexual minority individuals may be necessary in order to assess the factor structure among these populations. Further research is also needed to evaluate other properties such as the SMQ such as test-retest reliability and predicative validity. In terms of the latter, the SMQ should exhibit unique associations with variables such as sexual risk taking and sexual satisfaction above and beyond the effects of other existent sexual motives measures.

Results of the present study are also suggestive of hypotheses that could be tested with the validated SMQ. For instance, the SMQ could be used to examine the mechanisms behind therapy aimed at improving the quality of sexual interactions between committed partners from an attachment framework such as Emotionally Focused Couple Therapy (EFT; Johnson & Zuccarini, 2009). EFT does not aim to alter attachment styles per say; rather, it seeks to reduce both attachment anxiety and avoidance in order to foster a secure bond. As SMQ scales were

generally related to self-report attachment anxiety and avoidance, they may be an appropriate means to test the EFT paradigm.

Results may also inform future attempts to clarify the inconsistent patterns of gender differences and similarities in sexual motives which have been observed across studies. For example, while men reported being more motivated by several factors compared to women, across genders sexual victimization and history of unwanted consensual sex were associated were associated with higher scores on subscales. Meanwhile a large body of research has documented that women are raped more frequently than men (e.g., Basile, Chen, Black, & Saltzman, 2007; Slashinski, Coker, & Davis, 2003). At the same time, when men are raped they are just as likely as women to experience deleterious outcomes such as Posttraumatic Stress Disorder (Creamer, Burgess, & McFarlane, 2001). Thus, experiences that differ by gender, such as some types of victimization, may moderate the association between gender and sexual motives.

The present research synthesized dispositional theories of motivation and feminist research on contextual factors to create a comprehensive measure of motives for consensual sex. Additional research is needed to validate the SMQ, although the preliminary data suggests that this measure is consistent with prior research. Upon validation, the SMQ has the potential to examine the relation between sexual motives and sexual health and functioning, and the impact of sexual victimization on these domains.

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Appendices

Appendix A: Tables and Figures

Table 1

Eigenvalues and percentages of variance explained in Principal Axis Factoring of the Sexual Motives Questionnaire

Factor	Eigenvalue	% Variance Explained	% Cumulative Variance Explained
1	31.70	39.13	39.13
2	7.17	8.85	47.99
3	3.92	4.83	52.82
4	2.50	3.09	55.91
5	2.24	2.76	58.67
6	1.71	2.12	60.78
7	1.58	1.95	62.74
8	1.25	1.54	64.28
9	1.20	1.48	65.76

Note. All factors are unrotated

Table 2

Sexual Motives Questionnaire items and factor loadings according to subscale

Factor	Order administered	Item	Factor loading
1. Appease-partner	58	I wanted to avoid hurting the other person's feelings	.82
	9	To prevent the other person from becoming upset	.94
	44	I wanted to avoid tension in the relationship	.82
	39	I was afraid that refusing might make me seem selfish	.75
	46	The other person made the first move and I did not want him/her to feel rejected	.70
	42	The other person would be disappointed in me if we didn't have sex	.75
	53	I didn't want to disappoint him/her	.85
	20	I did not want the other person to think I did not care about them	.79
	38	If I refused, the other person might think I was ungrateful because he or she had done something for me	.63
	76	Refusing sex would have made me feel guilty	.54
	54	The other person was aroused so I didn't want to stop them	.67
2. Prevent-harm	51	If I didn't the other person would cause trouble or make a scene	.62
	40	If I refused, the other person might have forced me to do it	.83
	34	If I refused, the other person might have harmed me physically	1.04
	22	They might have made me do it anyway	.83
	7	If I refused, the other person would carry out some kind of threat against me	.65
3. Reassure-self	31	Feel better about myself	.85
	14	I thought it would improve my self-esteem or self-image in at least some ways	.90
	11	To reassure myself that I'm desirable	.83
	29	Prove my attractiveness	.77
	41	Assure myself that I'm sexy	.80
	15	I thought it would help me deal with feeling inadequate	.77
	6	To make myself feel more self-confident	.83
	48	To deal with feeling insecure	.65

Table 2. Continued.

