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Are Sexual Experiences in Childhood Related to Eating  
Disorders in a Sample of College Students?

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ABSTRACT

A link has been suggested by psychologists and clinicians between sexual abuse in childhood and adolescence, and later eating disorders. The present study investigates childhood sexual experiences and the appearance of eating disorders in a college sample. The Eating Attitudes Test and the Finkelhor Sexual Victimization Scale were used in a sample of 158 undergraduates. The data confirmed the hypotheses that there is a significant association between childhood sexual abuse and eating disorders. Those sexually abused between the ages of 12-16 reported significantly higher eating disorders. Therefore the possibility of sexual abuse must be assessed and results included in a comprehensive therapy plan for eating disordered clients.

## BACKGROUND

Overeating, which has become a national pastime for millions of Americans, has several roots. For example, parents that are concerned that their children get enough to eat in the growing years, overfeed them and thereby establish a lifelong eating habit. The child who is constantly praised for cleaning up his plate, experiences a sort of gratification later on by cleaning up too many plates. The easy availability of so much food is a constant temptation for many people, especially the types of food served at fast-food restaurants and merchandised at the frozen food departments of supermarkets. Equally tempting are all the snack foods constantly displayed on television. The weight gain and obesity that result from overeating are known to be factors in the incidence of hypertension, diabetes, coronary disease and other diseases causing early morbidity and mortality.

Many people however, do not need temptation from the outside; their cues for overeating arise from such factors as boredom, nervousness, insecurity, loneliness, an overall discontent with life, or an aversion to exercise. Thus, overeating can actually be a symptom of psychological surrender, or withdrawal from, the complexities and competition of modern life.

In the past few years attention has been focused

on a possible link between eating disorders such as bulimia nervosa, anorexia nervosa and obesity, and a prior history of childhood sexual abuse (CSA) (Oppenheimer, Howell, Palmer, & Chaloner, 1985; Root, Fallon, & Friedrich, 1986). However, research is at best still inconclusive and insufficient, for example, Finn, Hartman, Leon, & Lawson (1986) found no differences in rates of eating disorders among sexually abused or non-abused women in group therapy.

Many research problems have been identified by Shaw and Garfinkel (1989) and include problems in control of relevant variables and methods of assessment. Another problem is the reliability and validity of subjective reports. What may be perceived as a "binge" for one person may be normal eating for another. The validity of the binge construct is therefore threatened. The perceived loss of control with the presence of a large amount of food is what characterizes bulimic behavior (Fairburn, 1987a & 1987b).

Another problem that is seen in the extant literature is the bias introduced by sample selection. Most commonly the bias arises from the fact that studies draw their subjects from a clinically ill base seen at tertiary referral centers. Thus, the results might not generalize to the general population. In studies that do not involve clinical samples, another bias remains in that they have been based on samples from specialized eating disorder clinics (Piran et al., 1988;

Johnson et al., 1986) or from radio and TV advertisements (Levin & Hyler, 1986).

#### REVIEW OF THE LITERATURE:

Victims of sexual abuse are prone to develop long-term psychological problems. Among these problems an increased risk of bulimia and anorexia nervosa have been suggested (Finkelhor & Browne, 1986; Kearney-Cooke, 1988; Palmer et al, 1990; Hall et al, 1989). Although anorexia and bulimia remain disorders of uncertain etiology, psychological and social factors are accepted as being important in their pathogenesis. Of these the individual's response to the psychological and social demands of sexual development and biological maturity are thought to be especially relevant (Crisp, 1980, 1984; Garfinkel & Garner, 1982). Sexual abuse in childhood is recognized as being relatively common (Finkelhor, 1979, 1984). Problems with sexual promiscuity, sexual confidence, self-esteem and relationships are all disadvantageous results of abuse now clearly recognized. An association with childhood sexual abuse and a later eating disorder is certainly plausible.

There are several theoretical bases for such a relationship to be presumed. Several characteristics of an eating disorder have been described as long-term sequelae of CSA. Among these are body-image distortions, interpersonal mistrust, and a loss of self-esteem, to name a few

(Finkelhor & Browne, 1986; Polivy & Herman, 1987). Both eating disorders and childhood sexual abuse have also been linked to a family characterized by parental pathology (e.g., maternal depression), lack of emotional support, parent-child and inter-parent conflicts (Bruch, 1978; Finkelhor, 1984; Finkelhor & Browne, 1986; Humphrey 1986; Johnson & Connors, 1987).

Many researchers state that experience of CSA per se does not always lead to severe long-term adverse effects. Other characteristics of the abuse, such as degree of sexual contact, and the relationship and familiarity of the perpetrator, may influence outcomes (Browne & Finkelhor, 1986). Other potential mediators include the victims perception of the cause of the experience and social and familial support systems (Brown & Harris, 1978; Lazarus & Folkman, 1984).

Calam & Slade (1989) did a study using a questionnaire on a sample of 130 female undergraduates from a non-clinical population. The response rate was between 65% and 75%. The questionnaires used were the Eating Attitudes Test (EAT), and a Sexual Events Questionnaire (SEQ). 58% of the women responding reported "some form of unwanted sexual experience." Positive associations were found between the EAT and SEQ scores. The relationship between sexual experience of an adverse nature and eating disorders was

supported by this study with concurrence being "higher than expected".

Finn et al., (1986), investigated the relationship between sexual abuse and eating disorders, and in a comparison study of women with and without histories of sexual abuse found no association. However, the study failed to define sexual abuse clearly, and did not separate adverse sexual experiences in childhood from those in adults.

A study by Palmer et al, (1990), investigated a group of 158 women with clinical eating disorders, i.e., fulfilling DSM III criteria for either anorexia nervosa or bulimia. A Sexual Life Inventory (SLE) adapted from Finkelhor (1979) was completed and an interview with a social worker also held. This study reports "surprisingly high rates" of adverse sexual experiences of these women with about 33% reporting sexual experiences in childhood with significantly older perpetrators.

Empirical support for a relationship between CSA and eating disorders is limited. Aggregate case histories indicate that about 30-40% of eating disorder patients are victims of CSA. However, these correlation studies have relied on clinical samples without normal control groups. The correlations may also be increased by another variable such as family pathology which contributes to risk of both CSA and eating disorders.



The present study is designed to counteract limitations by examining a college sample where base rates of both CSA and eating disorders should be high enough for a relationship to emerge. On the other hand severe psychological disturbances or disorders of personality that may have confounded earlier studies are expected to be minimal.

The following hypotheses are to be investigated:

1. CSA victims will have a higher rate of eating disorders than non-victims.
2. Severity of abuse will be positively related to the eating disorder inventory.
3. The closer the familial relationship of the perpetrator of the abuse, the stronger the relationship between the eating disorder inventory and CSA.

## METHOD

### Subjects

Undergraduate introductory psychology students in a large Midwestern college participated in the research for class credit. There were 48 males aged 18 to 33, mean age 20.5, (SD=2.79), and 110 females subjects aged 18 to 38, mean age 19.6, (SD=2.44).

### Measures

Demographic data was collected first in all the questionnaires. The other measures included in the study were:

1. The Finkelhor Sexual Victimization Scale (FSV)

The FSV scale was developed by David Finkelhor (1978) to measure childhood sexual victimization (see Appendix 1).

The scale has been shown to distinguish sexually abused from non-abused children and is related to adult sexual self-esteem, heterosexual functioning, and increased risk of mental health problems in adulthood.

(Finkelhor, 1979, 1984). The scale has been found to be a concurrently valid measure when compared to other measures of childhood sexual abuse (Finkelhor, 1979, 1984). Childhood sexual abuse was determined to have occurred if any of the following conditions were found. If the sexual experience occurred when the respondent was, (1) between the ages of 13-16, and their partner at least 10 years older; or (2) the respondent was less than 12 years old and their partner at least five years older. Additionally, any unwanted or coerced sexual experience occurring when the respondent was 16 years old or under was considered sexually abusive.

The severity of the abuse was determined by the nature of the event. Sexual experiences ranging from "an invitation or request to do something sexual", to "anal or vaginal intercourse" were rank ordered from a low level of sexual activity to sexual intercourse (see Table 1). The highest level of sexual activity

determined the level of severity. Scores ranged from 1 - 4.

Similarly, the level of familiarity to the abuser was rank ordered, and ranged from the least familiar, "stranger", to the most familiar, "father", or "stepfather", etc,. Scores ranged from 1 - 4. The higher the rating, the greater the familiarity (see Table 2).

2. The Eating Attitudes Test - 26 (Garner, Garfinkel, 1979; (EAT-26) Garner, Olmsted, Bohr, Garfinkel, 1982).

This is an abbreviated 26-item version of an original 40-item test. EAT-26 has been found to be a reliable, valid and economical instrument useful as a measure of eating disorder (Garner, et al., 1982). Garner has shown that the Eating Disorders Inventory differentiates women with anorexia nervosa from women without eating disorders (Garner et al., 1983) and women with bulimic symptoms from those with restrictive anorexia nervosa (Garner, Garfinkel, & O'Shaughnessy, 1985). It contains subscales (e.g., drive for thinness) relevant to eating disorders, and subscales for ineffectiveness, interpersonal distrust, and interoceptive awareness - shown to distinguish normal dieters and women with no weight or eating concerns from eating-disordered

patients (Polivy & Herman, 1987). (Appendix 2)

Factor I of the EAT-26 has the highest correlation with the total EAT-26, ( $r=0.93$ ). Factor II ( $r=0.64$ ) and Factor III ( $r=0.60$ ) have a weaker positive relationship to the total EAT-26 (Garner, et al, 1982). Factor I has significant relationship to dieting behavior, reflecting a strong avoidance of fattening foods and shape preoccupations, but not to bulimia. Factor II is related to bulimia and food preoccupation and is positively related to bulimia and a heavier body weight. Factor III is related to oral control, lower weight and the absence of bulimia.

