

Sexual Attitudes and Motivations in Same-Sex and Mixed-Sex Relationships

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General Abstract

People engage in sex for a wide variety of reasons and these reasons can differ depending on the individual, his or her partner, and on the context of the sexual encounter. The purpose of this dissertation was to examine how sexual attraction and sexual orientation, of both self and partner, affect an individual's reasons to engage in sex, or sexual motivation. Three studies were conducted to explore these effects from both the individual's and the partner's perspective. In Study 1, individual attitudes toward having casual sex, dating, and being in a committed relationship with a bisexual partner of the other gender were examined in a sample of 720 men and women. Participants reported negative attitudes toward having these relationships and more negative attitudes were reported as the commitment level of the considered relationship increased. Women also reported more negative attitudes and greater insecurity toward relationships than men. In Study 2, the psychometric properties of a comprehensive research tool, the Why Have Sex? (YSEX?) questionnaire to use in Study 3 for the study of sexual motivation were evaluated in a sample of 146 women with same-sex attraction. Overall, the reliability of this scale was excellent for casual sex motivations and motivations for sex in committed relationships with female partners. In Study 3, motivations for sex and the effects of relationship context, sexual attraction, and the gender of one's partner were explored in a sample of 510 women including women with same-sex attraction and women with exclusively heterosexual attraction. Results of this study showed that relationship context had the largest effect on sexual motivation; physical motivations were more strongly endorsed for casual sex while emotional motivations were more strongly endorsed for sex in committed relationships. No effect of sexual attraction was reported. Further, no effect of gender of partner was reported by sexual minority women. The results of this dissertation have important implications for the study of sexual motivation, specifically as it relates to sexual attraction and orientation. Motivations for

sex are likely to be affected by an individual's attitudes and perceptions of his or her partner's sexual orientation and associated stereotypes. In addition, the type of sexual relationship and associated level of commitment had strong, differential effects on sexual motivation. This is a novel finding as the context of the sexual relationship has not previously been considered with respect to individual motivations for sex. Henceforth, studies on sexual motivation need to be more contextualized and include more comprehensive assessments of individuals to increase the validity of findings and demonstrate the complex variation of human sexual motivation.

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General Introduction

People are curious; “Why?” is one of the first questions children ask and they continue to ask it as they grow into adults. However, despite people’s propensity for understanding the world around them, the reasons underlying their own behaviour often remain elusive. This is especially true when behaviour is perceived as private or secretive, as is often the case with human sexuality. Why do people have sex and relationships with some people but not others? Moreover, other than the biological need to procreate, why do they have sex at all?

The general question of why people have sex with some partners but not others serves as the overarching research question of this dissertation. Specifically, the studies of this dissertation examined how sexual attraction, that is the level of interest or desire one has to engage in sexual activity with a specified person or persons, and sexual orientation, that is how one identifies him or herself as gay, lesbian, bisexual, heterosexual or otherwise, affect why and with whom people have sex and each study addressed specific research questions based on this theme. The first study sought to answer the question, “How does a potential partner’s bisexual sexual orientation affect motivation for a relationship?” Bisexuality has previously been identified as an undesirable characteristic in potential mates with women judging it to be more undesirable than men (Buss & Schmitt, 1993). But is this true across all situations? Or does it depend on the context of the relationship? Further, is the gender difference observed by Buss and Schmitt 20 years ago still present today?

The second and third studies sought to explain the motivations or reasons of women, specifically women with same-sex/bisexual attraction, to have sex with specific partners. The primary measure for assessing these motivations was the 140-item Why Have Sex? (YSEX?) which was developed by Meston and Buss (2007). Since this measure had previously only been

used in general population samples, Study Two was designed to evaluate whether the measure would be reliable for women with same-sex attraction. Once reliability was determined, Study Three sought to answer the question, “What are women’s motivations for having casual sex and sex in a committed relationship?” Is there an effect of sexual attraction on sexual motivation? Further, are the motivations of a women with bisexual sexual attraction affected by the gender of her partner?

