

ABSTRACT

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An attitudinal inventory of feeling statements regarding female sexual body comfort was formulated using a Likert scale. Female sexual body comfort was defined as the degree of satisfaction and ease a woman has in experiencing her female body through her mind and her senses. A national jury of 33 experts evaluated 109 attitudinal statements on a 1 to 5 rating scale, ranging from non-acceptable to indispensable as measurements of female sexual body comfort. Eighty-six statements received a mean rating of 3.5 or above which warranted acceptance of statements as having content validity. Primary criteria for selection of statements also included juror's written comments. Sixty statements were retained and 22 new items were added via the national jury process. The resulting 82 statements were tested for item discrimination by 104 women volunteers, age 18 to 70, who participated in the 1986 University of Wisconsin - La Crosse Women's Health Conference. Using a two tailed t-test, 64 of the remaining items showed statistical significance at the  $p < .05$  level. The final version of the inventory contained 69 attitudinal statements, including 6 non-scored items. In concluding this study it was recommended that cultural norms be established for the Salisbury Scale inventory.

The Development of The Salisbury Scale:  
an Inventory to Measure Female Sexual Body Comfort

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A Thesis Presented  
to  
The Graduate Faculty  
University of Wisconsin - La Crosse

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In Partial Fulfillment  
of the Requirements for the  
Master of Science Degree

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by  
Sara Jane Salisbury  
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of this candidate's requirements for the degree:

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To

Jane Salisbury Steele

- Whose body enwrapped me for nine months
- Whose bodymindspirit enriched me for a life time

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CHAPTER I  
INTRODUCTON

I know of no woman...for whom her body is not a fundamental problem (Rich, 1976, p. 290)

From earliest times males stood in ignorant envy, awe and dread of the female's life creating capacity (Rich, 1976). According to social history and feminist theory, the problem goes back to antiquity (Daly, 1978, 1984; de Beauvoir, 1952; Dinnerstein, 1976; Hays, 1964; Rich, 1976). Because man did not understand this female power, he feared it. That fear manifested itself as contempt and loathing for women and particularly women's bodies. It seems likely that a duplicity of attitudes toward women probably began in prehistoric times. At the same time females were recipients of respect for their creative powers of reproduction, they were recipients also of an insidious misogyny because of man's ignorance and fear of this power (Dinnerstein, 1976; Hays, 1964; Rich, 1976). These negative attitudes toward women and their bodies become inextricably interwoven in our Western philosophical and religious roots (Lewis, 1980; Lott, 1981; Spelman, 1982).

Rich (1976), in the company of other contemporary feminist thinkers, (Daly, 1978, 1984; de Beauvoir, 1952; Dinnerstein, 1976), believed that out of the male's need to

contain and restrict women's creativity and power has come the insistent theme in all social institutions of treating women as inferiors and of belittling their female biology. The socialization of females has taken place in a patriarchal culture which has continued to give women double messages about their bodies (Daly, 1984; Hutchinson, 1982; Lott, 1981). The negative attitudes toward women and their bodies have been taken on by women themselves (Kitzinger, 1983). These conflicting attitudes manifested themselves as discomfort in women with their own physically female bodies, particularly their breasts, genitals and their female body shape (Ayalah & Weinstock, 1979; Brownmiller, 1984; Dodson, 1983; Fallon & Rozin, 1985; Garner, Garfinkel, Schwartz, & Thompson, 1980).

In the past fifteen years the women's movement has been attacking the patriarchal system in numerous ways such as: (a) breaking down sexual stereotypes, (b) helping to create equal opportunities, (c) working towards comparable worth, and (d) bringing better treatment for women in many sectors of our society (Wine, 1985). All of these efforts are helping to increase the separate, as well as the collective, self-esteem of women. It is essential that women work from within themselves to increase that self-esteem (Boston Women's Health Book Collective, 1984). In particular, it is vitally important that women develop

positive attitudes toward their female bodies (Dodson, 1983; Woods, 1981). It is only as women truly value their female bodies that they will be able to own their equivalency with men (Rich, 1976).

The women's movement has recognized the importance of reducing the discomfort in women with their bodies. It is a keystone in Adrienne Rich's philosophy. In her book, Of Women Born, Rich (1976) stated that the female "physicality" must be viewed as a resource for women rather than their destiny.

Therapeutic, educational and artistic efforts have been made to increase the awareness, acceptance and appreciation of women's bodies by women (Ayalah & Weinstock, 1979; Barbach, 1983; Chicago, 1979; Dodson, 1983; Hutchinson, 1985). Despite positive statements made in response to these efforts, there were not studies documenting the effectiveness of the efforts in developing more positive attitudes of women regarding the sexual aspects of their bodies.

#### Purpose

A search of the literature has uncovered no assessment tool to measure female sexual body comfort. Nor were there any baseline statistics for any populations which gave a comparative measure of sexual body comfort. From a research, educational or treatment perspective, a measure

of sexual body comfort could have multiple uses. Initially it could be used to assess a variety of adult female populations. A specific concern in this study is the use of a measure for evaluating the effectiveness of educational programming or treatment intervention aimed at helping women develop a more positive self-regard for their bodies. It was the purpose of this study to develop an inventory to measure female sexual body comfort in adult women.

#### Statement of the Problem

This study involved the process of developing an attitudinal inventory for assessing sexual body comfort in adult women. Specifically, the steps in addressing the problem of this study were:

1. Develop feeling statements regarding a woman's experience with her female body through her mind, i.e., her body image.
2. Develop attitudinal statements regarding a woman's experience with her female body through her senses, i.e., her bodily sensations.
3. Determine the content validity of the statements via a national jury of experts.
4. Determine item discrimination of the statements by testing the inventory with a population of adult

women.

5. Formulate a final version of the inventory.

#### Need for the Study

The current wave of feminism has included progress for women in their efforts to identify their own experience of sexuality. For the first time extensive records of women's experience of sex have been made available through the work of Hite (1976) and Kitzinger (1983). This has been part of the women's health movement which has fostered women's knowledge of, respect for, and control over their bodies (Wine, 1985). In pursuit of these goals, the women's health movement has spawned many group education experiences relating to female sexuality as evidenced in the work of Barbach (1975a, 1980a), Dodson (1983), and Woods (1981). These group experiences were aimed at increasing self-knowledge and appreciation of women's bodies and/or improving orgasmic response. There was no literature objectively evaluating these experiences in regard to female sexual body comfort.

Through individual sexological exams (T. McIlvenna, personal communication, March 13, 1986) and psychological interviews (Masters & Johnson, 1970), it was revealed that women seeking sex therapy often felt discomfort with their bodies. There was no assessment tool to either verify those individual findings or to help confirm the broad

cultural assumptions of discomfort that appear in the literature (Daly, 1978; Dinnerstein, 1976; Friday, 1977; Hite, 1976; Rich, 1976; Sarrel & Sarrel, 1979).

As a result it became apparent that an assessment tool to measure female sexual body comfort was needed to: (a) provide research data on which cultural assumptions can be judged, (b) provide a data base from which female body comfort can be researched, and (c) provide a means of assessment to help plan, facilitate and evaluate health education programming in the area of female sexuality.

#### Research Statements

The basic research statements for this study were the following:

1. A valid measure of female sexual body comfort may be obtained by the inventory developed in this study.
2. The mean ranking of 3.5 or above for each statement by the national jury members warranted acceptance of the statement as having content validity.
3. The larger t-test values of 2.0 or above for statements for item discrimination warranted acceptance of those statements as having better discrimination. This demonstrated statistical significance at the  $p \leq 0.05$  level of confidence using a two tailed t-test.

### Assumptions

The following assumptions concerning this study were made:

1. Construction of this inventory would provide a means of collecting data from which a measure of female sexual body comfort could be made.
2. All members of the national jury understood the directions for rating the statements.
3. All members of the national jury had expertise with which to judge the content validity of the inventory statements.
4. All subjects were able to read and understand the inventory and responded honestly.

### Delimitations

The following delimitations were made in the design of this study:

1. The study involved the development and piloting of an inventory limited to measuring a single dimension: female sexual body comfort.
2. Subjects were delimited to voluntary participants.
3. Subjects were predominantly residents of La Crosse and the surrounding tri-state area.
4. The majority of subjects were white, middle class, and educated beyond the secondary school level.

### Limitations

The following limitations were exercised in this study:

1. All subjects in this study were volunteers. A volunteer demonstrates an apparent interest in her comfort with her body merely by participating in taking the inventory.

2. The inventory was a self-report survey. Self-report data may include subjective inaccuracies. In addition some of the subjects may have unconsciously provided the socially desirable answers or provided responses in conformity with what they think was being measured. According to Huston and Robins (1982) there may be a tendency to agree more and also to avoid extremes in self-report answers.

3. The differing physical and psychological environments within which the subjects actually filled out the inventory could have an unknown effect on the scores.

### Definition of Terms

The following terms were defined to clarify their use in the study:

Body cathexis - the degree of feeling of satisfaction or dissatisfaction with the various parts or processes of the body (Secord and Jourard, 1953).

Body esteem - attitudes one has towards his/her own body (S.L. Franzio, personal communication, June 18, 1986, See Appendix A.).

Body image - the picture of one's body formed in one's consciousness (Schilder, 1935).

Female sexual body comfort - the degree of satisfaction and ease a woman has in experiencing her female body through her mind and her senses as measured against a cultural norm. It is the degree of feeling of well-being she has in communicating about her body through her senses, i.e., touching her body and being touched, seeing her body and being seen.

Self-esteem - positive self regard, a personal judgment of that is expressed in the attitudes the individual holds towards him/herself (Coopersmith, 1967).

Sexual body comfort - the degree of satisfaction and ease an individual has in experiencing the sexual aspects of his/her body through his/her mind and senses.

## CHAPTER II

### REVIEW OF RELATED LITERATURE

The majority of women in our culture do not accept their bodies as they are. In fact it is a rare woman today who has a healthy body image who is not actively doing battle with her body (Hutchinson, 1985, p. 15).

Many women feel alienated from their own bodies. It is not only that they often do not know how to get sexual fulfillment, but that they actively dislike and despise their bodies (Kitzinger, 1983, p. 63).

Many women feel that their genitals are ugly, funny looking, disgusting, smelly and not at all desirable - certainly not a beautiful part of their bodies. A woman who feels this way is certainly going to have reservations about sharing her genitals intimately with anyone (Dodson, 1974, p. 18).

The purpose of this study was the development of an inventory to measure female sexual body comfort. An exhaustive search of the literature preceded the definition of this study. It became evident that no psychometric tool to assess women's sexual body comfort was available. Because the search was for something that was not found, it necessarily covered broad ground in order to establish that fact. For this reason a comprehensive review of the literature was accomplished and is presented in the following manner: (a) the development of cultural origins of negative attitudes toward the female body, (b) the development of an understanding of female sexuality, (c)

the development of new ways of understanding women, (d) the development of positive images of the female body, (e) studies of body image relevant to female sexuality, and (f) the development of an attitudinal survey.

### Cultural Origins of Negative Attitudes

#### Toward the Female Body

The past has laid a heavy burden upon the present. This is the burden of misogyny. The origin of this hatred of women and their bodies is evident in the earliest of times. There seems to be no time when woman was not considered "the Other" (de Beauvoir, 1952), "the dangerous" (Hays, 1964), "the malignant" (Daly, 1973, p. 44) and/or "the curse of carnality" (Dinnerstein, 1976, p. 127). In the review of literature three major roots to the present day negative attitude towards the female body surfaced and will be discussed in this section. They are 1) the primitive root in man's awe and fear of nature, 2) the philosophical root in the mind/body dualism of Greek philosophy, and 3) the religious root in soul valuing/flesh loathing and in the myth of origin of sin.

#### Primitive Roots

Of major importance in considering the origin of the negative attitude towards woman and her body was the speculation put forth by numerous writers regarding

primitive man's fear and awe of woman's reproductive capacities (de Beauvoir, 1952; Hays, 1964; Mead, 1949; Rich, 1976). Dinnerstein (1976) concurred with these writers stating, "that man has magic feeling of awe and fear, sometimes disgust...towards all things that are mysterious, powerful, and not himself, and that woman's fertile body is the quintessential incarnation of this realm of things" (p. 125). It was theorized by these thinkers (Dinnerstein, 1976; Hays, 1964; Mead, 1949; Rich, 1976) that it is the females' reproductive capacity which man felt gave women their connectedness with nature. Man did not understand nature nor could he control nature; but he could control and put down those nature-like forces within woman. Woman's body represented nature, therefore it was her female reproducing body that men loathed because it represented to him his own inability to understand and control nature. Rich (1976) stated this succinctly, "The ancient, continuing envy, awe and dread of the male for the female capacity to create life has repeatedly taken the form of hatred for every other female aspect of creativity" (p. 21).

#### Philosophical Roots

Evident in this primitive root of the negative attitude towards women's bodies was the precursor to the mind/body split of philosophical dualism. Spelman (1982)

alluded to this in her article which discussed ancient and contemporary views of woman's bodies. Basic to early Greek philosophy was the dualistic principle of the mind/body distinction. Of higher order was the world of ideas associated with the mind, soul, and reason; these were the province of man. Of the lower order was the material world dealing with matter, bodies, and sense perception; these were linked with woman (Reinhold, 1946). Because of woman's sexual and creative function, the female nature was inextricably associated with the body and bodily functions. This resulted in man's view of woman as body, and as inferior (Spelman, 1982).

Elizabeth Spelman's (1982) analysis of Plato's dialogues depicted the sexist dualism of his philosophy. She documented Plato's strong praise of the soul/mind, his strong indictments against the body, and his view of woman's life as body directed. Plato's negative view of body was bound to his negative view of women. Spelman described Plato as a "somatophobe" who is both a dualist and a misogynist in his mind/body distinction (p. 119).

According to Spelman (1982) the assumptions derived from this philosophy are: (a) that one must distinguish between soul and body; (b) that the physical part of our existence is to be devalued in comparison to the mental; and (c) that woman is body, is bound to her body, or is meant

to take care of the bodily aspects of life. It is the third assumption that has contributed to the oppression of women and to their own negative view of their own female bodies (pp. 125-126).

Currently, the concept of wellness is an approach within the field of health which runs counter to the mind/body dualistic philosophy. Lectures by Halbert L. Dunn (1961) first discussed the wellness concept. It was brought to public attention again by Donald Ardell (1979) and John Travis (1981) as well as others. The direct philosophical opposition of wellness to the mind/body split is embodied in the wellness definition by Travis and Ryan (1981).

Wellness is the integration of body, mind, and spirit --the appreciation that everything you do, and think, and feel and believe has an impact on your state of health. Wellness is a way of life--a lifestyle you design to achieve your highest potential for well-being. (p. 1)

An "integration of body, mind, and spirit" (Travis & Ryan, 1981, p. 1) implied an equal valuing of all parts of an individual, whether male or female. Wellness was defined as a unifying approach for the individual. It incorporated the physical, intellectual, emotional, spiritual, and social well being into a concept of health of the whole person (Ardell, 1979). A holistic approach to healthy sexual functioning is at the core of the

multidisciplinary study of sex as defined by the American College of Sexologists (1979). Inclusion of sexuality in the wellness concept resulted in the unification of the individual, male or female, and replaced the male/mind and female/body approach in educational programs such as those at the Institute for Advanced Study of Sexuality in San Francisco and the Program for Human Sexuality at the University of Minnesota (Nass, Libby, & Fisher, 1981).

Despite the popularization of the wellness concept, mind/body dualism continues to be a pervasive influence in our own society as evidenced by Elizabeth Spelman (1982). As she previously stated, the devaluing of women/body is still very much a part of current thinking.

#### Religious Roots

Much of the cultural devaluing of woman and her female body can be traced to religious roots in Western society. The Christian tradition incorporated both the primitive fear of woman's sexual capacities and the philosophical mind/body split into its spiritual quest of God (Hays, 1964). This resulted in Christian doctrine that glorified the soul and despised the flesh, particularly as represented in the sexuality of women.

The Biblical story of the fall of man, embodied in the story of Adam and Eve, is no longer given thoughtful consideration in modern consciousness, according to

theologian Mary Daly (1973). Most people do not take it seriously; despite this, "the myth has projected a malignant image of the male-female relationship and of the 'nature' of women that is still deeply imbedded in the modern psyche" (Daly, 1973, p. 45). As H.R. Hays expressed it, "The fall of man should rightly be called the fall of women because once more the second sex is blamed for all the troubles in the world" (1964, p. 88). Daly felt that the myth not only legitimized male hatred of women but also the inward directed self-hatred of women for themselves. Hays (1964) felt the connection of woman, sex, and sin was neatly packaged in the myth. The primitive fear was reworked into an ethical code that influenced all of Western Civilization. Christianity combined the myth with dualistic misogynist tendencies of the Greek philosophy (Hays, 1964). In the words of de Beauvoir (1952):

The Christian is divided within himself: the separation of body and soul, of life and spirit, is complete; original sin makes of the body the enemy of the soul; all ties of the flesh seem evil...and flesh is sin. And of course, since woman remains always the Other, it is not held that reciprocally male and female are both flesh: the flesh that is the Christian hostile Other, is precisely woman (p. 167).

Daly (1973) stated that the myth had affected social customs, religious doctrines, and civil laws that concern women's status in society.

In de Beauvoir's opinion its effect destructively

permeated all Christian writings including the doctrine of the virgin birth.

All Christian literature strives to enhance the disgust that man can feel for woman. Tertulian defines her as 'tempulum aedificatum super cloacam' ('a temple built over a sewer'). St. Augustine called attention with horror to the obscene commingling of the sexual and excretory organs: 'Interfaeces et urinam nascimur' ('We are born between feces and urine'). The aversion of Christianity in the matter of the feminine body is such that while it is willing to doom its God to an ignominious death, it spares Him the defilement of being born: the Council of Ephesus in the Eastern Church and Lateran Council in the West declare the virgin birth (de Beauvoir, 1952, p. 167).

According to de Beauvoir, the doctrine of the virgin birth not only indicated conception without human sexual intercourse but also birth without opening the body; therefore by the ruling of church council, Christ was spared the passage through the despised female genitals.

Today few people literally accept the story of the fall or the virgin birth; unfortunately the resultant negative attitudes toward woman, her body and her sexuality, remain imbedded in the matrix of Western society (Daly, 1973; de Beauvoir, 1952; Hays, 1964).

#### Understanding Female Sexuality

This section will trace the major twentieth century developments in psychology and sexuality. The last 30 years have been marked by greatly increased knowledge and a new openness to understanding the sexuality of women. Finally, in the last 15 years, women have begun to have

substantial input into defining their own sexuality.

### Developments in Psychology

Before the twentieth century any investigation of or knowledge of female sexuality was in the domain of the men of philosophy, religion, or medicine (Degler, 1974). The interest in understanding sexuality in the twentieth century is born out of the rigid atmosphere of the Victorian era. The main stream of Victorianism was antisexual and prudishly modest. Most women were thought to have little if any sexual response and were viewed as physically and intellectually inferior to men (Masters, Johnson, & Kolodny, 1982). As described by Kitzinger (1983):

There were two types of women: mothers and prostitutes. Mothers had no sexual desires, but submitted gladly to sex in order to bear children. Prostitutes were quite different: they were so intensely sexual that, driven by lust, they ravaged men's bodies and souls. This dualism...was a basic tenet of the Victorian value system (p. 17).

Masturbation was considered evil and was believed to produce insanity and a wide variation of physical ills (Lewis, 1980). "Teach them (women) that any handling of the parts, any indecent language, any impure thought is degrading and hurtful" (Napheys, 1888, p. 40). Lewis (1980) refers to this as the "self abuse phobia" (p. 24) which was probably the greatest impediment of all to

healthy sexual expression in females, producing negative feelings in women regarding their sexuality and their female bodies.

Perhaps it was in reaction to such a repressive era that the psychological study of sexuality began to flourish at the turn of the century. Havelock Ellis (1941), in his seven volume life work, Studies in the Psychology of Sex (1897-1928), introduced the ideas that women (a) were as interested in sex as men are, (b) had a complex and all-inclusive sexuality, (c) had an arousal that involved a great portion of their body, and (d) centered their sexual response in their clitoris.

At the same time Freud, the father of psychoanalysis, was also spreading the word that women were interested in sex. Freud's work was based in pathology and did not see female sexuality as healthy and natural. Masters et al. (1982) acknowledged the immense influence that Freud's psychoanalytic theories have had on twentieth-century thought. They felt that his work both produced new approaches to analyzing behavior and uncovering the workings of the psyche and demonstrated the central importance of sexuality to human existence. Unger and Denmark (1975) discussed the idea that Freud's theories about female sexuality were based on very narrow observations of nineteenth-century upper middle-class women,

of Vienna, not on broad scientific evidence. They further expressed the feeling that without empirical foundation, women had been analyzed, described, and assigned an inferior position by Freud, thus perpetuating the myth of women as a devalued group.

Freud emphasized both the castration complex and penis envy as basic determinants of personality development (Freud, 1905/1963, 1915/1964). He believed that "anatomy is destiny" and, as the female is the one lacking a penis, she is obviously the loser. Freud assumed that having a penis was superior to not having one and, therefore, women develop a sense of inferiority. Women suffer from a feeling that they have been castrated. Esserman (1986) countered this theory with the idea that the basis of man's scorn of women is deeply rooted in his envy of the female breast.

Unfortunately, Freud attacked the clitoris, seeing it as a vestigial male organ. He stated that clitoral masturbation is masculine and the "abolition of clitoris sexuality is a necessary pre-condition for the development of femininity" (Freud, 1927, p. 139). This has led to long-lasting negative effects on sexuality as was pointed out in Unger and Denmark (1975). They discussed this Freudian theory as setting the stage for fifty years of valuing the elusive vaginal orgasm as mature and the only sound form of

female sexual expression.

Lewis (1980) expressed the idea that many well known analysts of the era, including Helen Deutsch, accepted and elaborated Freud's theories. Walstedt (1976) felt that Deutsch outdid Freud by cataloging many anatomically determined "feminine" traits which expanded the "anatomy is destiny" myth (Deutsch, 1944).

Erikson (1964) viewed women as being just as good as men, but different. Part of woman's difference, according to him, was her need to define her identity in terms of the men she sought and the man she married. Though Erikson's theory is within the "anatomy is destiny" framework, he is concerned about woman's vital "inner space" rather than her lack of a penis. Erikson felt that a woman needed to have her "inner space" filled in order to be fulfilled. He contrasted woman as "receptive" and man as "actively penetrating" (Unger & Denmark, 1975). Erikson basically arrived at the same conclusion as did Freud. Both theorists considered women's genitals as inadequate in themselves. Unger and Denmark (1975) discussed the similarities in Freud's and Erikson's emphasis on the conclusion that women's genitals have no importance except as related to men and men's penises.

Walstedt (1976) felt that Theodore Reik, another well known analyst, demonstrated a contempt for women in his

psychological works. To Walstedt, Reik's writing could not help but produce a feeling of devaluation in women because of the many negative statements Reik made relative to women's bodies. An example of this is found in The Need to Be Loved:

Reaching two hands back to unhook a brassiere is one of the most graceful movements a woman can make. But it is only after what appears as a result of that movement that one can judge whether the action was worth it (Reik, 1964, p. 65).

As pointed out by Lewis (1980), Freud's theories became hardened to orthodoxy by his followers. As exemplified in the relatively current collection of papers based on Freudian psychology, Female Psychology, (Blum, Ed., 1977), many therapists still use Freudian concepts that debase their female clients.

Despite the adherence to Freudian misconceptions about female sexuality by many psychoanalysts, there have been some prominent dissenters. Lewis (1980) related that several women psychoanalysts (including Karen Horney, Melanie Klein, and Clara Thompson) and a few men (including Ernst Jones and Alfred Adler) criticized Freud for his negative views of women and their genitals and his overvaluation of the male penis. Unger and Denmark (1975) stated that these dissenters objected to a psychology of women considered only from a masculine viewpoint.

Horney (1933/1967) was concerned about the valuing of

the vagina from a female perspective, rather than from the male perspective of a space for the penis. Her "Denial of the Vagina" (1967) is a discussion of genital anxiety based on her clinical experience. She recognized an instinctual feeling of vaginal vulnerability which may be augmented by (a) the lack of information women have about their own genitals, (b) the admonitions not to touch their own genitals and, (c) the misconception perpetuated by psychoanalytical theories.

In Understanding Human Nature (1954), Adler expressed his feelings that there were no inborn psychological sex differences. He was concerned about the devaluing of females by parents and society in general. He felt the effect of unequal valuing of females was a "devastating onslaught on a girl's self-esteem in western patriarchal society, which could, indeed, lead to feelings of self-hatred, envy and revolt" (cited in Walstedt, 1976, p. 4).

Also, in contrast to Freud, are contemporary psychological theories springing from a Jungian background. These stress the integration (rather than conflict) of masculine and feminine qualities within one person (Walstedt, 1976). Sandra Bem (1974, 1975), noted proponent and researcher of androgyny, believes that androgyny will allow for healthy flexibility in an individual. This is in contrast with the limiting rigidity

of stereotypical sex roles. Androgyny implies an equal valuing of both masculine and feminine qualities and of both male and female bodies (Greenberg, Bruess, and Sands, 1986).

Currently Carol Gilligan and Jean Baker Miller are two noteworthy theorists modifying contemporary psychological thinking regarding women. (They are discussed further in a later section, "New Ways of Understanding Women.") Both reject Freudian psychoanalytic views of woman and base their works in the valuing of female life experience (Gilligan, 1983; Miller, 1976). Neither has spoken explicitly regarding women's bodies.

#### Developments in Sexology

Parallel to the development of ideas about female sexuality in psychology was the development of ideas in a new field, sexology, the study of human sexual behavior.

The beginning of modern sexology is often dated from the work of Richard von Krafft-Ebing in the latter part of the nineteenth-century. Krafft-Ebing, a psychiatrist, devised a detailed classification of sexual disorders, his Psychopathia Sexualis (1886/1906). In their review of his work, Masters et al. (1982) stated that it had profound influence on legal and medical practice for 75 years. As with Freud, Krafft-Ebing's work was derived from pathology. Most of the work was devoted to aspects of sexuality he

considered abnormal. Krafft-Ebing's classification lumped sex, crime, and violence together. Masters et al. (1982) further noted that this approach was in keeping with the strongly negative attitudes towards sexual expression in the Victorian era.

As psychoanalysis with its new ideas about female sexuality was emerging at the turn of the century, another investigative technique was being applied to the study of women's sexual lives. This was the use of personal interview or survey to gather information. The first known female sex survey was conducted from 1890 to 1920 by Clelia Mosher, a female physician at Stanford University (cited in Lewis, 1980). Though very little of these findings was ever published, it was the first research recorded directly from women's own experience of sex.

In the 20s and 30s several large scale surveys on married women were conducted (Davis, 1929; Dickinson and Beam, 1931; Terman, 1938). Each added to the knowledge about women's sexual behavior but little to an understanding of female sexuality.

A breakthrough in the understanding of female sexuality occurred with the collecting of sexual information from 6000 female volunteers who were interviewed about their sexual activities by Alfred Kinsey and his associates in 1953. Now referred to as the classic

"Kinsey Report," it was published as Sexual Behavior in the Human Female (Kinsey, Pomeroy, & Martin, 1953). The 1948 publication of the companion report on men, Sexual Behavior of the Human Male, was met with controversy, but also with extensive interest. The report on men remained on the best-seller list for 27 weeks (Masters et al., 1982). Our culture's denial of women as sexual beings was evident in the negative reaction to the publication of the study on females.

All in all, the reception of Kinsey's first volume was fairly positive but the same cannot be said for his second book, Sexual Behavior in the Human Female (1953). Many newspapers denounced this report in editorials and refused to give it coverage in their news columns. For example, the Times of New Philadelphia, Ohio, justified this decision by saying "we believe it would be offensive to a large portion of our readers" (August 20, 1953). Church leaders and educators called Kinsey's findings amoral, antifamily, and even tainted with communism. (Masters et al., 1982, p. 15).

Findings that contributed to the uproar and backlash were, that (a) some sexual activities, such as premarital intercourse, masturbation, and homosexuality, were much more common among women than previously thought; (b) younger women were more sexual than their mothers or grandmothers had been; and, (c) of particular significance, women were much more likely to experience orgasm through masturbation than through intercourse (Kinsey et al., 1953). Kinsey felt the reason women experienced orgasm more through masturbation was that the clitoris was not

stimulated sufficiently during intercourse. This placed the site of primary sexual response in the clitoris, not the vagina as Freud had believed (Kinsey et al., 1953).

Kinsey's controversial findings about female sexuality pointed the way to a need for laboratory investigation of the female's sexual response. William Masters and Virginia Johnson provided the physiological findings to verify Kinsey's conclusions. By direct laboratory observations of sexual activity, Masters and Johnson (1966) found the human sexual response cycles to be similar for both men and women. In agreement with Kinsey, they observed that clitoral stimulation was central to female response, dispelling the Freudian myth of the superior mature vaginal orgasm (Lewis, 1980). They also demonstrated that all female orgasms were physiologically similar whether reached via masturbation or intercourse.

Sexologists and some health professionals immediately acclaimed the importance of these findings to the understanding and improvement of sexual relationships (Masters et al., 1982). A "sex-negative" public was shocked by the clinical laboratory approach. This included physicians who angrily criticized this physiological research work "because of its impropriety and departure from traditional medical respectability" (Masters et al., 1982, p. 16).

Again, as with the Kinsey report, sex research which was particularly important in adding much to the understanding of female sexuality was denounced (Masters et al., 1982). The continued cultural desire to suppress female sexuality was evident. Despite this resistance,

Masters and Johnson's important work established a new way of looking at females as sexual beings in and of themselves, as fully equal partners with men rather than as mere reactors to male initiative (Lewis, 1980, p. 31).

Of historic importance in female sexology is the publication of The Nature and Evolution of Female Sexuality by Mary Jane Sherfey (1972), the first scholarly book on female sexuality and passion by a woman. Dr. Sherfey put forward a controversial theory of societal repression of female sexuality. As a part of her discussion she applied the modern inductor theory of primary sexual differentiation to the Freudian and Christian myths of female inferiority. Sherfey pointed out that all human embryos are anatomically female until after the sixth week when production of the male androgens causes the embryo's development into a male. With tongue in cheek, she refers to it as modern embryology's "Adam out of Eve" myth or "Eve's rib" (Lewis, 1980).

In the last fifteen years there has been a series of key survey studies. Sexuality surveys have some distinct shortcomings. Because of the socially sensitive nature of

sexuality surveys, most are conducted with primarily white, well-educated, middle-class respondents. Even when there is an attempt to sample randomly, this group of women are the ones who self-select to participate. In addition to volunteer bias, there is always the problem of the accuracy of information provided by self-reports. Rosser's (1984) concern was that the accepted model for sexuality is based on the reported experience of only one group of women. Women of color, bisexuals, lesbians, women of other socioeconomic classes and religions, and physically disabled women may not be represented. Despite these limitations, valuable information about female sexuality was obtained, and approximations of actual patterns of female sexual behavior were discerned (Masters et al., 1982).

Tavris and Sadd (1977) reported on a large survey study of women regarding female sexuality. The findings in the survey about premarital, extra-marital sex and sexual pleasures were first elucidated by Levin and Levin (1975 a & b). A third extensive survey involving 20,000 women reported on sexual relationships and sexual problems (Sarrel and Sarrel, 1980 & 1981). Both surveys found sexual activity increasing for women. Neither survey investigated any area that gave information about women's feelings about their bodies relevant to their sexuality.