Factor	Order administered	Item	Factor loading
4. Relational	68	I wanted to express love for my partner	.92
	67	I wanted to promote intimacy in my relationship	.81
	37	I wanted to feel close to the other person	.75
	57	I wanted to make an emotional connection	.76
	69	I wanted to establish or continue a relationship with this person	.67
	71	I wanted to satisfy my partner's needs	.60
	79	Having sex would strengthen my relationship with the other person in at least some ways	.56
	65	I wanted to please my partner	.52
5. Reputation	63	I was worried people would think less of me if I didn't have sex	.74
	64	I didn't want other people to put me down	.70
	73	I thought it would improve my reputation among my friends and acquaintances	.77
	2	I thought it would give me something to talk about with my friends and acquaintances	.61
	62	I was worried that people would talk about me if I didn't have sex	.65
6. Pleasure	24	For excitement	.76
	36	To satisfy my sexual needs	.79
	33	For the thrill of it	.76
	12	Because I felt horny	.75
	1	To feel good	.53

Table 3

Descriptive statistics and correlations among Sexual Motives Questionnaire subscales

Scale	α	*M*	*SD*	1.	2.	3.	4.	5.	6.	Tolerance values
1. Appease-partner	.94	2.49	1.39	-	.67***	.63***	.33***	.58***	.15***	.41
2. Prevent Harm	.89	1.56	1.01		-	.49***	.02	.68***	-.04	.47
3. Reassure-self	.94	2.86	1.63			-	.30***	.59***	.29***	.49
4. Relational	.85	4.94	1.45				-	.04	.38***	.71
5. Reputation	.91	1.81	1.21					-	.12**	.48
6. Pleasure	.85	5.44	1.25						-	.78

Note. ** = $p < .01$, *** = $p < .001$

Table 4

Descriptive characteristics of validity measures administered across genders

Measure	*M*	*SD*	α	Range
Sexual motives scale				
Cope with negative emotion	2.03	1.07	.94	1-5
Partner approval	1.64	.97	.92	1-5
Intimacy	4.18	.95	.96	1-5
Enhancement	4.17	.88	.94	1-5
Peer Approval	1.50	.85	.96	1-5
Independent self-construal	62.81	11.86	.92	11-77
Relational self-construal	56.16	12.86	.89	10-77
BAS				
Drive	11.31	2.41	.76	4-16
Fun	12.69	2.25	.73	5-16
Reward responsiveness	17.69	2.08	.73	9-20
BIS	21.40	3.84	.79	8-29
Cope				
Active coping	11.09	2.50	.71	3-20
Denial	6.88	2.78	.78	3-20
Behavioral disengagement	7.05	2.57	.75	1-20
Self silencing				
Care as self-sacrifice	28.22	5.49	.66	6-45
Silencing the self	22.40	7.06	.84	2-45
Hurlbert index of sexual assertiveness	64.25	15.29	.89	2-99
Rosenberg self-esteem scale	20.42	4.58	.78	5-30
Experiences in close relationships questionnaire				
Anxiety	3.04	1.18	.92	1-7
Avoidance	2.92	1.24	.94	1-7

Table 5

Correlations between sexual motives and validity measures administered across gender

Sexual Motives Questionnaire	1. Appease-partner	2. Prevent Harm	3. Reassure-self	4. Relational	5. Reputation	6. Pleasure
Sex motives scale						
Coping	.41***	.35***	.52***	.14***	.39***	.19***
Partner approval	.56***	.56***	.35***	.08	.43***	-.03
Intimacy	.03	-.09	.02	.53***	-.12**	.15***
Enhancement	.00	-.10	.10	.20**	-.01	.55**
Peer Approval	.41***	.47***	.37***	-.03	.60***	.03
Self-affirmation	.40***	.31***	.68***	.18***	.43***	.23***
Independent self-construal	-.12***	-.19***	-.10**	.06	-.15***	.09
Relational self-construal	-.08	-.17***	-.07	.16***	-.12**	.01
BAS						
Drive	.00	-.01	-.01	.04	.03	.12***
Fun	-.02	-.04	-.04	.06	-.02	.22***
Reward responsiveness	-.10**	-.27***	-.11**	.15***	-.20***	.18***
BIS	.15***	-.04	.13***	.22***	-.03	-.04
Cope						
Active coping	.02	-.10**	-.05	.18***	-.05	.04
Denial	.24***	.32***	.20***	.01	.28***	-.02
Behavioral disengagement	.27***	.32***	.25***	.02	.30***	.01
Self-esteem	-.27***	-.20***	-.36***	-.15***	-.14***	.01
Self Silencing						
Care as self-sacrifice	.11**	.03	.08	.17***	.02	-.02
Silencing the self	.37***	.31***	.35***	.06	.34***	.02
Hurlbert index of sexual assertiveness	-.30***	-.28***	-.20***	.14***	-.25***	.23***