While these three studies investigated distinct topics, they also shared common elements. For each of the studies, their respective research questions were explored within the context of specified relationship types and each included a consideration of the impact of gender differences. Please see Figure 1 for a schematic representation of the studies of this dissertation.

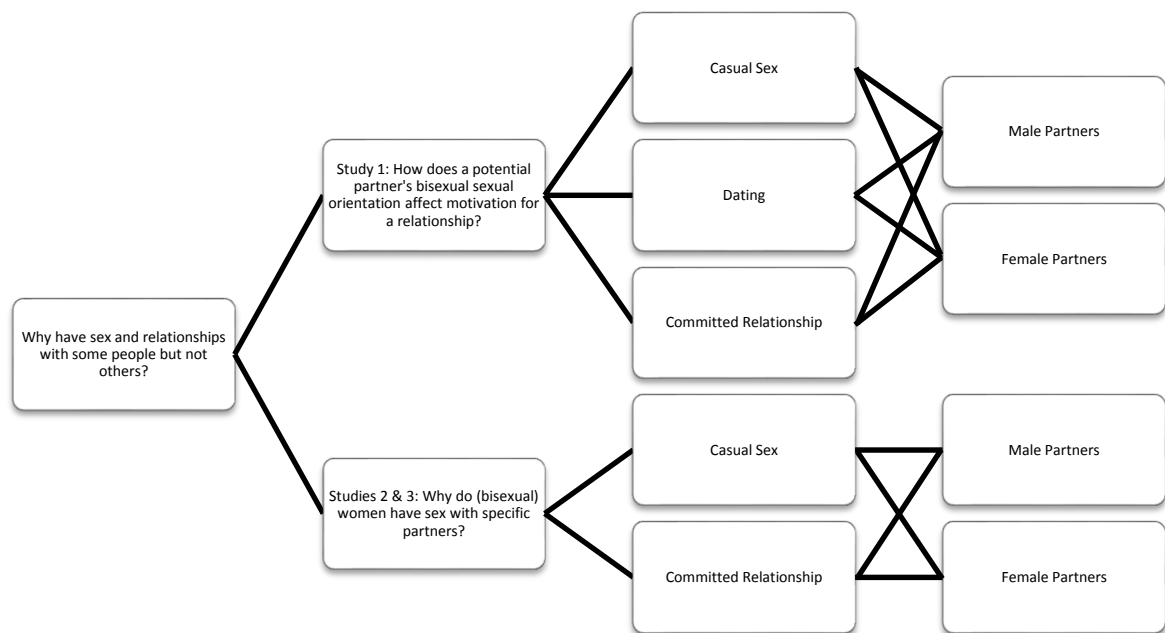


Figure 1. Dissertation Study Plan

Theoretical Background

Human motivation has long been a topic of interest for many. Psychologists, biologists, sociologists, and cognitive scientists have all studied why people do what they do, and what drives them to do it. Likewise, sexual motivation, or reasons why people have sex, has been studied using varying approaches.

Early theorists focused on a biologically based sex drive (Hill & Preston, 1996; Singer & Toates, 1987). In this view, sexual motivation is comparable to other biological drives such as thirst or hunger and emerges through a combination of internal states and external incentives (Ågmo, 2003; 2011; Attila, Oksala, & Ågmo, 2010; Singer & Toates, 1987; Toates, 2009). Like all biological processes, evolutionary theories have also been proposed to explain how sexual motivation, and ultimately sexual behaviour, has developed (Buss & Schmitt, 1993; Gagnestad & Simpson, 2000). The temporal context of sexual behaviour as described by evolutionary theories is especially relevant to this dissertation and is discussed in more detail below.