The Guttmacher Institute sponsored a large study of

teenage female sexual behavior from 1971 to 1979. Zelnik and Kanter (1977 and 1980) studied the sexual behavior, contraceptive use, and pregnancy among American females, 15 to 19 years old. These studies showed an increase of 21 percent in the rate of coital activity, greater use of contraceptives, and an increase in pregnancy in the metropolitan teen populations in that eight year period.

The only survey that dealt with women's feelings about their sexuality was the open-ended questionnaire of Shere Hite (1976). The Hite Report on female sexuality (1976) received great attention from both the professional and the public sectors. The data were obtained from women who returned 3019 open-ended questionnaires out of 100,000 that were distributed nationwide. For many reasons, including volunteer bias and questionnaire design, it was impossible to make any meaningful quantitative analyses from her data (Crooks & Bauer, 1983). Despite that shortcoming, The Hite Report has been valuable in increasing our understanding of female sexuality.

The Hite survey was the one questionnaire found in this review of literature that asked explicit questions about women's feelings about their bodies as they related to their sexuality (Hite, 1976, pp. 406, 409). These responses provided a sense of how some women actually felt about their genitals. The answers ranged from "gorgeous"

to "disgusting" (Hite, 1976, pp. 236-243).

The importance of clitoral stimulation to sexual arousal and orgasm reported in Masters and Johnson's (1966) physiological study was verified by the recording of women's personal feelings in The Hite Report. The study was valuable as an extensive record in women's own words of their feelings and behavior. It provided a more diversified view of female sexuality (Lewis, 1980).

Current sexological work will be included in the section, "The Development of Positive Images of the Female Body."

#### New Ways of Understanding Women

Of significant importance in the current women's movement is the creative development of female models of living in contrast to the established male models. As pointed out by Dr. Jean Baker Miller, psychiatrist and author of Toward a New Psychology of Women (1976), one begins to understand something only after one has begun to change it. "It is only because women themselves have begun to change their situation that we can now perceive new ways of understanding women" (p. 135). It is within the last twelve years that these "new ways of understanding women" have been articulated in the form of female models of living rather than continuing to accept the male models of

life. Women are defining life as based on female models of life derived from their own life experiences.

Chowdrow (1978), Daly (1968, 1978 & 1984) Dinnerstein (1976), Gilligan (1983), Kitzinger (1983), Miller (1976), Rich (1976), and Schaeff (1981) demonstrated examples of an emerging female model that is a positive reframing of what has been devalued as "female" in our culture. These models were built on those characteristics that are considered weaknesses or less important qualities because they often differed with the dominant "success" qualities of men in our society.

Mary Daly described the evolution of her female model of spiritual philosophy in four scholarly books (1968, 1973, 1978 & 1984). Daly documented her rejection of the patriarchal Christian religion and the hierarchical institutional church and her replacement with a developing post-Christian feminist philosophy. Daly thoroughly examines Christian religious doctrine and practices, rooting out the anti-female elements and establishing positive concepts based on women's strengths (1984). Wehr (1984) discussed the fact that not only was Daly forming a female philosophical model, her method was, in itself, a female model. She developed a non-patriarchal language to express her ideas and feelings. In addition she shared the evolution of her thought as it took place.

Daly's sharing of her philosophical evolution was a poignant example of "process," the central concept in the open-ended Female System as defined by Anne Wilson Schaeff in Women's Reality: an Emerging Female System in the White Male Society (1981). Schaeff's social-political female model is based on her view of the strengths of women. In contrast to the White Male System, it is a system based on continual change, adaptation, and refinement. Schaeff referred to this as "process" (1981). In capsule, the White Male System is an analytical, defining, closed hierarchical system; the Female System is a synthesizing, open, emerging, peer system. Schaeff's concept of a female model was what she believed to be the manner by which women successfully function outside the prescribed confines of the oppressive White Male System (1981).

Three feminist thinkers, Dinnerstein (1976), Chowdorow (1978), and Rich (1976) described the reality of motherhood as they viewed it within a patriarchal society. Each proposes a new female model of childrearing in which the mother is joined by the father in an equal sharing of parenting. Each writer has evaluated mothering from her own discipline.

Dinnerstein, a psychologist, and Chowdorow, a sociologist, have examined the psychological and social process of gender identity. Both acknowledge the

importance of Freudian psychological theory in their views of the differential sexual socialization of males and females. Chowdrow analyzed the difference in object relationships between mothers and daughters and between mothers and sons, delineating attachment, identification, and separation. She established her theoretical concept of the replication of the mothering role in the daughter and of the continued exclusion of men from the parenting role. She proposed a rearrangement of this situation (1978). Dinnerstein clarified the complex reasons why people continue to consent to an intolerable, destructive gender arrangement which included the lopsided parenting responsibility concentrated in the mother (Dinnerstein, 1976).

It was Adrienne Rich's exploration of motherhood that was based in women's own experience of bearing and rearing children (Rich, 1976). As a feminist poet and essayist, Rich fused her own experience with those of many women living within the patriarchy. She formed a female model which expressed the ambivalence of joy and pain in motherhood. In formulating a new mode of mothering, Rich called for the necessary inclusion of the father in the nurturance of his children, seeing it as an enrichment for mothers, fathers, and children and as a necessary intervention if the sexual stereotyped socialization is

ever to change (Rich, 1976).

The final examples of female models come from the psychological theories of Jean Baker Miller (1976) and Carol Gilligan (1983). Miller's book, Toward a New Psychology of Women, was a "new female-influenced model of adulthood that does not depend on separation from others, but on deepening, enlarging, and valuing of human relationships" (Gordon, 1985). Differing from the Freudian-influenced psychoanalytical models of Dinnerstein (1976) and Chowdorow (1978), Miller, a psychiatrist, formed her female model from the total life experiences of her clients, rather than just the formative first year or year-and-a-half of life. Gordon reported that, in an unpublished book, Miller has critiqued the male psychological models of growth. These models are based on the male perception of movement away from the mother rather than the affiliative growth that is part of a female's experience with her mother. In an interview with Gordon (1985), Miller expressed her feelings that women will have lost a real opportunity to influence an increasingly alienated society if they take on the male model of independence and power and do not retain their female model of human connectedness and of empowerment of others. Miller felt it is with these female values that women would be more apt to effect true cultural changes rather than

with the male values which are continuing to increase world problems through alienation (Gordon, 1985).

In her book In a Different Voice (1983), Carol Gilligan presented her critique of developmental theories based on men's interpretation of research data drawn predominantly from studies of men. Gilligan's scholarly research took up Kohlberg's (1976, 1981) work on moral development analyzing and extending it to bring new insights to understanding moral development in females. Gilligan's research pointed to the same valuing of relationships that has emerged in other female models as an important determinative value in decision making for women. That which was seen as a lesser value or even as a weakness when judged by a male model, is reframed by Gilligan as a human strength. Consequently, Gilligan's female model of moral development included a valuing of women's affiliative qualities (1983).

As reported by Levin (1984), a new female model of sexuality has begun to emerge. It is articulated in the comprehensive "celebration and validation of women's sexuality," Women's Experience of Sex (Kitzinger, 1983). Rather than accept one of the "male-determined" definitions of female sexuality, "Sheila Kitzinger has tapped into the unique qualities of women's sexuality with its wide range of differences" by capturing the experience of women,

themselves (Levin, 1984, p. 21). As with the other female models, Kitzinger defines sexuality in the broad terms of a women's affiliative qualities and her relationships to self, family, lovers, friends, the community, and the culture, not a narrow definition of "intercourse with a dominant theme of penetration as viewed by men" (Levin, 1984, p. 21).

This section has reviewed examples of female models of living in philosophy, psychology, sociology, and sexuality. These represent part of a substantial endeavor by feminists to define what it means to be female.

#### Development of Positive Images of the Female Body

In the last 15 years the pervasive, centuries-old negativism about women's bodies and their sexuality has been countered by voices projecting positive images of female bodies. The development of a female model of sexuality by Kitzinger (1983) was the result of her research into women's personal experiences. In addition she drew upon the efforts of a number of individuals who had begun to proclaim a positive image of women. This section reports on some of those efforts in sex therapy, body work, health care, university courses, the arts, and other sexuality materials.

### Sex Therapy

It was the physiological studies of Masters and Johnson (1966, 1970) that provided a scientific basis which a patriarchal society needed to accept new therapeutic approaches to the problems in sexual relationships. As stated earlier in this chapter, Masters and Johnson's research established females as sexual beings in and of themselves. It substantiated what most women knew: clitoral stimulation was central to female orgasmic response (Lewis, 1980).

Sex therapy was enhanced with new approaches by Hartman and Fithian (1972), Kaplan (1974, 1979) and Masters and Johnson (1970). From their works it became evident that women needed to overcome their discomfort with their bodies. Women needed to be given permission to touch their own genitals and to know themselves sexually in order to share in responsive satisfying sexual relationships with others. This is a keystone in the therapeutic educational approach to helping women enjoy their own sexuality.

One of the first self-help books published by a therapist was Getting in Touch: Self Sexuality for Women (Smith, Aryes, and Rubenstein, 1972). Lonnie Barbach, a sex therapist and a colleague of Rubenstein's at the National Sex Forum, popularized a similar approach in her contemporary classic in female sexuality, For Yourself: The

Fulfillment of Female Sexuality (1975b). Barbach reported successful treatment of preorgasmic women in individual and group interventions (Barbach, 1975 a & b, 1980; Wallace & Barbach, 1975) and with situationally orgasmic women (Barbach & Flaherty, 1980). In her recent update of her work, For Each Other: Sharing Sexual Intimacy (1983), Barbach emphasized the importance of body comfort.

Experience running women's sexuality groups has taught me that success at becoming orgasmic with a partner begins with gaining comfort with our own bodies and responses before attempting any partner exercises (p. 128).

A number of similar therapeutic and educational approaches to enhance female sexual expression and enjoyment were developed concurrently (Blank & Cottrell, 1978; Dodson, 1974, 1983; LoPiccolo & Lobitz, 1972; LoPiccolo & LoPiccolo, 1978; Woods, 1981). Self-pleasuring (masturbation) was an integral part of these approaches. Sarrel and Sarrel (1979) expressed their view of the direct relationship between masturbation and sexual body comfort for females as follows:

Masturbation is a positive, growth-promoting act which often increases comfort with the body, fuses sexually pleasurable sensations with fantasy content (where there is fantasy) and affirms the idea that female sexual response is normal, natural, and intensely pleasurable (p. 33).

In Lowenstein's overview of female sexuality (1978), she emphasized the importance of sexual re-education in women's groups and as a part of sex therapy. Re-education

encourages women to become familiar with their entire body and particularly their sexual organs. Many of these educational approaches included guidance towards achieving orgasm. Teaching women to experience orgasm involved a series of body explorations and masturbatory exercises. Decreasing inhibitions and increasing body acceptance, awareness, and comfort were primary goals of sexuality re-education for women.

As pointed out by Lowenstein, masturbation is seen by some feminists (Blank & Cottrell, 1978; Dodson, 1983; Hite, 1976; Sherfey, 1972; Woods, 1981) "as the primary form of female sexuality and as an essential way of experiencing physical pleasure and caring for one's own body" (Lowenstein, 1978, p. 113). Others dealing with female sexuality (Cassell, 1984; Kitzinger, 1983; Potter, 1984; Sarrel & Sarrel, 1979) agreed with the emphasis of Barbach (1975, 1983). Barbach felt that partnered sex and, more centrally, heterosexual intercourse were the goals of sexuality with masturbation being the bridge to gaining greater comfort with one's body and to learning the feeling of sexual pleasure, eventually leading to orgasm during coitus. Sex therapy was a forerunner in acknowledging the importance of positive attitudes towards women's bodies and incorporating it into action.

### Body Work

Group body work is another place where there has been an effort to increase body comfort and, consequently, positive attitudes toward female bodies. The following are examples of four different approaches.

Anne Kent Rush, in Getting Clear: Body Work for Women (1973), presented body work exercises from the human potential movement in California in the 60s and 70s. Her approach was a whole person, integrated, self-awareness approach based in Gestalt Psychology and in Bioenergetics. Among her exercises for women were those to reclaim their genitals. The mind/body integration approach was expressed in her statement regarding orgasm:

I realize that I've gotten almost all the way through this book without talking about orgasm. That is because the whole book is about orgasm. Orgasm as I understand it is an emotional and physical response to openness and expression of my own aliveness. I think there is a higher percentage of non-orgasmic women in our culture because women have been repressed from expressing themselves not only as sexual beings but also in every other aspect of their naturalness, especially their self-assertion (p. 217).

In contrast, Dodson's nude Bodysex Groups were a celebration of sexual self-love and orgasm (Dodson, 1983). To Dodson, "Sex is the regenerative force of life for both women and men. Sex is life. It's birth and rebirth. Our sexuality gives us access to our power" (Riisna, 1983, p. 69), and comfort with their bodies gives women access to sex. Dodson's Bodysex work helped women see how different

and beautiful individual women's bodies were and how those bodies could be sexually alive.

Calderwood and Calderwood (1984) explored body-image issues through nude structured educational workshops. The Calderwoods felt both their single-sex and coed groups provided a unique opportunity to increase self-awareness, acceptance, and enhancement. Women responded to the workshops with a more positive satisfaction with their female bodies (Calderwood & Calderwood, 1984).

Utilizing guided imagery, Hutchinson's body image workshops were based on helping women love their bodies as they were (Hutchinson, 1982, 1985). The emphasis was not on change but rather on helping each woman accept her own body's uniqueness. Her work was done with women who perceived themselves as being overweight.

It would seem that each of these body work approaches added to women's positive images of their bodies, specifically sexual body comfort. And yet this is not known. Unfortunately, there were no evaluation measurements used that reflected the sexual body comfort before or after the workshop experiences. Increased comfort was reported subjectively by Dodson (1983) and the Calderwoods (1984). Hutchinson's research (Hutchinson, 1982; Sankowsky, 1982) included the pre- and post-test use of Secord and Jourard's Body Cathexis Scale (1953).

Measurable improvements were statistically significant at a .01 level. The validity of the Body Cathexis Scale as a measure of female body comfort is discussed later in this chapter.

### Health Care

Within the medical field, there have been some providers of health care for women who have made efforts to establish more positive attitudes toward women's bodies. Of particular note was the need to reform the female pelvic exam into a positive educational experience. Leaders in this area have been women operating health facilities for women (Boston Women's Health Book Collective, 1984; Federation of Feminist Women's Health Centers, 1981). In addition, some university health services, such as the Yale Sex Counseling Service, developed a comfortable, positive experience for women students. Sarrel and Sarrel (1979) reported that in their research study at Yale only 2 of 1500 women experiencing an educational pelvic exam declined the invitation to see their genitals in a mirror. For some it was a "fairly emotional scene when women for the first time have had a positive message about their genitals" (p. 264).

Also coming out of the health care field are three guides to women's health that embody a positive approach to

women's bodies. These are New View of a Woman's Body (Federation of Feminist Women's Health Care Centers, 1981), Ms. Guide to a Woman's Health (Cooke & Dworkin, Eds., 1984) and The New Our Bodies, Ourselves (Boston Women's Health Book Collective, 1984). The last two were recently given positive reviews by Clark (1984).

#### University Courses

Another positive sign on university campuses was the appearance of courses on female sexuality, not only in the women's studies curricula but also in other fields. Biologists and other scientists have developed interdisciplinary courses dealing with female biology and a variety of related issues (Goddard & Martin, Eds., 1984). The Winter 1984 issue of Women's Studies Quarterly was devoted to teaching about sex, sexuality, and reproduction from a feminist viewpoint. The descriptions of college courses included positive statements relevant to women's bodies and, specifically, women's genitals.

#### The Arts and Other Sexuality Materials

Of particular interest to this investigator were the authors, artists, photographers, and filmmakers who have produced works in recent years reflecting positive images of women's bodies. Of those already cited, Kitzinger's Women's Experience of Sex (1983) has been described as "a

comprehensive source book on women's sexuality that is feminist in its perspective, factual, beautifully illustrated, and a joy to read" (Levin, 1984). Its positive view of the female body is evident in these phrases describing the genital labia: "shaped like a conch shell;" "curved and convoluted petal shapes often occur in orchids and other flowers;" and, after menopause, "softer, rosy gray - the colors often seen on a pigeon's breast" (pp. 42-43).

In the early 70s Betty Dodson (1974, 1983) became the leader in creating vulval art by producing and exhibiting beautiful, stylized drawings of vulvas. Her drawings "show how varied vulval anatomy can be, and how sensuous and elegant." (Hite, 1976, p. 236). Judy Chicago (1979) gained national attention for her room-sized art piece, "The Dinner Party." It featured 39 place settings honoring 39 female historical figures. The central focus of each setting was a plate, which was a distinct and different piece of vulval art representing that woman. Her more recent work was an extensive collection of tapestries called "The Birth Project" (Chicago, 1985). It chronicles the birth process. Many representations of the genital area at birth are an integral part of this art work (Chicago, 1985). Tee Corinne has created photographic double mirror images of nude women (Corinne & Lapidus,

1982). These images have vulval shape. Ayalah and Weinstock (1979) have produced a photographic essay, Breasts, in hopes that "such a collection of pictures would help nurture in women an acceptance of their individual bodies" (p. 10).

In an effort to provide visual materials to help sensitize audiences to vulvas and to instill more positive feelings about female genitals, several slide series and films were produced. Notable were the vulva slide presentations of Dodson at the N.O.W. Sexuality Conference in New York in 1973, Jackii Reuben in San Francisco in 1978, and this investigator, Sara Salisbury in 1985. Each was a creative effort by the presenter to replace the negative mind set of our culture with a positive representation of female genitals (Dodson, 1983). Corinne (1976), Calderwood and Schoen (1979), and Garvin (1981) have created three different approaches using slides. Corinne's Female Genitalia (1976) is a straight forward presentation of actual vulvas. Calderwood and Schoen's Grand Opening: The Female Genitals (1979) combines music and humor to set a relaxed tone. It is an extensive photographic series covering menstruation, birth control, pregnancy, and child birth, in addition to body shapes and genital anatomy. The variety of vulvas and pubic areas is amply presented. Garvin's Women: To Know Our Bodies (1981)

makes use of drawings and diagrams to cover both reproductive and sexual information. Near the Big Chakra (Severson, 1972) was the first movie to explore the vulvas of women. Female Images (Marra-Kasowitz, 1977) is an artistic film using still photographs. It depicts the vulva image as a form in harmony with similar beautiful forms in nature, i.e., flowers, fruits, and trees.

In a less serious vein, positive feelings about women's bodies are reflected in the sense of joy, playfulness, and humor found in Corinne's Labialflowers, a Coloring Book (1981), Blank's The Women's Sex Playbook (1979), and Barry's Naked Ladies, Naked Ladies, Naked Ladies (1984).

As exemplified by the variety of approaches and materials reviewed in this section, efforts have been made to develop positive images of the female body. A few of these are readily available to the general population. Unfortunately, most women and men in the United States are not exposed to these positive representations but are still being bombarded by the negativism of centuries past imbedded in the institutions of their daily living (Rich, 1976) and often magnified in the media (Bartky, 1982; Tuchman, 1978).

### Studies Of Body Image Relevant to Female Sexuality

In this review of the literature, the search for psychometric tools that measure body image focused on those studies that were relevant to female sexuality. This section will highlight the following: (a) use of the Body Cathexis Scale, (b) broad surveys of body image, (c) body weight as a body image concern, and (d) sexuality measures relevant to female sexual body comfort.

#### Use of the Body Cathexis Scale

A number of instruments developed to measure general body image were reviewed by Chun, Cobb and French (1975), Robinson and Shaver (1976), and Wylie (1979). Secord and Jourard's Body Cathexis Scale (1953) stands out as the body image measure that has been used most extensively over the past 30 years. The scale was developed to appraise the feelings of an individual towards her/his body. The test consisted of 40 or 55 parts of the body or body functions that were responded to on a Likert scale of satisfaction. The final form of the scale used by Secord and Jourard was the result of "considerable preliminary work" of testing on college students. The rationale and content validity for item choice, and the type of reliability coefficient used, were not specified in the original research article. The split half reliability on the 55 item version was .78 for

males and .83 for females. The Body Cathexis was developed and used in conjunction with a Self Cathexis Scale. The intercorrelation for construct validity for the two scales was .58 for males and .66 for females. These were statistically significant at the .01 level (Wylie, 1979).

In further research using these scales (Jourard & Remy, 1957), it was demonstrated that females cathected their bodies more highly than men. It was hypothesized that the social importance of the female body caused the greater body concern in females. Using this scale, Jourard and Secord (1955) demonstrated the existence of a shared ideal for certain dimensions of the female figure in a group of college women. With the exception of desiring larger breasts, the ideal dimensions were smaller than the actual body measurements.

A number of studies utilizing the Body Cathexis Scale have attempted to correlate body image with sexual activity or satisfaction. In an early limited study of 42 college women, Fisher and Osofsky (1972) found that high sexual responsiveness was associated with a woman's comfort with her body, a high interest in and enjoyment of food, and an enjoyment in athletic activities. Lerner and Karabenick (1974) looked at physical attractiveness, body attitudes, and self concept in late adolescence. Using a list of 24 body characteristics (exclusive of breasts and genitals)

they reported higher mean physical attractiveness ratings for a larger number of body parts relevant to higher self concept for women than for men. Using their own modification of the Body Cathexis Scale (Secord and Jourard, 1953) MacCorquodale and DeLamater (1979) found that the face and genital components of body image were more strongly and consistently related to sexuality than was body build. This study also indicated that those who perceived themselves as more attractive reported more intimate sexual experiences, thus suggesting a relationship between body self-perception and satisfying sexual behavior.

Story (1984) modified the Body Cathexis Scale (Secord & Jourard, 1953) into a body-concept questionnaire (see Appendix A). She studied the body self-concepts of social nudist and nonnudist. Total body self-concept ratings of nudists and males were higher than those of nonnudists and females. This was statistically significant at a .01 level of confidence utilizing an analysis of variance.

Subjects were asked to identify the individual body parts they liked best and least. Results of this were as follows:

Nudists and males most often said they liked most or all body parts best, with sexual parts being named as best-liked second most often. In contrast, nonnudists and females most often named face or overall build as best-liked. Nudists and males most often listed no body part as least liked, but males almost as often

listed sexual parts as least-liked. Nonnudists and females most often said they least-liked their trunk or sexual parts (Story, 1984, p. 108).

The Chi square analysis showed statistical significance at a .001 level. The differences reported in this study parallel those found by Story (1979) in preschool children of social nudists and nonnudists.

Secord and Jourard, and the other researchers who have used the Body Cathexis Scale, have assumed that body esteem could be expressed as a single score based on the sum of the individual's responses to body items. This unidimensional assumption has been challenged by Franzoi and Shields (1984). They have developed a new measure of body esteem based on the Body Cathexis Scale (see Appendix A). Factor analysis of the new scale revealed that body esteem is a multidimensional construct which differs for males and females. These researchers conceptualized the sex difference in three distinct interrelated factors that described the major body esteem dimensions on young men and young women. These body dimension subscales are as follows: men - physical attractiveness, upper body strength, and physical condition; women - sexual attractiveness, weight concerns, and physical condition. Franzoi and Shields' 1984 work suggested that a woman's sense of attractiveness included an evaluation of her own sexuality, not just her bodily attractiveness. The men's subscale of physical

attractiveness did not include the same emphasis on sexuality.

Work with the body esteem scale has been expanded by Franzoi and Herzog (in press). Their recent research asked the question, what body aspects does each sex use in judging the physical attractiveness of the other sex? The results indicated that body parts and functions related to the male body esteem dimension of upper body strength dominated both men's and women's judgment of male's attractiveness. The body items comprising the female body esteem dimension of weight concern dominated both men's and women's judgment of female attractiveness. Underlying this consensus were some differences. Whereas women did not consider sex drive, sex organs, and sex activities as important components in judging a woman's attractiveness, men disagreed and placed more importance on those sexually-related body parts and functions. In like manner, men did not consider body scent and physical stamina important in judging a man's attractiveness, while women did (Franzoi & Herzog, in press).

Franzoi and Herzog (in press) questioned whether just making judgments on individual body items in the abstract and out of social context provided an accurate judgment of attractiveness. They suggested a multi-method approach for further studies on body esteem.

### Broad Surveys of Body Image

The most extensive survey on body image was done by Berscheid, Walster, and Bohrnstedt (1972, 1973 a & b) through Psychology Today. The questionnaire consisted of multiple choice questions, some with Likert scale responses to body parts. Some questions asked about feelings about one's body over time and in a variety of circumstances. A sample of 2,000 of the 62,000 respondents was analyzed. Though the researchers were expecting to find body dissatisfaction, they were surprised to find 45% of the women "quite satisfied." Only 25% reported dissatisfaction with breast size, yet half of the women were unhappy with their weight. Even though the authors cautioned that no cause and effect relationship could be determined between body image and self esteem, they did report that respondents who had good body images considered themselves more likeable, conscientious, and assertive than the average person. In addition these people had more sex partners, engaged in more sexual activity, and experienced a greater degree of sexual enjoyment.

The most recent large-scale body image survey (Cash, Winstead, & Janda, 1986) was completed by 30,000 readers of the July 1985 issue of Psychology Today. With the exception of a nebulous measure referred to only as a "sexuality evaluation" the report (Cash et al., 1986)

contained no specific information regarding sexual aspects of body image. The report dealt primarily with weight concerns. In comparing 2,000 respondents of this study with the body image survey conducted by Berscheid et al. (1972), a considerable increase in body dissatisfaction was recorded. Thirty percent of the 1985 women were dissatisfied with their "looks as they are." This was a 13 percent increase in dissatisfaction with the overall appearance of the body and a 6 percent increase in regard to their breasts/torso over the 1972 survey. The 1985 study revealed that women were less satisfied than men with their own appearance in all areas except face and height. It was felt by the researchers that the study supported the notion that women hold rather extreme standards for an acceptable body, particularly concerning weight. "To the extent that women internalize a relentlessly thin standard to determine their attractiveness, they are left with two chances for a good body image, slim and none" (Cash et al., 1986, p. 34).

#### Body Weight Concerns

In the most current literature body weight appeared repeatedly as a major body image concern for women (Beller, 1980; Brownmiller, 1984; Cash et al., 1986; Dyrenforth, Wooley & Wooley, 1980; Franzoi & Shields, 1984; Freedman,

1984; Hutchinson, 1985; Orbach, 1982; Story, 1984; Welbourne-Moglia, 1984). As stated earlier, Franzoi and Shields (1984) factored out weight concern as one of three major dimensions of female body esteem. In a factor analysis of her data on social nudist and nonnudist, Story (1984) found that weight was the largest factor to be extracted accounting for 23.6 percent of the variance for nonnudist females as compared with 12.2 percent of the variance for the nonnudist males. Sex (including gender and sexual parts) was a factor at 6.2 percent for nonnudist women and 8.8 percent for nonnudist men. No strong factors were found for the social nudist. As suggested by Story, the social nudist seemed to display a positive holistic regard for her/his entire body.

A study of the cultural expectations of thinness in women by Garner, Garfinkel, Schwartz, and Thompson (1980) found evidence of a significant trend toward a thinner standard for the idealized female shape by analyzing the body statistics for the Playboy magazine centerfolds and the Miss America Pageant contestants for a 20-year period from 1959 to 1978. Yet as the ideal standard moved toward a thinner size, revised actuarial statistics reported that the average woman of a similar age had become heavier (Society of Actuaries, 1979).

Adolescent women seem to be particularly vulnerable to

pressures-relevant to both weight and sexual concerns (Welbourne-Moglia, 1984; Freedman, 1984). The interrelated nature of weight and sexuality in the adolescent female in our culture has been discussed by many authors (Brownmiller, 1984; Chernin, 1985; Freedman, 1964; Hutchinson, 1982, 1985; Kaplan, 1980; Welbourne-Moglia, 1984; Wooley & Wooley, 1985). As pointed out by Freedman (1984), the high degree of negative body image experienced by many adolescent girls is interpreted as a direct result of cultural preoccupation with female appearance. This is particularly true of the obsession with weight which has been a factor in the mushrooming of serious eating disorders in adolescent girls. Anorexia nervosa is almost non-existent among males. Freedman linked the increase in eating disorders to the recent changes in gender role expectations which have left some adolescent females confused and in conflict regarding their bodies. Despite this interweaving of weight and sexual concerns in some individuals at adolescence, the work of both Franzoi and Shields (1984) and Story (1984) indicate the importance of weight concerns and sexual attractiveness as individual concerns within one's body esteem.

#### Related Sexuality Measures

In searching the literature numerous sexuality measures were found (Sahli, 1984). Unfortunately, few have

established validity or reliability. Most had been developed and used for one research study.

The study of sexual locus of control is an example of a relevant sexual concern which has received research attention. Several recent doctoral candidates at New York University had done research on sexual locus of control in various populations. Pinhas (1979) developed the sexual control construct by adapting Rottér's (1972) concept of locus of control to the sexual sphere. Sexual internality was found to be associated with the following: greater variety of sexual behaviors (Silverberg, 1981), increased orgasmic frequency (Silverberg, 1981), less sexual anxiety (Flax, 1981), and less sexual guilt (Pinhas, 1979). However, Albans (1981) found that internal locus of control was not a good predictor of contraceptive use.

Another example is the Survey on Female Sexuality questionnaire developed by Levitan (1983). The questionnaire included a body image inventory which was an adaptation of Secord and Jourard's body Cathexis Scale (1953). In addition the questionnaire incorporated (a) a sexual control scale (Pinhas, 1979) adapted from the Nowicki-Duke version; (b) a sexual assertiveness scale, developed by Shafer (1977, 1980); and (c) a sexual anxiety scale adapted by Flax (1981) from the State Anxiety Inventory of Spielberg, Gorsuch, and Lushene (1970). In

examining the later three scales it was found that each had elements relevant to female sexual body comfort but only one dealt directly with feelings regarding the physical or sensual aspects of the female body in relationship to her sexuality. The sexual anxiety scale elicited feeling responses to one situation, "a lovemaking situation in which a male sex partner focuses on your nude body" (Levitan, 1983, p. 117).

The Levitan study (1983) was the one research project that was found in the literature which had direct relevance to female sexual body comfort. Levitan examined how a woman's positive or negative evaluation of her body affected her sexual experience or expression. Levitan carefully limited her study population to sexually active, white, heterosexual, female, college students who had had no physical trauma or cosmetic surgery. She conceptualized the physical body as the instrument through which a woman pursued her sexual goals. Positive body image, again measured with the Body Cathexis Scale, was found to be associated with internal sexual control, lower levels of sexual anxiety, and a high level of sexual assertiveness. Though statistically significant, correlations were not strong. In personal communication with Levitan (March 31, 1986), she spoke of her frustration in using the Body Cathexis Scale as a measure of body image as it related to

a woman's sexuality. Despite modifications she made in the measure she felt that the measure was limited in its ability to elicit responses truly relevant to a woman's feelings about her female body. Levitan (1983) stated:

Satisfaction with the body may have an impact on a woman's sexuality, yet the results indicate that it does not seem to be a major influence for feeling in control of sexual reinforcements, being less anxious when nude with a sexual partner, or being able to initiate sexual behavior and communicate sexual needs (p. ii).