Note. ** = p <.01, *** = p <.001

Table 6

Sexual Motives Questionnaire scales according to sexual victimization history

	Childhood Sexual Abuse						Rape					
	Present *n* = 117		Absent *n* = 663				Present *n* = 76		Absent *n* = 688			
	M	*SD*	*M*	*SD*	*df*	*t*	*M*	*SD*	*M*	*SD*	*df*	*t*
1. Appease-partner	3.03	1.50	2.36	1.33	149.89	4.47***	3.12	1.60	2.39	1.33	86.82	3.84***
2. Prevent Harm	1.93	1.28	1.43	.85	138.73	4.18***	2.17	1.42	1.42	.82	83.19	4.97***
3. Reassure-self	3.34	1.70	2.73	1.58	778	3.80***	3.44	1.86	2.75	1.57	87.16	3.14**
4. Relational	5.14	1.27	4.91	1.46	778	-1.64	5.15	1.43	4.94	1.43	762	1.22
5. Reputation	2.12	1.45	1.72	1.12	144.33	2.53	2.15	1.39	1.73	1.15	87.29	2.50
6. Pleasure	5.41	1.25	5.42	1.25	778	.07	5.39	1.25	5.43	1.25	762	.29

Note. Factors 2 and 5 were log transformed during analyses to attenuate the impact of positive skew. Non-transformed means are presented to improve interpretability.

** = p <.01, *** = p <.001

Table 7

Sexual motives according to history of unwanted consensual sex

	Present		Absent			
	n = 277		*n* = 491			
	M	*SD*	*M*	*SD*	*df*	*t*
1. Appease-partner	2.83	1.50	2.24	1.25	499.188	5.61***
2. Prevent Harm	1.59	1.03	1.45	.88	524.12	2.08
3. Reassure-self	3.04	1.70	2.68	1.54	534.588	2.90**
4. Relational	5.13	1.40	4.28	1.45	774	2.79**
5. Reputation	1.70	1.17	1.82	1.19	774	1.55
6. Pleasure	5.48	1.20	5.39	1.28	774	.92

Note. Factors 2 and 5 were log transformed during analyses to attenuate the impact of positive skew. Non-transformed means are presented to improve interpretability.

** = p <.01, *** = p <.001

Table 8

Sexual Motives Questionnaire Scales according to gender

	Male		Female			
	n = 320		*n* = 474			
	M	*SD*	*M*	*SD*	*df*	*t*
1. Appease-partner	2.58	1.36	2.35	1.37	792	-2.30
2. Prevent Harm	1.63	1.03	1.40	.84	610.80	-3.54***
3. Reassure-self	3.10	1.57	2.59	1.60	792	-4.43***
4. Relational	4.89	1.39	4.96	1.47	792	.49
5. Reputation	2.21	1.35	1.46	.91	556.68	-9.71***
6. Pleasure	5.62	1.11	5.28	1.33	757.90	-3.90**

Note. Factors 2 and 5 were log transformed during analyses to attenuate the impact of positive skew. Non-transformed means are presented to improve interpretability.