### Procedure

Volunteers were blind to the content of the questionnaires until they completed informed consent forms (see Appendix 3). They then completed questionnaires at individual carrolls with three sides enclosed, preventing observation by any of the other participants. The forms were randomized in order to control for order effect, with the Eating Attitudes Test presented before or after the Finkelhor Sexual Victimization Scale. After completion of the questionnaires subjects were debriefed and thanked for their participation in the study.

### ANALYSIS

Data provided:

1. Percentages of people who were sexually abused and have eating disorders, compared to percentages of people without abuse that have eating disorders.
2. Student's t-tests calculated to demonstrate the effect between severe abuse and eating disorders.
3. Student's t-tests to show the effect of familiarity between the eating disorder inventory and CSA.

#### RESULTS

The median total EAT score was 117, (range 53-152, S.D. 18.63); median score for Factor I was 54.5, (range 19-78, S.D. 13.39); median score for Factor II was 31, (range 11-36, S.D. 5.02); median score for Factor III was 32, (range 17-42, S.D. 4.68). Scores below the median for each factor was considered significant for an eating disorder.

Overall 20.3% of subjects reported sexual abuse in some form. 10.8% of subjects under age 12 reported abuse and 10.1% of subjects over age 12 reported abuse. The percentage of CSA victims (n=32), with an eating disorder, was 84.4%, while the percentage of subjects without a history of CSA (n=126), but with an eating disorder, was 47.6%.

Student t-tests were computed with the total score and three factor scores of the EAT, as the dependent variables, and sexual abuse as the independent variable. Two sets of t-tests were computed, i.e., one set for those under 12 years of age and the other for those 12-16 years of age.

No significant effects were demonstrated between scores on the EAT and severe abuse under 12. Significant effects were found for children over 12, { $t(14)=1.53$ ,  $p<.05$ ; with Factor 1,  $t(14)=1.16$ ,  $p<.005$ ; with Factor 2,  $t(14)=1.10$ ,  $p<.002$ ; with Factor 3,  $t(14)=.22$ , N.S.}; with those sexually abused reporting more eating disorder in the overall EAT score and Factor I and II.

T-tests were used to test the differences in EAT scores between subjects with intrafamilial abuse and without intrafamilial abuse. This was significant only in children suffering abuse under age 12. Effects of closeness in familiarity with total EAT,  $t(156)=1.48$ ,  $p<.05$ , with Factor 1,  $t(156)=.64$   $p<.046$ ; and negatively with Factor 2,  $t(156)=-.61$ ,  $p<.05$ ; and with Factor 3,  $t(156)=-1.35$ ,  $p<.05$ .

TABLE 1

Reported sexual events arranged in a hierarchy of severity  
from least severe to most severe

Rank	Description	Age	
		Under 12	Over 12
1	An invitation to do something sexual Kissing or hugging in a sexual way		
2	Other person showing his/her sex organs to you	3	
	You showing your sex organs to other person	1	
	Other person stroking you in a sexual way		
	You stroking other person in a sexual way		
3	Other person touching or stimulating your sex organs	2	1
	You touching or stimulating other person's sex organs	2	
	Other person's sex organs coming in contact with yours without penetration	1	1
	Other person putting their mouth on your sex organs		
	You putting your mouth on other person's sex organs	2	1
4	Vaginal intercourse	4	12
	Anal intercourse	2	
	Total	17	15

Subjects listed only once within each age category under the most "severe" event. A subject may appear in both age categories if reported events in both.

TABLE 2

Relationship hierarchy - from least familiar to closest

Rank	Relationship	Age	
		Under 12	Over 12
1	Stranger Neighbor Acquaintance	6	4
2	Boyfriend/Girlfriend Friend of yours	3	8
3	Friend of your parents Authority figure (preacher, doctor, etc.) Cousin Aunt or uncle	2	3
4	Grandparent Brother Sister Father Stepfather Mother Stepmother	6	1
	Total	17	16

## DISCUSSION

This study shows a significant effect for severe abuse with Factors I and II after age 12. Although the number of subjects in this group is very small the findings suggest that a clear association exists between severe abuse after age 12, and dieting and bulimia. These findings are similar to those found by others. In Calam and Slade's study



"significantly higher scores on the Dieting dimension of the EAT " was found (Calam, et al, 1987). Controversy exists in the literature about how a child's age may affect the development of later reactions. Children under age 12 may be protected from negative effects because of their ingenuousness or conversely be more vulnerable due to their impressionability (Browne, et al, 1986). Findings thus far do not resolve this controversy.

The role of sexual abuse in the genesis of an eating disorder is clearly a complex one. While a direct one-to-one correlation does not appear to exist, differences in the type of abuse and the age at which abuse occurred appears to play a role in the development of eating problems. Various theories have been expounded as to the reason why some victims display eating problems while others do not.

Beckman and Burns (1989) postulate that perception of control may be an important variable that mediates the sexual abuse / eating disorder relation. The less control the person had over the sexual abuse the more that person may seek to "gain control in a vicarious manner" through controlling eating behavior. Calam and Slade (1988) further theorize that while dieting or anorexic behavior may be an overt means of regaining control within family bounds, compulsive eating or bulimia might arise in a situation where control could not be attained as in the case of the abuser

not being a family member.

Calam and Slade (1988) included an interesting section in their study dealing with comments from patients who were asked if they saw possible links between sexual abuse reported and their current problems. While some reported no perceived links between the two, many believed that their sexual experiences exerted a "major influence" on the genesis of their eating disorder. Common themes were, issues of control where eating disorders gave back control over their bodies in some way; fear of appearing attractive to men, changing their body shape through either compulsive eating or excessive dieting; and bulimic feelings associated with guilt, self-hatred or disgust arising from the abuse. Similarly Hall, et al, (1989), describe women who gain weight following abuse to become nonsexual. They describe many in their population of subjects as accepting sexual abuse as normal until "reaching an age when ... was not an appropriate parental activity". This group were more likely to feel disgust about themselves, demonstrated social unease and "regarded themselves as damaged goods".

Another basis for considering a link between sexual abuse and an eating disordered population is the similarities observed on some psychological variables. For example, sexually abused women are reported to exhibit problems with intimacy and trust and negative feelings towards sex, men and

themselves (Herman, Russell, & Trocki, 1986). Body-image disturbance is a logical symptom developed by many sexually abused women since the body is the seat of the original trauma (Kearney-Cooke, 1988).

As control issues may mediate the abuse and the appearance of an eating disorder, cognitive scales that measure constructs such as perceived control in an abusive situation, internal/external locus of control should be included in future research. This study had a comparatively small number of subjects and conclusions from it are therefore guarded. Further research with a larger population and sophisticated statistical procedures should be fruitful. Until then sexual abuse should be seen as one of many of possible triggers for the development of an eating disorder. Relationships within families, effects of coercion, and adolescent conflicts are all known mediators of problems associated with eating disorders (Calam, et al, 1989).

In one sense sexually abused students found in a college sample are already successful survivors. They have not allowed the abuse to detract from academic goals, indeed, being achievement oriented may be another way of exercising control within their lives. Studies that do not limit their samples to either college undergraduates or clinical populations could be included in future research to enable better generalization of findings.

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## APPENDIX 1



Part A

1. Your sex (circle one answer)

1. Male
2. Female

2. Your age at last birthday \_\_\_\_\_

3a. Marital status (circle one)

1. Single
2. Married
3. Separated or divorced
4. Widowed
5. Cohabiting

3b. What is your predominant ethnic background? (circle one)

1. White American
2. Black American
3. Hispanic American
4. Asian American
5. Indian American
6. Foreign national
7. Other:

Specify: \_\_\_\_\_

4. During the first 12 years of your life, in what type of area did you live the longest: (If you don't know, make your best guess).