In her dissertation, Levitan expressed discontent in using a body image measure limited to body part items that subjects responded to on a one dimensional satisfaction/dissatisfaction continuum. In the personnel communication she expressed the need for a better instrument for measuring a woman's satisfaction with her body.

#### The Development of An Attitudinal Survey

In developing an attitudinal survey, different psychometric approaches were investigated. Measures of psychological assessment (Chun et al., 1975), psychometric tools specifically related to women and women's issues (Beere, 1979), and measurements of various constructs of self-concept (Wylie, 1979) were reviewed. Secord and Jourard's Body Cathexis Scale (1953) was the only related body image measurement tool whose repeated use had been reported in the literature and for which reliability had

been established (Franzoi and Shields, 1984; Wylie, 1979).

In researching questionnaire design a variety of criteria was reported by Berdie and Anderson (1974), Dutka, Frankel, and Roshwalb (1982), Sudman and Bradburn (1982), and Tuckman (1978). The following considerations in construction of questionnaires were reported by Berdie and Anderson (1974):

- 1) Make the questionnaire as appealing to the eye and easy to complete as possible.
- 2) Number questionnaire items and pages so the respondent will not become confused while completing the form.
- 3) Put the study title in bold type on the first page of the questionnaire.
- 4) Include brief but clear instructions for completing the form.
- 5) Group items into logically coherent sections, i.e., those which deal with a specific topic or those which use the same response options should go together.
- 6) Begin with a few non-threatening questions because introductory questions that are threatening may reduce the likelihood of the subject's completing the questionnaire.
- 7) Try to make smooth transitions between sections so that the respondent does not get the feeling he/she is answering a series of unrelated 'quiz' questions.
- 8) Avoid constructing sections of the form to be answered by only a subset of respondents - such sections may lead respondents to believe the form is not appropriate for them or it may cause frustration and result in fewer completed forms (p. 34).

Tuckman (1978) suggests that a cover letter be included in the questionnaire mailing. It should be a brief letter containing the following information: (a) the purpose of the study, (b) protection afforded the respondent, (c) endorsements of the study, (d) legitimacy of the research, (e) requests for cooperation and (f), any special instructions.

Gilmore (1974) described a time table procedure for initial and follow-up mailings. This included a postcard mailed as a follow-up within the week after the return date and a phone follow-up two weeks later.

Scales used for response to attitudinal statements were discussed in Seiler and Hough (1970) and Mathews (1978). The design set forth by Likert included the following: (a) use of a number of statements that describe either a favorable or an unfavorable attitude toward the statement content, (b) response to all statements by the test subjects, (c) score on a ranking scale of 1 to 5 in which the lowest is the least desirable and the highest is the most desirable (Likert, 1970).

Statement design was reviewed in The La Crosse Wellness Inventory (Gilmore, Dosch, & Hood, 1983), Attitudinal Inventory of Prevention (Gilmore, 1974), two body image questionnaires (Berscheid, Walster and Bohrnstedt, 1972, 1973; Cash, Winstad, and Janda, 1986) and The Body Self-Concept Questionnaire, (Story, 1984; also see Appendix A). Sudman and Bradburn (1982) cautioned that the following considerations be heeded in providing clarity in attitudinal statements:

1. Consistent statement format
2. Simplicity of language
3. Avoidance of ambiguous terms

4. Limit to a single subject concern
5. Balance of positive and negative statements
6. Ordering of least threatening to most threatening.

In addition they suggested that if sections of the survey would be answered by a subset of the respondents the following were necessary: provide very clear instructions about what to answer or not to answer, who should answer and how to proceed with the remainder of the survey.

## CHAPTER III

### METHODS

The purpose of this study was the development of an inventory to measure female sexual body comfort. This chapter describes the selection of the subjects and the developmental procedures in creating the inventory.

#### Selection of the Subjects

Two groups of women were selected to participate in the development of the female sexual body comfort inventory. The first group of adult women had participated in a workshop "Women's Bodies: A Journey Towards Comfort," November 9, 1985. The other group participated in the annual Women's Health Conference, April 18-19, 1986. Both the workshop and the conference were held at the University of Wisconsin - La Crosse.

These populations of women were chosen because they represented an age range of at least 25 years, a variety of backgrounds with regard to marital status, education, occupational choice, and the possibility of a variety of sexual orientations. The common denominator for the two groups was an active interest in women's health issues as exemplified by their participation in the workshop or

conference. It was felt that these women might be more open and willing to participate in this study in comparison with other general populations.

### Procedures

The procedures in creating the attitudinal inventory to measure female sexual body comfort reflected the inventory's developmental stages. This section will describe the eight procedural steps from creation, through three drafts, to the final version of The Salisbury Scale.

#### Construction of a Preliminary Draft of the Inventory

The investigator established a knowledge base of current information and attitudes about female sexuality by attending the Sexual Attitude Restructuring (SAR) conference presented by the National Sex Forum at the Institute for the Advanced Study of Sexuality in San Francisco, California, August 17-24, 1985. Additional information was gathered by reviewing contemporary literature relevant to female sexuality (see preliminary inventory bibliography in Appendix B). From this background, an inventory was created consisting of 40 attitudinal statements about breasts (10 statements), female genitals (12 statements), and general sexual body comfort (18 statements) (see Appendix C).

There were 28 positive and 12 negative written

statements. A Likert Scale was chosen for the following reasons: (a) it allowed for a range of responses, (b) it provided a simple method of scoring, (c) it was easier to develop, and (d) it yielded approximately the same information as the more laboriously constructed equal scales (Likert, 1970; Seiler & Hough, 1970). The Likert Scale used in the preliminary inventory was: (1) rarely/never, (2) occasionally, (3) often, (4) most of the time, and (5) almost always/always.

#### Pretest of the Preliminary Draft of the Inventory

The inventory was pretested using 19 women who participated in the workshop, "Women's Bodies: A Journey Towards Comfort." Fifteen workshop participants completed both the inventory and a process evaluation of the inventory following the workshop (see Appendix B). Severe winter weather forced the early departure of four participants. The workshop was presented by the investigator of this study.

Participant evaluation relative to the experience of taking the inventory was positive in nature. Major suggestions on the evaluation were with regard to expansion of the content of the inventory to include additional feeling statements. The suggested emphasis of these feeling statements was to include a variety of sexual life experiences.

### Formulation of the Second Draft of the Inventory

In writing the second draft of the inventory, the following information sources were used:

1. Comments and suggestions from the evaluations by the workshop participants.
2. Evaluative suggestions from the thesis committee chair.
3. Technical guidelines regarding questionnaire design (Berdie & Anderson, 1974; Dutka et al., 1982; Sudman & Bradburn, 1984; Tuckman, 1978).
4. Additional literature as documented in Chapter II.

Inclusion of new statements necessitated the division of the inventory into two parts. Part I included a revision and expansion of the original 40 statements to 69 statements. These statements were formulated to reflect general body comfort and comfort with one's breasts and genitals. Part II was formed using 40 new attitudinal statements about the following life experiences related to one's sexuality and/or sexual development: menstruation, orgasm, pregnancy, childbirth, menopause, hysterectomy, and mastectomy. When revisions were completed the second draft of the inventory consisted of 109 statements, 64 positive and 45 negative statements (Appendix D).

### Establishment of The National Jury

In order to establish content validity, a national jury was formed from a group of 55 prospects. These prospective jurors were chosen by virtue of their recognition in one of the following areas:

1. Extensive experience in the field of sex education.
2. Extensive experience in the area of sex counseling and therapy.
3. Prominence in their work relating to the well-being of women particularly in reference to women's sexuality.

The following national jury procedure was modeled after that used by Gilmore (1974). A letter of introduction and a request for the individual's services was sent to each prospective juror along with a stamped self-addressed postcard for reply (see Appendix E). Thirty-six people responded positively to the request by deadline. Each of these 36 individuals was sent a letter of explanation, the inventory evaluation form and a stamped, self-addressed envelope for returning the completed forms (see Appendix F). The deadline for return of the evaluation forms was set at one week earlier than the actual research deadline. A reminder postcard was sent to those people who had not returned the evaluation form by

the deadline (see Appendix F). Thirty-three evaluation forms were returned. Three people did not return forms and were dropped from the evaluation procedure. The 33 respondents became the national jury for the development of the inventory (see Appendix G).

#### Content Validation and Statement Selection for The Third Draft

The national jury evaluation form provided a means for the jurors to respond to each of the 109 items regarding each statement's ability to reveal a test subject's female sexual body comfort. Validation of content was scored on a rating scale from one (not acceptable) to five (indispensable).

Each of the statements was analyzed relative to the mean values calculated for each statement. An individual score for each inventory statement on the second draft was tabulated by summing the individual ratings of all jurors on each statement. A mean rating was calculated. The mean rating of 3.5 was established as the level of acceptability for possible inclusion in the third draft of the inventory. Space was provided for comments by the jury on each inventory statement. Suggestions on individual statements and on the inventory as a whole were recorded and used as another criterion in statement selection.

Extensive comments by the jurors, input by this investigator, and suggestions by the thesis committee chair

were used to finalize retention, elimination, or revision of the statements. The third draft of the inventory consisted of 82 attitudinal statements, 51 positively expressed and 31 negatively expressed (Appendix H).

#### Preparation for Item Discrimination

Participants at the third annual Women's Health Conference held at the University of Wisconsin - La Crosse, April 18-19, 1986, were solicited as volunteers to participate in the item discrimination stage of the study. A verbal explanation of the study and a request for volunteers was made at the opening of the general session of the conference. Also a flyer describing the study with an attached volunteer participation card had been included in each registration packet (Appendix I). Participants who were willing to volunteer were asked to fill out the cards and hand them in at the conclusion of the general session or at the registration desk. Ninety-one women volunteered to complete the inventory. These 91 women submitted an additional 24 names and addresses of family and close friends who might also be interested in participating.

A letter of instructions, the inventory, the Body Cathexis Scale (Jourard and Secord, 1955), an evaluation form, and a stamped self-addressed envelope for returning the completed inventory and evaluation were mailed to 115

women (Appendices H & I).

The subjects were instructed to return the completed materials within 10 days. A reminder postcard was sent to those participants whose inventories had not been received by the deadline date (Appendix I). Anonymity was maintained by a coding system within the return envelopes. All participants' mailing addresses were numbered and these numbers were written inside the return envelopes. An assistant to the investigator separated the inventories and evaluations. The investigator checked the number in the envelope against the master list; and those who had not returned their inventories and evaluations were sent a reminder postcard.

#### Item Discrimination Analysis

In completing the inventory for the purpose of item discrimination, the subjects responded to each statement on a five-point Likert Scale. Each statement started with the words "I feel." The Likert Scale gave the following range of responses: rarely/never (1) to almost always/always (5). Statements were positively or negatively worded and the Likert Scale rankings had to be weighted accordingly. This is illustrated in Table 1 at the top of the next page.

TABLE 1  
Inventory Response Scale Scoring

| POSITIVELY WORDED STATEMENTS |              |       |                     |                          |
|------------------------------|--------------|-------|---------------------|--------------------------|
| Rarely/<br>never             | Occasionally | Often | Most of<br>the time | Almost always/<br>always |
| 1                            | 2            | 3     | 4                   | 5                        |
| NEGATIVELY WORDED STATEMENTS |              |       |                     |                          |
| Rarely/<br>never             | Occasionally | Often | Most of<br>the time | Almost always/<br>always |
| 5                            | 4            | 3     | 2                   | 1                        |

Each subject's score was calculated by adding the values of each statement rating to be considered in the analysis. The highest possible score was 380 and the lowest possible score was 76. The item analysis utilized a format that was presented by Edwards (1957) in which 25 percent of the subjects with the highest total scores and 25 percent of the subjects with the lowest total scores were compared via a t-test as to how they responded to each of the statements. The following formula (Gilmore, 1974) was utilized for calculation of the t values:

$$t = \frac{(\bar{X}_H - \bar{X}_L)}{\sqrt{\left[ \frac{S_H^2}{N_H} + \frac{S_L^2}{N_L} \right]}}$$

Where:  $\bar{X}_H$  = The mean score on a given statement for the high group.

$X_L$  = The mean score on a given statement for the low group.

$S_H^2$  = The variance of the distribution of responses of the high group to the statement.

$N_H$  &  $N_L$  = The number of subjects in the high and low groups respectively.

Those statements with the largest t-test values were considered to have better discrimination between subjects in the high and low groups. These values were calculated at the University of Wisconsin - La Crosse Computer Center.

#### Selection of Items for The Salisbury Scale

The following criteria were used in selecting the statements to be included in the final version of The Salisbury Scale of Female Sexual Body Comfort:

1. The national jury score
2. The national juror's evaluative suggestions
3. The t-test score (the larger the value the better the item discrimination)
4. Evaluations by the test subjects
5. Judgment of the investigator
6. Balance of content and of statement positivity

This resulted in an inventory which consisted of 69 statements (45 positive and 24 negative) to be rated on a Likert Scale of one to five (Appendix J).

CHAPTER IV  
RESULTS AND DISCUSSION

Introduction

The purpose of this study was the development of an inventory to measure female sexual body comfort. Methods used to develop the final instrument were research and design, national jury evaluation, and large group application for item discrimination. This chapter describes the results of each of the steps in the developmental process. For purposes of clarification, results and discussion are divided into the following chapter sections: (a) results of the national jury process, (b) results of the item discrimination, and (c) finalization of The Salisbury Scale of Female Sexual Body Comfort.

Results of The National Jury Process

The national jury consisted of 33 people who responded favorably to the request to participate in this study and returned the evaluation form (see Appendix F). Thirty of the 33 (90%) rated the individual statements with the rating scale provided, 1 = not acceptable to 5 = indispensable. Three jurors wrote general comments but did not rate the statements. The evaluative process asked for

written comments specific to individual statements as well as general suggestions about the entire inventory. Fifteen (45%) of the national jurors responded with comments on individual statements while 12 (36%) wrote general suggestions as part of the evaluation process. Selection of statements was based on the rating values, on the evaluative comments of the jury, and judgment of the investigator.

The inventory evaluated by the jurors consisted of 109 statements. During the national jury process 49 of the statements were eliminated and 22 new statements were added.

#### Statement Selection Through Jury Ratings

Statement elimination: mean values < 3.5. Mean values on the rating scale of 1 to 5 were calculated from the 30 completed evaluation rating forms. The value of 3.5 was considered the point of acceptability for possible inclusion of the statement in draft three which was to be used for item discrimination. Table 2, on the following four pages, indicates that 23 statements received a rating below the 3.5 inclusionary value. Eighteen of those statements were eliminated on that basis. Those eliminated statements were as follows: Part I, numbers 4, 9, 11, 14a, b & e, 16, 34, and 55, and Part II, numbers 10, 16, 21, & 22 (see Appendix C). Five statements with mean values less than 3.5 were retained. The retention of those statements is discussed later in this chapter.

TABLE 2

National Jury Mean Rating of Statements and Results  
Inventory, Second Draft

| Draft (2)<br>Statement No. | Mean | Results | New No. (3) |
|----------------------------|------|---------|-------------|
| Part I                     |      |         |             |
| 1                          | 3.90 | X R     | 7           |
| 2                          | 4.00 | X R     | 8           |
| 3                          | 4.31 | X R     | 14          |
| 4                          | 3.28 | O       |             |
| 5                          | 3.63 | X R     | 3           |
| 6                          | 3.53 | O C     |             |
| 7                          | 3.50 | O C     |             |
| 8                          | 4.00 | X       | 11          |
| 9                          | 3.30 | O       |             |
| 10                         | 3.52 | O C     |             |
| 11                         | 3.24 | O       |             |
| 12                         | 4.14 | X       | 6           |
| 13                         | 3.93 | X       | 59          |
| 14a                        | 3.10 | O       |             |
| b                          | 3.07 | O       |             |
| c                          | 3.33 | X C     | 9           |
| d                          | 3.20 | X C     | 10          |
| e                          | 2.97 | O       |             |
| f                          | 3.57 | X R     | 60          |
| 15a                        | 3.27 | O       |             |
| b                          | 3.21 | O       |             |
| c                          | 3.41 | O       |             |
| d                          | 3.28 | O       |             |
| e                          | 3.20 | O       |             |
| f                          | 3.27 | X R     | 61          |
| 16                         | 3.37 | O       |             |
| 17                         | 3.93 | X       | 13          |
| 18                         | 3.52 | O C     |             |
| 19                         | 3.52 | X       | 5           |
| 20                         | 3.64 | O C     |             |
| 21                         | 4.24 | X       | 62          |

X=Retained, R=Revised  
O=Eliminated, C=Retained or eliminated due to content

National Jury Mean Rating of Statements and Results  
Inventory, Second Draft  
(Continued)

| Draft (2)<br>Statement No. | Mean | Results | New No. (3) |
|----------------------------|------|---------|-------------|
| 22                         | 3.97 | X       | 63          |
| 23                         | 4.07 | X       | 15          |
| 24                         | 4.33 | X       | 16          |
| 25                         | 3.53 | O C     |             |
| 26                         | 4.27 | X       | 17          |
| 27                         | 3.54 | X       | 18          |
| 28                         | 3.61 | X       | 19          |
| 29                         | 4.17 | X       | 20          |
| 30                         | 3.89 | O C     |             |
| 31                         | 3.93 | X       | 21          |
| 32                         | 4.41 | X       | 22          |
| 33                         | 3.90 | X R     | 23          |
| 34                         | 3.43 | O       |             |
| 35                         | 3.90 | X       | 64          |
| 36                         | 4.17 | X       | 24          |
| 37                         | 4.33 | X       | 25          |
| 38                         | 4.07 | X       | 26          |
| 39                         | 3.77 | X       | 27          |
| 40                         | 3.87 | X R     | 30          |
| 41                         | 4.40 | X       | 28          |
| 42                         | 4.10 | X       | 34          |
| 43                         | 3.43 | X C     | 29          |
| 44                         | 3.77 | X R     | 40          |
| 45                         | 3.90 | X       | 33          |
| 46                         | 3.63 | O C     | 80          |
| 47                         | 3.67 | O C     | 81          |
| 48                         | 3.60 | O R     | 40          |
| 49                         | 4.47 | X       | 31          |
| 50                         | 3.60 | X       | 80          |
| 51                         | 4.07 | X R     | 32          |
| 52                         | 4.33 | X       | 65          |
| 53                         | 3.63 | X       | 37          |
| 54                         | 3.87 | X       | 38          |
| 55                         | 3.40 | O       |             |
| 56                         | 3.83 | X       | 36          |

X=Retained, R=Revised  
O=Eliminated, C=Retained or eliminated due to content

National Jury Mean Rating of Statements and Results  
Inventory, Second Draft  
(Continued)

| Draft (2)<br>Statement No. | Mean | Results | New No. (3) |
|----------------------------|------|---------|-------------|
| 57                         | 4.20 | X       | 77          |
| 58                         | 3.77 | X       | 80          |
| 59                         | 4.60 | X       | 41          |
| Part II                    |      |         |             |
| 1                          | 3.97 | X       | 42          |
| 2                          | 3.73 | X       | 39          |
| 3                          | 3.73 | X       | 44          |
| 4                          | 3.47 | X C     | 45          |
| 5                          | 3.60 | X       | 46          |
| 6                          | 4.57 | X       | 53          |
| 7                          | 4.17 | X R     | 54          |
| 8                          | 4.47 | X       | 55          |
| 9                          | 4.20 | X       | 56          |
| 10                         | 3.44 | O       |             |
| 11                         | 3.90 | X       | 57          |
| 12                         | 3.57 | X       | 58          |
| 13                         | 3.93 | O C     |             |
| 14                         | 3.93 | O C     |             |
| 15                         | 3.50 | O C     |             |
| 16                         | 3.47 | O       |             |
| 17                         | 3.50 | O C     |             |
| 18                         | 3.53 | O C     |             |
| 19                         | 3.62 | O C     |             |
| 20                         | 3.52 | O C     |             |
| 21                         | 3.17 | O       |             |
| 22                         | 3.29 | O       |             |
| 23                         | 3.54 | O C     |             |
| 24                         | 4.00 | X       |             |
| 25                         | 3.80 | X       |             |
| 26                         | 3.21 | X CR    |             |
| 27                         | 3.55 | X       |             |
| 28                         | 3.76 | X       |             |
| 29                         | 3.85 | O C     |             |
| 30                         | 3.85 | O C     |             |
| 31                         | 3.85 | O C     |             |

X=Retained, R=Revised  
O=Eliminated, C=Retained or eliminated due to content

National Jury Mean Rating of Statements and Results  
Inventory, Second Draft  
(Continued)

| Draft (2)<br>Statement No. | Mean | Results | New No. (3) |
|----------------------------|------|---------|-------------|
| 32                         | 3.70 | O C     |             |
| 33                         | 3.81 | O C     |             |
| 34                         | 3.85 | O C     |             |
| 35                         | 4.07 | O C     |             |
| 36                         | 4.15 | O C     |             |
| 37                         | 4.15 | O C     |             |
| 38                         | 4.08 | O C     |             |
| 39                         | 3.81 | O C     |             |
| 40                         | 4.41 | O C     |             |

X=Retained, R=Revised  
O=Eliminated, C=Retained or eliminated due to content

Statement retention: mean value > 3.5. Fifty five statements with a mean value greater than 3.5 remained as a part of the inventory. Forty-one of these were in Part I and 14 of these were in Part II.

Statement Selection through Jury Written Comments

Statement elimination: jury individual criteria. When considering the comments on individual statements by the jurors, categories of their concerns emerged. These were used as criteria for elimination or revision of statements. These criteria for judging the content and wording of the statements were:

1. Irrelevance to body comfort

2. Presence of a commonly-learned cultural response or taboo
3. Acceptance as an infrequently practiced sexual activity
4. Presence of a physiological basis for difference
5. Reference to what might be construed as negative familial sexual contact
6. Evidence of focus on partner discomfort rather than subject's comfort
7. Evidence of homophobia
8. Lack of clarity

Those statements which received a mean rating between 3.20 and 3.70 were evaluated in light of the written comments of the jurors as well as the judgment of the investigator for final discrimination and item selection. Nine such statements in the 3.51 to 3.70 range were eliminated because the jurors raised questions relative to wording and/or content. These were statement numbers 6, 7, 10, 18, 20, 25, 46, 47, and 48 all located in Part I of the inventory.

Statements 6 and 7 dealing with viewing nude bodies in educational and art materials were eliminated on the basis of criterion one, irrelevance to subject's own body comfort. Statements 10, 18, 20, and 47 were thought to reflect a commonly-learned cultural response and were

rejected on the basis of criterion two. Statements 25 and 48 might have involved a homophobic reaction and were eliminated on the basis of criterion seven. It was felt that statement 46 regarding taste lacked clarity, and therefore, criterion eight was used as the basis for eliminating it.

Statement 30, rated at 3.89, was dropped based upon the expert knowledge of four jurors who stated that nipple sensitivity is related to physiological differences, not sexual body comfort, and, therefore, did not qualify for the inventory. The literature describes both psychological and physiological elements to nipple sensitivity (Ayala & Weinstock, 1979; Masters & Johnson, 1966). Because it was not clearly one or the other, the statement was eliminated on the basis of criterion four.

Statement elimination: Part II discarded. Twenty-one statements in Part II were eliminated in response to a lack of clear direction from the national jurors who were asked to comment regarding the inclusion of Part II in the inventory. Solicitation of these comments was sought because Part II dealt with life experiences as they might relate to female sexual body comfort rather than a general focus on female sexual body comfort as found in Part I. The jury was asked to comment on the question of the addition of Part II to the focus in Part I. Three

alternative evaluative forms were suggested: valuable addition, "extra baggage," or optional supplement. Twenty of the 33 national jurors did not respond either positively or negatively to the use and/or inclusion of Part II in the inventory. Of the thirteen who did give an opinion, seven responded positively and six responded negatively. The seven positive responses ranged from "all should be included" to "parts should be included." Comments in the positive were as follows:

Valuable addition.

Real significance in determining body comfort.

Important natural phases included.

If not retained, definitely do Part II as a second study.

Comments by the six negative responders relative to the inclusion of Part II in the inventory were the following:

Not necessary, more about opinion than body comfort.

Hysterectomy and mastectomy are real baggage.

Questions on surgical procedures are not reliable predictors.

Put menstruation and orgasm in Part I and eliminate the rest.

Too many variables.

It should be noted that 11 of the national jurors gave a common rating for 75% (30) of the statements in Part II. Three jurors chose not to rate the final 12 statements. In summary the expressed opinions of the national jurors did

not provide a clear indication relative to the value of all of Part II. The cautionary comments relative to the added uncontrollable variables in the pregnancy, childbirth, hysterectomy, and mastectomy statements were heeded and those sections were eliminated from the third draft. Those statements relative to menstruation, orgasm, and menopause were retained as natural parts of a women's sexual development as suggested by ten jurors. Twenty-one statements in Part II (numbers 13-15, 17-20, and 29-40) were eliminated as a result of questioning the concept of the entire section.

Statement formation: jury suggestions. As a result of specific suggestions by the national jury, 22 new statements were added to the inventory. Two major content areas needing further development were identified by the jurors. These were a need for more statements about general body comfort and a need for statements about a woman's sexual body comfort within a relationship.

Particular note is made of the evaluation of one juror. Not only did this juror make detailed comments on many of the inventory statements, but also she aided by suggesting specific content for fifteen additional statements. Twelve of these suggestions were used in formulating new statements: numbers 35, 67-70, 72-74, 76, 78, 79, and 82 on the third draft. The juror focused on an

area that had been problematic, "feelings regarding one's sexual body comfort within a relationship." The problem had been how to deal with statements that imply a sexual relationship with another person when everyone taking the inventory may not have experienced such a relationship. The suggestion was to pull all such statements from the main body of the inventory and place them in a separate section to be answered by women who had experienced sex with a partner. This solved the problem and added an important body comfort section to the inventory.

Statement clarification through jurors' written comments.

In response to comments by jurors, 12 statements were revised for clarification. Six of these statements required the addition of one word to clarify content (numbers 1, 2, 3, 5, 14f, and 15f in Part I). Three statements (33 and 55 in Part I and number 7 in Part II) were more broadly reworded. Two statements (44 and 48 in Part I) were combined to eliminate confusion and redundancy. Statement number 40 in Part I was changed from a positive to a negative statement in order to retain a balance with a similar positive statement.

Statement Selection through Judgment of Investigator

Five statements with mean jury ratings between 3.2 and 3.5 were retained. These were statement numbers 14c, 14d,

and 43 from Part I and numbers 4 and 26 from Part II. The three statements from Part I were retained as a result of the investigator's judgment based on the knowledge gained from working with women in body comfort workshops. Number 4, Part II, dealt with feelings regarding the smell of menstrual flow. Number 26, Part II, was concerned with the feelings toward lacking control over menopausal symptoms. In reviewing both of these, it was felt that both were distinct aspects of being female. A comfortable acceptance of them was felt to be an indication of sexual body comfort. As a consequence, both statements were retained. Because the jury's ratings were superseded by the judgment of the investigator, the outcome of these five statements in the item discrimination is noted separately in the section detailing the results of the item discrimination.

#### Demographic Revision through Jury Suggestions

The national jury members were asked to give evaluative suggestions regarding the demographic information sheet. In response to their suggestions, questions regarding the following background information were added: sexual orientation and ethnic background, as well as any experiences with abortion, sexual traumas, or surgical procedures other than what was already included. Other additions were the inclusion of "partnered, same sex" under marital status, and revision of family of origin to

five categories of people whom the subject might have had in her living arrangement before age 18.

Summary of the Results of National Jury Process

At the conclusion of the national jury process the third draft contained 82 attitudinal statements which were grouped into the following five content sections: (a) general body comfort, breasts and genitals, (b) menstruation, (c) menopause, (d) orgasm and (e) sex with a partner. In accordance with criteria for attitudinal survey design by Sudman and Bradburn (1982), the statements in each section were arranged in an order from those least personally threatening to those most personally threatening based on the subjective judgment of the investigator.

In summary, the process of evaluation by the national jury resulted in the elimination of 49 of the 109 statements that were contained in the second draft of the inventory. There were revisions in 12 statements. Twenty-two new statements were formulated from suggestions by jurors. The consequence of this process was a third draft of the inventory consisting of 82 statements (51 positive and 31 negative) arranged in five sections. In addition, the demographic information sheet was revised in accordance with the suggestions of the national jury members (See Appendix H).

### Results of the Item Discrimination

Participants at the 1986 Annual Women's Health Conference at the University of Wisconsin - La Crosse volunteered to be subjects for the item discrimination. Ninety-one women volunteered and submitted 24 names and addresses of family and friends who might be willing to participate. A total of 115 inventories were mailed. Completed inventories were returned by 108; 105 (91%) of these arrived before or on the deadline and were included in the data analysis. Three were received after the deadline and were not subjected to the data analysis. Greenburg, Bruess, and Sands (1986) noted that the response rate for questionnaires in sex research is generally less than 40 percent and often around 20 percent. Conjecture as to why there was such a high response rate of 91 percent for this present study will be discussed in Chapter Five.

### Adjustments Preliminary to Item Discrimination Analysis

Previous to item discrimination, three adjustments were made. The first was a decision not to use the Body Cathexis Scale for possible concurrent validity. Concurrent validity must be done with subjects who completed the final version of the inventory, not a developmental draft. The inventory used for the item discrimination was not the final version.

The second adjustment was to drop subject number 52 from the item discrimination. In reviewing all total and subsection scores, it became evident that the total score value of 188 was the same as the subscore which excluded partnered sex. Subject number 52 was the only test subject who did not complete the partnered sex section. When her inventory was scrutinized it was discovered that the test subject was presently celibate and had never experienced sex with a partner. As a consequence, she had not marked the entire section on partnered sex. This resulted in a total score which located her in the lowest 25th percentile. When her total score was viewed in the context of the total score considering only those sections she had answered, she was within the 25-50th percentile range. Based upon this fact, the score for subject number 52 was included in the total data collected from these test subjects but was appropriately disqualified from the analysis for item discrimination. This resulted in a total of 104 inventory scores utilized for this section of the inventory development.

Finally, it was necessary to make an adjustment to the total scoring of the inventory at this point in the research process. After reviewing all of the 104 returned inventories to be used in the item discrimination, it was noted that only 5 subjects had experienced menopause and

scored the 6 attitudinal statements relating to menopause. This constituted only 5 percent of the total subject population. If even distribution was assumed, only 1.25 subjects would fall in each quartile group used for item discrimination. This is not a large enough sample upon which to base a decision with regard to item importance nor would the data be significant relative to attitudes of women regarding menopausal sexual body comfort. As a consequence, the six statements relating to menopause and the concomitant scores were dropped from the inventory. Thus the highest total score possible in the inventory was 380 and the lowest possible score was 76. Using the format presented by Edwards (1957), as described in Chapter III, 26 scores found in the lowest 25th percentile (values 177-168) and 26 scores in the highest 25th percentile (values 315-350) were involved in the t-test statistical item discrimination (Gilmore, 1974).

#### Analysis for Item Discrimination

Using a two tailed t-test for item discrimination, 64 of the 76 items showed statistical significance at the .05 level. Values for the t-test on all of the 76 items appear in Table 3. Closer inspection of the table reveals that 19 statements were significant at the 0.01 level and 37 statements were significant at the 0.001 level of confidence.