While evolutionary and biological influences on sexual motivation are clear, they do not account for the agency of the individual and the importance of conscious and subjective motivations to engage in sex. However, when considering the subjective motives for sex, there is no generally accepted theory (Stephenson, Ahrold, & Meston, 2011). Both theoretically and empirically derived methods have been validated for organizing sexual motives (Stephenson et al., 2011). Theoretically driven methods generally create categories of sexual motives based on motivational theories of human behaviour and then test these categories through statistical analyses (Stephenson et al., 2011). The approach/avoidance model of sexual motives is a frequently discussed and tested example of a theory-driven organizational structure of motives (e.g., Cooper, Shapiro, & Powers, 1998; Impett, Peplau, & Gable, 2005). In contrast, Meston and

Buss (2007) used an atheoretical, statistically driven approach in which they surveyed a large sample with the purpose of generating different sexual motives. From these motives, categories were created post-hoc using factor analysis. Both of these models, and the justification for using the empirically derived model as the basis for this dissertation, are discussed further in the following sections.

Evolutionary theories. Natural and sexual selection were first described by Charles Darwin in *On the Origin of Species* (1859). Natural selection is the key tenet of evolutionary theory and posits that biological traits which contribute to the success and survival of a population will gradually become predominant within the population. Sexual selection is an additional component of the theory of natural selection. According to sexual selection, traits which contribute to the reproductive success of individuals are more likely to be retained by subsequent generations of the species. In their seminal paper on Sexual Strategies Theory (SST), Buss and Schmitt (1993) discussed how people have evolved distinct underlying mechanisms, or “strategies”, for short-term (i.e., casual sex) and long-term mating (i.e., sex within a committed relationship) in response to different adaptive problems that they, or rather their ancestors, have had to overcome. Additionally, men and women have faced different problems over the course of human evolution and have thus developed sex-specific strategies for mating. This implies that men and women would likely have different mate preferences depending on the temporal context of their intended relationship.

The largest constraint on a man’s reproductive success is his ability to inseminate fertile women (Buss & Schmitt, 1993). In the short-term, SST identifies four adaptive problems that men have had to solve: 1. partner number; 2. identifying which women are sexually accessible; 3. minimizing cost, risk, and commitment; and 4. identifying which women are fertile. In the

long-term, four different adaptive problems are identified: 1. identifying reproductively valuable women; 2. ensuring paternity certainty; 3. identifying women with good parenting skills; and 4. identifying women who are willing and able to commit.

Men who adopt a long-term mating strategy have a greater chance of monopolizing a woman's entire reproductive capacity, thus increasing paternity certainty and reaping the benefits of dual parenting (Buss & Schmitt, 1993; Trivers, 1972). However, this comes at the expense of a reduced number of offspring. If a long-term mating strategy is adopted, the number of offspring a man can have is limited by the biological and temporal constraints of fertility, gestation, and childcare. A man who adopts a short-term mating strategy is limited theoretically only by the number of women who will mate with him. Therefore, men have evolved to have different mate preferences based on the temporal context of the relationship. Subsequently, SST predicts that men will be more likely to adopt short-term mating strategies, will be less selective when choosing a short-term mate, will try and minimize the amount of time and effort required to attain a short-term mate, and will desire a large number of sexual partners.

Unlike men, SST states that women's reproductive success is primarily constrained by the amount and quality of resources she has available for herself and her children (Buss & Schmitt, 1993). In the short-term, this has led to two adaptive problems which women have had to solve: 1. immediate resource extraction; and 2. assessing prospective long-term mates. Long-term mating requires the resolution of five different adaptive problems. Women need to identify men who: 1. have the ability to invest resources; 2. are willing to invest resources; 3. have good parenting skills; 4. are willing and able to commit to a long-term relationship; and 5. are willing and able to provide protection.

Women who adopt a long-term mating strategy reap the benefits of gaining continual access to a man's resources, protection, and parental investment (Buss & Schmitt, 1993). As such, SST predicts that women are more likely to spend more time and effort on long-term mating strategies. However, SST acknowledges that short-term mating strategies are also pursued by women and carry different benefits such as immediate access to resources and protection, access to partners (and their genes) which may be otherwise unattainable, and the opportunity to assess the potential of a long-term mate. As such, women also express different mate preferences based on the temporal context of their intended relationship.