** = p <.01, *** = p <.001

Table 9

Descriptive characteristics of female specific validity measures

Measure	*M*	*SD*	α	Range
Feminine gender role stress				
Unemotional relationships	42.39	12.57	.92	10-70
Physical unattractiveness	32.38	10.50	.89	8-56
Victimization	26.71	7.68	.89	6-42
Being assertive	28.53	9.16	.90	7-49
Not being nurturant	38.53	11.01	.94	8-56
Adolescent feminine ideology scale				
Inauthentic self	26.49	6.04	.71	9-46
Objectification	21.60	6.01	.79	8-37

Table 10

Correlations between sexual motives and female-specific measures

Sexual Motives Questionnaire	1.	2.	3.	4.	5.	6.
Feminine gender role stress						
Unemotional relationships	.09	-.02	.03	.20***	-.04	-.02
Physical unattractiveness	.18***	.07	.18***	.19***	.10	.11
Victimization	.05	-.05	.01	.17***	-.01	.05
Being assertive	.11	.02	.10	.20***	.01	.07
Not being nurturant	.01	-.12	.00	.16**	-.06	.09
Adolescent feminine ideology scale						
Inauthentic self	.35***	.30***	.37***	.19***	.24***	.01
Objectification	.27***	.24***	.32***	.11	.25***	.04

Note. ** = p <.01, *** = p <.001

Table 11

Descriptive Characteristics of male specific validity measures

Measure	*M*	*SD*	α	Range
Masculine gender role stress				
Fear of physical inadequacy	34.32	10.86	.88	9-63
Fear of emotional unexpressiveness	21.87	8.64	.86	7-49
Fear of subordination to women	24.49	11.49	.91	9-63
Fear of intellectual inferiority	19.98	8.91	.87	7-49
Fear of performance failure	28.74	9.75	.87	8-56
MRNI attitudes toward sex	3.41	1.02	.81	1-6.38

Table 12

Correlations between sexual motives and male-specific measures

Sexual Motives Questionnaire	1.	2.	3.	4.	5.	6.
Masculine gender role stress						
Physical inadequacy	.22***	.08	.21***	.10	.24***	.16**
Emotional unexpressiveness	.25**	.18**	.22***	-.04	.31***	.08
Subordination to women	.29***	.29***	.18**	-.13	.35***	.01
Performance failure	.24***	.12	.21***	.05	.22***	.09
Male role norms inventory						
Attitudes toward sex	.22***	.32***	.18**	-.01	.34***	.07