TABLE 3  
National Jury Ratings and T-Test  
Item Discrimination Results  
Inventory, Third Draft

| Draft (3)<br>Statement No. | Jury Rating<br>Mean | T<br>Value | Two-Tailed<br>Probability |
|----------------------------|---------------------|------------|---------------------------|
| 1                          | ----                | 3.95       | 0.001***                  |
| 2                          | ----                | 0.43       | 0.7                       |
| 3                          | 3.63                | 1.97       | 0.1                       |
| 4                          | ----                | 5.41       | 0.001***                  |
| 5                          | 3.52                | 3.76       | 0.001***                  |
| 6                          | 4.14                | 3.17       | 0.01**                    |
| 7                          | 3.90                | 4.18       | 0.001***                  |
| 8                          | 4.00                | 4.06       | 0.001***                  |
| 9                          | 3.33                | 3.27       | 0.01**                    |
| 10                         | 3.20                | 4.10       | 0.001***                  |
| 11                         | 4.00                | 3.23       | 0.01**                    |
| 12                         | ----                | 2.59       | 0.05*                     |
| 13                         | 3.93                | 3.43       | 0.01**                    |
| 14                         | 4.31                | 5.59       | 0.001***                  |
| 15                         | 4.07                | 3.35       | 0.01**                    |
| 16                         | 4.33                | 3.03       | 0.01**                    |
| 17                         | 4.27                | 3.02       | 0.01**                    |
| 18                         | 3.54                | 2.50       | 0.05*                     |
| 19                         | 3.61                | 3.05       | 0.01**                    |
| 20                         | 4.17                | 2.20       | 0.05*                     |
| 21                         | 3.93                | 1.56       | 0.2                       |
| 22                         | 4.41                | 4.14       | 0.001***                  |
| 23                         | 3.90                | 3.69       | 0.001***                  |
| 24                         | 4.17                | 3.27       | 0.01**                    |
| 25                         | 4.33                | 0.57       | 0.6                       |
| 26                         | 4.07                | 0.90       | 0.4                       |
| 27                         | 3.77                | 3.42       | 0.01**                    |
| 28                         | 4.40                | 5.38       | 0.001***                  |
| 29                         | 3.43                | 3.25       | 0.01**                    |

(1) Undeterminable due to 0.0 standard deviation in high or low group.

(2) Deleted due to insufficient data.

\* Statistical significance at a .05 level.

\*\* Statistical significance at a .01 level.

\*\*\* Statistical significance at a .001 level.

National Jury Ratings and T-Test Item  
Discrimination Results  
Inventory, Third Draft  
(Continued)

| Draft (3)<br>Statement No. | Jury Rating<br>Mean | T<br>Value | Two-Tailed<br>Probability |
|----------------------------|---------------------|------------|---------------------------|
| 30                         | 3.87                | 1.21       | 0.3                       |
| 31                         | 4.47                | 2.86       | 0.01**                    |
| 32                         | 4.07                | 4.43       | 0.001***                  |
| 33                         | 3.90                | 5.86       | 0.001***                  |
| 34                         | 4.10                | 5.32       | 0.001***                  |
| 35                         | ----                | 2.84       | 0.01**                    |
| 36                         | 3.83                | 6.84       | 0.001***                  |
| 37                         | 3.63                | -          | (1)                       |
| 38                         | 3.87                | 2.90       | 0.01**                    |
| 39                         | 3.73                | 5.63       | 0.001***                  |
| 40                         | 3.77                | 6.64       | 0.001***                  |
| 41                         | 4.60                | 3.51       | 0.001***                  |
| 42                         | 3.97                | 4.10       | 0.001***                  |
| 43                         | ----                | 2.06       | 0.05*                     |
| 44                         | 3.73                | 3.68       | 0.001***                  |
| 45                         | 3.47                | 2.71       | 0.01**                    |
| 46                         | 3.60                | 2.55       | 0.05*                     |
| 47-52 (2)                  |                     |            |                           |
| 53                         | 4.57                | ----       | (1)                       |
| 54                         | 4.17                | 1.11       | 0.3                       |
| 55                         | 4.47                | 3.63       | 0.001***                  |
| 56                         | 4.20                | 3.71       | 0.001***                  |
| 57                         | 3.90                | 2.57       | 0.05*                     |
| 58                         | 3.57                | 2.58       | 0.05*                     |
| 59                         | 3.93                | 2.34       | 0.05*                     |
| 60                         | 3.57                | ----       | (1)                       |
| 61                         | 3.72                | 3.25       | 0.01**                    |
| 62                         | 4.24                | 4.25       | 0.001***                  |
| 63                         | 3.97                | 4.97       | 0.001***                  |
| 64                         | 3.90                | 1.34       | 0.2                       |
| 65                         | 4.33                | 3.35       | 0.01**                    |
| 66                         | ----                | 3.75       | 0.001***                  |

(1) Undeterminable due to 0.0 standard deviation in high or low group.

(2) Deleted due to insufficient data.

\* Statistical significance at a .05 level.

\*\* Statistical significance at a .01 level.

\*\*\* Statistical significance at a .001 level.

National Jury Ratings and T-Test Item  
Discrimination Results  
Inventory, Third Draft  
(Continued)

| Draft (3)<br>Statement No. | Jury Rating<br>Mean | T<br>Value | Two-Tailed<br>Probability |
|----------------------------|---------------------|------------|---------------------------|
| 67                         | ----                | 4.62       | 0.001***                  |
| 68                         | ----                | 4.62       | 0.001***                  |
| 69                         | ----                | 3.47       | 0.01**                    |
| 70                         | ----                | 4.41       | 0.001***                  |
| 71                         | ----                | 4.68       | 0.001***                  |
| 72                         | ----                | 6.68       | 0.001***                  |
| 73                         | ----                | 3.86       | 0.001***                  |
| 74                         | ----                | ----       | (1)                       |
| 75                         | ----                | 3.68       | 0.001***                  |
| 76                         | ----                | 4.95       | 0.001***                  |
| 77                         | 4.20                | 6.58       | 0.001***                  |
| 78                         | ----                | 3.07       | 0.01**                    |
| 79                         | ----                | 4.77       | 0.001***                  |
| 80                         | 3.77                | 5.04       | 0.001***                  |
| 81                         | 3.60                | 5.44       | 0.001***                  |
| 82                         | ----                | 6.18       | 0.001***                  |

(1) Undeterminable due to 0.0 standard deviation in high or low group.

(2) Deleted due to insufficient data.

\* Statistical significance at a .05 level.

\*\* Statistical significance at a .01 level.

\*\*\* Statistical significance at a .001 level.

The 12 statements which did not meet the 0.05 criteria for inclusion were eliminated from the inventory. One other statement, number 46 ("I feel sexually aroused during my menstrual period"), was eliminated because of evidence supporting the premise that such arousal may have primarily a physiological basis rather than being related to sexual body comfort as pointed out by three jury members. Sixty-

three statements remained for the final version of the inventory.

Item Discrimination on Five Statements with Jury Rating < 3.5

The results of the item discrimination on the five statements retained via the judgment of the investigator following the national jury process are delineated in Table 4 below.

TABLE 4

Item Discrimination on Five Statements  
with Jury Rating < 3.5

| Draft (2)<br>No. | Draft (3)<br>No. | Jury Rating<br>Mean | T<br>Value |
|------------------|------------------|---------------------|------------|
| I, 14c           | 9                | 3.33                | 3.27*      |
| I, 14d           | 10               | 3.20                | 4.10**     |
| I, 43            | 29               | 3.43                | 3.25*      |
| II, 4            | 45               | 3.47                | 2.71*      |
| II, 26           | 49               | 3.21                | (1)        |

(1) eliminated

\* Statistical significance at a .01 level

\*\* Statistical significance at a .001 level

Number 26, Part II, was eliminated when all statements regarding menopause were discarded due to lack of adequate data. The other four statements performed well in the item discrimination, three having t-values at .01 level and one at the .001 level of statistical significance.

#### Evaluation of Inventory by Test Subjects

When the inventory was mailed to the subjects for item discrimination, an evaluation was included with the instrument and each subject was asked to evaluate the tool. In preparing the final form of the inventory, the 95 evaluations by the subjects involved in the item discrimination were considered. These evaluations provided a final source of suggestions for improving the inventory.

Again, as was true for the subject evaluations on the preliminary draft of the inventory, subjects expressed a need for feeling statements about relevant life experiences such as hysterectomy, pregnancy, tubal ligation, and body changes. Part II, which contained similar statements, was developed in response to the preliminary set of evaluations. During the national jury process Part II was removed from the inventory. It was eliminated because of the number of uncontrollable variables involved in the statements and because the national jury did not provide a clear judgment relative to its inclusion.

In general the participants felt that the language, statement construction, and instructions were clear. Some criticisms dealt with the scale. There were requests for alternative responses, more responses, and a neutral response as well as a "not applicable or appropriate" category. The final scale that was used was purposefully constructed without a neutral response to force subjects to choose a definite response. Because individuals may not have experienced a particular activity, an alternative response was added to the scale, N.E. for Never Experienced, in the final form of the inventory.

Several women expressed a need for the inventory instructions to state that the answers should represent current feelings. As a result, the phrase "as you feel at this time" was added to the instructions.

#### Finalization of The Salisbury Scale

In finalizing the inventory, the 63 statements were reviewed to insure that the final inventory would be balanced and positive in nature. Six statements were added to the final remaining 63 (numbers 2, 3, 24, 28, 54 & 69 in the final version). Instructions for scoring the instrument will include the directions to exclude these 6 "balancing" statements from the scoring process. To provide consistency of form, "I feel" was added to statement numbers 48, 50, and 51. Statement number 60 was

rephrased for purposes of clarification (Appendix J). A number of the subjects' suggestions relative to mechanics of the inventory were incorporated in the final form of The Salisbury Scale of Female Sexual Body Comfort. As a result of the national jury process and item discrimination The Salisbury Scale of Female Sexual Body Comfort contains 69 attitudinal statements (45 positively expressed and 24 negatively expressed).

## CHAPTER V

### CONCLUSIONS, REFLECTIONS AND RECOMMENDATIONS

The purpose of this study was to develop an inventory to measure female sexual body comfort. This final chapter is divided into the following sections: (a) summarizing the process, (b) recording the results and conclusions, (c) reflecting on concerns that are relevant to this work, (d) formulating recommendations for further study and (e) "having the final word."

#### Summary

As a result of broad studies in the field of sexuality, a number of researchable issues, relative to a woman's comfort with the sexual aspects of her body, were formulated. With each new foray into the literature it became more evident that the negative attitudes toward women and their bodies developed from the earliest of times (Hays, 1964; Rich, 1976). This negative attitude affected women's acceptance and appreciation of their female bodies and, consequently, their female sexuality (Lott, 1981; Kitzinger, 1983). Despite the broad conjectures and opinions expressing women's discomfort with their bodies, no statistically tested tool to specifically measure sexual

body comfort was found in a literature search. The development of an instrument to measure female sexual body comfort became the aim of this study.

The process by which the instrument was developed included the following four procedural stages:

1. Construction and Pretesting of a Preliminary Draft.

After establishing broad-based knowledge of female sexuality, an inventory of 40 attitudinal statements was written. These feeling statements, responded to on a Likert Scale, were pretested by 19 women who participated in a workshop on female body comfort.

2. Formulation of the Second Draft and Establishment of Content Validity. Evaluations by the workshop participants and further investigation of content from literature and technical resources contributed to the formation of the second draft. The second draft inventory had 109 attitudinal statements separated into two parts. It was subjected to content validation as established through evaluation by a national jury of 33 experts in the fields of sex education, sex counseling and therapy, women's sexuality and well-being.

3. Formulation of a Third Draft for the Process of Item Discrimination. The national jury's rating, individual criticism, and general suggestions produced a

third draft of the inventory consisting of 82 attitudinal statements reflective of female sexual body comfort. This inventory was completed by 104 volunteers from a women's health conference and then subjected to a two tailed t-test for item discrimination.

4. Formation of the Final Instrument. The Salisbury Scale of Female Sexual Body Comfort is a result of the item discrimination and evaluations by 104 test subjects. This final version has 69 attitudinal statements.

#### Conclusions

The result of this study is "The Salisbury Scale of Female Sexual Body Comfort." Excerpts from the inventory are found in Table 5 and in Appendix J. Having established content validity and item discrimination the statements are presented in their final form. The inventory is now ready to be used on large and varied populations. Repeated applications with various populations representing differing demographic characteristics will provide a means of establishing the reliability of the instrument as well as cultural norms for scoring of the instrument.

TABLE 5  
Excerpts from Final Version of the Inventory

| I FEEL THIS      |              |       |                     |                          |
|------------------|--------------|-------|---------------------|--------------------------|
| Rarely/<br>Never | Occasionally | Often | Most of<br>The Time | Almost Always/<br>Always |
| 1                | 2            | 3     | 4                   | 5                        |

Please circle one value. Write  
that value next to number at right

4. I feel good about my body. 1 2 3 4 5 \_\_\_\_ 4.
14. I like how my nude body looks in a mirror 1 2 3 4 5 \_\_\_\_ 14.
21. It feels good to me to touch my own breasts. 1 2 3 4 5 \_\_\_\_ 21.
26. I enjoy self pleasuring (masturbating). 1 2 3 4 5 \_\_\_\_ 26.
29. I feel my genitals are unattractive. 1 2 3 4 5 \_\_\_\_ 29.
36. My sexual body odors are pleasant to me. 1 2 3 4 5 \_\_\_\_ 36.
42. I feel a variety of pleasurable body responses in orgasm. 1 2 3 4 5 \_\_\_\_ 42.
56. Perspiring during sexual activity with a partner is unpleasant to me. 1 2 3 4 5 \_\_\_\_ 56.
65. I enjoy the feeling of having my partner inside me during sexual activity. 1 2 3 4 5 \_\_\_\_ 65.

### Reflections

In reflecting over the process of development of The Salisbury Scale, a number of ideas have surfaced. This section will include reflections on the possible effects of the following issues on female sexual body comfort: (a) the importance of sexual partners, (b) the elements of time and life events, (c) the occurrence of sexual trauma, (d) the relevance of eating disorders, (e) the concern of homophobia, and (f) the spectrum of sexual violence. The final reflection is on the enthusiastic participation of women in this project.

### The Importance of Sexual Partners

How a woman relates to sexual partners and how those sexual partners seem to react to her body is an important factor in dealing with female sexual body comfort. Ideally, one should be able to develop positive female sexual body comfort in a self-affirming manner, without regard to other people's feeling. In reality, the images women have of their bodies seem to be inextricably bound to how women perceive another's reaction to them. The very nature of sex implies relating to another person; consequently, that other person's perceived feeling's about her body play an important role in a woman's feelings about her body. This was very evident in the personal comments

of study subjects.

Didn't take into account feelings could be different with partner other than spouse!!! (Perhaps totally different)

Many of the responses I have were dependent on who I was/am relating to.

I found that I had different feelings when I considered long term relationships as opposed to short term ones, whether the relationship was with a female versus a male partner and what the state of the relationship was/is in terms of emotional involvement and personal commitment.

These clearly raise the issue of whether the difference is merely perceived or is actual. Whether a woman's sexual body comfort is significantly different in relating to different people is a question demonstrating the need for further research.

#### The Elements of Time and Life Events

Another issue relating to female sexual body comfort is one which relates to changing feelings over time and through a variety of life experiences. Being aware of this the researcher constructed the inventory's response rating scale to allow for a range of time/frequency (never...always) relative to current feelings/attitudes. Concurrence on the importance of taking time into account when dealing with women's feelings about their bodies was received from Dr. Jean Levitan via personal communication (March 31, 1986). In discussing the use of the Second and

Jourard Body Cathexis Scale (1953) in her work (Levitan, 1983), she expressed her dissatisfaction with that measurement tool. Levitan stated, "Women feel differently under different circumstances at different times. The time factor needs to be incorporated into the measurement of body image in women."

Subjects expressed their awareness that their feelings about their bodies might change over a period of time.

I think I may have answered these questions somewhat differently a while ago - now I am in the middle of the break up of a long term relationship and have some fairly negative feelings in general.

I would like to experience taking the inventory again in six months or a year.

My answers today are different than 10 years ago or even several months ago because of new experiences or problems in my life.

Perhaps a redevelopment of Part II, that was present in the second draft of the inventory, should be done in the future and applied in a longitudinal fashion. It seems that different life experiences and developmental stages may affect one's sexual body comfort.

#### The Occurrence of Sexual Trauma

One of the issues of greatest sensitivity in relation to female sexual body comfort may be that of sexual trauma. The investigator has had some experience discussing sexual body comfort with survivors of incest. Loathing of one's

body can be extreme in these women (Kitzinger, 1983). Some women completing the inventory were painfully aware of the relationship between their experience of a sexual trauma and the feelings about their bodies that were provoked by the inventory.

I answered this survey with how I am feeling now... this is after the experience of sexual assault and 18 months of therapy to heal.

As a survivor of rape and incest, some questions were difficult to answer and a lot of answers I gave were conflicting.

It was difficult to do when I first read it, I wasn't prepared for the feelings I had, so I got some support from someone I trusted - so I could complete this.

After reading such comments, two issues emerged. One is the research question of what effect sexual trauma may have on sexual body comfort. The other was the re-enforcement of a concern dealt with doing this study. It is the ethical issue regarding the responsibility of the investigator in possibly creating an emotionally painful or even destructive situation for an inventory subject who has experienced sexual trauma. Concern over this has been discussed in personal communication with Dr. Barbara McFarland, a Cincinnati psychologist working with recovering addicts and eating disorder patients many of whom have experienced sexual abuse. Dr. McFarland has requested the use of the inventory with women recovering from food, alcohol, and drug addictions.

### The Relevance to Eating Disorders

Dr. McFarland's primary interest in The Salisbury Scale of Female Sexual Body Comfort is a focus on eating disorders. As director of The Eating Disorders Recovery Center in Cincinnati, Ohio, McFarland is interested in measuring the sexual body comfort of the clients at the center. Currently, anorexia nervosa, bulimia, and obesity are health problems of epidemic proportions in the United States. In dealing with eating disorder patients, Dr. Susan Wooley of the University of Cincinnati observed, in a March, 1986, 20/20 TV program, "The parts of the body they dislike the most - abdomen, hips, buttock, thighs - are the parts that define the body as female. It is the femaleness of the body that is disliked" (Downs, 1986). It would seem if this were so, the breasts and the genitals, those parts that really identify one as female, would also be disliked. Once cultural norms are established, it will be interesting to find out if the "distortions of body image" (Wooley & Wooley, 1985, p. 397) in an eating disorder patient is reflected as sexual body discomfort by this new inventory. It has been hypothesized that the eating disorder is a breakdown in the sexual and social transition of young females into adult women (Chernin, 1985). Perhaps the inventory can be helpful in elucidating

this hypothesis and possible sexual discomfort at this stage in a woman with an eating disorder.

### The Concern of Homophobia

Homophobia in relationship to the female body comfort was another of the issues brought to the investigator's attention by the national jury members and by the subjects evaluating the inventory. Five jury members were particularly sensitive to evidence of homophobia and sexual orientation preference in the construction of the inventory. A number of changes suggested by them were made in the third draft of the inventory and the result of their good work was reflected in comments by subjects completing the inventory.

All in all, you did a great job of allowing for multiple sexual values including multiple partners and gay sex.

As a lesbian, I feel good about having choices included that apply to me.

An unresolved question is whether there is a necessity or way to distinguish between discomfort due to a subject's homophobia rather than discomfort due to negative attitudes towards her own body. Final version statements 10, 13, 18, 25, and 27 involve relating to other females. A discomfort might be recorded in response to these items that relate to the following issues: (a) a subject's fear of her own attraction to another woman, (b) her fear that the woman

whom she touches may misconstrue the physical contact, or  
(c) her fear that the woman whom she touches may be  
attracted to her.

#### The Spectrum of Sexual Violence

The age-old disregard for women and their bodies is played out today in a spectrum of sexual violence toward women. This spectrum spans many degrees from subtle disregard to blatant eruptions of hatred. Some degrees of the spectrum are: sexual stereotyping, sex discrimination, negative images of women in the media, pornography, sexual harassment, molestation, sexual assault, incest, and rape.

A destructive circular relationship exists between sexual violence and the negative attitudes toward women's bodies from outside and from inside women. The existence of sexual violence perpetuates negative feelings about women's bodies; negative feelings about women's bodies help continue the destructive actions toward women.

The problem is immense. Perhaps in some small way this inventory can be used to help elucidate the issue. Perhaps, by its use in a variety of ways, this inventory can help disrupt some part of the destructiveness within the spectrum of sexual violence toward women.

#### Philosophical Reflections on Participant Response

The final reflection is on the 91 percent response

rate by the participants in the item discrimination. It seems that a number of factors may have activated the excellent response. Four of these seem obvious: (a) the subjects were personally solicited by the investigator, (b) the subjects were willing volunteers, (c) the subjects were women who had already expressed an interest in health by attending the Women's Health Conference at the University of Wisconsin - La Crosse and may have been more open and willing to participate in the study, and (d) the topic of sexuality is appealing for most people.

It is the opinion of this investigator that of greatest importance is that women are ready! Women are willing, ready and eager to share their feelings, "their story," about how it is to be female. The appeal of this research may have been that women would have the opportunity to help establish what is really true about their bodies and their sexuality. A sense of their energy and support is evidenced in the comments from the evaluations of the subjects.

What a neat study. I like to think all women would enjoy taking this survey.

Thanks for the opportunity to share my feelings.

Good luck, more power to you.

I'm happy to know someone is seriously looking at women's attitudes and opening up avenues to be honest about women's sexuality.

It seems that the time is ripe for the formulation of a female model of sexuality. Women have found their voices!

#### Recommendations

As a result of the investigation and developmental process for The Salisbury Scale of Female Sexual Body Comfort the following immediate and initial recommendations are made:

1. Formalize a set of scoring instructions for the scale which are clear, concise, and easily implemented.
2. Refine the demographic section of the instrument for ease and precision in gathering the exact data required for establishing the who, what, when, and how of each subject taking the inventory.

Having established those mechanical requirements relative to the tool, the following recommendations are made with regard to the administration and further use of the inventory on populations:

1. Utilize the study on a population using repeated applications in order to establish reliability.
2. Utilize the study on a variety of populations of women; for example, taking ethnicity, sexual persuasion, addictive illnesses, and varying ages into consideration for the purpose of establishing cultural norms.
3. Utilize the study as an information gathering,

diagnostic, and evaluative tool in mental, emotional and physical health related situations. For example, the following are some questions which might be investigated using The Salisbury Scale of Female Sexual Body Comfort:

- a. How do varying educational backgrounds or experiences affect the sexual body comfort of women?
  - b. Does a specific educational intervention (i.e., course, workshop, approach) change a woman's sexual body comfort?
  - c. Is there a correlation between specific factors in a woman's health history and her sexual body comfort?
  - d. Is there a correlation between healthy life styles and a woman's sexual body comfort?
4. Utilize The Salisbury Scale for individual self education and enrichment. The Scale might be used as a facilitator and precipitator of investigation into a woman's self-knowledge and awareness of feelings about her body.
5. Utilize The Salisbury Scale to gather knowledge of the relationship between female sexual body comfort and other sexual variables such as: sexual behaviors, sexual orientations, level of sexual knowledge, methods of contraception, as well as experience with a variety of

positive or negative sexual life events (early intercourse, pregnancy, rape, and sexual abuse).

6. Utilize The Salisbury Scale to expand the following studies:

- a. Jourard and Secord (1955) - The Idealized Female Body.
- b. Levitan (1983) - Female Body Image and Sexual Control, Sexual Anxiety and Sexual Assertiveness.

7. Utilize The Salisbury Scale for assessment and education of female clients after evaluation of the instrument by sex counselors and therapists.

8. -Finally, pursue issues considered in the previous reflections section. Utilize The Salisbury Scale in studying the following:

- a. the relationship between sexual traumas and sexual body comfort
  - b. the relationship between eating disorders and sexual body comfort
  - c. possible changes in a woman's sexual body comfort when she relates sexually to different people
  - d. redevelopment of supplementary sections to the inventory which could measure female sexual body comfort during a variety of life experiences.
- Administer the inventory in a longitudinal fashion.

### The Final Word

With the completion of the final version of The Salisbury Scale comes the realization that it is neither "completed" nor "final." As the 69 statements were reviewed and arranged, issues with regard to content and construction were arising. Life is a continuum of the process of change. In order for education to be alive, it must also be a part of a continuous process of change. And so an effort within the educational process - the completion of a Master's Degree as is represented with the research and writing of a thesis - is also a fleeting moment. Already there are new insights with regard to certain statements in the "completed final version." In light of the long sought but newly received doctoral dissertation on the relationships between body image and sexual control, sexual anxiety and sexual assertiveness (Levitan, 1983), the "final" statements could be looked at in terms of control and assertiveness.

The specific focus of this study has been the development of a measure of female sexual body comfort. The broader aim has been to aid in the formation of a positive female model of sexuality. Hopefully, The Salisbury Scale will be helpful in the collective endeavor with other women to create a female model of sexuality.

This study might help place one piece in the picture

puzzle of female sexuality. It is also hoped that it will help empower some women to reassess their own valuing of their female bodies, to appraise how they relate sexually to their own bodies, and to gain an awareness into how they relate sexually to others through their female bodies.

Women have been and are uncomfortable with their own bodies because they are judging their bodies by societal standards and cultural dictates that have been imposed on them by a patriarchal society (Bartky, 1979, 1982; Rich, 1976). Perhaps more women will begin to throw off these ambiguous and negative images and will begin to see their femaleness, including their genitals, in terms of beauty as defined by themselves. Hopefully this study has and will contribute to that end.

We need to imagine a world in which every woman is the presiding genius of her own body (Rich, 1976, p. 292).

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APPENDICES

APPENDIX A

Correspondence in Search of Other Inventories

Health Education Department  
203 Mitchell Hall  
University of Wisconsin-  
LaCrosse  
LaCrosse, WI 54601

March 11, 1986

Ms. Marilyn Story  
Department of Home Economics  
University of Northern Iowa  
Cedar Falls, IA 50614

Dear Ms. Story,

Several years ago I read an article of yours on sexuality education. Yesterday your name popped out at me again. Via Psychological Abstracts I was lead to the September 1984 issue of The Journal of Psychology and your article, "Comparisons of Body Self-Concept Between Social Nudists and Nonnudists."

I am very interested in your work on body self-concepts. Do you have more recent published work in this area? I would appreciate more information on your work on body self-concept. Would you be willing to send me a copy of your Body Self-Concept Questionnaire?

At present I am writing a Master's Thesis on female sexual body comfort. I am developing an inventory which deals with a women's comfort with the sexual parts of her body. I am pleased to have found your work on body self-concept. The sex differences are of particular interest to me as I deal with the assumptions in the literature of negative attitudes by females about their bodies. I have not located any measurement tools that deal primarily with sexual body comfort. Are you aware of any? Your questionnaire deals more specifically with sexual body parts than most others of which I am aware.

I look forward to hearing from you at your earliest convenience.

*Sam T. Salobny*



University of Northern Iowa  
Department of Home Economics

Cedar Falls, Iowa 50614  
Telephone (319) 273-2814

March 25, 1986

Ms. Sara J. Salisbury  
Health Education Department  
203 Mitchell Hall  
University of Wisconsin-LaCrosse  
LaCrosse, WI 54601

Dear Ms. Salisbury:

Enclosed is a copy of my body self-concept questionnaire. It does not focus on sexual body comfort, although you could extract the sexual items from the questionnaire. I am not aware of an instrument dealing primarily with sexual body comfort. Best wishes on your research project.

Sincerely,

A handwritten signature in cursive script that reads "Marilyn Story".

Marilyn Story, Ph.D.  
Professor

MS/dmh

Enclosure

BODY ATTITUDES

Please complete the following: State of residence: \_\_\_\_\_

Age: \_\_\_\_\_

Sex: Male \_\_\_\_\_ Female \_\_\_\_\_

The following items are related to your body or your functioning.  
 FOR EACH ITEM: First encircle the number beneath it which best represents your feelings of satisfaction or dissatisfaction according to the following scale:

- 1 = Have strong negative feelings and wish change could somehow be made.
- 2 = Don't like, but can put up with.
- 3 = Have no particular feelings one way or the other.
- 4 = Am Satisfied.
- 5 = Have strong positive feelings and desire no change to be made.

Second encircle the letter beneath the item which indicates what factor contributed most to your feelings of satisfaction or dissatisfaction according to the following scale:

- A = Attractiveness (looks good/bad)  
 E = Effectiveness (works well/poorly)  
 B = Both (attractiveness and effectiveness) contribute equally  
 O = Other (when marking "other", please name the factor in the blank provided)

1. Hair  
    1 2 3 4 5   A E B O \_\_\_\_\_
2. Facial complexion  
    1 2 3 4 5   A E B O \_\_\_\_\_
3. Appetite  
    1 2 3 4 5   A E B O \_\_\_\_\_
4. Hands  
    1 2 3 4 5   A E B O \_\_\_\_\_
5. Distribution of hair over body  
    1 2 3 4 5   A E B O \_\_\_\_\_
6. Nose  
    1 2 3 4 5   A E B O \_\_\_\_\_
7. Fingers  
    1 2 3 4 5   A E B O \_\_\_\_\_
8. Ability to establish meaningful relationships  
    1 2 3 4 5   A E B O \_\_\_\_\_
9. Wrists  
    1 2 3 4 5   A E B O \_\_\_\_\_
10. Waist  
    1 2 3 4 5   A E B O \_\_\_\_\_

## BODY ATTITUDES, Page 3

30. Skin texture  
1 2 3 4 5 A E B O \_\_\_\_\_
31. Lips  
1 2 3 4 5 A E B O \_\_\_\_\_
32. Legs  
1 2 3 4 5 A E B O \_\_\_\_\_
33. Teeth  
1 2 3 4 5 A E B O \_\_\_\_\_
34. Forehead  
1 2 3 4 5 A E B O \_\_\_\_\_
35. Feet  
1 2 3 4 5 A E B O \_\_\_\_\_
36. Health  
1 2 3 4 5 A E B O \_\_\_\_\_
37. Sex activities  
1 2 3 4 5 A E B O \_\_\_\_\_
38. Knees  
1 2 3 4 5 A E B O \_\_\_\_\_
39. Posture  
1 2 3 4 5 A E B O \_\_\_\_\_
40. Face  
1 2 3 4 5 A E B O \_\_\_\_\_
41. Weight  
1 2 3 4 5 A E B O \_\_\_\_\_
42. Sex (male or female)  
1 2 3 4 5 A E B O \_\_\_\_\_
43. Mouth  
1 2 3 4 5 A E B O \_\_\_\_\_
44. Skin color  
1 2 3 4 5 A E B O \_\_\_\_\_
45. Thighs  
1 2 3 4 5 A E B O \_\_\_\_\_
46. Stomach  
1 2 3 4 5 A E B O \_\_\_\_\_
47. Navel  
1 2 3 4 5 A E B O \_\_\_\_\_
48. Penis/Vagina  
1 2 3 4 5 A E B O \_\_\_\_\_
49. Buttocks  
1 2 3 4 5 A E B O \_\_\_\_\_
50. Total body  
1 2 3 4 5 A E B O \_\_\_\_\_
51. What part of your body do you like best? \_\_\_\_\_  
Why? \_\_\_\_\_
52. What part of your body do you like least? \_\_\_\_\_  
Why? \_\_\_\_\_

## BODY ATTITUDES, Page 2

Reminder of Scales

- 1 = Have strong negative feelings and wish change could somehow be made  
 2 = Don't like, but can put up with  
 3 = Have no particular feelings one way or the other  
 4 = Am satisfied  
 5 = Have strong positive feelings and desire no change to be made

- A = Attractiveness (looks good/bad)  
 E = Effectiveness (works well/poorly)  
 B = Both (attractiveness and effectiveness) contribute equally  
 O = Other (when marking "other", please name the factor in the blank provided)

11. Energy level  
 1 2 3 4 5 A E B O \_\_\_\_\_
12. Back  
 1 2 3 4 5 A E B O \_\_\_\_\_
13. Ears  
 1 2 3 4 5 A E B O \_\_\_\_\_
14. How others like my body  
 1 2 3 4 5 A E B O \_\_\_\_\_
15. Chin  
 1 2 3 4 5 A E B O \_\_\_\_\_
16. Ankles  
 1 2 3 4 5 A E B O \_\_\_\_\_
17. Neck  
 1 2 3 4 5 A E B O \_\_\_\_\_
18. Shape of head  
 1 2 3 4 5 A E B O \_\_\_\_\_
19. Body build  
 1 2 3 4 5 A E B O \_\_\_\_\_
20. Profile  
 1 2 3 4 5 A E B O \_\_\_\_\_
21. Height  
 1 2 3 4 5 A E B O \_\_\_\_\_
22. Ability to keep meaningful relationships  
 1 2 3 4 5 A E B O \_\_\_\_\_
23. Age  
 1 2 3 4 5 A E B O \_\_\_\_\_
24. Shoulders  
 1 2 3 4 5 A E B O \_\_\_\_\_
25. Arms  
 1 2 3 4 5 A E B O \_\_\_\_\_
26. Breasts/chest  
 1 2 3 4 5 A E B O \_\_\_\_\_
27. Eyes  
 1 2 3 4 5 A E B O \_\_\_\_\_
28. Hips  
 1 2 3 4 5 A E B O \_\_\_\_\_
29. Number of meaningful relationships I have  
 1 2 3 4 5 A E B O \_\_\_\_\_

## BODY ATTITUDES, Page 4

Please "x" or fill in the following:

1. Nudity classification of your family:
  - A. Nude both at camp and at home \_\_\_\_\_
  - B. At home nudists only \_\_\_\_\_
  - C. Normally clothed both socially and at home \_\_\_\_\_
2. Number of years you have been nude both at camp and at home: \_\_\_\_\_
3. Number of years you have been an at home only nudist: \_\_\_\_\_
4. Number of people living with you in your household on a regular basis: \_\_\_\_\_
5. Highest number of years of education completed by a family member: \_\_\_\_\_
6. Race or ethnic group: (1) Black \_\_\_\_\_ (2) Caucasian \_\_\_\_\_ (3) Chicano \_\_\_\_\_  
(4) Indian \_\_\_\_\_ (5) Oriental \_\_\_\_\_

THANK YOU for helping us with this study!