In their theory of strategic pluralism, Gangestad and Simpson (2000) expanded the idea of evolutionary strategies and their impact on human mating. However, unlike Buss and Schmitt (1993), Gangestad and Simpson highlighted the importance of the environmental context, in addition to the temporal context, in human mating strategies. They argued that people have evolved different strategies, both short and long-term, depending on environmental circumstances, referred to as a *mixed* mating strategy. They also noted that people shift between the strategies based on cues from the environment and that there is considerable variation within each gender as well as between them. Since the use of each tactic is dependent on environmental factors, human mating strategy is said to be *conditional*.

Gangestad and Simpson (2000) argued that for women, there is a trade-off between pursuing short and long-term mating strategies. Women who pursue short-term mating strategies may have access to increased genetic benefits via access to mates with higher genetic fitness (i.e., more highly valued traits); this is known as *good-gene sexual selection* (Cronin, 1991). However, since these mates are presumably in greater demand because of their "good genes", they are less likely to offer material benefits (e.g., protection, resources) and are less likely to

want to engage in a long-term mating strategy. Women who pursue long-term mating strategies secure the resources of one partner, including his time and devotion to child-rearing, but they may have to settle for someone with less genetic fitness. Strategic pluralism suggests that the frequency with which women pursue each of these strategies will depend on their environmental context. In harsh environments where dual parental care is necessary for the survival of offspring, a long-term mating strategy should be the most beneficial and therefore the most frequently adopted. In an environment with many pathogens, higher genetic fitness may increase the odds of infant survival and therefore, a short-term strategy should be used. Consequently, according to strategic pluralism, women will use both short- and long-term mating strategies, depending on environmental conditions, and the need to either secure high genetic fitness or good parental care.

Strategic pluralism (Gangestad & Simpson, 2000) suggests that men have also evolved to use both short- and long-term mating strategies. Male strategies, however, have been selected in concert with the preferences of females. By definition, most men are of average genetic fitness. For these men, their best strategy for successful reproduction is to adopt the strategy most preferred by women. Only a minority of men possess sufficiently high levels of “good genes” and/or resources to allow them to pursue only short-term strategies; the remainder must adjust their strategies based on the expectations of their mates which, as previously discussed, are dependent on the environmental context. In a harsh environment where dual parental care is needed, women should adopt long-term mating strategies and as such, men should devote greater effort to parental investment. In environments where women value genetic fitness, women should be more likely to pursue short-term mating strategies and thus men should also spend more effort on short-term mating. For men with low genetic fitness, adopting a long-term mating

strategy should prove to be the most successful as they can invest resources into the well-being of their offspring and they can limit their mate's access to other potential mates thereby increasing paternity certainty.

Evolutionary theories and the influence of adaptive mating strategies on motivations to have sex depending on the temporal context have been tested in numerous studies. Consistent with the tenets of SST, men rate women who demonstrate easy sexual access as the most desirable for short-term, but not long-term, mating (Buss & Schmitt, 1993; Oliver & Sedikides, 1992; Regan & Berscheid, 1997; Schmitt & Buss, 1996; Schmitt, Couden, Baker, 2001; Sprecher, McKinney, & Orbuch, 1991). Women do not report this preference (Buss & Schmitt, 1993; Oliver & Sedikides, 1992; Schmitt & Buss, 1996; Schmitt et al., 2001). For short-term mating, women report valuing cues that a mate will expend tangible resources on her, such as gifts and spending money whereas in the long-term, indicators of financial success and stability are valued (Buss & Schmitt, 1993). When considering long-term mates, both men and women prefer partners who will be faithful and committed (Buss & Schmitt, 1993; O'Sullivan, 1995; Schmitt et al., 2001) and who are seen as kind and understanding (Buss & Schmitt, 1993). Further, individuals are most successful at attracting a mate when they use tactics consistent with the short-term and long-term mating goals of their intended partner (Schmitt & Buss, 1996). Consistent with the notion of parental investment and paternity uncertainty, women are more selective about desired characteristics of potential mates than men and this difference is largest for short-term as compared to long-term partners (Buss & Schmitt, 1993; Kenrick, Sadalla, Groth, & Trost, 1990).