Note. ** = p <.01, *** = p <.001

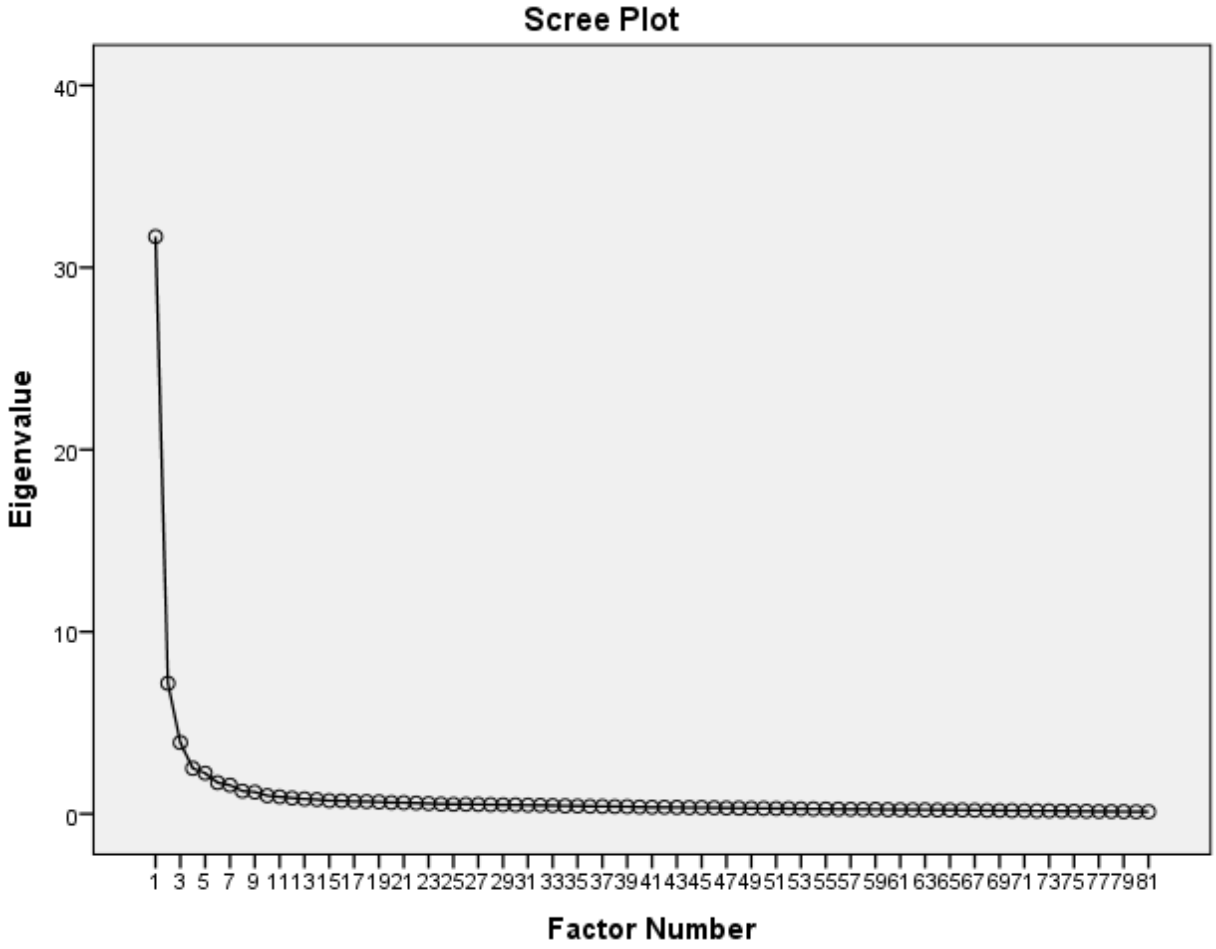


Figure 1. Scree Plot for Principal Axis Factor Analysis of Sexual Motive Questionnaire Items