205 Loma Street  
Waterloo, Iowa 50701  
(319) 291-6767

*Marilyn D. Story, Ph.D.*  
Associate Professor

Family Life & Child Development  
University of Northern Iowa  
Cedar Falls, Iowa 50613  
(319) 273-2702



205 Loma Street  
Waterloo, Iowa 50701  
(319) 291-6767

*Norman L. Story, Ph.D.*  
Licensed Clinical Psychologist

Counseling Services  
University of Northern Iowa  
Cedar Falls, Iowa 50613  
(319) 273-2676

2804 Cass Street  
LaCrosse, WI 54601

March 14, 1988

Dr. Stephen L. Francoi  
Department of Psychology  
Marquette University  
Milwaukee, WI 53233

Dear Dr. Francoi,

After a brief search I have found you, --and right across the state from me!

I am interested in you Body Esteem Scale as reported in the Journal of Personality Assessment. I am presently involved in research on female sexual body comfort at the University of Wisconsin-LaCrosse. Female sexual body comfort relates to your sexual attractiveness subscale. Have you done any further work on the Body Esteem Scale or are you aware of any research by others? Would you send me a copy of your measurement tool for the Body Esteem Scale?

In dealing with women's concerns about their bodies, I have felt that there were separate but related weight and sexual constructs within body image for women. Your research validated my feelings.

In addition would you provide me with your definition of body esteem. You did not include one in the article I read.

As I am currently in the process of developing an inventory on sexual body comfort, I would appreciate any further relevant information.

Thank you in advance. I look forward to hearing from you.

Sincerely,

*Sara J. Salisbury*  
Sara J. Salisbury

(Returned 4/19/86)

*See above,  
Concerning health, my  
research has been about sexual  
body esteem in relationship to body  
image. As women my definition of body  
esteem is not simple: it is the attitude  
one has toward their own body.  
Good luck in your work.  
Stephen Francoi*

## THE BODY ESTEEM SCALE

**Instructions:** On this page are listed a number of body parts and functions. Please read each item and indicate how you feel about this part or function of your own body using the following scale:

- 1= Have strong negative feelings  
 2= Have moderate negative feelings  
 3= Have no feeling one way or the other  
 4= Have moderate positive feelings  
 5= Have strong positive feelings

- 
- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1. body scent _____             | 21. appearance of eyes _____    |
| 2. appetite _____               | 22. cheeks/cheekbones _____     |
| 3. nose _____                   | 23. hips _____                  |
| 4. physical stamina _____       | 24. legs _____                  |
| 5. reflexes _____               | 25. figure or physique _____    |
| 6. lips _____                   | 26. sex drive _____             |
| 7. muscular strength _____      | 27. feet _____                  |
| 8. waist _____                  | 28. sex organs _____            |
| 9. energy level _____           | 29. appearance of stomach _____ |
| 10. thighs _____                | 30. health _____                |
| 11. ears _____                  | 31. sex activities _____        |
| 12. biceps _____                | 32. body hair _____             |
| 13. chin _____                  | 33. physical condition _____    |
| 14. body build _____            | 34. face _____                  |
| 15. physical coordination _____ | 35. weight _____                |
| 16. buttocks _____              |                                 |
| 17. agility _____               |                                 |
| 18. width of shoulders _____    |                                 |
| 19. arms _____                  |                                 |
| 20. chest or breasts _____      |                                 |
- 

Franzoi, S. L., & Shields, S. A. The Body Esteem Scale: Multidimensional structure and sex differences in a college population. *Journal of Personality Assessment*, 1984, 48, 173-178.

**ATTENTION:** If you conduct research using the Body Esteem Scale I would be interested in learning of your findings. Please write to me at the following address:

Dr. Stephen L. Franzoi  
 Department of Psychology  
 Marquette University  
 Milwaukee, Wisconsin 53233

## THE BODY ESTEEM SCALE

(scoring keys)<sup>a</sup>Females

Sexual Attractiveness: body scent, nose, lips, ears, chin, chest or breasts,  
appearance of eyes, cheeks/cheekbones, sex drive,  
sex organs, sex activities, body hair, face

Weight Concerns: appetite, waist, thighs, body build, buttocks, hips, legs,  
figure or physique, appearance of stomach, weight

Physical Condition: physical stamina, reflexes, muscular strength, energy level,  
biceps, physical coordination, agility, health,  
physical condition

Males

Physical Attractiveness: nose, lips, ears, chin, buttocks, appearance of eyes,  
cheeks/cheekbones, hips, feet, sex organs, face

Upper Body Strength: muscular strength, biceps, body build, physical coordination,  
width of shoulders, arms, chest or breasts, figure or  
physique, sex drive

Physical Condition: appetite, physical stamina, reflexes, waist, energy level,  
thighs, physical coordination, agility, figure or physique,  
appearance of stomach, health, physical condition, weight

<sup>a</sup>To determine subject's score for a particular subscale of the Body Esteem Scale, simply add up the individual scores given items on the subscale. For example, for female sexual attractiveness you would add up the subject's ratings of the items comprising the sexual attractiveness subscale (13 items).

2604 Cass St  
LaCrosse, WI 54601

March 14, 1986

Ms. Leigh Hallingby, Librarian  
SIECUS  
80 Fifth Ave.  
New York, N.Y. 10011

Dear Ms. Hallingby,

I am writing to request your assistance with my present search. In attempting to gather research data about women's satisfaction with their bodies in relationship to their sexuality, I have been unable to find a specific measurement instrument; consequently, I am developing an inventory to measure female sexual body comfort.

I have done a thorough search of the literature. I have turned up no such inventory, but I did neglect to check with your library. Are you aware of any measurement tool which might relate to female sexual body comfort, defined as the degree of satisfaction and ease of a woman with the sexual aspects of her body. I am also interested in any instrument that deals with general body image with specific inclusion of items relating to sexuality. I would appreciate any help you can give me with this.

In addition I would appreciate a bibliography on female sexuality. Has there been a SIECUS REPORT in this area very recently?

Thank you in advance for your help. I am glad to be back as a member of SIECUS.

Sincerely,

  
Sara J. Salisbury

# SIECUS

SEX INFORMATION AND EDUCATION COUNCIL OF THE U.S.  
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3/19/86

Dear Sara,

Thank you for your letter.

In the enclosures, I have circled books and bibliographies that may be helpful.

Unfortunately, we do not have the instruments you need. Jean Linton just got her PhD from NYU and her dissertation involved Body Image. Maybe she could direct you. Her address is

217 East 13th #6F

NY, NY 10003

H 212-675-9325

W 212-595-3528

Sincerely,  
Pete Litterly  
Asst. Director

## MARCIA GERMAINE HUTCHINSON, Ed.D.

Licensed Psychologist

85 WEST COULDING STREET SHERBORN, MA 01770

(617) 653-3665  
(617) 662-3237

Sam J. Salisbury  
203 Mitchell- Health Ed.  
University of Wisconsin  
La Crosse, WI 54601  
April 6, 1986

Dear Mr. Salisbury,

Thank you for your interest in my work on body image. I'm afraid that I have no measurement tools of any sophistication or power to suggest to you. My dissertation which would be the most efficient way to learn about my methodology is not published, but is available. I would be happy to send you a copy. I regret that I must charge for duplicating and postage expenses. This would come to a total of \$11.00.

As far as further work, I did do a very informal 6-month follow-up study of my experimental subjects. I have never written it up because of its informality. I was, however, pleased to see that the majority of changes that my subjects experienced as a result of the treatment they experienced held. For many it deepened. For a few it faded. More importantly, I have adapted my therapeutic approach into a self-help book which contains transcripts of all the exercises I used in my experiment, plus others that I have added along the way. I am enclosing some information about the book with this letter. If you are interested in any of this material, please let me know and I will send it to you.

As there are so few people working on and researching this important area, I welcome any information about your own findings. Please keep me informed. Good luck.

Sincerely,

  
Marcia Hutchinson, Ed.D.

APPENDIX B

Bibliography for Development of the  
Preliminary Inventory

Bibliography for Development of the Preliminary Inventory

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APPENDIX C

Preliminary Inventory & Evaluation

C-1 Preliminary Inventory for Development of  
Female Body Comfort Scale

C-2 Evaluation Form for Preliminary Inventory

C - 1

Sara Salisbury  
November, 1965DEVELOPMENT OF FEMALE BODY COMFORT SCALE

Your help would be appreciated in the development of a scale for assessing female body comfort. This is a pre-testing of possible items for a new inventory. Respond to the following items as indicated at the beginning of each section. Thank you.

\*\*\*\*\*

Section I: Check the answers that are correct for you and fill in requested information.

Age:     \_\_\_ 12-17  
          \_\_\_ 18-23  
          \_\_\_ 24-29  
          \_\_\_ 30-39  
          \_\_\_ 40-49  
          \_\_\_ 50-59  
          \_\_\_ over 60

Income:   \_\_\_ under 5,000  
              \_\_\_ 5,000 - 9,999  
              \_\_\_ 10,000 - 19,999  
              \_\_\_ 20,000 - 29,999  
              \_\_\_ 30,000 - 39,999  
              \_\_\_ 40,000 - 49,999  
              \_\_\_ 50,000 - 75,000  
              \_\_\_ over 75,000

Marital Status:

\_\_\_ Single, never married  
\_\_\_ Single, divorced  
\_\_\_ Single, widowed  
\_\_\_ Married first time  
\_\_\_ Rearrried

Education Completed:

\_\_\_ less than high school  
\_\_\_ high school  
\_\_\_ post high school training  
\_\_\_ college  
\_\_\_ graduate school

People with whom I live:

\_\_\_ alone  
\_\_\_ with spouse  
\_\_\_ with significant other  
\_\_\_ with \_\_\_ (nos) children  
\_\_\_ with \_\_\_ (nos) other relatives  
\_\_\_ with \_\_\_ (nos) unrelated people

Number of sisters and brothers:

\_\_\_ sisters  
\_\_\_ brothers

Number of children:

\_\_\_ pregnancies  
\_\_\_ live births  
\_\_\_ girls  
\_\_\_ boys

Religious Affiliation

(Identify denomination)

\_\_\_\_\_ In childhood  
\_\_\_\_\_ As adult  
\_\_\_ regular attendance  
\_\_\_ occasional  
\_\_\_ not active

Work Status

\_\_\_ student  
\_\_\_ in home full-time  
\_\_\_ outside work, part-time  
\_\_\_ outside work, full-time

Female Body Comfort Scale

Section III: Circle the scale letter that best represents your feelings regarding each statement. Use the following scale.

- A. I feel this rarely/never  
 B. I feel this sometimes  
 C. I feel this most of the time  
 D. I feel this almost always/all the time

- |  |   |   |   |   |
|--|---|---|---|---|
| 1. I like the way my breasts look.   | A | B | C | D |
| 2. Looking at photographs of female genitals makes me uncomfortable.               | A | B | C | D |
| 3. I like the size of my breasts.  | A | B | C | D |
| 4. I like the comparison of female genitals to flowers, fruit and landscapes.      | A | B | C | D |
| 5. My breasts are not as attractive as most other women's.                         | A | B | C | D |
| 6. My body feels sensuous when I exercise.   | A | B | C | D |
| 7. My clitoris is a source of pleasure for me.                                     | A | B | C | D |
| 8. I am uncomfortable looking at other women's breasts.                            | A | B | C | D |
| 9. My genitals are strange looking and unattractive.                               | A | B | C | D |
| 10. I like to have my back massaged:   |   |   |   |   |
| a. by a professional masseur/messeuse  | A | B | C | D |
| b. by an acquaintance  | A | B | C | D |
| c. by a female friend  | A | B | C | D |
| d. by a male friend  | A | B | C | D |
| e. by my significant other/spouse  | A | B | C | D |
| 11. I like to have a body massage:   |   |   |   |   |
| a. by a professional masseur/masseuse  | A | B | C | D |
| b. by an acquaintance  | A | B | C | D |
| c. by a female friend  | A | B | C | D |
| d. by a male friend  | A | B | C | D |
| e. by my significant other/spouse  | A | B | C | D |
| 12. I am uncomfortable touching my own genitals.                                   | A | B | C | D |
| 13. My breasts are not a sexual turn on for me.                                    | A | B | C | D |
| 14. The female genitals are functionally pleasing, but not aesthetically pleasing. | A | B | C | D |
| 15. The female genitals are both functionally and aesthetically pleasing.          | A | B | C | D |

## (Section III continued)

- A. I feel this rarely/never  
 B. I feel this sometimes  
 C. I feel this most of the time  
 D. I feel this almost always/all the time

- |   |   |   |   |   |
|---|---|---|---|---|
| 16. I am comfortable being seen nude by friends, by health professionals, and by other people in locker room. | A | B | C | D |
| 17. I enjoy self pleasuring (masturbating) now.   | A | B | C | D |
| 18. I am uncomfortable viewing nude bodies in art work (ie. paintings, sculpture, photographs, etc.).         | A | B | C | D |
| 19. I am uncomfortable viewing nude bodies in educational materials (ie. medical, anatomical sexuality).      | A | B | C | D |
| 20. It feels good to me to touch my own breasts.  | A | B | C | D |
| 21. My nipples are sensually sensitive.   | A | B | C | D |
| 22. I do not like to see female genitals as the subject of artwork.   | A | B | C | D |
| 23. I like my sexual partner(s) to touch my genitals.   | A | B | C | D |
| 24. I do not like to have most people touch me.   | A | B | C | D |
| 25. I am aware that my breasts feel differently at different times of my menstrual cycle.                     | A | B | C | D |
| 26. I am aware of my genitals feeling differently at different times of my menstrual cycle.                   | A | B | C | D |
| 27. I enjoy having my genitals stimulated orally.   | A | B | C | D |
| 28. I do not like my family to see my breasts.  | A | B | C | D |
| 29. Parts of my body, other than my breasts and genitals, are sensual.  | A | B | C | D |
| 30. I like to have my breasts touched by my sexual partner(s).  | A | B | C | D |

---

Comments:

C - 2

Evaluation

Check anything that is applicable to your feelings regarding taking this inventory.

I. I found it difficult to take this inventory because:

- 1. The subject matter is too personal to share.
- 2. The instructions were not written clearly.
- 3. Statements were not written clearly.
- 4. I felt anxious.
- 5. I did not like the scales.
- 6. I do not like figuring out the negative statements using the scale.
- 7. I did not like using workshop time for it.

Further Comments Please! (specific suggestions desired and needed)

II. I enjoyed taking the inventory because:

- 1. I liked thinking about the statements and my answers.
- 2. It helped me focus on myself.
- 3. I learned more about my attitude toward my body.
- 4. I am glad to help develop a new inventory.
- 5. Generally, it seemed clear.

Further Comments:

APPENDIX D

Second Draft of the Female Sexual Body Comfort Inventory

Development of An Attitudinal Inventory to Measure  
Women's Feelings about Their Bodies and Their Sexuality.

Research Study for Master of Science Degree  
Community Health Education  
University of Wisconsin - La Crosse

Sara J. Salisbury

The purpose of this inventory is to gather anonymous information regarding women's attitudes about their bodies relevant to their sexuality. It is hoped that the data collected directly from female test subjects will provide a detailed and accurate documentation of these attitudes resulting in increased awareness and knowledge of women's sexuality.

BACKGROUND INFORMATION

In order to compare the responses of various groupings of participants, the following demographic information is requested.

PLACE ONLY ONE NUMBER IN THE SPACES PROVIDED FOR ANSWERS TO QUESTIONS 1, 2 AND 3.

- |   |  |  |
|---|--|--|
| <p>___ 1. Age</p> <p>(1) 18-23</p> <p>(2) 24-29</p> <p>(3) 30-39</p> <p>(4) 40-49</p> <p>(5) 50-59</p> <p>(6) 60-69</p> <p>(7) 70 +</p> | <p>___ 2. Marital Status</p> <p>(1) single, never married</p> <p>(2) single, divorced</p> <p>(3) single, widowed</p> <p>(4) married, first time</p> <p>(5) married, separated</p> <p>(6) remarried</p> <p>(7) remarried, separated</p> | <p>___ 3. Highest level of education completed</p> <p>(1) 8th grade</p> <p>(2) high school</p> <p>(3) technical school</p> <p>(4) college work</p> <p>(5) college degree</p> <p>(6) graduate work</p> <p>(7) graduate degree</p> |
|---|--|--|

IN QUESTIONS 4 AND 5 CHECK ALL ANSWERS THAT APPLY TO YOU PRESENTLY

## 4. Employment:

- \_\_\_ student, part-time
- \_\_\_ student, full-time
- \_\_\_ in home, part-time
- \_\_\_ in home, full-time
- \_\_\_ outside work, part-time
- \_\_\_ outside work, full-time
- \_\_\_ unemployed

## 5. Living arrangement:

- \_\_\_ alone
- \_\_\_ with family of origin
- \_\_\_ with spouse
- \_\_\_ with significant other
- \_\_\_ with children (how many? \_\_\_)
- \_\_\_ with unrelated people (how many? \_\_\_)

INDICATE THE NUMBER OF EACH

## 6. Family of origin

- \_\_\_ number of sisters
- \_\_\_ number of half sisters
- \_\_\_ number of brothers
- \_\_\_ number of half brothers

WRITE IN SHORT ANSWERS FOR QUESTIONS 7-14.

- \_\_\_\_\_ 7. Name that best describes your occupation
- \_\_\_\_\_ 8. Religion in which you were raised
- \_\_\_\_\_ 9. Religion of your preference now
- \_\_\_\_\_ 10. Age at first menstrual period
- \_\_\_\_\_ 11. Age at last menstrual period (if you have experienced menopause)
- \_\_\_\_\_ 12. Number of pregnancies
- \_\_\_\_\_ 13. Number of miscarriages
- \_\_\_\_\_ 14. Number of live births  
       \_\_\_\_\_ Number of girls  
       \_\_\_\_\_ Number of boys

15. PLEASE CHECK ALL OF THE SURGICAL PROCEDURES YOU HAVE HAD.

- \_\_\_\_\_ vaginal, urethral or rectal wall repair
- \_\_\_\_\_ hysterectomy (removal of uterus)
- \_\_\_\_\_ mastectomy (removal of breast)
- \_\_\_\_\_ mammoplasty (breast reduction)
- \_\_\_\_\_ mammoplasty (breast enlargement)

(optional)

PLACE CODE NUMBER IN THE SPACES PROVIDED FOR ANSWERS TO QUESTIONS 20 & 21.

- |   |                      |
|---|----------------------|
|   | (01) under 2500      |
|   | (02) 2,500 - 4,999   |
|   | (03) 5,000 - 9,999   |
| _____ 20. Annual Income entire household      | (04) 10,000 - 14,999 |
|   | (05) 15,000 - 19,999 |
| _____ 21. Annual Income, your personal income | (06) 20,000 - 29,999 |
|   | (07) 30,000 - 39,999 |
|   | (08) 40,000 - 49,999 |
|   | (09) 50,000 - 74,999 |
|   | (10) 75,000 - 99,999 |
|   | (11) over 100,000    |

DIRECTIONS: This is an attitudinal inventory. It is a report of feelings. There are no right or wrong answers. Respond with answers that are honest and true for you.

READ EACH ONE OF THE FOLLOWING STATEMENTS.

DECIDE HOW YOU FEEL ABOUT EACH STATEMENT.

THEN CIRCLE ONLY ONE OF THE FIVE CHOICES.

WRITE THAT VALUE NEXT TO THE NUMBER AT THE RIGHT.

CIRCLE AN ANSWER FOR ALL STATEMENTS THAT APPLY TO YOU.

I FEEL THIS

| RARELY/<br>NEVER | OCCASIONALLY | OFTEN | MOST OF<br>THE TIME | ALMOST ALWAYS/<br>ALWAYS |
|------------------|--------------|-------|---------------------|--------------------------|
| 1                | 2            | 3     | 4                   | 5                        |

PART I.

Please circle one value, write that value next to number at right

- |   |   |   |   |   |   |          |
|---|---|---|---|---|---|----------|
| 1. I feel good about hugging and being hugged by female friends.                                      | 1 | 2 | 3 | 4 | 5 | _____ 1. |
| 2. I feel good about hugging and being hugged by male friends.  | 1 | 2 | 3 | 4 | 5 | _____ 2. |
| 3. I like how my body looks in a mirror.  | 1 | 2 | 3 | 4 | 5 | _____ 3. |
| 4. I feel uneasy talking about my sexuality with other people.  | 1 | 2 | 3 | 4 | 5 | _____ 4. |
| 5. My body feels sensuous when I exercise.  | 1 | 2 | 3 | 4 | 5 | _____ 5. |
| 6. I am uncomfortable viewing nude bodies in educational materials (ie. medical, health, anatomical). | 1 | 2 | 3 | 4 | 5 | _____ 6. |

| RARELY/<br>NEVER<br>1  | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |   |           |
|--|-------------------|------------|--------------------------|-------------------------------|---|-----------|
| <u>Please circle one value, write<br/>that value next to number at right</u>                         |                   |            |                          |                               |   |           |
| 7. I am uncomfortable viewing nude bodies in art work (ie. paintings, sculpture, photographs, etc.). | 1                 | 2          | 3                        | 4                             | 5 | _____ 7.  |
| 8. I enjoy the physical sensations of showering/bathing.   | 1                 | 2          | 3                        | 4                             | 5 | _____ 8.  |
| 9. I feel uncomfortable having to be nude in the presence of male health professionals.              | 1                 | 2          | 3                        | 4                             | 5 | _____ 9.  |
| 10. I feel uncomfortable having to be nude in the presence of female health professionals.           | 1                 | 2          | 3                        | 4                             | 5 | _____ 10. |
| 11. Snuggling with someone helps me relax and fall asleep at night.                                  | 1                 | 2          | 3                        | 4                             | 5 | _____ 11. |
| 12. I feel people react negatively when they look at my body.  | 1                 | 2          | 3                        | 4                             | 5 | _____ 12. |
| 13. I am unable to discuss sex openly with my sexual partner(s).                                     | 1                 | 2          | 3                        | 4                             | 5 | _____ 13. |
| 14. a. I like having my <u>back</u> massaged by a professional masseur/masseuse.                     | 1                 | 2          | 3                        | 4                             | 5 | _____ a.  |
| b. I like having my back massaged by an acquaintance.  | 1                 | 2          | 3                        | 4                             | 5 | _____ b.  |
| c. I like having my back massaged by a female friend.  | 1                 | 2          | 3                        | 4                             | 5 | _____ c.  |
| d. I like having my back massaged by a male friend (other than significant other).                   | 1                 | 2          | 3                        | 4                             | 5 | _____ d.  |
| e. I like having my back massaged by a member of my family.  | 1                 | 2          | 3                        | 4                             | 5 | _____ e.  |
| f. I like having my back massaged by a significant other/spouse.                                     | 1                 | 2          | 3                        | 4                             | 5 | _____ f.  |

| RARELY/<br>NEVER<br>1 | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |
|-----------------------|-------------------|------------|--------------------------|-------------------------------|
|-----------------------|-------------------|------------|--------------------------|-------------------------------|

Please circle one value, write  
that value next to number at right

15. a. I like having a body massage by a professional masseur/masseuse. 1 2 3 4 5 \_\_\_\_\_ a.
- b. I like having a body massage by an acquaintance. 1 2 3 4 5 \_\_\_\_\_ b.
- c. I like having a body massage by a female friend. 1 2 3 4 5 \_\_\_\_\_ c.
- d. I like having a body massage by a male friend (other than significant other). 1 2 3 4 5 \_\_\_\_\_ d.
- e. I like having a body massage by a member of my family. 1 2 3 4 5 \_\_\_\_\_ e.
- f. I like having a body massage by a significant other/spouse. 1 2 3 4 5 \_\_\_\_\_ f.
16. I feel uncomfortable being kissed by people other than my family. 1 2 3 4 5 \_\_\_\_\_ 16.
17. I am comfortable being seen nude by female friends. 1 2 3 4 5 \_\_\_\_\_ 17.
18. I am comfortable being seen nude by male friends. 1 2 3 4 5 \_\_\_\_\_ 18.
19. I am uncomfortable with how I express my femaleness in my movements. 1 2 3 4 5 \_\_\_\_\_ 19.
20. I am uneasy having acquaintances touch me. 1 2 3 4 5 \_\_\_\_\_ 20.
21. I am able to tell my sexual partner(s) what is sexually stimulating to me. 1 2 3 4 5 \_\_\_\_\_ 21.
22. I ask my sexual partner(s) to tell me what feels good to him/her. 1 2 3 4 5 \_\_\_\_\_ 22.

| RARELY/<br>NEVER<br>1 | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |
|-----------------------|-------------------|------------|--------------------------|-------------------------------|
|-----------------------|-------------------|------------|--------------------------|-------------------------------|

Please circle one value, write  
that value next to number at right

- |   |   |   |   |   |   |           |
|---|---|---|---|---|---|-----------|
| 23. I am dissatisfied with the size of my breasts.  | 1 | 2 | 3 | 4 | 5 | _____ 23. |
| 24. I am comfortable with the way my breasts look.  | 1 | 2 | 3 | 4 | 5 | _____ 24. |
| 25. I feel uneasy looking at other women's breasts.                                       | 1 | 2 | 3 | 4 | 5 | _____ 25. |
| 26. I feel comfortable examing my own breasts.  | 1 | 2 | 3 | 4 | 5 | _____ 26. |
| 27. I feel uneasy when my breasts are examined by male health professionals.              | 1 | 2 | 3 | 4 | 5 | _____ 27. |
| 28. I feel uneasy when my breasts are examined by female health professionals.            | 1 | 2 | 3 | 4 | 5 | _____ 28. |
| 29. I feel my breasts are unattractive in comparison with other women's breasts.          | 1 | 2 | 3 | 4 | 5 | _____ 29. |
| 30. My nipples are pleasantly sensitive.  | 1 | 2 | 3 | 4 | 5 | _____ 30. |
| 31. I am aware that my breasts feel differently at different times of my menstrual cycle. | 1 | 2 | 3 | 4 | 5 | _____ 31. |
| 32. It feels good to me to touch my own breasts.  | 1 | 2 | 3 | 4 | 5 | _____ 32. |
| 33. I feel sexually aroused by oral stimulation of my breasts.                            | 1 | 2 | 3 | 4 | 5 | _____ 33. |
| 34. I like to avoid having members of my family see my breasts.                           | 1 | 2 | 3 | 4 | 5 | _____ 34. |

| RARELY/<br>NEVER<br>1   | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |   |          |
|---|-------------------|------------|--------------------------|-------------------------------|---|----------|
| <u>Please circle one value, write<br/>that value next to number at right</u>                        |                   |            |                          |                               |   |          |
| 35. I am uncomfortable having my breasts touched by my sexual partner(s).                           | 1                 | 2          | 3                        | 4                             | 5 | _____35. |
| 36. My breasts are a sexual "turn on" for me.   | 1                 | 2          | 3                        | 4                             | 5 | _____36. |
| Genitals = female sex organs including clitoris, labia, vaginal opening, and vagina.                |                   |            |                          |                               |   |          |
| 37. I feel uncomfortable touching my own genitals.  | 1                 | 2          | 3                        | 4                             | 5 | _____37. |
| 38. I am aware that my genitals feel differently at different times of my menstrual cycle.          | 1                 | 2          | 3                        | 4                             | 5 | _____38. |
| 39. Looking at pictures of female genitals makes me feel uncomfortable.                             | 1                 | 2          | 3                        | 4                             | 5 | _____39. |
| 40. I am comfortable with female genitals as the subject of art work.                               | 1                 | 2          | 3                        | 4                             | 5 | _____40. |
| 41. I enjoy self pleasuring (masturbating).   | 1                 | 2          | 3                        | 4                             | 5 | _____41. |
| 42. I feel comfortable expressing myself in sounds when I am sexually aroused.                      | 1                 | 2          | 3                        | 4                             | 5 | _____42. |
| 43. I appreciate the comparison of female genitals to flowers, fruit and other objects from nature. | 1                 | 2          | 3                        | 4                             | 5 | _____43. |
| 44. Some body odors are sexually arousing to me.  | 1                 | 2          | 3                        | 4                             | 5 | _____44. |

| RARELY/<br>NEVER<br>1   | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |   |           |
|---|-------------------|------------|--------------------------|-------------------------------|---|-----------|
| <u>Please circle one value, write<br/>that value next to number at right</u>  |                   |            |                          |                               |   |           |
| 45. I enjoy pleasant feelings when I tense and relax the muscles of the genital area (at times other than when I am sexually active). | 1                 | 2          | 3                        | 4                             | 5 | _____ 45. |
| 46. Taste is a natural part of my enjoyment of sex.   | 1                 | 2          | 3                        | 4                             | 5 | _____ 46. |
| 47. I feel uneasy when sexual pleasure is expressed in sounds.  | 1                 | 2          | 3                        | 4                             | 5 | _____ 47. |
| 48. Female sexual body odors are unappealing to me.   | 1                 | 2          | 3                        | 4                             | 5 | _____ 48. |
| 49. I feel my genitals are unattractive.  | 1                 | 2          | 3                        | 4                             | 5 | _____ 49. |
| 50. I like to hear my partner(s) make sounds during lovemaking.   | 1                 | 2          | 3                        | 4                             | 5 | _____ 50. |
| 51. I feel my genitals are smelly.  | 1                 | 2          | 3                        | 4                             | 5 | _____ 51. |
| 52. I feel uneasy when my sexual partner(s) touch my genitals.  | 1                 | 2          | 3                        | 4                             | 5 | _____ 52. |
| 53. I like the taste of my vaginal lubrication.   | 1                 | 2          | 3                        | 4                             | 5 | _____ 53. |
| 54. I feel self pleasuring is childish and immature.  | 1                 | 2          | 3                        | 4                             | 5 | _____ 54. |
| 55. I feel better when sexual activity is enjoyed in silence.   | 1                 | 2          | 3                        | 4                             | 5 | _____ 55. |
| 56. I like the smell of my own vaginal lubrication.   | 1                 | 2          | 3                        | 4                             | 5 | _____ 56. |
| 57. I enjoy having my genitals stimulated orally.   | 1                 | 2          | 3                        | 4                             | 5 | _____ 57. |



| RARELY/<br>NEVER<br>1 | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |
|-----------------------|-------------------|------------|--------------------------|-------------------------------|
|-----------------------|-------------------|------------|--------------------------|-------------------------------|

Please circle one value, write  
that value next to number at right

PART II. ONLY MARK STATEMENTS FOR  
LIFE EXPERIENCES YOU HAVE  
HAD.