While the influence of evolution on the sexual motivations of people is evident, it may not present a complete picture. People choose mates for more than just their "good genes" or

their presumed parenting skills. Further, as a consequence of modern advances in birth control, people are free to explore sex for reasons other than procreation. As such, two methods have been validated for organizing sexual motives that take into account the importance of the individual's conscious and subjective motivations to engage in sex: approach/avoidance sexual motives and empirically-derived sexual motives.

Approach and avoidance sexual motives. Several theories of motivation have described two distinct motivational systems – an approach system and an avoidance system – and more recently, these have been applied to the sexual motivation domain (Cooper et al., 1998; Impett et al., 2005). Sexual approach motives focus on having sex to obtain positive outcomes such as pleasure, happiness, or increased intimacy. Sexual avoidance motives focus on minimizing or avoiding negative outcomes such as sexual frustration, conflict, or loss of interest. These motives are distinct and are not mutually exclusive so one may have both approach and avoidance motives for engaging in sex. Further engaging in sex for approach or avoidance motives can have different personal and relationship outcomes (e.g., Cooper, Talley, Sheldon, Levitt, & Barber, 2008).

Implications for personal and interpersonal well-being using the approach/avoidance model have been explored in some depth, primarily by Impett and colleagues (e.g., Impett et al., 2005). People may experience different emotional reactions to sex depending on whether they are having sex for approach or avoidance reasons and this can have effects on both personal well-being and relationship quality (Cooper et al., 2008). In a two-week daily experience study, it was found that engaging in sex for approach motives was associated with more positive emotions, greater life satisfaction, and greater relationship well-being (i.e., more satisfaction, closeness, fun, and less conflict; Impett et al., 2005). On the other hand, participants who had sex

for avoidance motives experienced more negative emotions, more relationship conflict, and less positive relationship well-being (Impett et al., 2005). On follow-up, the more participants engaged in sex for avoidance reasons, the more likely they were to have broken up with their partners, regardless of initial relationship satisfaction or commitment (Impett et al., 2005). Additionally, perceptions of a partner's motives for sex were also associated with well-being such that individuals who perceived their partner as engaging in sex for approach motives reported more positive emotions and more relationship satisfaction (Impett et al., 2005). Those who perceived their partner as engaging in sex for avoidance reasons reported more negative emotions, less relationship satisfaction, and were more likely to have broken up with their partner at one-month follow-up (Impett et al., 2005).

Approach and avoidance motivations are typically discussed within the context of an intimate relationship, with relationship satisfaction and maintenance often factoring largely into the discussion (e.g., Muise, Impett, & Desmarais, 2013; Muise, Impett, Kogan, & Desmarais, 2013). However, not all sexual experiences occur within the context of intimate, or romantic, relationships. Another validated method of classification sought to identify a broader and more comprehensive range of potential reasons to engage in sex, without any a priori hypotheses.