1. a farm
2. a town under 5,000
3. a town between 5,000 and 25,000
4. a town between 25,000 and 100,000
5. a town between 100,000 and 500,000
6. a town larger than 500,000

5. In looking at friendships, when you were 12, did you have:

1. Many good friends
2. several good friends
3. One or two good friends
4. No good friends

6. Concerning your parents' current relationship, is your father;

1. living with your mother?
2. Divorced or separated from your mother
3. Widowed from your mother
4. Living apart for some other reason
5. Deceased

7. Was there a time before you were 18 when you did not live with your father?

1. yes
2. no

If yes, give your age span when you did not live with him  
ages \_\_\_\_\_ to \_\_\_\_\_

8. When you lived with him, how close did you feel to your father?
1. Very close
  2. Close
  3. Somewhat close
  4. Not close
  5. Distant
9. Did you have a stepfather?
1. Yes
  2. No (If no, go on to question no. 13)
10. Regarding your stepfather and mother's relationship, is your stepfather;
1. living with your mother
  2. divorced or separated from your mother
  3. Widowed from your mother
  4. living apart for some other reason
  5. deceased
11. Was there a time before you were 18 when you did not live with your stepfather?
1. yes
  2. no
- If yes, give your age span when you did not live with him  
Ages \_\_\_\_\_ to \_\_\_\_\_
12. When you last lived with your stepfather, how close did you feel to him?
1. very close
  2. close
  3. somewhat close
  4. not close
  5. distant
13. In looking at your parents' relationship, is your mother;
1. living with your father
  2. divorced or separated from your father
  3. widowed from your father
  4. living apart for some other reason
  5. deceased
14. Was there a time before you were 18 when you did not live with your mother?
1. yes
  2. no
- If yes, give your age span when you did not live with her  
Ages \_\_\_\_\_ to \_\_\_\_\_

15. When you last lived with your mother, how close did you feel to her?

1. very close
2. close
3. somewhat close
4. not close
5. distant

16. Did you also have a stepmother?

1. yes
2. no

If no, go to part B on page 4

17. Regarding your stepmother and father's relationship, is your stepmother;

1. living with your father
2. divorced or separated from your father
3. widowed from your father
4. living apart for some other reason
5. deceased

18. Was there any time before you were 18 when you did not live with your stepmother?

1. yes
2. no

If yes, give your age span when you did not live with her.

Ages \_\_\_\_\_ to \_\_\_\_\_

19. When you last lived with your stepmother, how close did you feel to her?

1. very close
2. close
3. somewhat close
4. not close
5. distant

Part B

This part of the questionnaire (Questions 20-28) pertains to your family members when you were age 12. When a question asks about your "father" or "mother", it means the male or female parent with whom you were living when you were 12. If you did not live with one or both parents at that time, answer for the parent who lived with you when your age was closest to, but not greater than, 12.

20. What were your parents' occupations when you were 12?

Father	Mother	
1	1	Semiskilled or unskilled worker (factory worker, hospital aide, truck driver, etc.)
2	2	Skilled worker or foreman (machinist, carpenter, cook)
3	3	Farmer (owner-operator or renter)
4	4	Clerical or sales (but not manager)
5	5	Proprietor or owner of a business(excluding farm owner)
6	6	Professional (architect, teacher, nurse) or managerial position (department head or store manager)
0	0	No occupation outside home
X	X	Don't know

21. When you were 12, which of the following came closest to your parents annual income before taxes?

Father	Mother	
0	0	Not employed
1	1	Less than \$4,000
2	2	\$4,000 to \$5,999
3	3	\$6,000 to \$7,999
4	4	\$8,000 to \$9,999
5	5	\$10,000 to \$11,999
6	6	\$12,000 to \$14,999
7	7	\$15,000 to \$19,999
8	8	\$20,000 to \$29,999
9	9	\$30,000 and over
X	X	Don't know

22. What was the highest level of education attained by your parents?

Father	Mother	
1	1	Some grade school
2	2	Completed grade school
3	3	Some high school
4	4	Completed high school or other technical training (i.e., beauty school, chef school, welding)
5	5	High school and some other training but not college
6	6	Some college
7	7	AA Degree from Junior College
8	8	Completed 4 year college degree
9	9	Some graduate work
10	10	Graduate degree (M.D., M.A., M.S., Ph.D., etc.)

23. Answer the following questions about the parents with which you lived when you were 12. Circle the number which best describes how true each of the following items were for your father (or stepfather, male parent, etc.) and your mother (or stepmother, female parent, etc.) using 1-never true, 2-rarely true, 3-sometimes true, 4-often true, 5-very often true.

	<u>    </u> No father, stepfather, etc.	Father	Mother
	<u>    </u> No mother, stepmother, etc.		
a. influenced other people or took charge of things		1 2 3 4 5	1 2 3 4 5
b. treated you as if you were important		1 2 3 4 5	1 2 3 4 5
c. was ambitious, worked hard		1 2 3 4 5	1 2 3 4 5
d. was verbally abusive to you		1 2 3 4 5	1 2 3 4 5
e. lacked energy		1 2 3 4 5	1 2 3 4 5
f. played with you		1 2 3 4 5	1 2 3 4 5
g. had problems with relatives		1 2 3 4 5	1 2 3 4 5
h. was tense, nervous, worried		1 2 3 4 5	1 2 3 4 5
i. was ill		1 2 3 4 5	1 2 3 4 5
j. drank heavily		1 2 3 4 5	1 2 3 4 5
k. used other nonmedical drugs besides alcohol and tobacco		1 2 3 4 5	1 2 3 4 5
l. understood you		1 2 3 4 5	1 2 3 4 5
m. complained about finances		1 2 3 4 5	1 2 3 4 5
n. kissed you		1 2 3 4 5	1 2 3 4 5
o. hugged you		1 2 3 4 5	1 2 3 4 5
p. talked to you when you had a problem		1 2 3 4 5	1 2 3 4 5
q. put you on his/ her lap		1 2 3 4 5	1 2 3 4 5
r. was responsive to your emotional needs		1 2 3 4 5	1 2 3 4 5
s. roughhoused or played tickling games with you		1 2 3 4 5	1 2 3 4 5
t. had emotional problem		1 2 3 4 5	1 2 3 4 5

24. When you were 12, how happy would you say your parents' marriage was?

1. Unhappy
2. Not very happy
3. Somewhat happy
4. Happy
5. Very happy
- X. Not applicable. Only one parent

25. When you were 12, circle the number which best describes how often you remember your parents kissing, hugging, and holding hands.

1-Never, 2-Rarely, 3-Sometimes, 4-Often, 5-Very Often, 6-Not applicable

- |                  |             |
|------------------|-------------|
| a. Kissing       | 1 2 3 4 5 6 |
| b. Hugging       | 1 2 3 4 5 6 |
| c. Holding hands | 1 2 3 4 5 6 |

26. When you were 12, had you ever seen or heard your parents while they were in the act of sexual intercourse?

1. Yes
2. No

27. When you were 12, would your father (male parent) and mother (female parent) have agreed or disagreed with the following statements? Circle the numbers indicating amount of agreement or disagreement as follows: 1=Strongly agrees, 2=Agrees, 3=No opinion, 4=Disagrees, 5=Strongly disagrees

No father  
 No mother

Father

Mother

- |  |           |           |
|--|-----------|-----------|
| A. children should not question or talk back to their parents                          | 1 2 3 4 5 | 1 2 3 4 5 |
| B. In making family decisions, parents ought to take children's opinions into account. | 1 2 3 4 5 | 1 2 3 4 5 |
| C. Fathers should be the main authority figure in a family                             | 1 2 3 4 5 | 1 2 3 4 5 |
| D. Children should not bother their parents with their problems                        | 1 2 3 4 5 | 1 2 3 4 5 |

28. Each family relates differently among family members in terms of touching. Who would you do the following with?  
Circle as many answers as applies using the following codes:

1. mother or female parent
2. father or male parent
3. sister closest in age
4. brother closest in age
5. none

( no mother)                      ( no sister)  
( no father)                        ( no brother)

a. If you were going on a trip, who would you

- |                       |   |   |   |   |   |
|-----------------------|---|---|---|---|---|
| aa. touch or pat      | 1 | 2 | 3 | 4 | 5 |
| bb. hug goodbye       | 1 | 2 | 3 | 4 | 5 |
| cc. kiss on the cheek | 1 | 2 | 3 | 4 | 5 |
| dd. kiss on the lips  | 1 | 2 | 3 | 4 | 5 |

b. When you were getting up in the morning, who could:

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| aa. See you in your underwear without embarrassing you | 1 | 2 | 3 | 4 | 5 |
|--|---|---|---|---|---|

In your house when you were up in the morning, who could

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| bb. See you naked without embarrassing you ____                            | 1 | 2 | 3 | 4 | 5 |
| cc. Go into the bathroom if you are already there without embarrassing you | 1 | 2 | 3 | 4 | 5 |
| dd. You tell a dirty joke to   | 1 | 2 | 3 | 4 | 5 |
| ee. You tell about a sexual experience you had                             | 1 | 2 | 3 | 4 | 5 |
| ff. Enter your bedroom without knocking when you were in your room alone   | 1 | 2 | 3 | 4 | 5 |

29. The next series of questions are about how and when you learned about sex. How old were you when you first learned about the following things? Where did you learn them from? If you can't remember exactly how old, make an approximate guess. In case of several sources of learning, circle all that apply.