IF YOU HAVE MENSTRUATED MARK  
THE FOLLOWING STATEMENTS, 1-5.

- |  |   |   |   |   |   |          |
|--|---|---|---|---|---|----------|
| 1. I am comfortable telling people<br>I am menstruating.                     | 1 | 2 | 3 | 4 | 5 | _____ 1. |
| 2. Genital sexual activity is<br>unpleasant to me when I am<br>menstruating. | 1 | 2 | 3 | 4 | 5 | _____ 2. |
| 3. I feel pride in being female<br>when I am menstruating.                   | 1 | 2 | 3 | 4 | 5 | _____ 3. |
| 4. The smell of menstrual flow is<br>unpleasant to me.                       | 1 | 2 | 3 | 4 | 5 | _____ 4. |
| 5. I feel sexually aroused during<br>my menstrual period.                    | 1 | 2 | 3 | 4 | 5 | _____ 5. |

IF YOU HAVE EXPERIENCED ORGASM  
MARK THE FOLLOWING STATEMENTS,  
6-12.

- |   |   |   |   |   |   |           |
|---|---|---|---|---|---|-----------|
| 6. I enjoy the sensations of orgasm.                            | 1 | 2 | 3 | 4 | 5 | _____ 6.  |
| 7. I dislike the feeling of being<br>out of control in orgasm.  | 1 | 2 | 3 | 4 | 5 | _____ 7.  |
| 8. I feel a variety of pleasurable<br>body responses in orgasm. | 1 | 2 | 3 | 4 | 5 | _____ 8.  |
| 9. I feel uneasy about self<br>pleasuring to orgasm.            | 1 | 2 | 3 | 4 | 5 | _____ 9.  |
| 10. After orgasm I feel relaxed and<br>sleepy.                  | 1 | 2 | 3 | 4 | 5 | _____ 10. |

| RARELY/<br>NEVER<br>1 | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |
|-----------------------|-------------------|------------|--------------------------|-------------------------------|
|-----------------------|-------------------|------------|--------------------------|-------------------------------|

Please circle one value, write  
that value next to number at right

11. After orgasm I feel self conscious about how I looked during orgasm.      1   2   3   4   5      \_\_\_\_\_ 11.
12. After orgasm I feel alive and recharged with energy.      1   2   3   4   5      \_\_\_\_\_ 12.

IF YOU HAVE BEEN PREGNANT MARK  
THE FOLLOWING STATEMENTS, 13-18.

13. I feel pride in my changing body during pregnancy.      1   2   3   4   5      \_\_\_\_\_ 13.
14. I feel sexually unattractive when I am pregnant.      1   2   3   4   5      \_\_\_\_\_ 14.
15. I avoid having my family see my nude body during pregnancy.      1   2   3   4   5      \_\_\_\_\_ 15.
16. I feel sexually charged during the mid-months of pregnancy.      1   2   3   4   5      \_\_\_\_\_ 16.
17. During pregnancy I prefer less physical contact with my sexual partner(s).      1   2   3   4   5      \_\_\_\_\_ 17.
18. I have positive feelings of being in tune with my body during pregnancy.      1   2   3   4   5      \_\_\_\_\_ 18.

IF YOU HAVE EXPERIENCED CHILDBIRTH  
MARK THE FOLLOWING STATEMENTS,  
19-23.

19. I marveled at what was happening within my body during childbirth.      1   2   3   4   5      \_\_\_\_\_ 19.
20. Childbirth was embarrassing for me.      1   2   3   4   5      \_\_\_\_\_ 20.

| RARELY/<br>NEVER<br>1 | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |
|-----------------------|-------------------|------------|--------------------------|-------------------------------|
|-----------------------|-------------------|------------|--------------------------|-------------------------------|

Please circle one value, write  
that value next to number at right

21. Childbirth was an unpleasant means to a good end. 1 2 3 4 5 \_\_\_\_\_ 21.
22. I felt sexually close to my partner after childbirth. 1 2 3 4 5 \_\_\_\_\_ 22.
23. I felt erotic feelings from the energy and movement of childbirth. 1 2 3 4 5 \_\_\_\_\_ 23.

IF YOU HAVE EXPERIENCED MENOPAUSE  
MARK THE FOLLOWING STATEMENTS, 24-28.

24. With menopause I felt an end to sexual feelings. 1 2 3 4 5 \_\_\_\_\_ 24.
25. After menopause I felt a new vitality as a woman. 1 2 3 4 5 \_\_\_\_\_ 25.
26. During menopause my body felt out of my control. 1 2 3 4 5 \_\_\_\_\_ 26.
27. I was displeased by the genital and vaginal changes that occurred during menopause. 1 2 3 4 5 \_\_\_\_\_ 27.
28. I felt freer in my sexual expression after menopause. 1 2 3 4 5 \_\_\_\_\_ 28.

IF YOU HAVE HAD A HYSTERECTOMY  
MARK THE FOLLOWING STATEMENTS, 29-34.

29. After healing from a hysterectomy I felt sexually revitalized. 1 2 3 4 5 \_\_\_\_\_ 29.
30. After the loss of my uterus I needed to have my confidence in my sexuality restored. 1 2 3 4 5 \_\_\_\_\_ 30.

| RARELY/<br>NEVER<br>1 | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |
|-----------------------|-------------------|------------|--------------------------|-------------------------------|
|-----------------------|-------------------|------------|--------------------------|-------------------------------|

Please circle one value, write  
that value next to number at right

31. I felt sexually neutered by the hysterectomy. 1 2 3 4 5 \_\_\_\_\_ 31.
32. After the hysterectomy I enjoyed the exploration of general body stimulation rather than just vaginal stimulation. 1 2 3 4 5 \_\_\_\_\_ 32.
33. I felt sexually more assertive after the hysterectomy. 1 2 3 4 5 \_\_\_\_\_ 33.
34. After the hysterectomy I was relieved to stop being sexually active. 1 2 3 4 5 \_\_\_\_\_ 34.

IF YOU HAVE HAD A MASTECTOMY  
MARK THE FOLLOWING STATEMENTS,  
35-40.

35. I felt sexually unattractive after the mastectomy. 1 2 3 4 5 \_\_\_\_\_ 35.
36. Since the mastectomy, being sexual has been reassuring to me. 1 2 3 4 5 \_\_\_\_\_ 36.
37. I have avoided sexual intimacy since the mastectomy. 1 2 3 4 5 \_\_\_\_\_ 37.
38. After the mastectomy, I felt I wanted to be sexual only in the dark. 1 2 3 4 5 \_\_\_\_\_ 38.
39. After the mastectomy I felt a special bond of caring and acceptance of my body from my partner. 1 2 3 4 5 \_\_\_\_\_ 39.
40. I feel good about my sexuality despite the lost of my breast(s). 1 2 3 4 5 \_\_\_\_\_ 40.

\*\*\*\*\*

Thank you for helping with this study.

APPENDIX E

Prospective Jury Correspondence

- E-1 Letter of Introduction and Request to  
Prospective National Jurors
- E-2 Self-Addressed Response Postcard for  
Prospective National Jurors



E - 1  
University of Wisconsin - La Crosse

Health Education Department  
La Crosse, Wisconsin 54601

203 Mitchell Hall • 608/785-81

I am writing to request your assistance with my present research. In attempting to gather research data about women's satisfaction with their bodies in relationship to their sexuality, I have been unable to find a specific measurement instrument; consequently, I have developed an inventory to measure female sexual body comfort in adult women. The objective of my research is the creation of an inventory that could be used as an educational, therapeutic, or research assessment tool.

In consultation with my thesis committee in the Department of Health Education, University of Wisconsin-LaCrosse, a national jury of experts has been chosen to evaluate the inventory. You have been selected as a proposed jury member on the basis of your expertise in human sexuality. Because of the limited number of special experts, your involvement in this review is particularly important.

The Likert scale inventory was developed to measure female sexual body comfort, defined as the degree of satisfaction and ease a woman has in experiencing her female body through her mind and her senses as measured against a cultural norm. I realize how valuable your time is, and, therefore, have tried to make the process as efficient as possible. Your critical analysis of the inventory statements will be via a simple rating system and would take about twenty minutes of your time.

I hope you will contribute your expertise to assure a knowledgeable evaluation of this inventory. Please indicate your decision on the enclosed postcard and send it to me by return mail. If you answer "yes" you will receive the inventory within three weeks.

Thank you for your consideration of this matter.

Sincerely,

Sara J. Salisbury

E - 2

## Return Response Postcard for Prospective Jurors

Ms. Sara J. Salisbury  
Department of Health Education  
203 Mitchell Hall  
University of Wisconsin-La Crosse  
La Crosse, WI 54601

Sara Salisbury:

In response to your request:

- Yes, I will be able to participate.  
 No, I will be unable to participate.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address  
\_\_\_\_\_  
\_\_\_\_\_

APPENDIX F

- F-1 Letter of Explanation to Jury Volunteers
- F-2 Directions for Inventory Statement Rating
- F-3 Inventory Evaluation Form
- F-4 Inventory Demographic Sheet for Evaluation
- F-5 Reminder Postcard to Jurors

F - 1

University of Wisconsin - La Crosse

Health Education Department

La Crosse, Wisconsin 54601

203 Mitchell Hall - 608/785-8162

April 11, 1986

Dr. Phil Heit  
Health Education Department  
215 Pomerene Hall  
1760 Neil Avenue  
Ohio State University  
Columbus, Ohio 43210

Dear Dr. Heit:

Thank you for your positive response to my request for your assistance in evaluating the attitudinal inventory regarding female sexual body comfort.

The inventory has two sections. Part I is the basic inventory. Part II is a section added in response to suggestions on evaluations from a preliminary piloting of a precursor to the present inventory. I turn to your expertise to determine whether or not Part II adds to the focus of inventory. Is it a valuable addition or extra baggage? Might it be used as an optional supplement?

Enclosed is an evaluation form with the inventory statements. Attached to the inventory evaluation form are the directions for rating the statements. For your convenience I have enclosed a self-addressed stamped envelope for returning the completed form. It will assist the process of statistical analysis if you return the inventory evaluation by April 25, 1986.

Again, thank you. It is both a pleasure and a privilege for me to have you participating in this project.

Sincerely,

*Sara J. Salisbury*  
Sara J. Salisbury

Enclosures

DATE: April, 1986 F - 2  
 TO: National Jurors  
 FROM: Sara Salisbury  
 RE: Directions for Inventory Statement Rating

Attached is a list of attitudinal statements regarding female sexual body comfort. Female sexual body comfort is defined as the degree of satisfaction and ease a woman has in experiencing her female body through her mind and her senses as measured against a cultural norm. Test subjects who eventually will respond will be indicating their agreement with each statement using the following five point Likert scale: I feel this rarely/never, occasionally, often, most of the time, or almost always/always.

Please read each statement and use the scale to the right to indicate its acceptability, based upon the degree to which the statement will reveal a test subject's female sexual body comfort. In this manner, you will be judging the content validity of these attitudinal statements in regard to female sexual body comfort.

#### INVENTORY RATING SCALE

The rating scale values are defined as follows:

1. NOT ACCEPTABLE: The item has no value as an attitudinal statement for revealing the test subject's female sexual body comfort.
2. SOMEWHAT ACCEPTABLE: The item has some value as an attitudinal statement for revealing the test subject's female sexual body comfort.
3. ACCEPTABLE: The item is valuable as an attitudinal statement for revealing the test subject's female sexual body comfort.
4. VERY ACCEPTABLE: The item is very valuable as an attitudinal statement for revealing the test subject's female sexual body comfort.
5. INDISPENSABLE: The item is absolutely necessary as an attitudinal statement for revealing the test subject's female sexual body comfort.

Please comment or add suggestions. The evaluation form has comment space for each statement. Feel free to use the back of the booklet for more extensive remarks.

Thank you for your time and knowledge used in evaluating this inventory.

F - 3

Development of An Attitudinal Inventory to Measure  
Female Sexual Body Comfort.

Research Study for Master of Science Degree  
Community Health Education  
University of Wisconsin - La Crosse

Sara J. Salisbury

The purpose of this inventory is to gather anonymous information regarding women's attitudes about their bodies relevant to their sexuality. It is hoped that the data collected directly from female test subjects will provide a detailed and accurate documentation of these attitudes resulting in increased awareness and knowledge of women's sexuality.

Juror's name \_\_\_\_\_

Occupation or position \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Directions for test subjects,  
not jurors.

DIRECTIONS: This is an attitudinal inventory. It is a report of feelings. There are no right or wrong answers. Respond with answers that are honestly true for you.

READ EACH ONE OF THE FOLLOWING STATEMENTS.

DECIDE HOW YOU FEEL ABOUT EACH STATEMENT.

THEN CIRCLE ONLY ONE OF THE FIVE CHOICES.

CIRCLE AN ANSWER FOR ALL STATEMENTS.

I FEEL THIS

|                  |              |       |                     |                          |
|------------------|--------------|-------|---------------------|--------------------------|
| RARELY/<br>NEVER | OCCASIONALLY | OFTEN | MOST OF<br>THE TIME | ALMOST ALWAYS/<br>ALWAYS |
| 1                | 2            | 3     | 4                   | 5                        |

INVENTORY RATING SCALE FOR JURORS

|                   |                        |            |                    |               |
|-------------------|------------------------|------------|--------------------|---------------|
| NOT<br>ACCEPTABLE | SOMEWHAT<br>ACCEPTABLE | ACCEPTABLE | VERY<br>ACCEPTABLE | INDISPENSABLE |
| 1                 | 2                      | 3          | 4                  | 5             |

PART I.

|   | Please Circle<br>Only One Value |   |   |   |   | Comment |
|---|---------------------------------|---|---|---|---|---------|
| 1. I feel good about hugging and being hugged by female friends.                                      | 1                               | 2 | 3 | 4 | 5 | _____   |
| 2. I feel good about hugging and being hugged by male friends.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| 3. I like how my body looks in a mirror.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| 4. I feel uneasy talking about my sexuality with other people.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| 5. My body feels sensuous when I exercise.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| 6. I am uncomfortable viewing nude bodies in educational materials (ie. medical, health, anatomical). | 1                               | 2 | 3 | 4 | 5 | _____   |

| NOT<br>ACCEPTABLE | SOMEWHAT<br>ACCEPTABLE | ACCEPTABLE | VERY<br>ACCEPTABLE | INDISPENSABLE |
|-------------------|------------------------|------------|--------------------|---------------|
| 1                 | 2                      | 3          | 4                  | 5             |

|  | Please Circle<br>Only One Value |   |   |   |   | Comment |
|--|---------------------------------|---|---|---|---|---------|
| 7. I am uncomfortable viewing nude bodies in art work (ie. paintings, sculpture, photographs, etc.). | 1                               | 2 | 3 | 4 | 5 | _____   |
| 8. I enjoy the physical sensations of showering/bathing.   | 1                               | 2 | 3 | 4 | 5 | _____   |
| 9. I feel uncomfortable having to be nude in the presence of male health professionals.              | 1                               | 2 | 3 | 4 | 5 | _____   |
| 10. I feel uncomfortable having to be nude in the presence of female health professionals.           | 1                               | 2 | 3 | 4 | 5 | _____   |
| 11. Snuggling with someone helps me relax and fall asleep at night.                                  | 1                               | 2 | 3 | 4 | 5 | _____   |
| 12. I feel people react negatively when they look at my body.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| 13. I am unable to discuss sex openly with my sexual partner(s).                                     | 1                               | 2 | 3 | 4 | 5 | _____   |
| 14. a. I like having my back massaged by a professional masseur/masseuse.                            | 1                               | 2 | 3 | 4 | 5 | _____   |
| b. I like having my back massaged by an acquaintance.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| c. I like having my back massaged by a female friend.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| d. I like having my back massaged by a male friend (other than significant other).                   | 1                               | 2 | 3 | 4 | 5 | _____   |
| e. I like having my back massaged by a member of my family.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| f. I like having my back massaged by a significant other/spouse.                                     | 1                               | 2 | 3 | 4 | 5 | _____   |

| NOT<br>ACCEPTABLE | SOMEWHAT<br>ACCEPTABLE | ACCEPTABLE | VERY<br>ACCEPTABLE | INDISPENSABLE |
|-------------------|------------------------|------------|--------------------|---------------|
| 1                 | 2                      | 3          | 4                  | 5             |

|  | Please Circle<br>Only One Value |   |   |   |   | Comment |
|--|---------------------------------|---|---|---|---|---------|
| 15. a. I like having a <u>body</u> massage by a professional masseur/masseuse.   | 1                               | 2 | 3 | 4 | 5 | _____   |
| b. I like having a body massage by an acquaintance.                              | 1                               | 2 | 3 | 4 | 5 | _____   |
| c. I like having a body massage by a female friend.                              | 1                               | 2 | 3 | 4 | 5 | _____   |
| d. I like having a body massage by a male friend (other than significant other). | 1                               | 2 | 3 | 4 | 5 | _____   |
| e. I like having a body massage by a member of my family.                        | 1                               | 2 | 3 | 4 | 5 | _____   |
| f. I like having a body massage by a significant other/spouse.                   | 1                               | 2 | 3 | 4 | 5 | _____   |
| 16. I feel uncomfortable being kissed by people other than my family.            | 1                               | 2 | 3 | 4 | 5 | _____   |
| 17. I am comfortable being seen nude by female friends.                          | 1                               | 2 | 3 | 4 | 5 | _____   |
| 18. I am comfortable being seen nude by male friends.                            | 1                               | 2 | 3 | 4 | 5 | _____   |
| 19. I am uncomfortable with how I express my femaleness in my movements.         | 1                               | 2 | 3 | 4 | 5 | _____   |
| 20. I am uneasy having acquaintances touch me.                                   | 1                               | 2 | 3 | 4 | 5 | _____   |
| 21. I am able to tell my sexual partner(s) is sexual stimulating to me.          | 1                               | 2 | 3 | 4 | 5 | _____   |
| 22. I ask my sexual partner(s) to tell me what feels good to him/her.            | 1                               | 2 | 3 | 4 | 5 | _____   |

| NOT<br>ACCEPTABLE<br>1 | SOMEWHAT<br>ACCEPTABLE<br>2 | ACCEPTABLE<br>3 | VERY<br>ACCEPTABLE<br>4 | INDISPENSABLE<br>5 |
|------------------------|-----------------------------|-----------------|-------------------------|--------------------|
|------------------------|-----------------------------|-----------------|-------------------------|--------------------|

|   | Please Circle<br>Only One Value |   |   |   |   | Comment |
|---|---------------------------------|---|---|---|---|---------|
| 23. I am dissatisfied with the size of my breasts.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| 24. I am comfortable with the way my breasts look.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| 25. I feel uneasy looking at other women's breasts.                                       | 1                               | 2 | 3 | 4 | 5 | _____   |
| 26. I feel comfortable examing my own breasts.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| 27. I feel uneasy when my breasts are examined by male health professionals.              | 1                               | 2 | 3 | 4 | 5 | _____   |
| 28. I feel uneasy when my breasts are examined by female health professionals.            | 1                               | 2 | 3 | 4 | 5 | _____   |
| 29. I feel my breasts are unattractive in comparison with other women's breasts.          | 1                               | 2 | 3 | 4 | 5 | _____   |
| 30. My nipples are pleasantly sensitive.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| 31. I am aware that my breasts feel differently at different times of my menstrual cycle. | 1                               | 2 | 3 | 4 | 5 | _____   |
| 32. It feels good to me to touch my own breasts.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| 33. I feel sexually aroused by oral stimulation of my breasts.                            | 1                               | 2 | 3 | 4 | 5 | _____   |
| 34. I like to avoid having members of my family see my breasts.                           | 1                               | 2 | 3 | 4 | 5 | _____   |

| NOT<br>ACCEPTABLE<br>1 | SOMEWHAT<br>ACCEPTABLE<br>2 | ACCEPTABLE<br>3 | VERY<br>ACCEPTABLE<br>4 | INDISPENSABLE<br>5 |
|------------------------|-----------------------------|-----------------|-------------------------|--------------------|
|------------------------|-----------------------------|-----------------|-------------------------|--------------------|

|   | Please Circle<br>Only One Value |   |   |   |   | Comment |
|---|---------------------------------|---|---|---|---|---------|
| 35. I am uncomfortable having my breasts touched by my sexual partner(s).                           | 1                               | 2 | 3 | 4 | 5 | _____   |
| 36. My breasts are a sexual "turn on" for me.   | 1                               | 2 | 3 | 4 | 5 | _____   |
| Genitals = female sex organs including clitoris, labia, vaginal opening, and vagina.                |                                 |   |   |   |   |         |
| 37. I feel uncomfortable touching my own genitals.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| 38. I am aware that my genitals feel differently at different times of my menstrual cycle.          | 1                               | 2 | 3 | 4 | 5 | _____   |
| 39. Looking at pictures of female genitals makes me feel uncomfortable.                             | 1                               | 2 | 3 | 4 | 5 | _____   |
| 40. I am comfortable with female genitals as the subject of art work.                               | 1                               | 2 | 3 | 4 | 5 | _____   |
| 41. I enjoy self pleasuring (masturbating).   | 1                               | 2 | 3 | 4 | 5 | _____   |
| 42. I feel comfortable expressing myself in sounds when I am sexually aroused.                      | 1                               | 2 | 3 | 4 | 5 | _____   |
| 43. I appreciate the comparison of female genitals to flowers, fruit and other objects from nature. | 1                               | 2 | 3 | 4 | 5 | _____   |
| 44. Some body odors are sexually arousing to me.  | 1                               | 2 | 3 | 4 | 5 | _____   |

| NOT<br>ACCEPTABLE | SOMEWHAT<br>ACCEPTABLE | ACCEPTABLE | VERY<br>ACCEPTABLE | INDISPENSABLE |
|-------------------|------------------------|------------|--------------------|---------------|
| 1                 | 2                      | 3          | 4                  | 5             |

- |   | Please Circle<br><u>Only One Value</u> |   |   |   |   | <u>Comment</u> |
|---|--|---|---|---|---|----------------|
| 45. I enjoy pleasant feelings when I tense and relax the muscles of the genital area (at times other than when I am sexually active). | 1                                      | 2 | 3 | 4 | 5 | _____          |
| 46. Taste is a natural part of my enjoyment of sex.   | 1                                      | 2 | 3 | 4 | 5 | _____          |
| 47. I feel uneasy when sexual pleasure is expressed in sounds.  | 1                                      | 2 | 3 | 4 | 5 | _____          |
| 48. Female sexual body odors are unappealing to me.   | 1                                      | 2 | 3 | 4 | 5 | _____          |
| 49. I feel my genitals are unattractive.  | 1                                      | 2 | 3 | 4 | 5 | _____          |
| 50. I like to hear my partner(s) make sounds during lovemaking.   | 1                                      | 2 | 3 | 4 | 5 | _____          |
| 51. I feel my genitals are smelly.  | 1                                      | 2 | 3 | 4 | 5 | _____          |
| 52. I feel uneasy when my sexual partner(s) touch my genitals.  | 1                                      | 2 | 3 | 4 | 5 | _____          |
| 53. I like the taste of my vaginal lubrication.   | 1                                      | 2 | 3 | 4 | 5 | _____          |
| 54. I feel self pleasuring is childish and immature.  | 1                                      | 2 | 3 | 4 | 5 | _____          |
| 55. I feel better when sexual activity is enjoyed in silence.   | 1                                      | 2 | 3 | 4 | 5 | _____          |
| 56. I like the smell of my own vaginal lubrication.   | 1                                      | 2 | 3 | 4 | 5 | _____          |
| 57. I enjoy having my genitals stimulated orally.   | 1                                      | 2 | 3 | 4 | 5 | _____          |

| NOT<br>ACCEPTABLE | SOMEWHAT<br>ACCEPTABLE | ACCEPTABLE | VERY<br>ACCEPTABLE | INDISPENSABLE |
|-------------------|------------------------|------------|--------------------|---------------|
| 1                 | 2                      | 3          | 4                  | 5             |

|   | Please Circle<br>Only One Value |   |   |   |   | Comment |
|---|---------------------------------|---|---|---|---|---------|
| 58. I am uncomfortable having my body<br>tasted.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| 59. My clitoris is a source of<br>pleasure to me. | 1                               | 2 | 3 | 4 | 5 | _____   |

GO TO THE NEXT PAGE FOR PART II

| NOT<br>ACCEPTABLE<br>1 | SOMEWHAT<br>ACCEPTABLE<br>2 | ACCEPTABLE<br>3 | VERY<br>ACCEPTABLE<br>4 | INDISPENSABLE<br>5 |
|------------------------|-----------------------------|-----------------|-------------------------|--------------------|
|------------------------|-----------------------------|-----------------|-------------------------|--------------------|

Please Circle  
Only One Value

Comment

PART II. ONLY MARK STATEMENTS FOR  
LIFE EXPERIENCES YOU HAVE  
HAD.

IF YOU HAVE MENSTRUATED MARK  
THE FOLLOWING STATEMENTS, 1-5.

- |  |   |   |   |   |   |       |
|--|---|---|---|---|---|-------|
| 1. I am comfortable telling people I am menstruating.                  | 1 | 2 | 3 | 4 | 5 | _____ |
| 2. Genital sexual activity is unpleasant to me when I am menstruating. | 1 | 2 | 3 | 4 | 5 | _____ |
| 3. I feel pride in being female when I am menstruating.                | 1 | 2 | 3 | 4 | 5 | _____ |
| 4. The smell of menstrual flow is unpleasant to me.                    | 1 | 2 | 3 | 4 | 5 | _____ |
| 5. I feel sexually aroused during my menstrual period.                 | 1 | 2 | 3 | 4 | 5 | _____ |

IF YOU HAVE EXPERIENCED ORGASM  
MARK THE FOLLOWING STATEMENTS,  
6-12.

- |  |   |   |   |   |   |       |
|--|---|---|---|---|---|-------|
| 6. I enjoy the sensations of orgasm.                         | 1 | 2 | 3 | 4 | 5 | _____ |
| 7. I dislike the feeling of being out of control in orgasm.  | 1 | 2 | 3 | 4 | 5 | _____ |
| 8. I feel a variety of pleasurable body responses in orgasm. | 1 | 2 | 3 | 4 | 5 | _____ |
| 9. I feel uneasy about self pleasuring to orgasm.            | 1 | 2 | 3 | 4 | 5 | _____ |
| 10. After orgasm I feel relaxed and sleepy.                  | 1 | 2 | 3 | 4 | 5 | _____ |

| NOT<br>ACCEPTABLE | SOMEWHAT<br>ACCEPTABLE | ACCEPTABLE | VERY<br>ACCEPTABLE | INDISPENSABLE |
|-------------------|------------------------|------------|--------------------|---------------|
| 1                 | 2                      | 3          | 4                  | 5             |

Please Circle  
Only One Value

Comment

11. After orgasm I feel self conscious about how I looked during orgasm. 1 2 3 4 5 \_\_\_\_\_
12. After orgasm I feel alive and recharged with energy. 1 2 3 4 5 \_\_\_\_\_

IF YOU HAVE BEEN PREGNANT MARK THE FOLLOWING STATEMENTS, 13-18.

13. I feel pride in my changing body during pregnancy. 1 2 3 4 5 \_\_\_\_\_
14. I feel sexually unattractive when I am pregnant. 1 2 3 4 5 \_\_\_\_\_
15. I avoid having my family see my nude body during pregnancy. 1 2 3 4 5 \_\_\_\_\_
16. I feel sexually charged during the mid-months of pregnancy. 1 2 3 4 5 \_\_\_\_\_
17. During pregnancy I prefer less physical contact with my sexual partner(s). 1 2 3 4 5 \_\_\_\_\_
18. I have positive feelings of being in tune with my body during pregnancy. 1 2 3 4 5 \_\_\_\_\_

IF YOU HAVE EXPERIENCED CHILDBIRTH MARK THE FOLLOWING STATEMENTS, 19-23.

19. I marveled at what was happening within my body during childbirth. 1 2 3 4 5 \_\_\_\_\_
20. Childbirth was embarrassing for me. 1 2 3 4 5 \_\_\_\_\_

| NOT<br>ACCEPTABLE | SOMEWHAT<br>ACCEPTABLE | ACCEPTABLE | VERY<br>ACCEPTABLE | INDISPENSABLE |
|-------------------|------------------------|------------|--------------------|---------------|
| 1                 | 2                      | 3          | 4                  | 5             |

Please Circle  
Only One Value

Comment

21. Childbirth was an unpleasant means to a good end. 1 2 3 4 5 \_\_\_\_\_
22. I felt sexually close to my partner after childbirth. 1 2 3 4 5 \_\_\_\_\_
23. I felt erotic feelings from the energy and movement of childbirth. 1 2 3 4 5 \_\_\_\_\_

IF YOU HAVE EXPERIENCED MENOPAUSE  
MARK THE FOLLOWING STATEMENTS, 24-  
28.

24. With menopause I felt an end to sexual feelings. 1 2 3 4 5 \_\_\_\_\_
25. After menopause I felt a new vitality as a woman. 1 2 3 4 5 \_\_\_\_\_
26. During menopause my body felt out of my control. 1 2 3 4 5 \_\_\_\_\_
27. I was displeased by the genital and vaginal changes that occurred during menopause. 1 2 3 4 5 \_\_\_\_\_
28. I felt freer in my sexual expression after menopause. 1 2 3 4 5 \_\_\_\_\_

IF YOU HAVE HAD A HYSTERECTOMY  
MARK THE FOLLOWING STATEMENTS, 29-  
34.