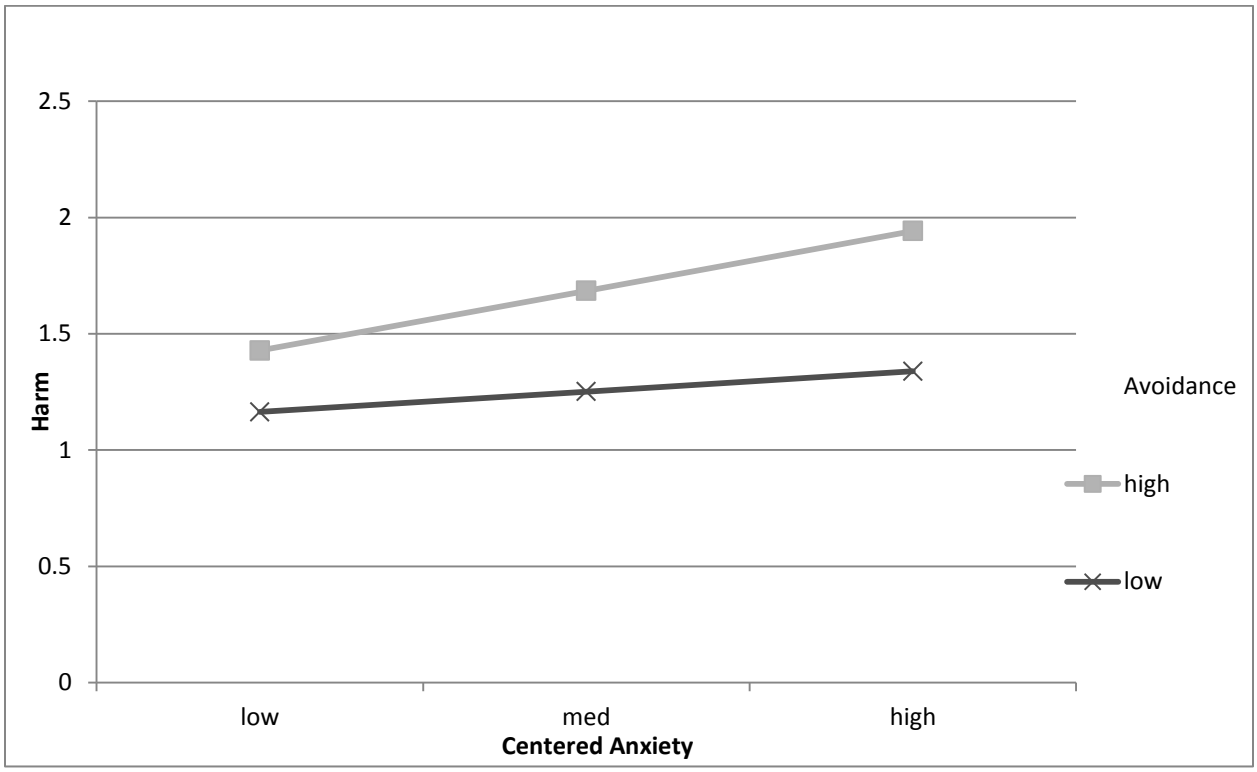


Figure 2. Attachment Avoidance Moderating the Relation between Attachment Anxiety and Prevent Harm Sexual Motives

Appendix B: Selected Measures

Please answer each question as honestly as you can. All responses will be kept completely confidential.
*** Note: you may be asked similar questions more than once. Please answer each set of questions, as best you can, according to their instructions.

Demographic Information

1. Your age (in years)_____

2. Please indicate your race/ethnicity.

(1) Caucasian/Euro-American
(2) African American
(3) Hispanic/Latino American
(4) Asian American
(5) Native American
(6) Hawaiian Islander
(7) Multi-racial/mixed ethnicity
(8) Other
If other, please explain_____

3. What is your current relationship status?
(1) Single (2) Open relationship (3) Exclusive relationship (4) Engaged

(5) Married (6) Separated/divorced (7) Widow

4. Your dating partner's age (in years) _____

5. How many months have you been dating your current partner? _____

6. What is the sex of your partner? (1) Male (2) Female

7. What is your sexual orientation? (1)Heterosexual (2) Gay/Lesbian (3) Bisexual (4) Other

8. Circle yes or no to indicate whether at any time prior to today you have had any form of oral sex with another person, <u>with</u> your consent. Oral sex occurs when one individual has oral contact with another person's genitals.

No Yes

9. How many consensual oral sex partners have you had in your lifetime? _____

10. Circle yes or no to indicate whether at any time prior to today you have had any form of vaginal sex with another person, <u>with</u> your consent? Vaginal sex occurs when an individual experiences vaginal penetration by a penis or other object.

No Yes

11. How many consensual vaginal sex partners have you had in your lifetime?

_____

12. Circle yes or no to indicate whether at any time prior to today you have had any form of anal sex with another person, with your consent? Anal sex occurs when an individual experiences anal penetration by a penis or other object.

No Yes

13. How many consensual anal sex partners have you had in your lifetime?

_____

Sexual Motives Questionnaire

Instructions: Listed below are different reasons why people choose to have sexual intercourse. For each statement, select the response that best describes how important each motive typically is when you decide to have sex. Sex includes oral, vaginal, or anal sex.

Please think about times when you **consented** to sex. In other words, times **when your partner did not pressure you.**

1	2	3	4	5	6	7
Not at all important			**Neutral**			**Extremely Important**

1. To feel good ___
2. I thought it would give me something to talk about with my friends and acquaintances ___
3. I felt like it would fulfill my obligation to the other person ___
4. To make myself feel more interesting ___
5. If I didn't have sex with that person, other people wouldn't want to date me ___
6. To make myself feel more self-confident ___
7. If I refused, the other person would carry out some kind of threat against me ___
8. To avoid conflict in the relationship ___
9. To prevent the other person from becoming upset ___
10. I thought it might result in me getting something I really needed ___
11. To reassure myself that I'm desirable ___
12. Because I felt horny ___
13. To prevent the other person from becoming angry at me ___
14. I thought it would improve my self-esteem or self-image in at least some ways ___
15. I thought it would help me deal with feeling inadequate ___
16. I didn't want to develop a reputation ___
17. To cope with feeling upset ___
18. Asking the other person to stop would have made me uncomfortable ___
19. My friends would accuse me of being a tease ___
20. I did not want the other person to think I did not care about them ___