- |                                  |                          |                         |
|----------------------------------|--------------------------|-------------------------|
| Source: (Code for answers below) | 1. Mother                | 7. Sex-education course |
|                                  | 2. Father                | 8. Other adult          |
|                                  | 3. Brother               | 9. Book or magazine     |
|                                  | 4. Sister                | 10. Self-discovery      |
|                                  | 5. Friend (same sex)     | 11. Other or don't know |
|                                  | 6. Friend (opposite sex) |                         |

- |   | Age you<br>1st learned | Source you<br>learned it from |
|---|------------------------|-------------------------------|
| a. That men and women have different sexual organs      | _____                  | 1 2 3 4 5 6 7 8 9 10 11       |
| b. That babies result from sexual intercourse           | _____                  | 1 2 3 4 5 6 7 8 9 10 11       |
| c. That your parents engaged in sexual intercourse      | _____                  | 1 2 3 4 5 6 7 8 9 10 11       |
| d. How to obtain and use contraceptives (birth control) | _____                  | 1 2 3 4 5 6 7 8 9 10 11       |
| e. That women menstruate (have periods)                 | _____                  | 1 2 3 4 5 6 7 8 9 10 11       |
| f. How women cope with menstruation (periods)           | _____                  | 1 2 3 4 5 6 7 8 9 10 11       |
| g. That males have wet dreams                           | _____                  | 1 2 3 4 5 6 7 8 9 10 11       |
| h. How to arouse a sexual partner                       | _____                  | 1 2 3 4 5 6 7 8 9 10 11       |
| i. How to arouse yourself                               | _____                  | 1 2 3 4 5 6 7 8 9 10 11       |

30. In response to each of the following statements, please answer the question in each of the seven columns? 1-strongly agree, 2-agree, 3-no opinion, 4-disagree, 5-strongly disagree; y=yes, n=no

		How do you feel now?	Did your mother (female parent) ever tell you this?	How do you think she felt?	Did your father (male parent) ever tell you this?	How do you think he felt?
	no mother/female parent no father/male parent	1 2 3 4 5	Y N	1 2 3 4 5	Y N	1 2 3 4 5
a.	Men often try to take advantage of women sexually	1 2 3 4 5	Y N	1 2 3 4 5	Y N	1 2 3 4 5
b.	Masturbation is unhealthy	1 2 3 4 5	Y N	1 2 3 4 5	Y N	1 2 3 4 5
c.	Children have no business asking questions about sex	1 2 3 4 5	Y N	1 2 3 4 5	Y N	1 2 3 4 5
d.	Sexual relations between two persons of the same sex are abnormal	1 2 3 4 5	Y N	1 2 3 4 5	Y N	1 2 3 4 5
e.	Sex games among small children are unhealthy	1 2 3 4 5	Y N	1 2 3 4 5	Y N	1 2 3 4 5
f.	Sexual relations between brothers and sisters are unhealthy	1 2 3 4 5	Y N	1 2 3 4 5	Y N	1 2 3 4 5
g.	Sexual relations between children and their parents are unhealthy	1 2 3 4 5	Y N	1 2 3 4 5	Y N	1 2 3 4 5
h.	Sexual relations between children and older persons are unhealthy	1 2 3 4 5	Y N	1 2 3 4 5	Y N	1 2 3 4 5



31a. Did your parent(s) and/or step-parent(s) use any of the following as forms of discipline on you before the age 12? Fill in the approximate number of times using the following scale:

- |             |                               |
|-------------|-------------------------------|
| 0=Never     | 4=6-10 times                  |
| 1=Once      | 5=11-20 times                 |
| 2=Twice     | 6=More than 20 times          |
| 3=3-5 times | X=No such person in my family |

	Mother	Father	Stepmother	Stepfather
1. Spanked	_____	_____	_____	_____
2. Hit (other than spanking)	_____	_____	_____	_____
3. Hit with objects	_____	_____	_____	_____
4. Punched	_____	_____	_____	_____
5. Thrown down	_____	_____	_____	_____
6. Severely beaten	_____	_____	_____	_____
7. Kicked	_____	_____	_____	_____
8. Choked	_____	_____	_____	_____
9. Locked in closet	_____	_____	_____	_____
10. Burned	_____	_____	_____	_____
11. Stabbed	_____	_____	_____	_____
12. Injured	_____	_____	_____	_____
13. Received medical services due to discipline	_____	_____	_____	_____
14. Other severe punishment Specify: _____	_____	_____	_____	_____

31b. Did your parent(s) and/or step-parent(s) use any of the following as forms of discipline on you after the age 12 and before the age of 17? Fill in the approximate number of times using the following scale:

- |             |                               |
|-------------|-------------------------------|
| 0=Never     | 4=6-10 times                  |
| 1=Once      | 5=11-20 times                 |
| 2=Twice     | 6=More than 20 times          |
| 3=3-5 times | X=No such person in my family |

	Mother	Father	Stepmother	Stepfather
1. Spanked	_____	_____	_____	_____
2. Hit (other than spanking)	_____	_____	_____	_____
3. Hit with objects	_____	_____	_____	_____
4. Punched	_____	_____	_____	_____
5. Thrown down	_____	_____	_____	_____
6. Severely beaten	_____	_____	_____	_____
7. Kicked	_____	_____	_____	_____
8. Choked	_____	_____	_____	_____
9. Locked in closet	_____	_____	_____	_____
10. Burned	_____	_____	_____	_____
11. Stabbed	_____	_____	_____	_____
12. Injured	_____	_____	_____	_____
13. Received medical services due to discipline	_____	_____	_____	_____
14. Other severe punishment Specify: _____	_____	_____	_____	_____

32. Were you ever punished, scolded, or warned about any of the following activities by your Mother or Father?

(Circle only the highest number that applies.) 3-punished 1-warned about  
2-scolded 0-none of the above

     No mother  
     No father

Mother	Father	
3 2 1 0	3 2 1 0	Touching your sex organs
3 2 1 0	3 2 1 0	Not having clothes on
3 2 1 0	3 2 1 0	Playing sex games with other children
3 2 1 0	3 2 1 0	Saying dirty words
3 2 1 0	3 2 1 0	Asking questions about sex
3 2 1 0	3 2 1 0	Doing something sexual on a date
3 2 1 0	3 2 1 0	Looking at sexual pictures or books
3 2 1 0	3 2 1 0	Masturbating

Part C

Since humans are sexual beings, it is normal for people to engage in sexual activity to differing degrees, throughout their lifetime. The following questions relate to your current level of sexual activity, sexual feelings, and attitudes about sex.

1. What is your current level of sexual activity for the following? Circle the number which best describes the frequency of each activity.

1=Never, 2=Less than twice a month, 3=About 2-3 times a month, 4=One or more times a week, 5=Daily

Sexually attracted to members of the opposite sex	1	2	3	4	5
Sexually attracted to members of the same sex	1	2	3	4	5
Erotic desire for sex, sexual fantasies, seeking out sexual stimuli	1	2	3	4	5
Caressing own breasts and or genitals without orgasm	1	2	3	4	5
Masturbation to orgasm	1	2	3	4	5
Making out with someone to the point of sexual arousal	1	2	3	4	5
Sexual activity with partner to orgasm without intercourse	1	2	3	4	5
Intercourse	1	2	3	4	5
Sexually active with member of same sex	1	2	3	4	5
Masturbate to fantasies of sexual activities with adult females	1	2	3	4	5
Masturbate to fantasies of sexual activities with adult males	1	2	3	4	5
Masturbate to fantasies of sexual activities with children	1	2	3	4	5
Masturbate to fantasies of sexual activities with animals	1	2	3	4	5
Read pornography or watch pornographic movies	1	2	3	4	5
Wear clothes of the opposite sex for sexual arousal	1	2	3	4	5
Look through windows to see people undressing	1	2	3	4	5
Expose sexual body parts in public	1	2	3	4	5

2. The following characteristics influence sexual functioning. Consider the types of sexual activity you engage in currently and then circle the number that best describes how often these characteristics fit you with 1=Always, 2=Often, 3=Occasionally, 4=Seldom, 5=Never, NA=Not applicable.

Sexual arousal while making out	1	2	3	4	5	NA
Orgasm through masturbation	1	2	3	4	5	NA
Orgasm from sexual stimulation by partner	1	2	3	4	5	NA
Orgasm during intercourse	1	2	3	4	5	NA
Orgasm without pleasure	1	2	3	4	5	NA
Difficulty achieving erections	1	2	3	4	5	NA
Difficulty maintaining erections	1	2	3	4	5	NA
Premature ejaculation	1	2	3	4	5	NA
Tightness of vagina causing difficulty with or prevention of intercourse	1	2	3	4	5	NA
Painful intercourse	1	2	3	4	5	NA
Pain following intercourse	1	2	3	4	5	NA
Sexual pleasure from inflicting pain	1	2	3	4	5	NA
Sexual pleasure from experiencing pain	1	2	3	4	5	NA
Sexual pleasure from humiliating partner	1	2	3	4	5	NA
Sexual pleasure from being humiliated	1	2	3	4	5	NA
History of physically abusing spouse/partner/date	1	2	3	4	5	NA
History of being physically abused by spouse/partner/date	1	2	3	4	5	NA
Currently physically abusing spouse/partner/date	1	2	3	4	5	NA
Currently being physically abused by spouse/partner/date	1	2	3	4	5	NA
History of heavy use of alcohol	1	2	3	4	5	NA
Current heavy use of alcohol	1	2	3	4	5	NA
History of substance abuse (other than alcohol)	1	2	3	4	5	NA
Current substance abuse (in addition to or other than alcohol)	1	2	3	4	5	NA
Medical condition possibly affecting sexual intercourse	1	2	3	4	5	NA
Medication possibly affecting sexual intercourse	1	2	3	4	5	NA