29. After healing from a hysterectomy I felt sexually revitalized. 1 2 3 4 5 \_\_\_\_\_
30. After the loss of my uterus I needed to have my confidence in my sexuality restored. 1 2 3 4 5 \_\_\_\_\_

| NOT<br>ACCEPTABLE | SOMEWHAT<br>ACCEPTABLE | ACCEPTABLE | VERY<br>ACCEPTABLE | INDISPENSABLE |
|-------------------|------------------------|------------|--------------------|---------------|
| 1                 | 2                      | 3          | 4                  | 5             |

|   | Please Circle<br>Only One Value |   |   |   |   | Comment |
|---|---------------------------------|---|---|---|---|---------|
| 35. I am uncomfortable having my breasts touched by my sexual partner(s).                           | 1                               | 2 | 3 | 4 | 5 | _____   |
| 36. My breasts are a sexual "turn on" for me.   | 1                               | 2 | 3 | 4 | 5 | _____   |
| Genitals = female sex organs including clitoris, labia, vaginal opening, and vagina.                |                                 |   |   |   |   |         |
| 37. I feel uncomfortable touching my own genitals.  | 1                               | 2 | 3 | 4 | 5 | _____   |
| 38. I am aware that my genitals feel differently at different times of my menstrual cycle.          | 1                               | 2 | 3 | 4 | 5 | _____   |
| 39. Looking at pictures of female genitals makes me feel uncomfortable.                             | 1                               | 2 | 3 | 4 | 5 | _____   |
| 40. I am comfortable with female genitals as the subject of art work.                               | 1                               | 2 | 3 | 4 | 5 | _____   |
| 41. I enjoy self pleasuring (masturbating).   | 1                               | 2 | 3 | 4 | 5 | _____   |
| 42. I feel comfortable expressing myself in sounds when I am sexually aroused.                      | 1                               | 2 | 3 | 4 | 5 | _____   |
| 43. I appreciate the comparison of female genitals to flowers, fruit and other objects from nature. | 1                               | 2 | 3 | 4 | 5 | _____   |
| 44. Some body odors are sexually arousing to me.  | 1                               | 2 | 3 | 4 | 5 | _____   |

| NOT<br>ACCEPTABLE | SOMEWHAT<br>ACCEPTABLE | ACCEPTABLE | VERY<br>ACCEPTABLE | INDISPENSABLE |
|-------------------|------------------------|------------|--------------------|---------------|
| 1                 | 2                      | 3          | 4                  | 5             |

- |   | <u>Please Circle<br/>Only One Value</u> |   |   |   |   | <u>Comment</u> |
|---|---|---|---|---|---|----------------|
| 45. I enjoy pleasant feelings when I tense and relax the muscles of the genital area (at times other than when I am sexually active). | 1                                       | 2 | 3 | 4 | 5 | _____          |
| 46. Taste is a natural part of my enjoyment of sex.   | 1                                       | 2 | 3 | 4 | 5 | _____          |
| 47. I feel uneasy when sexual pleasure is expressed in sounds.  | 1                                       | 2 | 3 | 4 | 5 | _____          |
| 48. Female sexual body odors are unappealing to me.   | 1                                       | 2 | 3 | 4 | 5 | _____          |
| 49. I feel my genitals are unattractive.  | 1                                       | 2 | 3 | 4 | 5 | _____          |
| 50. I like to hear my partner(s) make sounds during lovemaking.   | 1                                       | 2 | 3 | 4 | 5 | _____          |
| 51. I feel my genitals are smelly.  | 1                                       | 2 | 3 | 4 | 5 | _____          |
| 52. I feel uneasy when my sexual partner(s) touch my genitals.  | 1                                       | 2 | 3 | 4 | 5 | _____          |
| 53. I like the taste of my vaginal lubrication.   | 1                                       | 2 | 3 | 4 | 5 | _____          |
| 54. I feel self pleasuring is childish and immature.  | 1                                       | 2 | 3 | 4 | 5 | _____          |
| 55. I feel better when sexual activity is enjoyed in silence.   | 1                                       | 2 | 3 | 4 | 5 | _____          |
| 56. I like the smell of my own vaginal lubrication.   | 1                                       | 2 | 3 | 4 | 5 | _____          |
| 57. I enjoy having my genitals stimulated orally.   | 1                                       | 2 | 3 | 4 | 5 | _____          |

| NOT<br>ACCEPTABLE | SOMEWHAT<br>ACCEPTABLE | ACCEPTABLE | VERY<br>ACCEPTABLE | INDISPENSABLE |
|-------------------|------------------------|------------|--------------------|---------------|
| 1                 | 2                      | 3          | 4                  | 5             |

|   | Please Circle<br>Only One Value |   |   |   |   | <u>Comment</u> |
|---|---------------------------------|---|---|---|---|----------------|
| 58. I am uncomfortable having my body<br>tasted.  | 1                               | 2 | 3 | 4 | 5 | _____          |
| 59. My clitoris is a source of<br>pleasure to me. | 1                               | 2 | 3 | 4 | 5 | _____          |

GO TO THE NEXT PAGE FOR PART II

| NOT<br>ACCEPTABLE | SOMEWHAT<br>ACCEPTABLE | ACCEPTABLE | VERY<br>ACCEPTABLE | INDISPENSABLE |
|-------------------|------------------------|------------|--------------------|---------------|
| 1                 | 2                      | 3          | 4                  | 5             |

Please Circle  
Only One Value

Comment

PART II. ONLY MARK STATEMENTS FOR  
LIFE EXPERIENCES YOU HAVE  
HAD.

IF YOU HAVE MENSTRUATED MARK  
THE FOLLOWING STATEMENTS, 1-5.

- |  |   |   |   |   |   |       |
|--|---|---|---|---|---|-------|
| 1. I am comfortable telling people<br>I am menstruating.                     | 1 | 2 | 3 | 4 | 5 | _____ |
| 2. Genital sexual activity is<br>unpleasant to me when I am<br>menstruating. | 1 | 2 | 3 | 4 | 5 | _____ |
| 3. I feel pride in being female<br>when I am menstruating.                   | 1 | 2 | 3 | 4 | 5 | _____ |
| 4. The smell of menstrual flow is<br>unpleasant to me.                       | 1 | 2 | 3 | 4 | 5 | _____ |
| 5. I feel sexually aroused during<br>my menstrual period.                    | 1 | 2 | 3 | 4 | 5 | _____ |

IF YOU HAVE EXPERIENCED ORGASM  
MARK THE FOLLOWING STATEMENTS,  
6-12.

- |   |   |   |   |   |   |       |
|---|---|---|---|---|---|-------|
| 6. I enjoy the sensations of orgasm.                            | 1 | 2 | 3 | 4 | 5 | _____ |
| 7. I dislike the feeling of being<br>out of control in orgasm.  | 1 | 2 | 3 | 4 | 5 | _____ |
| 8. I feel a variety of pleasurable<br>body responses in orgasm. | 1 | 2 | 3 | 4 | 5 | _____ |
| 9. I feel uneasy about self<br>pleasuring to orgasm.            | 1 | 2 | 3 | 4 | 5 | _____ |
| 10. After orgasm I feel relaxed and<br>sleepy.                  | 1 | 2 | 3 | 4 | 5 | _____ |

| NOT<br>ACCEPTABLE | SOMEWHAT<br>ACCEPTABLE | ACCEPTABLE | VERY<br>ACCEPTABLE | INDISPENSABLE |
|-------------------|------------------------|------------|--------------------|---------------|
| 1                 | 2                      | 3          | 4                  | 5             |

Please Circle  
Only One Value

Comment

11. After orgasm I feel self conscious about how I looked during orgasm. 1 2 3 4 5 \_\_\_\_\_
12. After orgasm I feel alive and recharged with energy. 1 2 3 4 5 \_\_\_\_\_

IF YOU HAVE BEEN PREGNANT MARK  
THE FOLLOWING STATEMENTS, 13-18.

13. I feel pride in my changing body during pregnancy. 1 2 3 4 5 \_\_\_\_\_
14. I feel sexually unattractive when I am pregnant. 1 2 3 4 5 \_\_\_\_\_
15. I avoid having my family see my nude body during pregnancy. 1 2 3 4 5 \_\_\_\_\_
16. I feel sexually charged during the mid-months of pregnancy. 1 2 3 4 5 \_\_\_\_\_
17. During pregnancy I prefer less physical contact with my sexual partner(s). 1 2 3 4 5 \_\_\_\_\_
18. I have positive feelings of being in tune with my body during pregnancy. 1 2 3 4 5 \_\_\_\_\_

IF YOU HAVE EXPERIENCED CHILDBIRTH  
MARK THE FOLLOWING STATEMENTS,  
19-23.

19. I marveled at what was happening within my body during childbirth. 1 2 3 4 5 \_\_\_\_\_
20. Childbirth was embarrassing for me. 1 2 3 4 5 \_\_\_\_\_

| NOT<br>ACCEPTABLE | SOMWHAT<br>ACCEPTABLE | ACCEPTABLE | VERY<br>ACCEPTABLE | INDISPENSABLE |
|-------------------|-----------------------|------------|--------------------|---------------|
| 1                 | 2                     | 3          | 4                  | 5             |

- |  | Please Circle<br>Only One Value | Comment |
|--|---------------------------------|---------|
| 21. Childbirth was an unpleasant means to a good end.                  | 1 2 3 4 5                       | _____   |
| 22. I felt sexually close to my partner after childbirth.              | 1 2 3 4 5                       | _____   |
| 23. I felt erotic feelings from the energy and movement of childbirth. | 1 2 3 4 5                       | _____   |

IF YOU HAVE EXPERIENCED MENOPAUSE  
MARK THE FOLLOWING STATEMENTS, 24-  
28.

- |   |           |       |
|---|-----------|-------|
| 24. With menopause I felt an end to sexual feelings.                                    | 1 2 3 4 5 | _____ |
| 25. After menopause I felt a new vitality as a woman.                                   | 1 2 3 4 5 | _____ |
| 26. During menopause my body felt out of my control.                                    | 1 2 3 4 5 | _____ |
| 27. I was displeased by the genital and vaginal changes that occurred during menopause. | 1 2 3 4 5 | _____ |
| 28. I felt freer in my sexual expression after menopause.                               | 1 2 3 4 5 | _____ |

IF YOU HAVE HAD A HYSTERECTOMY  
MARK THE FOLLOWING STATEMENTS, 29-  
34.

- |  |           |       |
|--|-----------|-------|
| 29. After healing from a hysterectomy I felt sexually revitalized.                       | 1 2 3 4 5 | _____ |
| 30. After the loss of my uterus I needed to have my confidence in my sexuality restored. | 1 2 3 4 5 | _____ |

| NOT<br>ACCEPTABLE | SOMEWHAT<br>ACCEPTABLE | ACCEPTABLE | VERY<br>ACCEPTABLE | INDISPENSABLE |
|-------------------|------------------------|------------|--------------------|---------------|
| 1                 | 2                      | 3          | 4                  | 5             |

- |  | Please Circle<br>Only One Value | Comment |
|--|---------------------------------|---------|
| 31. I felt sexually neutered by the hysterectomy.  | 1 2 3 4 5                       | _____   |
| 32. After the hysterectomy I enjoyed the exploration of general body stimulation rather than just vaginal stimulation. | 1 2 3 4 5                       | _____   |
| 33. I felt sexually more assertive after the hysterectomy.   | 1 2 3 4 5                       | _____   |
| 34. After the hysterectomy I was relieved to stop being sexually active.   | 1 2 3 4 5                       | _____   |

IF YOU HAVE HAD A MASTECTOMY  
MARK THE FOLLOWING STATEMENTS,  
35-40.

- |   |           |       |
|---|-----------|-------|
| 35. I felt sexually unattractive after the mastectomy.  | 1 2 3 4 5 | _____ |
| 36. Since the mastectomy, being sexual has been reassuring to me.                                   | 1 2 3 4 5 | _____ |
| 37. I have avoided sexual intimacy since the mastectomy.  | 1 2 3 4 5 | _____ |
| 38. After the mastectomy, I felt I wanted to be sexual only in the dark.                            | 1 2 3 4 5 | _____ |
| 39. After the mastectomy I felt a special bond of caring and acceptance of my body from my partner. | 1 2 3 4 5 | _____ |
| 40. I feel good about my sexuality despite the lost of my breast(s).                                | 1 2 3 4 5 | _____ |

\*\*\*\*\*

Thank you for helping with this study.

F - 4

NOTE TO JURORS:  
Proposed demographic questions

BACKGROUND INFORMATION

In order to compare the responses of various groupings of participants (test subjects), the following demographic information is requested.

PLACE ONLY ONE NUMBER IN THE SPACES PROVIDED FOR ANSWERS TO QUESTIONS 1, 2 AND 3.

- |   |  |  |
|---|--|--|
| <p>___ 1. Age</p> <p>(1) 18-23</p> <p>(2) 24-29</p> <p>(3) 30-39</p> <p>(4) 40-49</p> <p>(5) 50-59</p> <p>(6) 60-69</p> <p>(7) 70 +</p> | <p>___ 2. Marital Status</p> <p>(1) single, never married</p> <p>(2) single, divorced</p> <p>(3) single, widowed</p> <p>(4) married, first time</p> <p>(5) married, separated</p> <p>(6) remarried</p> <p>(7) remarried, separated</p> | <p>___ 3. Highest level of education completed</p> <p>(1) 8th grade</p> <p>(2) high school</p> <p>(3) technical school</p> <p>(4) college work</p> <p>(5) college degree</p> <p>(6) graduate work</p> <p>(7) graduate degree</p> |
|---|--|--|

IN QUESTIONS 4 AND 5 CHECK ALL ANSWERS THAT APPLY TO YOU PRESENTLY

4. Employment:

- \_\_\_ student, part-time
- \_\_\_ student, full-time
- \_\_\_ in home, part-time
- \_\_\_ in home, full-time
- \_\_\_ outside work, part-time
- \_\_\_ outside work, full-time
- \_\_\_ unemployed

5. Living arrangement:

- \_\_\_ alone
- \_\_\_ with family of origin
- \_\_\_ with spouse
- \_\_\_ with significant other
- \_\_\_ with children (how many? \_\_\_)
- \_\_\_ with unrelated people (how many? \_\_\_)

INDICATE THE NUMBER OF EACH

6. Family of origin

- \_\_\_ number of sisters
- \_\_\_ number of half sisters
- \_\_\_ number of brothers
- \_\_\_ number of half brothers

WRITE IN SHORT ANSWERS FOR QUESTIONS 7-14.

- \_\_\_\_\_ 7. Name that best describes your occupation
- \_\_\_\_\_ 8. Religion in which you were raised
- \_\_\_\_\_ 9. Religion of your preference now
- \_\_\_\_\_ 10. Age at first menstrual period
- \_\_\_\_\_ 11. Age at last menstrual period (if you have experienced menopause)
- \_\_\_\_\_ 12. Number of pregnancies
- \_\_\_\_\_ 13. Number of miscarriages
- \_\_\_\_\_ 14. Number of live births  
     \_\_\_\_\_ Number of girls  
     \_\_\_\_\_ Number of boys

15. PLEASE CHECK ALL OF THE SURGICAL PROCEDURES YOU HAVE HAD.

- \_\_\_\_\_ vaginal, urethral or rectal wall repair
- \_\_\_\_\_ hysterectomy (removal of uterus)
- \_\_\_\_\_ mastectomy (removal of breast)
- \_\_\_\_\_ mammoplasty (breast reduction)
- \_\_\_\_\_ mammoplasty (breast enlargement)

PLACE CODE NUMBER IN THE SPACES PROVIDED FOR ANSWERS TO QUESTIONS 20 & 21.

- |   |                      |
|---|----------------------|
|   | (01) under 2500      |
|   | (02) 2,500 - 4,999   |
|   | (03) 5,000 - 9,999   |
| _____ 20. Annual Income, entire household     | (04) 10,000 - 14,999 |
|   | (05) 15,000 - 19,999 |
| _____ 21. Annual Income, your personal income | (06) 20,000 - 29,999 |
|   | (07) 30,000 - 39,999 |
|   | (08) 40,000 - 49,999 |
|   | (09) 50,000 - 74,999 |
|   | (10) 75,000 - 99,999 |
|   | (11) over 100,000    |

F - 5

## Reminder Postcard to Jurors

4/25/86

"Oh, nothing is too late,  
Till the tired heart shall cease to palpitate"  
*Longfellow*

Only if you are dead, can you avoid sending me  
the evaluation for the inventory on female  
sexual body comfort.

The gig is up! SEND IN YOUR EVALUATION  
IMMEDIATELY, (if not soon!).  
Thanks, Jane Dale-Smy

APPENDIX G

List of National Jurors

## Members of the National Jury

- |  |   |
|--|---|
| Dr. Sylvia Babbin<br>1340 Astor<br>Chicago, Illinois 60610   | therapist   |
| Dr. Kenneth Becker<br>Department of Health Education<br>203 Mitchell Hall<br>University of Wisconsin-La Crosse<br>La Crosse, Wisconsin 54601 | health educator   |
| Ms. Joani Blank<br>P.O. Box 2086<br>Burlingame, California 94011   | author-female sexuality<br>businessperson,<br>Good Vibrations         |
| Dr. Clint Bruess<br>Department of Health Education<br>University of Alabama at Birmingham<br>University Station<br>Birmingham, Alabama 35294 | health educator<br>author-sexuality text                              |
| Ms. Pat Califia<br>P.O. Box 527<br>Richmond Hill, New York 11418-0527  | author-female sexuality<br>activist-National Gay<br>Rights Task Force |
| Dr. Michael A. Carrera<br>444 East 82nd Street<br>New York, New York 10028   | sex educator<br>SIECUS director                                       |
| Dr. Carol Cassell<br>7129 Edwina NE<br>Albuquerque, New Mexico 87110   | sex educator<br>author-female sexuality<br>AASECT, national president |
| Mr. Michael Castleman<br>386 Elizabeth Street<br>San Francisco, California 94114   | editor of <u>Medical Self-Care</u><br>sex educator & counselor        |
| Ms. Tee Corinne<br>1199 Sunny Valley Loop<br>Sunny Valley, Oregon 97497  | artist & author-female<br>sexuality                                   |
| Ms. Betty Dodson<br>121 Madison Avenue #36<br>New York, New York 10016   | artist, author, educator<br>-female sexuality                         |
| Dr. Marilyn A. Fithian<br>5311 El Prado<br>Long Beach, California 90815  | sex therapist & author-<br>sex therapy                                |

- Ms. Lynn J. Gauger  
18390 Surrey Lane  
Brookfield, Wisconsin 53005  
sex therapist & educator
- Dr. Sol Gordon  
Institute for Family Research  
760 Ostrom Avenue  
Syracuse University  
Syracuse, New York 13210  
sex educator & author-  
family & children's,  
sexuality  
SIECUS director
- Dr. William. E. Hartman  
5251 Los Altos Plaza  
Long Beach, California 90815  
sex therapist & author-  
sex therapy
- Dr. Phil Heit  
Health Education Department  
215 Pomerene Hall  
1760 Neil Avenue  
Ohio State University  
Columbus, Ohio 53210  
health educator
- Ms. Georgianna Hoffmann  
1016 East College Street  
Iowa City, Iowa 52240  
therapist
- Ms. Susan Dickes Hubbard  
810 Kalmia Avenue  
Boulder, Colorado 80302  
therapist & author  
female sexuality
- Dr. Judith Huffman-Seifer  
300 Forest Avenue  
Dayton, Ohio 45405  
therapist
- Ms. Jane R. James  
Midwest Center for Sex Therapy  
Suite 202  
9 Odana Court  
Madison, Wisconsin 53719  
therapist & speaker-  
female sexuality
- Dr. Robert Kime  
School and Community Health  
University of Oregon  
Eugene, Oregon 97403  
health educator
- Dr. Lester Kirkendall  
12705 S.E. River Road Apt. 703C  
Portland, Oregon 97222  
health educator  
researcher & author-  
sexuality

- Sheila Kitzinger  
The Manor, Standlake,  
Near Witney, Oxfordshire  
Standlake (086 731) 266  
England, Great Britain
- Dr. Phyllis Lyon  
Institute for  
the Advance Study of Sexuality  
1523 Franklin Street  
San Francisco, California 94109
- Dr. Theodore McIlvenna  
The Institute for  
the Advanced Study of Sexuality  
1523 Franklin Street  
San Francisco, California 94109
- Dr. Jean Baker Miller  
Director  
Stone Center for  
Developmental Service and Studies  
Wellesley College  
Wellesley, Massachusetts 02146
- Ms. Lynn Morgan  
5142 North Idlewild Avenue  
Milwaukee, Wisconsin 53217
- Dr. Wardell Pomeroy  
The Institute for  
the Advanced Study of Sexuality  
1523 Franklin Street  
San Francisco, California 94109
- Dr. Jessie Potter  
29 Romiga Lane  
Palos Park, Illinois 60464
- Ms. Patricia Richgels  
3401 Birch Street  
La Crosse, Wisconsin 54601
- Anne Wilson Schaeff  
8 Wild Tiger Lane  
Boulder, Colorado 80302
- Dr. Judy Silverstein  
22 Blake Street  
Cambridge, Massachusetts 02140
- educator & author-  
female sexuality & birth
- sex therapist & educator-  
female sexuality
- sex therapist, educator, &  
forensic specialist  
co-founder-National Sex  
Forum
- psychologist & author-  
female psychology
- sex educator-  
female sexuality, older  
women
- sex therapist, researcher,  
& author
- sex therapist & educator  
filmmaker
- sex therapist  
AASECT, state president
- therapist & author-  
female psychology
- therapist & author-  
violence towards women

Laird Sutton  
The Institute for  
the Advanced Study of Sexuality  
1523 Franklin Street  
San Francisco, California 94109

Dr. Marianne Whatley  
Women's Studies  
University of Wisconsin  
Madison, Wisconsin 53703

sex educator & filmmaker  
co-founder-National Sex  
Forum

educator-women's studies

APPENDIX H

Third Draft of the Female Sexual Body Comfort Inventory

Development of An Attitudinal Inventory to Measure  
Women's Feelings about Their Bodies and Their Sexuality.

Research Study for Master of Science Degree  
Community Health Education  
University of Wisconsin - La Crosse

Sara J. Salisbury

BACKGROUND INFORMATION

In order to compare the responses of various groupings of participants, the following demographic information is requested.

PLACE ONLY ONE NUMBER IN THE SPACES PROVIDED FOR ANSWERS TO QUESTIONS 1-4.

- |                    |                                       |
|--------------------|---------------------------------------|
| <u>    </u> 1. Age | <u>    </u> 2. Marital Status         |
| (1) 18-23          | (1) single, never married             |
| (2) 24-29          | (2) single, divorced                  |
| (3) 30-39          | (3) single, widowed                   |
| (4) 40-49          | (4) partnered, same sex               |
| (5) 50-59          | (5) married, first time               |
| (6) 60-69          | (6) married, separated                |
| (7) 70 +           | (7) remarried,                        |
|                    | (8) remarried, separated, or divorced |
- 
- |  |                                   |
|--|-----------------------------------|
| <u>    </u> 3. Highest level of<br>education completed | <u>    </u> 4. Sexual orientation |
| (1) 8th grade  | (1) heterosexual/"straight"       |
| (2) high school  | (2) bisexual                      |
| (3) technical school                                   | (3) homosexual/"lesbian"          |
| (4) college work                                       | (4) celibate/no sexual partner    |
| (5) college degree                                     |                                   |
| (6) graduate work                                      |                                   |
| (7) graduate degree                                    |                                   |

IN QUESTIONS 5 AND 6 CHECK ALL ANSWERS THAT APPLY TO YOU PRESENTLY

- |                                     |  |
|-------------------------------------|--|
| 5. Employment:                      | 6. Living arrangement:                             |
| <u>    </u> student, part-time      | <u>    </u> alone                                  |
| <u>    </u> student, full-time      | <u>    </u> with family of origin                  |
| <u>    </u> in home, part-time      | <u>    </u> with spouse                            |
| <u>    </u> in home, full-time      | <u>    </u> with significant other                 |
| <u>    </u> outside work, part-time | <u>    </u> with children (how many? <u>    </u> ) |
| <u>    </u> outside work, full-time | <u>    </u> with unrelated people                  |
| <u>    </u> self employed           | <u>    </u> (how many? <u>    </u> )               |
| <u>    </u> unemployed              |  |

INDICATE THE NUMBER OF EACH

7. Main living arrangement before age 18.
- with parent(s)
- with step parent(s)
- with foster parent(s)
- number of sisters (including half and step sisters)
- number of brothers (including half and step brothers)
- number of unrelated people in household
- number of other relatives in household

WRITE IN SHORT ANSWERS FOR QUESTIONS 8-11.

- \_\_\_\_\_ 8. Occupation  
 \_\_\_\_\_ 9. Religion in which you were raised  
 \_\_\_\_\_ 10. Current Religion  
 \_\_\_\_\_ 11. Country(ies) of Ancestral Origin

- \_\_\_\_\_ 12. Age at first menstrual period  
 \_\_\_\_\_ 13. Age at final menstrual period (if post menopause)  
 \_\_\_\_\_ 14. Number of pregnancies  
 \_\_\_\_\_ 15. Number of live births  
     \_\_\_\_\_ Number of girls  
     \_\_\_\_\_ Number of boys  
 \_\_\_\_\_ 16. Number of miscarriages  
 \_\_\_\_\_ 17. Number of abortions  
     \_\_\_\_\_ legal  
     \_\_\_\_\_ illegal

18. CHECK ANY OF THE FOLLOWING YOU HAVE EXPERIENCED.

- \_\_\_\_\_ sexual molestation  
 \_\_\_\_\_ rape  
 \_\_\_\_\_ incest

19. PLEASE CHECK ALL OF THESE SURGICAL PROCEDURES YOU HAVE HAD.

- \_\_\_\_\_ vaginal, urethral or rectal wall repair  
 \_\_\_\_\_ hysterectomy (removal of uterus)  
 \_\_\_\_\_ mastectomy (removal of breast)  
 \_\_\_\_\_ mammoplasty (breast reduction)  
 \_\_\_\_\_ mammoplasty (breast enlargement)  
 \_\_\_\_\_ breast biopsy  
 \_\_\_\_\_ surgery resulting in a permanent ostomy  
 \_\_\_\_\_ surgery resulting in a temporary ostomy  
 \_\_\_\_\_ other relevant procedures. What ones? \_\_\_\_\_

(optional)

PLACE CODE NUMBER IN THE SPACES PROVIDED FOR ANSWERS TO QUESTIONS 20 & 21.

- |   |                      |
|---|----------------------|
|   | (01) under 2500      |
|   | (02) 2,500 - 4,999   |
|   | (03) 5,000 - 9,999   |
| _____ 20. Annual Income, entire household     | (04) 10,000 - 14,999 |
|   | (05) 15,000 - 19,999 |
| _____ 21. Annual Income, your personal income | (06) 20,000 - 29,999 |
|   | (07) 30,000 - 39,999 |
|   | (08) 40,000 - 49,999 |
|   | (09) 50,000 - 74,999 |
|   | (10) 75,000 - 99,999 |
|   | (11) over 100,000    |

DIRECTIONS: This is an attitudinal inventory. It is a report of feelings. There are no right or wrong answers. Respond with answers that are honest and true for you.

READ EACH ONE OF THE FOLLOWING STATEMENTS.

DECIDE HOW YOU FEEL ABOUT EACH STATEMENT.

THEN CIRCLE ONLY ONE OF THE FIVE CHOICES.

WRITE THAT SCALE NUMBER IN THE SPACE PROVIDED AT THE RIGHT.

CIRCLE AN ANSWER FOR ALL STATEMENTS THAT APPLY TO YOU.

I FEEL THIS

| RARELY/<br>NEVER<br>1 | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |
|-----------------------|-------------------|------------|--------------------------|-------------------------------|
|-----------------------|-------------------|------------|--------------------------|-------------------------------|

PART I.