1	2	3	4	5	6	7
Not at all important			**Neutral**			**Extremely Important**

21. I did not want the other person to be mad at me ___
22. They might have made me do it anyway ___
23. I was afraid the other person would not like me if I did not have sex ___
24. For excitement ___
25. I was afraid of what they might tell other people if we did not have sex ___
26. They might have gotten angry if I said no ___
27. Refusing might damage my relationship in at least some ways ___
28. If I refused, the other person might break up with me ___
29. Prove my attractiveness ___
30. If I didn't have sex the other person's friends might hold it against me ___
31. Feel better about myself ___
32. If I said no they would just keep asking ___
33. For the thrill of it ___
34. If I refused, the other person might have harmed me physically ___
35. If I refused, the other person might accuse me of being a tease or leading them on ___
36. To satisfy my sexual needs ___
37. I wanted to feel close to the other person ___
38. If I refused, the other person might think I was ungrateful because he or she had done something for me ___
39. I was afraid that refusing might make me seem selfish ___
40. If I refused, the other person might have forced me to do it ___
41. Assure myself that I'm sexy ___
42. The other person would be disappointed in me if we didn't have sex ___
43. To prevent the other person from losing interest in me ___
44. I wanted to avoid tension in the relationship ___
45. I would have felt ashamed if I said no ___
46. The other person made the first move and I did not want him/her to feel rejected ___
47. I was worried that my partner would threaten to end our relationship if I didn't ___
48. To deal with feeling insecure ___
49. I was worried my partner wouldn't want me if I didn't have sex ___
50. I feared the other person wouldn't love me if I didn't have sex ___
51. If I didn't the other person would cause trouble or make a scene ___
52. To avoid a fight ___
53. I didn't want to disappoint him/her ___
54. The other person was aroused so I didn't want to stop them ___
55. I didn't want the other person to think I was afraid ___
56. To reassure myself that he/she cares about me ___
57. I wanted to make an emotional connection ___
58. I wanted to avoid hurting the other person's feelings ___
59. To reassure myself that I'm a good partner ___
60. I thought it might lead to a steady relationship with the other person ___
61. I felt like there was peer pressure to have sex ___

1	2	3	4	5	6	7
Not at all important			**Neutral**			**Extremely Important**

62. I was worried that people would talk about me if I didn't have sex ___
63. I was worried people would think less of me if I didn't have sex ___
64. I didn't want other people to put me down ___
65. I wanted to please my partner ___
66. If I refused, the other person might have sex with someone else ___
67. I wanted to promote intimacy in my relationship ___
68. I wanted to express love for my partner ___
69. I wanted to establish or continue a relationship with this person ___
70. I felt obligated because I had already engaged in sexual intercourse this person on a different occasion ___
71. I wanted to satisfy my partner's needs ___
72. To avoid feeling stressed ___
73. I thought it would improve my reputation among my friends and acquaintances ___
74. I thought it would make the other person happy ___
75. To deal with disappointment ___
76. Refusing sex would have made me feel guilty ___
77. I thought it would make the other person fall in love with me ___
78. I thought it would make me feel needed or wanted ___
79. Having sex would strengthen my relationship with the other person in at least some ways ___
80. I did not want the other person to lose interest in me ___
81. I did not want the other person to think I was a tease ___

Vita

Vanessa Tirone received a Bachelor of the Arts in Psychology from the State University of New York, College at Geneseo in 2007. She began her studies in Clinical Psychology at the University of Tennessee, Knoxville in 2009 under the mentorship of Deborah Rhatigan and Todd Moore. Dr. Moore also supervised he in the completion of the dissertation described herein. Vanessa will complete her pre-doctoral internship at the Veteran's Administration Medical Center in Buffalo, New York. She is anticipated to graduate with her doctorate in December, 2014.