3. Indicate your current attitudes and/or expectations about sex, circling the number which best describes your thoughts or feelings with 1=strongly agree, 2=agree, 3=no opinion, 4=disagree, 5=strongly disagree, NA=not applicable

Sex is wonderful	1	2	3	4	5
I am sexually desirable	1	2	3	4	5
Sex must be endured in a premarital or marital relationship	1	2	3	4	5
Sex is boring	1	2	3	4	5
I am afraid of sex	1	2	3	4	5
It is normal for single people to have sexual relationships	1	2	3	4	5
Roughness or brutality are to be expected during sex	1	2	3	4	5
Sex seems like a violation of our bodies	1	2	3	4	5
I think about sex too much	1	2	3	4	5
I tend to be too free with myself sexually	1	2	3	4	5
Sex is dirty and disgusting	1	2	3	4	5
I am able to have sexual fantasies without guilt	1	2	3	4	5
I really like my body	1	2	3	4	5
I often find myself in awkward sexual situations	1	2	3	4	5
After sexual experiences, I am often disappointed	1	2	3	4	5 NA
My interest in sex is lower than most people my age	1	2	3	4	5
I feel guilty when I masturbate or would if I did masturbate	1	2	3	4	5
I take the initiative to do something about my sexual interest in another person	1	2	3	4	5
Someone my age should be more sexually active than I am	1	2	3	4	5
Sexual activity with another person causes me to feel guilty	1	2	3	4	5

PART D

It is currently recognized that most people have had sexual experiences during their childhood and adolescence. Some of these were with playmates, friends, boyfriends or girlfriends. Some of these experiences were with relatives and family members.

We would like for you to try to remember sexual experiences you have had in your childhood and in your adolescence and answer questions related to them.

1. Did you have any of the following experiences before the age of 12? Circle the number which applies to you with 1=Yes, 2=No

	Yes	No
An invitation or request to do something sexual	1	2
Kissing and hugging in a sexual way	1	2
Another person showing his/her sex organs to you	1	2
You showing your sex organs to another person	1	2
Another person touching or stimulating your sex organs	1	2
You touching or stimulating another person's sex organs	1	2
Another person's sex organs coming in contact with yours without penetration	1	2
Another person putting their mouth on your sex organs	1	2
You putting your mouth on another person's sex organs	1	2
Vaginal intercourse	1	2
Anal intercourse	1	2
Other _____	1	2

1.a. Was there ever a time when you were unable to remember any or all of the above experiences? Yes \_\_\_\_\_ No \_\_\_\_\_

From age \_\_\_\_\_ to age \_\_\_\_\_

2. Think about any sexual experiences which you have had before the age of 12. Pick the two most important and answer the following questions about them. (This includes all experiences mentioned in Question 1, not only sexual intercourse.)

\_\_\_\_\_ No such experience (Go to page 16, #3)

\_\_\_\_\_ Only 1 experience (no second experience)

Experience  
#1

Experience  
#2

a. How old were you at the time? \_\_\_\_\_

b. How old was the other person?  
(Give best estimate) \_\_\_\_\_

c. Sex of the other person: 1=male  
2=female

1 or 2

1 or 2

d. Relationship to other person: (Circle the numbers in the right hand columns that represent the people who were involved in Experience #1 and those who were involved in Experience #2. Circle as many numbers in each column as apply.)

	Experience #1	Experience #2
1-Stranger	1	1
2-Neighbor	2	2
3-Acquaintance	3	3
4-Boyfriend/Girlfriend	4	4
5-Friend of yours	5	5
6-Friend of your parents	6	6
7-Authority figure (preacher, scout leader, etc.)	7	7
8-Cousin	8	8
9-Aunt or uncle	9	9
10-Grandparent	10	10
11-Brother	11	11
12-Sister	12	12
13-Father	13	13
14-Stepfather	14	14
15-Mother	15	15
16-Stepmother	16	16
17-Other ( <u>Please specify</u> )	17 _____	17 _____
	Please Specify	Please Specify

e. What happened?

	Experience #1		Experience #2	
	Yes	No	Yes	No
1. An invitation to do something sexual	1	2	1	2
2. Kissing or hugging in a sexual way	1	2	1	2
3. Other person showing his/her sex organs to you	1	2	1	2
4. You showing your sex organs to other persons	1	2	1	2
5. Other person stroking you in sexual way (thigh, arm, etc.)	1	2	1	2
6. You stroking other person in sexual way	1	2	1	2
7. Other person touching or stimulating your sex organs	1	2	1	2
8. You touching or stimulating other persons sex organs	1	2	1	2
9. Other person's sex organs coming in contact with yours without penetration	1	2	1	2
10. Other person putting their mouth on your sex organs	1	2	1	2
11. You putting your mouth on other person's sex organs	1	2	1	2
12. Vaginal intercourse	1	2	1	2
13. Anal intercourse	1	2	1	2
14. Other: Please describe Experience #1 _____ Please describe Experience #2 _____				

- |  | Experience #1 | Experience #2 |
|--|---------------|---------------|
| f. Who started this?<br>1-You<br>2=Other person  | 1 or 2        | 1 or 2        |
| g. Did other person threaten or force you?<br>1-Yes<br>2-a little<br>3-No  | 1, 2 or 3     | 1, 2 or 3     |
| h. Did you threaten or force<br>the other person?<br>1-Yes<br>2-a little<br>3-No   | 1, 2 or 3     | 1, 2 or 3     |
| i. Did you want this experience?<br>1-Yes<br>2-a little<br>3-No  | 1, 2 or 3     | 1, 2 or 3     |
| j. Had the other person been drinking or<br>using drugs?<br>1-Yes<br>2-No<br>3-Don't know  | 1, 2 or 3     | 1, 2 or 3     |
| k. Had you been drinking or using drugs?<br>1-Yes<br>2-No  | 1 or 2        | 1 or 2        |
| l. How many times did you have a sexual<br>experience with this person? (Give best guess)  | _____         | _____         |
| m. For how long did this go on? (Give estimate<br>of number of days, months, years)  | _____         | _____         |
| n. Which of these would describe your reaction at the time of the<br>experience? (Circle the numbers in column 1 that are descriptive of<br>your reaction to Experience #1 and then circle the numbers in column #2<br>that are descriptive of your reaction to Experience #2) |               |               |

	Experience #1	Experience #2
1-Fear	1	1
2-Shock	2	2
3-Surprise	3	3
4-Confusion	4	4
5-Interest	5	5
6-Pleasure	6	6
7-Anger	7	7
8-Embarrassment	8	8
9-Stimulation	9	9



- o. In retrospect, would you say this experience was (Circle the number in each column that applies)

	Experience #1	Experience #2
1-Positive	1	1
2-Mostly positive	2	2
3-Neutral	3	3
4-Mostly negative	4	4
5-Negative	5	5

- p. Who did you tell about this experience, if anyone? (Circle the numbers in each column that apply)

1-No one	1	1
2-Mother	2	2
3-Father	3	3
4-Other adult	4	4
5-Brother/Sister	5	5
6-Friend	6	6
7-Aunt or uncle	7	7
8-Grandparent	8	8
9-Other (Please specify)	9 _____	9 _____

- q. If you told your mother about either experience, how did she react? (If you did not tell your mother, how do you think she would have reacted?)

1=Very, 2=Mildly, 3=A little, 4=Not at all

A. Angry at you	1	2	3	4
B. Supportive of you	1	2	3	4

- r. If you told your father about either experience, how did he react? (If you did not tell your father, how do you think he would have reacted?)

1=Very, 2=Mildly, 3=A little, 4=Not at all

A. Angry at you	1	2	3	4
B. Supportive of you	1	2	3	4

3. Now we want you to think about sexual experiences that you had after the age of 12, but before age 17. Pick the two most important to you and answer the following questions.

\_\_\_\_\_ No such experience (Go to page 21)  
 \_\_\_\_\_ Only 1 experience (no second experience)

	Experience #1	Experience #2
a. How old were you at the time?	_____	_____
b. How old was the other person? (Give best estimate)	_____	_____
c. Sex of the other person: 1=male 2=female	1 or 2	1 or 2

- d. Relationship to other person: (Circle the numbers in the right hand columns that represent the people who were involved in Experience #1 and those who were involved in Experience #2. Circle as many numbers in each column as apply).

	Experience #1	Experience #2
1-Stranger	1	1
2-Neighbor	2	2
3-Acquaintance	3	3
4-Boyfriend/Girlfriend	4	4
5-Friend of yours	5	5
6-Friend of your parents	6	6
7-Authority figure (preacher, scout leader, etc.)	7	7
8-Cousin	8	8
9-Aunt or uncle	9	9
10-Grandparent	10	10
11-Brother	11	11
12-Sister	12	12
13-Father	13	13
14-Stepfather	14	14
15-Mother	15	15
16-Stepmother	16	16
17-Other ( <u>Please specify</u> )	17 _____	17 _____
	Please Specify	Please Specify

- e. What happened?