Please circle one value. Write that value next to number at right

- |   |   |   |   |   |   |          |
|---|---|---|---|---|---|----------|
| 1. I like how my clothed body looks in a mirror.                      | 1 | 2 | 3 | 4 | 5 | _____ 1. |
| 2. I am uncomfortable with my weight.                                 | 1 | 2 | 3 | 4 | 5 | _____ 2. |
| 3. My body feels alive when I exercise.                               | 1 | 2 | 3 | 4 | 5 | _____ 3. |
| 4. I feel good about my body.   | 1 | 2 | 3 | 4 | 5 | _____ 4. |
| 5. I am comfortable with how I express my femaleness in my movements. | 1 | 2 | 3 | 4 | 5 | _____ 5. |
| 6. I feel people react negatively when they look at my body.          | 1 | 2 | 3 | 4 | 5 | _____ 6. |

GO TO THE NEXT PAGE

| RARELY/<br>NEVER<br>1  | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |   |   |   |       |     |
|--|-------------------|------------|--------------------------|-------------------------------|---|---|---|-------|-----|
| Please circle one value. Write that value next to number at right                  |                   |            |                          |                               |   |   |   |       |     |
| 7. I feel good about hugging and being hugged by close female friends.             |                   |            | 1                        | 2                             | 3 | 4 | 5 | _____ | 7.  |
| 8. I feel good about hugging and being hugged by close male friends.               |                   |            | 1                        | 2                             | 3 | 4 | 5 | _____ | 8.  |
| 9. I like having my back rubbed by a female friend (other than significant other). |                   |            | 1                        | 2                             | 3 | 4 | 5 | _____ | 9.  |
| 10. I like having my back rubbed by a male friend (other than significant other).  |                   |            | 1                        | 2                             | 3 | 4 | 5 | _____ | 10. |
| 11. I enjoy the physical sensations of showering/bathing.                          |                   |            | 1                        | 2                             | 3 | 4 | 5 | _____ | 11. |
| 12. I am unhappy with the general physical condition of my body.                   |                   |            | 1                        | 2                             | 3 | 4 | 5 | _____ | 12. |
| 13. I am comfortable being seen nude by female friends.                            |                   |            | 1                        | 2                             | 3 | 4 | 5 | _____ | 13. |
| 14. I like how my nude body looks in a mirror.                                     |                   |            | 1                        | 2                             | 3 | 4 | 5 | _____ | 14. |
| GO TO THE NEXT PAGE  |                   |            |                          |                               |   |   |   |       |     |

| RARELY/<br>NEVER<br>1   | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |   |           |
|---|-------------------|------------|--------------------------|-------------------------------|---|-----------|
| Please circle one value. Write<br>that value next to number at right                            |                   |            |                          |                               |   |           |
| 15. I am dissatisfied with the size<br>of my breasts.   | 1                 | 2          | 3                        | 4                             | 5 | _____ 15. |
| 16. I am comfortable with the way my<br>breasts look.   | 1                 | 2          | 3                        | 4                             | 5 | _____ 16. |
| 17. I feel comfortable examining my<br>own breasts.   | 1                 | 2          | 3                        | 4                             | 5 | _____ 17. |
| 18. I feel uneasy when my breasts<br>are examined by male health<br>professionals.              | 1                 | 2          | 3                        | 4                             | 5 | _____ 18. |
| 19. I feel uneasy when my breasts<br>are examined by female health<br>professionals.            | 1                 | 2          | 3                        | 4                             | 5 | _____ 19. |
| 20. I feel my breasts are<br>unattractive in comparison with<br>other women's breasts.          | 1                 | 2          | 3                        | 4                             | 5 | _____ 20. |
| 21. I am aware that my breasts feel<br>differently at different times of<br>my menstrual cycle. | 1                 | 2          | 3                        | 4                             | 5 | _____ 21. |
| 22. It feels good to me to touch my<br>own breasts.   | 1                 | 2          | 3                        | 4                             | 5 | _____ 22. |
| 23. Oral stimulation of my breasts<br>feels pleasant to me.                                     | 1                 | 2          | 3                        | 4                             | 5 | _____ 23. |
| 24. My breasts are a sexual "turn<br>on" for me.  | 1                 | 2          | 3                        | 4                             | 5 | _____ 24. |

GO TO THE NEXT PAGE

| RARELY/<br>NEVER<br>1  | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |  |           |
|--|-------------------|------------|--------------------------|-------------------------------|--|-----------|
|  |                   |            |                          |                               | Please circle one value. Write<br>that value next to number at right |           |
| Genitals = female sex organs<br>including clitoris, labia,<br>vaginal opening, and vagina.   |                   |            |                          |                               |  |           |
| 25. I feel uncomfortable touching my<br>own genitals.  | 1                 | 2          | 3                        | 4                             | 5  | _____ 25. |
| 26. I am aware that my genitals feel<br>differently at different times of<br>my menstrual cycle.   | 1                 | 2          | 3                        | 4                             | 5  | _____ 26. |
| 27. Looking at pictures of female<br>genitals makes me feel<br>uncomfortable.  | 1                 | 2          | 3                        | 4                             | 5  | _____ 27. |
| 28. I enjoy self pleasuring<br>(masturbating).   | 1                 | 2          | 3                        | 4                             | 5  | _____ 28. |
| 29. I appreciate the comparison of<br>female genitals to flowers, fruit<br>and other objects from nature.                                      | 1                 | 2          | 3                        | 4                             | 5  | _____ 29. |
| 30. I am uncomfortable with female<br>genitals as the subject of art<br>work.  | 1                 | 2          | 3                        | 4                             | 5  | _____ 30. |
| 31. I feel my genitals are<br>unattractive.  | 1                 | 2          | 3                        | 4                             | 5  | _____ 31. |
| 32. I feel my genitals are unpleasant<br>smelling.   | 1                 | 2          | 3                        | 4                             | 5  | _____ 32. |
| 33. I enjoy pleasant feelings when<br>I tense and relax the muscles of<br>the genital area (at times other<br>than when I am sexually active). | 1                 | 2          | 3                        | 4                             | 5  | _____ 33. |

GO TO THE NEXT PAGE

| RARELY/<br>NEVER<br>1  | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |           |
|--|-------------------|------------|--------------------------|-------------------------------|-----------|
| Please circle one value. Write<br>that value next to number at right           |                   |            |                          |                               |           |
| 34. I feel comfortable expressing myself in sounds when I am sexually aroused. |                   |            |                          |                               | _____ 34. |
| 35. I feel uneasy about perspiring when I am sexually aroused.                 |                   |            |                          |                               | _____ 35. |
| 36. I like the smell of my own vaginal lubrication.                            |                   |            |                          |                               | _____ 36. |
| 37. I like the taste of my vaginal lubrication.                                |                   |            |                          |                               | _____ 37. |
| 38. I feel self pleasuring is childish and immature.                           |                   |            |                          |                               | _____ 38. |
| 39. Genital sexual activity is unpleasant to me when I am menstruating.        |                   |            |                          |                               | _____ 39. |
| 40. My sexual body odors are pleasant to me.                                   |                   |            |                          |                               | _____ 40. |
| 41. My clitoris is a source of pleasure to me.                                 |                   |            |                          |                               | _____ 41. |

GO TO THE NEXT PAGE

| RARELY/<br>NEVER<br>1 | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |
|-----------------------|-------------------|------------|--------------------------|-------------------------------|
|-----------------------|-------------------|------------|--------------------------|-------------------------------|

Please circle one value, write  
that value next to number at right

IF YOU HAVE MENSTRUATED MARK  
THE FOLLOWING STATEMENTS, 42-46.

- |   |   |   |   |   |   |           |
|---|---|---|---|---|---|-----------|
| 42. I am comfortable telling people<br>I am menstruating.   | 1 | 2 | 3 | 4 | 5 | _____ 42. |
| 43. I dislike menstruating.                                 | 1 | 2 | 3 | 4 | 5 | _____ 43. |
| 44. I feel pride in being female<br>when I am menstruating. | 1 | 2 | 3 | 4 | 5 | _____ 44. |
| 45. The smell of menstrual flow is<br>unpleasant to me.     | 1 | 2 | 3 | 4 | 5 | _____ 45. |
| 46. I feel sexually aroused during<br>my menstrual period.  | 1 | 2 | 3 | 4 | 5 | _____ 46. |

IF YOU HAVE EXPERIENCED MENOPAUSE  
MARK THE FOLLOWING STATEMENTS, 47-  
52.

- |  |   |   |   |   |   |           |
|--|---|---|---|---|---|-----------|
| 47. With menopause I felt an end to<br>sexual feelings.                              | 1 | 2 | 3 | 4 | 5 | _____ 47. |
| 48. After menopause I felt a new<br>vitality as a woman.                             | 1 | 2 | 3 | 4 | 5 | _____ 48. |
| 49. During hot flashes I felt my<br>body was out of control.                         | 1 | 2 | 3 | 4 | 5 | _____ 49. |
| 50. I was aware of genital and<br>vaginal changes that occurred<br>during menopause. | 1 | 2 | 3 | 4 | 5 | _____ 50. |
| 51. I felt freer in my sexual<br>expression after menopause.                         | 1 | 2 | 3 | 4 | 5 | _____ 51. |
| 52. Hot flashes were a natural part<br>of midlife to me.                             | 1 | 2 | 3 | 4 | 5 | _____ 52. |

GO TO THE NEXT PAGE

| RARELY/<br>NEVER<br>1 | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |
|-----------------------|-------------------|------------|--------------------------|-------------------------------|
|-----------------------|-------------------|------------|--------------------------|-------------------------------|

Please circle one value. Write  
that value next to number at right

IF YOU HAVE EXPERIENCED ORGASM  
MARK THE FOLLOWING STATEMENTS,  
53-58.

53. I enjoy the sensations of orgasm. 1 2 3 4 5 \_\_\_\_\_ 53.
54. I dislike the feeling of losing control in orgasm. 1 2 3 4 5 \_\_\_\_\_ 54.
55. I feel a variety of pleasurable body responses in orgasm. 1 2 3 4 5 \_\_\_\_\_ 55.
56. I feel uneasy about self pleasuring to orgasm. 1 2 3 4 5 \_\_\_\_\_ 56.
57. After orgasm I feel self conscious about how I looked during orgasm. 1 2 3 4 5 \_\_\_\_\_ 57.
58. After orgasm I feel alive and recharged with energy. 1 2 3 4 5 \_\_\_\_\_ 58.
59. I am unable to discuss sex openly with my sexual partner(s). 1 2 3 4 5 \_\_\_\_\_ 59.
60. I like having my back rubbed by a significant other/spouse. 1 2 3 4 5 \_\_\_\_\_ 60.
61. I like having a full body massage by a significant other/spouse. 1 2 3 4 5 \_\_\_\_\_ 61.

GO TO THE NEXT PAGE

| RARELY/<br>NEVER<br>1 | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |
|-----------------------|-------------------|------------|--------------------------|-------------------------------|
|-----------------------|-------------------|------------|--------------------------|-------------------------------|

Please circle one value. Write  
that value next to number at right

IF YOU HAVE EXPERIENCED SEX WITH  
A PARTNER MARK THE FOLLOWING  
STATEMENTS, 59-82.

62. I am unable to communicate what is sexually stimulating for me to my sexual partner(s). 1 2 3 4 5 \_\_\_\_\_ 62.
63. I ask my sexual partner(s) to tell me what feels good to him/her. 1 2 3 4 5 \_\_\_\_\_ 63.
64. I am uncomfortable having my breasts touched by my sexual partner(s). 1 2 3 4 5 \_\_\_\_\_ 64.
65. I feel uneasy when my sexual partner(s) touches my genitals. 1 2 3 4 5 \_\_\_\_\_ 65.
66. I enjoy the feeling of having my partner inside me during sexual activity. 1 2 3 4 5 \_\_\_\_\_ 66.
67. I prefer sexual activity in the light. 1 2 3 4 5 \_\_\_\_\_ 67.
68. In a sexual relationship I feel comfortable initiating body activity that I find pleasurable. 1 2 3 4 5 \_\_\_\_\_ 68.
69. Sweating during sexual activity with a partner is unpleasant to me. 1 2 3 4 5 \_\_\_\_\_ 69.
70. I enjoy sexual activity with my eyes open. 1 2 3 4 5 \_\_\_\_\_ 70.
71. I like to have my whole body caressed by my sexual partner(s). 1 2 3 4 5 \_\_\_\_\_ 71.

GO TO THE NEXT PAGE

| RARELY/<br>NEVER<br>1  | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |           |
|--|-------------------|------------|--------------------------|-------------------------------|-----------|
| <u>Please circle one value. Write that value next to number at right</u>     |                   |            |                          |                               |           |
| 72. I enjoy sexual activity in rooms with mirrors.                           |                   |            |                          |                               | _____ 72. |
| 73. Making eye contact heightens my pleasure during sexual activities.       |                   |            |                          |                               | _____ 73. |
| 74. The heavy breathing of heightened sexual activity is unpleasant to me.   |                   |            |                          |                               | _____ 74. |
| 75. I like spontaneity in my sexual relationship(s).                         |                   |            |                          |                               | _____ 75. |
| 76. I feel comfortable masturbating my partner.                              |                   |            |                          |                               | _____ 76. |
| 77. I enjoy having my genitals stimulated orally.                            |                   |            |                          |                               | _____ 77. |
| 78. I like the feeling of muscular tension as sexual arousal heightens.      |                   |            |                          |                               | _____ 78. |
| 79. I feel uncomfortable stimulating my clitoris with my partner(s) present. |                   |            |                          |                               | _____ 79. |
| 80. I am uncomfortable having my body tasted.                                |                   |            |                          |                               | _____ 80. |
| 81. I like to hear my partner(s) make sounds during sexual activity.         |                   |            |                          |                               | _____ 81. |
| 82. I like having orgasm with oral sex.                                      |                   |            |                          |                               | _____ 82. |

\*\*\*\*\*

GO TO THE NEXT PAGE

BODY CATHEXIS SCALE  
Secord and Jourard

This is a report of your feelings about your body in general.  
There are no right or wrong answers.

CONSIDER EACH ITEM LISTED BELOW.

DECIDE HOW YOU FEEL ABOUT EACH BODY PART OR FUNCTION.

CIRCLE ONLY ONE OF THE FIVE CHOICES.

WRITE THAT SCALE NUMBER IN THE SPACE PROVIDED AT THE RIGHT.

| I HAVE                              |                                       |   |                                       |                                     |
|-------------------------------------|---------------------------------------|---|---------------------------------------|-------------------------------------|
| STRONG<br>POSITIVE<br>FEELINGS<br>1 | MODERATE<br>POSITIVE<br>FEELINGS<br>2 | NO FEELINGS<br>ONE WAY OR<br>ANOTHER<br>3 | MODERATE<br>NEGATIVE<br>FEELINGS<br>4 | STRONG<br>NEGATIVE<br>FEELINGS<br>5 |

Please circle one value. Write  
that value next to number at right

- |  |   |   |   |   |   |          |
|--|---|---|---|---|---|----------|
| 1. hair                                | 1 | 2 | 3 | 4 | 5 | _____ 1. |
| 2. facial complexion                   | 1 | 2 | 3 | 4 | 5 | _____ 2. |
| 3. appetite                            | 1 | 2 | 3 | 4 | 5 | _____ 3. |
| 4. hands                               | 1 | 2 | 3 | 4 | 5 | _____ 4. |
| 5. distribution of hair<br>(over body) | 1 | 2 | 3 | 4 | 5 | _____ 5. |
| 6. nose                                | 1 | 2 | 3 | 4 | 5 | _____ 6. |
| 7. physical stamina                    | 1 | 2 | 3 | 4 | 5 | _____ 7. |
| 8. elimination                         | 1 | 2 | 3 | 4 | 5 | _____ 8. |

GO TO THE NEXT PAGE

## I HAVE

| STRONG<br>POSITIVE<br>FEELINGS<br>1 | MODERATE<br>POSITIVE<br>FEELINGS<br>2 | NO FEELINGS<br>ONE WAY OR<br>ANOTHER<br>3 | MODERATE<br>NEGATIVE<br>FEELINGS<br>4 | STRONG<br>NEGATIVE<br>FEELINGS<br>5 |
|-------------------------------------|---------------------------------------|---|---------------------------------------|-------------------------------------|
|-------------------------------------|---------------------------------------|---|---------------------------------------|-------------------------------------|

Please circle one value. Write  
that value next to number at right

|                        |   |   |   |   |   |           |
|------------------------|---|---|---|---|---|-----------|
| 9. muscular strength   | 1 | 2 | 3 | 4 | 5 | _____ 9.  |
| 10. waist              | 1 | 2 | 3 | 4 | 5 | _____ 10. |
| 11. energy level       | 1 | 2 | 3 | 4 | 5 | _____ 11. |
| 12. back               | 1 | 2 | 3 | 4 | 5 | _____ 12. |
| 13. ears               | 1 | 2 | 3 | 4 | 5 | _____ 13. |
| 14. age                | 1 | 2 | 3 | 4 | 5 | _____ 14. |
| 15. chin               | 1 | 2 | 3 | 4 | 5 | _____ 15. |
| 16. body build         | 1 | 2 | 3 | 4 | 5 | _____ 16. |
| 17. profile            | 1 | 2 | 3 | 4 | 5 | _____ 17. |
| 18. height             | 1 | 2 | 3 | 4 | 5 | _____ 18. |
| 19. keenness of senses | 1 | 2 | 3 | 4 | 5 | _____ 19. |
| 20. tolerance for pain | 1 | 2 | 3 | 4 | 5 | _____ 20. |
| 21. width of shoulders | 1 | 2 | 3 | 4 | 5 | _____ 21. |
| 22. arms               | 1 | 2 | 3 | 4 | 5 | _____ 22. |
| 23. breasts            | 1 | 2 | 3 | 4 | 5 | _____ 23. |
| 24. appearance of eyes | 1 | 2 | 3 | 4 | 5 | _____ 24. |
| 25. digestion          | 1 | 2 | 3 | 4 | 5 | _____ 25. |

GO TO THE NEXT PAGE

## I HAVE

| POSITIVE<br>STRONG<br>FEELINGS<br>1 | MODERATE<br>POSITIVE<br>FEELINGS<br>2 | NO FEELINGS<br>ONE WAY OR<br>ANOTHER<br>3 | MODERATE<br>NEGATIVE<br>FEELINGS<br>4 | STRONG<br>NEGATIVE<br>FEELINGS<br>5 |
|-------------------------------------|---------------------------------------|---|---------------------------------------|-------------------------------------|
|-------------------------------------|---------------------------------------|---|---------------------------------------|-------------------------------------|

Please circle one value. Write  
that value next to number at right

|                           |   |   |   |   |   |           |
|---------------------------|---|---|---|---|---|-----------|
| 26. hips                  | 1 | 2 | 3 | 4 | 5 | _____ 26. |
| 27. resistance to illness | 1 | 2 | 3 | 4 | 5 | _____ 27. |
| 28. legs                  | 1 | 2 | 3 | 4 | 5 | _____ 28. |
| 29. appearance of teeth   | 1 | 2 | 3 | 4 | 5 | _____ 29. |
| 30. sex drive             | 1 | 2 | 3 | 4 | 5 | _____ 30. |
| 31. feet                  | 1 | 2 | 3 | 4 | 5 | _____ 31. |
| 32. sleep                 | 1 | 2 | 3 | 4 | 5 | _____ 32. |
| 33. voice                 | 1 | 2 | 3 | 4 | 5 | _____ 33. |
| 34. health                | 1 | 2 | 3 | 4 | 5 | _____ 34. |
| 35. sex activities        | 1 | 2 | 3 | 4 | 5 | _____ 35. |
| 36. knees                 | 1 | 2 | 3 | 4 | 5 | _____ 36. |
| 37. posture               | 1 | 2 | 3 | 4 | 5 | _____ 37. |
| 38. face                  | 1 | 2 | 3 | 4 | 5 | _____ 38. |
| 39. weight                | 1 | 2 | 3 | 4 | 5 | _____ 39. |
| 40. sex organs            | 1 | 2 | 3 | 4 | 5 | _____ 40. |

\*\*\*\*\*

Thank you for your time and help with this study.

## APPENDIX I

### Item Discrimination Test Subject Correspondence

- I-1 Letter of request to Conference Chairpersons  
for Solicitation of Volunteers
- I-2 Flyer and Card to Solicit Volunteers Test  
Subjects
- I-3 Letter of Explanation to Test Subjects Involved  
in Item Discrimination
- I-4 Evaluation
- I-5 Reminder Postcard to Test Subjects

I - 1

March 23, 1986

Susan Wabaunsee & Donell Kerns, Co-Chairpersons  
Women's Health Conference  
Coulee Region Family Planning Center  
312 State Street  
LaCrosse, Wisconsin 54601

Dear Susan and Donell,

I am writing to ask assistance with my master's degree research on female sexuality. I would like to use the participants at the women's health conferences in 1984, 1985, and 1986 as a source of voluntary subjects.

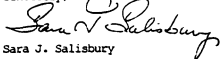
As you are aware, in attempting to gather research data about women's satisfaction with their bodies in relationship to their sexuality, I have developed an inventory to measure female sexual body comfort. Female sexual body comfort is defined as the degree of satisfaction and ease a woman has in experiencing her female body through her mind and her senses. I would like to determine item discrimination and also pilot the inventory with two different groups of participants at the conferences. I have chosen this population because they represent an age range of at least 25 years, a variety of backgrounds regarding marital status, educational, and occupational choices, and they have shown an active interest in women's health issues as exemplified by their participation in the conferences.

Ideally, I would like to have a minimum of 100 volunteers fill out the inventory sometime during the conference. Other possibilities we discussed were: placing the inventories in the packets, or mailing the inventories to volunteers who sign up while at the conference. At the very least, I would like to use the participants at my workshop, "Women's Bodies". For the second group, I would like to have access to the names and addresses of the participants from 1984 and 1985 and randomly select a group to pilot the inventory via the mail.

I am very happy to answer any questions you might have regarding the study. I am hopeful that you will be able to help me.

Thank you for considering this matter. I look forward to hearing from you.

Sincerely,



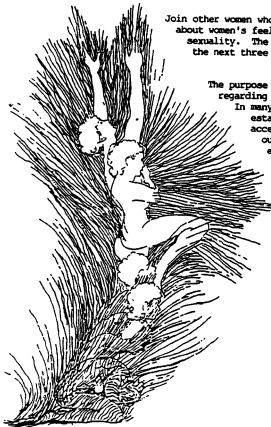
Sara J. Salisbury

I - 2

# Become Involved-Give 20 Minutes!

## - for Women about Women

PARTICIPATE IN A RESEARCH PROJECT



Join other women who will complete an anonymous inventory about women's feelings about their bodies and their sexuality. The inventory will be mailed to you within the next three weeks.

The purpose of this research is to gather information regarding women's attitudes about their bodies.

In many fields we, as women, have begun to establish what is true for us. Rather than accept the cultural assumptions about ourselves, this research hopes to help establish what is honestly true for women regarding their feelings about their bodies.

**SIGN UP! HAVE YOUR FEELINGS  
TAKEN INTO ACCOUNT!**

Fill out the attached card and  
hand it in at the registration desk.

Thank you  
for  
your voluntary participation

Graduate Research, UW-L  
Sara Salisbury  
Community Health Education  
203 Mitchell Hall

I - 2

## Return Card for Volunteer Participation

Yes, I would like to participate in WOMEN'S FEELINGS  
ABOUT THEIR BODIES AND THEIR SEXUALITY.

Send me an inventory at:

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Place this card in the box at registration.

Thank you!

Sara J. Salisbury

I - 3

203 Mitchell Hall  
 University of Wisconsin-La Crosse  
 La Crosse, WI 54601  
 May 10, 1986

Dear Volunteer,

Your time to help has come! Thank you for offering your help via the yellow cards at the Women's Health Conference. I greatly appreciate your willingness to assist with the development of an attitudinal inventory to measure women's feelings about their bodies and their sexuality.

Enclosed is the inventory, an optional evaluation form, and a self-addressed stamped envelope for returning the inventory.

This is your opportunity to have your feelings taken into account, — not those of your partner, roommate, co-worker, or mother. It is an anonymous report of your feelings about your body. As a consequence, please complete the inventory in private. Do NOT discuss it with other people until you have sealed it in the envelope to be mailed to me.

So that this activity does not get lost in the "busyness" of your daily life, I ask you to take the 20 minutes in the next three days to complete the inventory. I am working against a deadline to complete the statistical analysis and I need to have you return the completed inventory no later than May 20.

It is my hope that this study will help establish what is true for women like you rather than continue to rely on models based on cultural assumptions about women.

Again, Thank you for participating. I appreciate your sharing of your feelings and your time for this study.

Sincerely,

*Sara J. Salisbury*  
 Sara J. Salisbury



EVALUATION

I would appreciate your comments on the experience of taking the inventory and on the inventory construction. This will be used to improve the inventory.

CHECK ALL ITEMS THAT WERE TRUE FOR YOU. PLEASE ADD COMMENTS AND SUGGESTIONS.

YOUR EXPERIENCE OF TAKING THE INVENTORY

- Exciting
- Fun
- Interesting
- Personally Insightful
- Personally Invasive
- Boring
- Tedious
- Other reactions

Other Comments:

CONTENT Personal reaction:

LANGUAGE

- clear and appropriate
- too academic/medical

Suggestions:

Please go to other side

STATEMENT CONTRUCTION

clear  
 some confusing statements. Which ones? \_\_\_\_\_  
 some irrelevant statements. Which ones? \_\_\_\_\_  
 some statements too personal. Which ones? \_\_\_\_\_

Comments:

INSTRUCTIONS

clear  
 confusing

Suggestions:

SCALE

clear and appropriate  
 inappropriate for some statements. Which ones? \_\_\_\_\_

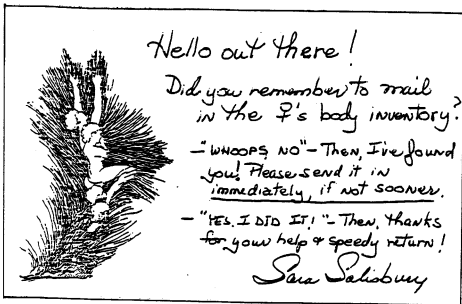
Suggestions:

FURTHER GENERAL COMMENTS

Again, thank you for your time, energy and the sharing of your feelings for this study.

I - 5

## Reminder Postcard to Test Subjects



APPENDIX J

Final Version of The Salisbury Scale to Measure  
Female Sexual Body Comfort (Excerpts)

Name/Number \_\_\_\_\_  
Location \_\_\_\_\_  
Date \_\_\_\_\_  
Total \_\_\_\_\_

SALISBURY SCALE  
OF  
FEMALE SEXUAL BODY COMFORT

The purpose of this inventory is to gather information regarding women's attitudes about their bodies relevant to their sexuality. The survey tool has been developed to measure female sexual body comfort. Female sexual body comfort is defined as the degree of satisfaction and ease a woman has in experiencing her female body through her mind and her senses.

Developed by  
Sara J. Salisbury  
Health Education Department  
University of Wisconsin-La Crosse  
La Crosse, Wisconsin 54601



WRITE IN SHORT ANSWERS FOR QUESTIONS 8-11.

- \_\_\_\_\_ 8. Occupation  
 \_\_\_\_\_ 9. Religion in which you were raised  
 \_\_\_\_\_ 10. Current Religion  
 \_\_\_\_\_ 11. Country(ies) of Ancestral Origin

- \_\_\_\_\_ 12. Age at first menstrual period  
 \_\_\_\_\_ 13. Age at final menstrual period (if post menopause)  
 \_\_\_\_\_ 14. Number of pregnancies  
 \_\_\_\_\_ 15. Number of live births  
     \_\_\_\_\_ Number of girls  
     \_\_\_\_\_ Number of boys  
 \_\_\_\_\_ 16. Number of miscarriages  
 \_\_\_\_\_ 17. Number of abortions  
     \_\_\_\_\_ legal  
     \_\_\_\_\_ illegal

18. CHECK ANY OF THE FOLLOWING YOU HAVE EXPERIENCED.

- \_\_\_\_\_ sexual molestation  
 \_\_\_\_\_ rape  
 \_\_\_\_\_ incest

19. PLEASE CHECK ALL OF THESE SURGICAL PROCEDURES YOU HAVE HAD.

- \_\_\_\_\_ vaginal, urethral or rectal wall repair  
 \_\_\_\_\_ hysterectomy (removal of uterus)  
 \_\_\_\_\_ mastectomy (removal of breast)  
 \_\_\_\_\_ mammoplasty (breast reduction)  
 \_\_\_\_\_ mammoplasty (breast enlargement)  
 \_\_\_\_\_ breast biopsy  
 \_\_\_\_\_ surgery resulting in a permanent ostomy  
 \_\_\_\_\_ surgery resulting in a temporary ostomy  
 \_\_\_\_\_ other relevant procedures. What ones? \_\_\_\_\_

(optional)

PLACE CODE NUMBER IN THE SPACES PROVIDED FOR ANSWERS TO QUESTIONS 20 & 21.

- \_\_\_\_\_ 20. Annual Income, entire household  
 \_\_\_\_\_ 21. Annual Income, your personal income
- (01) under 2500  
 (02) 2,500 - 4,999  
 (03) 5,000 - 9,999  
 (04) 10,000 - 14,999  
 (05) 15,000 - 19,999  
 (06) 20,000 - 29,999  
 (07) 30,000 - 39,999  
 (08) 40,000 - 49,999  
 (09) 50,000 - 74,999  
 (10) 75,000 - 99,999  
 (11) over 100,000

DIRECTIONS: This is an attitudinal inventory. It is a report of feelings. There are no right or wrong answers. Respond with answers that are honest and true for you as you feel at this time.

READ EACH ONE OF THE FOLLOWING STATEMENTS.

DECIDE HOW YOU FEEL ABOUT EACH STATEMENT.

THEN CIRCLE ONLY ONE OF THE FIVE CHOICES.

WRITE THAT SCALE NUMBER IN THE SPACE PROVIDED AT THE RIGHT.

ONLY CIRCLE NE (NEVER EXPERIENCED) FOR ACTIVITIES YOU HAVE NOT EXPERIENCED.

| I FEEL THIS           |                   |            |                          |                               |
|-----------------------|-------------------|------------|--------------------------|-------------------------------|
| RARELY/<br>NEVER<br>1 | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |

Please circle one value. Write  
that value next to number at right

- |   |   |   |   |   |   |          |
|---|---|---|---|---|---|----------|
| 1. I like how my clothed body looks in a mirror.                      | 1 | 2 | 3 | 4 | 5 | _____ 1. |
| 2. I am unhappy with my weight.                                       | 1 | 2 | 3 | 4 | 5 | _____ 2. |
| 3. When I exercise I am aware of the sexual vitality of my body.      | 1 | 2 | 3 | 4 | 5 | _____ 3. |
| 4. I feel good about my body.   | 1 | 2 | 3 | 4 | 5 | _____ 4. |
| 5. I am comfortable with how I express my femaleness in my movements. | 1 | 2 | 3 | 4 | 5 | _____ 5. |
| 6. I feel people react negatively when they look at my body.          | 1 | 2 | 3 | 4 | 5 | _____ 6. |

GO TO THE NEXT PAGE

| RARELY/<br>NEVER<br>1 | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |
|-----------------------|-------------------|------------|--------------------------|-------------------------------|
|-----------------------|-------------------|------------|--------------------------|-------------------------------|

Please circle one value. Write  
that value next to number at right

18. I feel uneasy when my breasts are examined by male health professionals. 1 2 3 4 5 NE \_\_\_\_\_ 18.
19. I feel uneasy when my breasts are examined by female health professionals. 1 2 3 4 5 NE \_\_\_\_\_ 19.
20. I feel my breasts are unattractive in comparison with other women's breasts. 1 2 3 4 5 \_\_\_\_\_ 20.
21. It feels good to me to touch my own breasts. 1 2 3 4 5 \_\_\_\_\_ 21.
22. Oral stimulation of my breasts feels pleasant to me. 1 2 3 4 5 NE \_\_\_\_\_ 22.
23. My breasts are a sexual "turn on" for me. 1 2 3 4 5 \_\_\_\_\_ 23.

Genitals = female sex organs including clitoris, labia, vaginal opening, and vagina.

24. I have positive feelings about my genitals. 1 2 3 4 5 \_\_\_\_\_ 24.
25. Looking at pictures of female genitals makes me feel uncomfortable. 1 2 3 4 5 \_\_\_\_\_ 25.
26. I enjoy self pleasuring (masturbating). 1 2 3 4 5 NE \_\_\_\_\_ 26.
27. I appreciate the comparison of female genitals to flowers, fruit and other objects from nature. 1 2 3 4 5 \_\_\_\_\_ 27.

GO TO THE NEXT PAGE

| RARELY/<br>NEVER<br>1 | OCCASIONALLY<br>2 | OFTEN<br>3 | MOST OF<br>THE TIME<br>4 | ALMOST ALWAYS/<br>ALWAYS<br>5 |
|-----------------------|-------------------|------------|--------------------------|-------------------------------|
|-----------------------|-------------------|------------|--------------------------|-------------------------------|

Please circle one value. Write  
that value next to number at right

58. I like to hear my partner(s) make sounds during sexual activity. 1 2 3 4 5 \_\_\_\_\_ 58.
59. I like to have my whole body caressed by my sexual partner(s). 1 2 3 4 5 \_\_\_\_\_ 59.
60. I enjoy seeing myself in mirrors when I am sexually active with my partner(s). 1 2 3 4 5 NE \_\_\_\_\_ 60.
61. Making eye contact heightens my pleasure during sexual activities. 1 2 3 4 5 \_\_\_\_\_ 61.
62. I like spontaneity in my sexual relationship(s). 1 2 3 4 5 \_\_\_\_\_ 62.
63. I feel comfortable masturbating my partner(s). 1 2 3 4 5 NE \_\_\_\_\_ 63.
64. I enjoy having my genitals stimulated orally. 1 2 3 4 5 NE \_\_\_\_\_ 64.
65. I enjoy the feeling of having my partner(s) inside me during sexual activity. 1 2 3 4 5 NE \_\_\_\_\_ 65.
66. I feel uncomfortable stimulating my clitoris with my partner(s) present. 1 2 3 4 5 \_\_\_\_\_ 66.
67. I am uncomfortable having my body tasted. 1 2 3 4 5 \_\_\_\_\_ 67.
68. I like having orgasm with oral sex. 1 2 3 4 5 \_\_\_\_\_ 68.
69. I enjoy vaginal stimulation by my partner(s). 1 2 3 4 5 \_\_\_\_\_ 69.

\*\*\*\*\*  
You have completed the inventory.  
Thank you for your participation  
in this study.

Sara J. Salisbury  
203 Mitchell Hall  
University of Wisconsin-La Crosse  
La Crosse, Wisconsin 54601