Empirically-derived sexual motives. In a series of two studies, Meston and Buss (2007) developed a comprehensive taxonomy of individual motivations for having sex. To begin, they surveyed 444 individuals and identified 237 distinct reasons. They then took these reasons and presented them to a sample of 1549 men and women. Factor and subfactor analyses led to the creation of the 142-item YSEX? measure consisting of four global factors and 13 subfactors. In addition to providing the most comprehensive taxonomy of individual motives, Meston and Buss (2007) also described the psychological complexity associated with people's reasons for having

sex. Expressed reasons ranged from wanting to experience physical pleasure, to wanting to feel closer to God, to wanting to gain control of the other person, to wanting to keep warm. Some reasons were expressions of love and caring while others were meant to harm or hurt another person. The most frequently endorsed reasons included attraction, pleasure, affection, love, arousal, and emotional closeness. The least frequently endorsed reasons, while more rare, should not be overlooked. The consequences for all involved if the motivation to have sex is to spread a sexual transmitted infection like herpes or AIDS can be devastating. Likewise, being motivated to have sex to get a job or promotion, having sex because of fear to say no, or having sex in retaliation for a perceived wrong can have psychological and even legal ramifications.

Comparison of theoretical and empirical models of sexual motives. While both theoretically and empirically-derived models and scales for organizing sexual motives have been validated, comparison of each method has shown that the empirically-derived organization of sexual motives has greater predictive power of sexual outcomes (Stephenson et al., 2011). Additionally, the YSEX? scale is a more comprehensive measure, comprised of 140 distinct items/motives for sex and thus can provided greater detail and allow for greater understanding of individual motives as compared to the approach/avoidance scales which have much fewer items, ranging from nine (Impett et al., 2005) to 29 items (Cooper et al., 1998). Given the paucity of research on sexual motivation in women with same-sex/bisexual attraction and the consequent need to understand these motives in as much detail as possible, the YSEX? was chosen to be the primary measure for Studies Two and Three of this dissertation.

Purpose

The purpose of this dissertation was to explore how sexual attraction and sexual orientation affect individuals' sexual motivations. Two approaches were taken. The first

approach studied individuals' attitudes and perceptions about engaging in sexual and romantic relationships (i.e., casual sex, dating, and committed relationships) with a bisexual, opposite-sex partner. The second approach studied the sexual motivations of women with same-sex and bisexual attraction. Given the temporal and gender differences in motivation outlined above, relationship context (i.e., casual sex vs. a committed relationship), gender of one's partner, and sexual attraction were explored to better understand how these may interact and affect motivation. Studying how sexual orientation and attraction affect sexual attitudes and motivations from both the individual's and partner's perspective allows for a more complete understanding of the impact of bisexuality within the context of different relationships.

Hypotheses

Three hypotheses guided the research in Study 1, exploring individual attitudes toward bisexual partners. These were: 1. participants would express negative attitudes toward relationships with bisexual partners; 2. the context of the relationship would impact people's attitudes toward bisexual partners such that considering increasingly committed relationships would be associated with increasingly negative attitudes; and, 3. women would hold more negative attitudes toward relationships with bisexual male partners compared to men's attitudes regarding relationships with bisexual female partners.

Study Two investigated two hypotheses to test the reliability of the YSEX? in a sample of women with same-sex attraction. First, it was hypothesized that the YSEX? would be a reliable measure for women who are considering motivations for casual sex and sex in a committed relationship with a female partner. Second, it was hypothesized that the factor structure of the YSEX? originally determined by Meston and Buss (2007) would be replicated in a sample of women with same-sex attraction, for each of the relationship types considered.

Three hypotheses were considered in Study 3, exploring the effects of relationship type, sexual attraction, and gender of partner on individual sexual motivation. These were: 1. women, regardless of sexual orientation, would endorse more physical motivations for casual sex and more emotional motivations for sex in a committed relationship, 2. women with same-sex and bisexual attraction would endorse more emotional motivations for sex compared to women with exclusively opposite-sex attraction regardless of relationship type, and 3. women with bisexual attraction would endorse more emotional motivations for sex with a female partner and more physical motivations for sex with a male partner regardless of relationship type.