	Experience #1		Experience #2	
	Yes	No	Yes	No
1. An invitation to do something sexual	1	2	1	2
2. Kissing or hugging in a sexual way	1	2	1	2
3. Other person showing his/her sex organs to you	1	2	1	2
4. You showing your sex organs to other person	1	2	1	2
5. Other person stroking you in sexual way (thigh, arm, etc.)	1	2	1	2
6. You stroking other person in sexual way	1	2	1	2
7. Other person touching or stimulating your sex organs	1	2	1	2
8. You touching or stimulating other persons sex organs	1	2	1	2
9. Other person's sex organs coming in contact with yours without penetration	1	2	1	2
10. Other person putting their mouth on your sex organs	1	2	1	2
11. You putting your mouth on other person's sex organs	1	2	1	2
12. Vaginal intercourse	1	2	1	2
13. Anal intercourse	1	2	1	2
14. Other: Please describe	Experience #1 _____		Experience #2 _____	
	Experience #1 _____		Experience #2 _____	

f.	Who started this? 1-You 2-Other person	Experience #1 1 or 2	Experience #2 1 or 2
g.	Did other person threaten or force you? 1-Yes 2-a little 3-No	1, 2 or 3	1, 2 or 3
h.	Did you threaten or force the other person? 1-Yes 2-a little 3-No	1, 2 or 3	1, 2 or 3
i.	Did you want this experience? 1-Yes 2-No	1 or 2	1 or 2
j.	Had the other person been drinking or using drugs? 1-Yes 2-No 3-Don't know	1, 2 or 3	1, 2 or 3
k.	Had you been drinking or using drugs? 1-Yes 2-No	1 or 2	1 or 2
l.	How many times did you have a sexual experience with this person? (Give best guess)	Experience #1 _____	Experience #2 _____
m.	For how long did this go on? (Give an estimate of the number of days, months, years)	_____	_____
n.	Which of these would best describe your reaction at the time of the experience? (Circle the numbers in column 1 that are descriptive of your reaction to Experience #1 and then circle the numbers in column 2 that are descriptive of your reaction to Experience #2).		
		Experience #1	Experience #2
	1-Fear	1	1
	2-Shock	2	2
	3-Surprise	3	3
	4-Confusion	4	4
	5-Interest	5	5
	6-Pleasure	6	6
	7-Anger	7	7
	8-Embarrassment	8	8
	9-Humiliation	9	9

o. In retrospect, would you say this experience was: (Circle the number in each column that applies)

1=Positive	1	1
2=Mostly positive	2	2
3=Neutral	3	3
4=Mostly negative	4	4
5=Negative	5	5

p. Who did you tell about this experience, if anyone?

	Experience #1	Experience #2
1=No one	1	1
2=Mother	2	2
3=Father	3	3
4=Other adult	4	4
5=Brother/Sister	5	5
6=Friend	6	6
7=Aunt or uncle	7	7
8=Grandparent	8	8
9=Other (Please specify)	9 _____	9 _____

q. If you told your mother about either experience, how did she react? (If you did not tell your mother, how do you think she would have reacted?)

1=Very, 2=Mildly, 3=A little, 4=Not at all

A. Angry at you	1	2	3	4
B. Supportive of you	1	2	3	4

r. If you told your father about either experience, how did he react? (If you did not tell your father, how do you think he would have reacted?)

1=Very, 2=Mildly, 3=A little, 4=Not at all

A. Angry at you	1	2	3	4
B. Supportive of you	1	2	3	4

s. Was there ever a time when you were unable to remember any or all of the above experiences? Yes \_\_\_\_\_ No \_\_\_\_\_

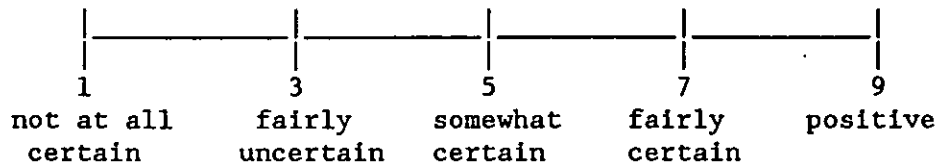
From age \_\_\_\_\_ to age \_\_\_\_\_

5. If any of the sexual experiences you answered questions about (at any age) were regretted or unwanted, please select the most important regretted or unwanted experience and respond to the possible outcomes of that experience as listed below. Circle the number which best describes the length of time you felt outcomes of that experience. Using 1- Never, 2- Up to 6 months, 3-6 months-1 year, 4-1 year-2 years, 5-Over 2 years, 6-Continuing today

No experiences were regretted or unwanted (go on to Part E on page 21). \_\_\_\_  
To which experience will you be referring? Experience # \_\_\_\_ on page \_\_\_\_.

Guilt	1	2	3	4	5	6
Shame	1	2	3	4	5	6
Nervousness	1	2	3	4	5	6
Fear of that person	1	2	3	4	5	6
Fear of males	1	2	3	4	5	6
Fear of females	1	2	3	4	5	6
Depression	1	2	3	4	5	6
Low self worth	1	2	3	4	5	6
Sense of betrayal	1	2	3	4	5	6
Sleeplessness	1	2	3	4	5	6
Unpleasant dreams	1	2	3	4	5	6
Phobias (Unreasonable fears)	1	2	3	4	5	6
Disturbing flashbacks	1	2	3	4	5	6
Eating disturbances	1	2	3	4	5	6
Anger at mother	1	2	3	4	5	6
Anger at father	1	2	3	4	5	6
Anger at that person	1	2	3	4	5	6
Anger at God	1	2	3	4	5	6
Withdrawal from family	1	2	3	4	5	6
Withdrawal from friends	1	2	3	4	5	6
Suicidal thoughts	1	2	3	4	5	6
Suicidal attempts	1	2	3	4	5	6
Running away form home	1	2	3	4	5	6
Misbehavior at home	1	2	3	4	5	6
Academic difficulties	1	2	3	4	5	6
Misbehavior at school	1	2	3	4	5	6
Skipping school	1	2	3	4	5	6
Quitting school	1	2	3	4	5	6
Alcohol abuse	1	2	3	4	5	6
Drug abuse	1	2	3	4	5	6
Breaking the law	1	2	3	4	5	6
Inability to enjoy sexual activity	1	2	3	4	5	6
Know other people care	1	2	3	4	5	6
Can cope with problems better	1	2	3	4	5	6
Feel I can be helpful to other people with similar problems	1	2	3	4	5	6
Feel closer to mother	1	2	3	4	5	6
Feel closer to father	1	2	3	4	5	6
Feel closer to siblings	1	2	3	4	5	6
Feel closer to God	1	2	3	4	5	6
Feel stronger	1	2	3	4	5	6
Understand myself better	1	2	3	4	5	6
Other outcomes _____	1	2	3	4	5	6

6.a If you answered no to question number 1, (see Page #14) how certain are you of your answer?



b. Have you ever wondered whether some or all of the experiences in Question 1 happened to you but you are unable to remember them?

Yes \_\_\_\_\_ No \_\_\_\_\_

PART E

1. Did you tell anyone about the sexual experiences you have answered questions about so far? yes \_\_\_ no \_\_\_ If so, which ones?

- |                |                 |         |        |
|----------------|-----------------|---------|--------|
| a. 12 or under | 1. Experience 1 | yes ___ | no ___ |
|                | 2. Experience 2 | yes ___ | no ___ |
| b. 13-16       | 3. Experience 1 | yes ___ | no ___ |
|                | 4. Experience 2 | yes ___ | no ___ |

\_\_\_ No sexual experiences

2. Besides the sexual experiences you have described so far, has/have there been (an)other unwanted/against your will sexual experience(s)?

yes \_\_\_ no \_\_\_

If yes, did you tell anyone about the sexual experience(s)?

yes \_\_\_ no \_\_\_

If you did not tell anyone about the sexual experiences in both questions 1 or 2, go on to Page 23, question 10. If no sexual experiences, go on to Page 25, Part F.

If you did tell someone, choose the two most important times in your opinion that you told someone about your experiences. Then answer the following questions about those two times. If you only told about 1 sexual experience circle NA (not applicable) under time two.

Time one                      Time two

How old were you?                      \_\_\_\_\_                      \_\_\_\_\_                      NA

Which experience was it?                      \_\_\_\_\_                      \_\_\_\_\_                      NA  
(Choose from experiences 1 through 4 above or question #2 experience).

For Time one, answer the following questions.

3. Please rank in order the people you told about the experience from first to third. Mother \_\_\_ Father \_\_\_ Brother/Sister \_\_\_ Friend \_\_\_  
Other adult \_\_\_ No one \_\_\_

4. How did the first person you told about the experience react? Circle the number that best describes their reaction with 1=very much so and 5=not at all. DK=don't know.

- |                           |   |   |   |   |   |    |
|---------------------------|---|---|---|---|---|----|
| a. supportive             | 1 | 2 | 3 | 4 | 5 | DK |
| b. believed me            | 1 | 2 | 3 | 4 | 5 | DK |
| c. concerned for me       | 1 | 2 | 3 | 4 | 5 | DK |
| d. angry at me            | 1 | 2 | 3 | 4 | 5 | DK |
| e. blamed me              | 1 | 2 | 3 | 4 | 5 | DK |
| f. made me feel guilty    | 1 | 2 | 3 | 4 | 5 | DK |
| g. angry at other person  | 1 | 2 | 3 | 4 | 5 | DK |
| h. emotionally upset      | 1 | 2 | 3 | 4 | 5 | DK |
| i. shocked                | 1 | 2 | 3 | 4 | 5 | DK |
| j. didn't know what to do | 1 | 2 | 3 | 4 | 5 | DK |
| k. unconcerned            | 1 | 2 | 3 | 4 | 5 | DK |

1. pleased 1 2 3 4 5 DK
5. Did any of the following consequences follow your report.
- a. Person involved was confronted by you. yes \_\_\_ no \_\_\_
  - b. Person involved was confronted by parent(s). yes \_\_\_ no \_\_\_
  - c. Person involved was confronted by police. yes \_\_\_ no \_\_\_
  - d. Person involved was confronted by social agency. yes \_\_\_ no \_\_\_
  - e. Person involved was investigated by authority such as police or social agency. yes \_\_\_ no \_\_\_
  - f. Legal charges were brought against the person. yes \_\_\_ no \_\_\_
  - g. I saw a counselor to help deal with experience. yes \_\_\_ no \_\_\_
  - h. The charge was tried in court. yes \_\_\_ no \_\_\_
  - i. I don't remember anything happening. yes \_\_\_ no \_\_\_
  - j. Other (please describe) \_\_\_\_\_
6. Which of the following statements best describes how you feel now about telling someone about the experience? Check the statement that is most accurate of your feelings.
- I am very glad I told someone \_\_\_
  - In general I am glad I told someone \_\_\_
  - In general I am sorry I told someone \_\_\_
  - I am very sorry I told someone \_\_\_
7. Have you ever seen a counselor to discuss the experience? yes \_\_\_ no \_\_\_  
If yes, how long after reporting did you see the counselor?  
within 3 months \_\_\_ within 6 months \_\_\_ at least 6 months later \_\_\_  
did not see counselor \_\_\_
8. If you saw a counselor, how helpful was the counselor to you?  
very helpful \_\_\_ helpful \_\_\_ not helpful \_\_\_ made things worse \_\_\_  
did not see counselor \_\_\_
9. If you saw a counselor, about how often did you see him/her?  
1 time only \_\_\_ 2-4 times \_\_\_ 5-8 times \_\_\_ more than 8 times \_\_\_



10. If you did not tell anyone of the experience, what are some of the reasons that prevented you from doing so? Listed below are some reasons that people have given for not telling anyone about sexual experiences. Circle the number that best describes how true the reasons are for you with 1=very true for me and 5=not true at all. DK=don't know.

- |  |   |   |   |   |   |    |
|--|---|---|---|---|---|----|
| a. I was afraid of getting in trouble.                             | 1 | 2 | 3 | 4 | 5 | DK |
| b. I felt I would be punished                                      | 1 | 2 | 3 | 4 | 5 | DK |
| c. I was embarrassed   | 1 | 2 | 3 | 4 | 5 | DK |
| d. I was told not to tell  | 1 | 2 | 3 | 4 | 5 | DK |
| e. I had been threatened   | 1 | 2 | 3 | 4 | 5 | DK |
| f. My family/friends had been threatened                           | 1 | 2 | 3 | 4 | 5 | DK |
| g. I felt I would NOT be believed                                  | 1 | 2 | 3 | 4 | 5 | DK |
| h. I felt I would be thought of as sexually promiscuous or deviant | 1 | 2 | 3 | 4 | 5 | DK |
| i. I feared getting someone I cared for in trouble                 | 1 | 2 | 3 | 4 | 5 | DK |
| j. I feared it would break up my family                            | 1 | 2 | 3 | 4 | 5 | DK |
| k. I felt guilty   | 1 | 2 | 3 | 4 | 5 | DK |
| l. It was nobody else's business                                   | 1 | 2 | 3 | 4 | 5 | DK |
| m. I wanted things to stay as they were                            | 1 | 2 | 3 | 4 | 5 | DK |
| n. I did not understand what was happening                         | 1 | 2 | 3 | 4 | 5 | DK |
| o. I was afraid of losing privileges                               | 1 | 2 | 3 | 4 | 5 | DK |
| p. Other (please list) _____                                       |   |   |   |   |   |    |

11. Looking back how do you feel about not telling anyone? Choose the answer that best describes how you feel and put a check by it.

- Without doubt it was best I did not tell \_\_\_\_
- Probably it was best I did not tell \_\_\_\_
- Probably I should have told someone \_\_\_\_
- Without doubt I should have told someone \_\_\_\_
- Other (please list) \_\_\_\_\_

For Time two, answer the following questions.

\_\_\_ no Time two report (go to page 25, Part F)

1. Please rank in order the people you told about the experience from first to third. Mother \_\_\_\_ Father \_\_\_\_ Brother/Sister \_\_\_\_  
Friend \_\_\_\_ Other adult \_\_\_\_ No one \_\_\_\_

2. How did the first person you told about the experience (listed in question #1 above) react? Circle the number that best describes their reaction with 1=very much so and 5=not at all. DK=don't know.

a. supportive	1	2	3	4	5	DK
b. believed me	1	2	3	4	5	DK
c. concerned for me	1	2	3	4	5	DK
d. angry at me	1	2	3	4	5	DK
e. blamed me	1	2	3	4	5	DK
f. made me feel guilty	1	2	3	4	5	DK
g. angry at other person	1	2	3	4	5	DK
h. emotionally upset	1	2	3	4	5	DK
i. shocked	1	2	3	4	5	DK
j. didn't know what to do	1	2	3	4	5	DK
k. unconcerned	1	2	3	4	5	DK
l. pleased	1	2	3	4	5	DK

3. Did any of the following consequences follow your report.

- a. Person involved was confronted by you. yes \_\_\_ no \_\_\_
- b. Person involved was confronted by parent(s). yes \_\_\_ no \_\_\_
- c. Person involved was confronted by police. yes \_\_\_ no \_\_\_
- d. Person involved was confronted by social agency. yes \_\_\_ no \_\_\_
- e. Person involved was investigated by authority such as police or social agency. yes \_\_\_ no \_\_\_
- f. Legal charges were brought against the person. yes \_\_\_ no \_\_\_
- g. I saw a counselor to help deal with experience. yes \_\_\_ no \_\_\_
- i. The charge was tried in court. yes \_\_\_ no \_\_\_
- j. I don't remember anything happening. yes \_\_\_ no \_\_\_
- k. Other (please describe) \_\_\_\_\_

4. Which of the following statements best describes how you feel now about telling someone about the experience? Check the statement that is most accurate of your feelings.

- I am very glad I told someone \_\_\_
- In general I am glad I told someone \_\_\_
- In general I am sorry I told someone \_\_\_
- I am very sorry I told someone \_\_\_

5. Have you ever seen a counselor to discuss the experience? yes \_\_\_ no \_\_\_  
If yes, how long after reporting did you see the counselor?  
within 3 months \_\_\_ within 6 months \_\_\_ at least 6 months later \_\_\_  
did not see counselor \_\_\_

6. If you saw a counselor, how helpful was the counselor to you?  
very helpful \_\_\_ helpful \_\_\_ not helpful \_\_\_ made things worse \_\_\_  
did not see counselor \_\_\_

7. If you saw a counselor, about how often did you see him/her?  
1 time only \_\_\_ 2-4 times \_\_\_ 5-8 times \_\_\_ more than 8 times \_\_\_

8. If you did not tell anyone of the experience, what are some of the reasons that prevented you from doing so? Listed below are some reasons that people have given for not telling anyone about sexual experiences. Circle the number that best describes whether the reasons are true for you with 1-very true for me and 5-not true at all.  
DK=don't know.

a. I was afraid of getting in trouble.	1	2	3	4	5	DK
b. I felt I would be punished	1	2	3	4	5	DK
c. I was embarrassed	1	2	3	4	5	DK
d. I was told not to tell	1	2	3	4	5	DK
e. I had been threatened	1	2	3	4	5	DK
f. My family/friends had been threatened	1	2	3	4	5	DK
g. I felt I would NOT be believed	1	2	3	4	5	DK
h. I felt I would be thought of as sexually promiscuous or deviant	1	2	3	4	5	DK
i. I feared getting someone I cared for in trouble	1	2	3	4	5	DK
j. I feared it would break up my family	1	2	3	4	5	DK
k. I felt guilty	1	2	3	4	5	DK
l. It was nobody else's business	1	2	3	4	5	DK
m. I wanted things to stay as they were	1	2	3	4	5	DK
n. I did not understand what was happening	1	2	3	4	5	DK
o. I was afraid of losing privileges	1	2	3	4	5	DK
p. Other (please list) _____						

9. Looking back how do you feel about not telling anyone? Choose the answer that best describes how you feel and put a check by it.

Without doubt it was best I did not tell \_\_\_\_

Probably it was best I did not tell \_\_\_\_

Probably I should have told someone \_\_\_\_

Without doubt I should have told someone \_\_\_\_

Other (please list) \_\_\_\_\_

PART F

1. Before you were age 18 did you ever tell anyone that you had been sexually abused or molested when in fact you were NOT? Yes \_\_\_ No \_\_\_

If you answered "yes", please answer the following questions. If you answered "no", go to Part G, Page 27.

2. How old were you when you made this false report?  
Under 12 \_\_\_ 12 to 17 \_\_\_
3. Who did you tell? mother \_\_\_ father \_\_\_ other adult \_\_\_  
brother/sister \_\_\_ friend \_\_\_ other relative \_\_\_  
Other (please identify:\_\_\_\_\_)
4. As you look back on your false report, what do think were some of the reasons that you told someone that you had been sexually abused? Circle the answer that is closest to your opinion. 1-strongly agree, 2=agree, 3=no opinion, 4=disagree, 5=strongly disagree.
- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| a. didn't know what sexual abuse really was:  | 1 | 2 | 3 | 4 | 5 |
| b. adults led me to think I was abused:       | 1 | 2 | 3 | 4 | 5 |
| c. my parent(s) seemed to think I was:        | 1 | 2 | 3 | 4 | 5 |
| d. I wanted to hurt the person I accused:     | 1 | 2 | 3 | 4 | 5 |
| e. I was angry at the person I accused:       | 1 | 2 | 3 | 4 | 5 |
| f. parent(s) wanted me to:                    | 1 | 2 | 3 | 4 | 5 |
| g. get placed in a specific parents' custody: | 1 | 2 | 3 | 4 | 5 |
| h. I needed attention at the time:            | 1 | 2 | 3 | 4 | 5 |
| i. to avoid the blame for my behavior:        | 1 | 2 | 3 | 4 | 5 |
| j. to avoid punishment for my behavior:       | 1 | 2 | 3 | 4 | 5 |
| k. Other (briefly describe)_____              | 1 | 2 | 3 | 4 | 5 |

5. In your opinion, rate on a 5 point scale the degree to which you were believed by the person you first told. Circle the number which is most accurate with 1=strongly believed and 5=strongly disbelieved.

Strongly Believed						Strongly Disbelieved
1	2	3	4	5		

6. Using this same scale, rate the degree to which (in your opinion) you were believed by the following people. Circle the number that best describes their rate of belief with 1=strongly believed and 5=Strongly disbelieved.

NA=not applicable and DK=don't know.

- |                           |   |   |   |   |   |    |    |
|---------------------------|---|---|---|---|---|----|----|
| a. mother                 | 1 | 2 | 3 | 4 | 5 | NA | DK |
| b. father                 | 1 | 2 | 3 | 4 | 5 | NA | DK |
| c. friend                 | 1 | 2 | 3 | 4 | 5 | NA | DK |
| d. investigating police   | 1 | 2 | 3 | 4 | 5 | NA | DK |
| e. agency investigator    | 1 | 2 | 3 | 4 | 5 | NA | DK |
| f. teacher or other adult | 1 | 2 | 3 | 4 | 5 | NA | DK |

7. Did any of the following consequences follow your false report of sexual abuse?
- a. Person accused was confronted by you. yes \_\_\_ no \_\_\_
  - b. Person accused was confronted by parent(s). yes \_\_\_ no \_\_\_
  - c. Person accused was confronted by police. yes \_\_\_ no \_\_\_
  - d. Person accused was confronted by social agency. yes \_\_\_ no \_\_\_
  - e. Person accused was investigated by authority such as police or social agency. yes \_\_\_ no \_\_\_
  - f. Legal charges were brought against the person. yes \_\_\_ no \_\_\_
  - g. The charges was tried in court. yes \_\_\_ no \_\_\_
  - h. I was taken to see a counselor/therapist. yes \_\_\_ no \_\_\_
  - i. I don't remember anything happening. yes \_\_\_ no \_\_\_
  - j. Other (please describe) \_\_\_\_\_
- 
8. Did you eventually take back your false report that you had been sexually abused? yes \_\_\_ no \_\_\_  
If yes, about how long a period of time passed before you took back the report? a day \_\_\_ less than one week \_\_\_ less than one month \_\_\_ more than a month \_\_\_ never \_\_\_ can't remember \_\_\_ not applicable \_\_\_
9. If you answered yes to number 8, in your opinion were you believed after you told the truth (that no sexual abuse had occurred)? Please rate the degree to which you were believed by the following people. Circle the number that best describes how much you were believed with 1=strongly believed and 5=strongly disbelieved. NA= not applicable and DK=don't know.
- |                                 |   |   |   |   |   |    |    |
|---------------------------------|---|---|---|---|---|----|----|
| a. mother                       | 1 | 2 | 3 | 4 | 5 | NA | DK |
| b. father                       | 1 | 2 | 3 | 4 | 5 | NA | DK |
| c. friend                       | 1 | 2 | 3 | 4 | 5 | NA | DK |
| d. police investigator          | 1 | 2 | 3 | 4 | 5 | NA | DK |
| e. agency investigator          | 1 | 2 | 3 | 4 | 5 | NA | DK |
| f. other (please specify) _____ | 1 | 2 | 3 | 4 | 5 | NA | DK |

PART G

You have completed your participation in this research project. Your help is very much appreciated. Please feel free to contact the research supervisor, Dr. Brenda Gilbert, in the Psychology Department, if you have any questions about the project or your participation in it. Due to the personal nature of the information you have provided, we have taken every precaution to ensure that your answers are anonymous. In fact, after you leave the research room, we will have no way of knowing who completed which set of questionnaires. Again, thank you very much!

## APPENDIX 2

### EATING ATTITUDES TEST

Please circle the number following each statement which best describes your behavior. All of the results will be STRICTLY confidential. Most of the questions directly relate to food or eating, although other types of questions have been included. Please answer each question carefully.

- |                |               |
|----------------|---------------|
| 1 = Always     | 4 = Sometimes |
| 2 = Very Often | 5 = Rarely    |
| 3 = Often      | 6 = Never     |

- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1. Am terrified about being overweight.                               | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. Avoid eating when I am hungry.                                     | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. Find myself preoccupied with food.                                 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. Have gone on eating binges where I feel I may not be able to stop. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. Cut my food into small pieces.                                     | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. Aware of the calorie content of foods that I eat.                  | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. Particularly avoid food with high carbohydrate content.            | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. Feel that others would prefer if I ate more.                       | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. Vomit after I have eaten.  | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. Feel extremely guilty after eating.                               | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. Am preoccupied with the desire to be thinner.                     | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. Think about burning up calories when I exercise.                  | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. Other people think that I am too thin.                            | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. Am preoccupied with the thought of having fat on my body.         | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. Take longer than others to eat meals.                             | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. Avoid foods with sugar in them.                                   | 1 | 2 | 3 | 4 | 5 | 6 |
| 17. Eat diet foods.   | 1 | 2 | 3 | 4 | 5 | 6 |
| 18. Feel that food controls my life.                                  | 1 | 2 | 3 | 4 | 5 | 6 |
| 19. Display self-control around food.                                 | 1 | 2 | 3 | 4 | 5 | 6 |
| 20. Feel that others pressure me to eat.                              | 1 | 2 | 3 | 4 | 5 | 6 |
| 21. Give too much time and thought to food.                           | 1 | 2 | 3 | 4 | 5 | 6 |
| 22. Feel uncomfortable after eating sweets.                           | 1 | 2 | 3 | 4 | 5 | 6 |
| 23. Engage in dieting behavior.                                       | 1 | 2 | 3 | 4 | 5 | 6 |
| 24. Like my stomach to be empty.                                      | 1 | 2 | 3 | 4 | 5 | 6 |
| 25. Enjoy trying new, rich foods.                                     | 1 | 2 | 3 | 4 | 5 | 6 |
| 26. Have the impulse to vomit after meals.                            | 1 | 2 | 3 | 4 | 5 | 6 |

## APPENDIX 3

## INFORMED CONSENT

### Childhood Sexual Experiences and Attitudes Study

I understand that my participation in this research is voluntary and that I may withdraw from the study at any time. If I complete all of the requirements of this study, as they are stated below, I will receive credit for participation in research in GEB 202. However, if I withdraw from the study, or fail to meet any of its requirements, I will receive FOUR credits. Furthermore, I understand that all material received from my participation will be kept confidential and once my participation is completed that there will be no way that my identity/name can be connected to my answers. Your name will NOT be placed on any questionnaire at any time.

This study is designed to increase our understanding of childhood sexual experiences and attitudes and current feelings and behavior. I understand that the questions asked will at times be personal and sensitive and that I may refuse to answer any question. Nevertheless, I understand that my participation is valuable in understanding the nature of childhood sexual development and its relationship to adult feelings and behavior. As a participant in this study I agree to complete questionnaires or be interviewed about my sexual experiences, feelings and attitudes and my relationships with family and friends. In addition I will complete a personality inventory. Whether or not I am interviewed will be determined by random assignment to either the questionnaire or interview condition.

This project has been reviewed and approved by the Carbondale Committee of Research Involving Human Subjects as adequately safeguarding the subject's privacy, welfare, civil liberties and rights. The Chairman of the Committee may be reached through the Office of Research Development and Administration, Southern Illinois University at Carbondale, Carbondale, Illinois. The telephone number of the office is (618) 536-7791.

I have read the material above and any questions I asked have been answered to my satisfaction. I agree to participate in this activity, realizing that I may withdraw without prejudice at any time.

\_\_\_\_\_  
Subject

\_\_\_\_\_  
Date

\_\_\_\_\_  
Investigator

\_\_\_\_\_  
Date