RUNNING HEAD: Attitudes toward relationships with bisexual partners

Attitudes toward Casual Sex, Dating, and Committed Relationships with Bisexual Partners*

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Abstract

This study examined individual attitudes toward having casual sex, dating, and being in a committed relationship with a bisexual partner of the other gender. A total of 373 women and 347 men completed the online study measures which included study specific items and validated questionnaires to assess attitudes toward sexuality, bisexuality, and relationships with bisexual partners. Repeated-measures ANOVAs revealed an effect of relationship type. When considering relationships with bisexual male partners, female participants expressed moderately high levels of insecurity (e.g., worry, pressure, jealousy) and these feelings tended to increase as the relationship being considered became more committed. Male participants reported low to moderate levels of insecurity (e.g., worry, pressure, jealousy) when considering relationships with bisexual female partners; insecurity tended to be lowest for casual sex. Multiple regression analyses determined numerous predictors of attitudes toward bisexual partners, most notably, tolerance of and beliefs about the stability of a bisexual sexual orientation. Comparisons were made by gender and the results of these analyses showed that female participants held more negative attitudes than male participants. Finally, while common stereotypes were not openly endorsed, the results of this study suggest that underlying misconceptions about bisexuality may be impacting individuals' interest in having relationships with bisexual partners and may represent a challenge to intimacy and stability within the couple.

Keywords: bisexuality, relationships, binegativity, gender differences, attitudes

Introduction

Negative attitudes toward bisexual individuals have been documented (de Bruin & Arndt, 2010; Israel & Mohr, 2004; Mulick & Wright, 2002) and there is some evidence to suggest that attitudes toward bisexual men are more negative than attitudes toward bisexual women (Eliason, 2001; Mohr & Rochlen, 1999; Steffans & Wagner, 2004; Yost & Thomas, 2012). While past research is informative, it has also been broad, asking primarily about individual attitudes toward bisexuals as a collective. The purpose of the present study was to add to the literature by examining individuals' perceptions about engaging in sexual and romantic relationships with a bisexual partner of the other gender. Attitudes toward three specific relationship types (casual sex, dating, and committed relationships) were examined to explore if the context of the relationship affects attitudes. As the research in this area is limited, the present study was largely exploratory; however, hypotheses were drawn from the few studies available.

Attitudes toward bisexual individuals. Binegativity (or as it was previously referred to, biphobia; Eliason, 1997; Ochs, 1996) has been defined as a set of prejudiced attitudes about individuals with a bisexual sexual orientation (Yost & Thomas, 2012) and exists in heterosexual as well as gay and lesbian communities (Brewster & Moradi, 2010; de Bruin & Arndt, 2010; Israel & Mohr, 2004; Kleese, 2005; Mohr & Rochlen, 1999; Mulick & Wright, 2002; Rust, 1995). While binegativity may be expressed as overt discrimination (e.g., Herek, 2002), it also includes negative beliefs and stereotypes such as: bisexual individuals are promiscuous, hypersexual, and incapable of being in a monogamous relationship (Eliason, 1997; 2001; Fahs, 2009; Gustavson, 2009; Herek, 2002; Israel & Mohr, 2004; Lanutti & Denes, 2012; McLean, 2004; Mint, 2004; Spalding & Peplau, 1997); bisexuality does not exist and those who think they are bisexual are confused, in denial, or lack the courage to come out as gay or lesbian (Elison,

1997; 2001; Israel & Mohr, 2004, Mohr & Rochlen, 1999; Mulick & Wright, 2002); and bisexual individuals are responsible for the spread of HIV and other sexually transmitted infections (STIs; Eliason, 1997; 2001; Herek, 2002; Kleese, 2005; Spalding & Peplau, 1997). Further, both explicit and implicit bias against bisexual individuals has been found (Morrison, Harrington, & McDermott, 2010). These stereotypes contribute to the negative attitudes that some individuals hold about bisexuals and they may further influence individuals' attitudes about relationships with bisexual partners.

While knowing a bisexual person may help disconfirm negative stereotypes and lead to more positive attitudes (de Bruin & Arndt, 2010; Eliason, 2001; Eliason & Raheim, 1996; Herek, 2002; Hinrichs & Rosenberg, 2002; Mohr & Rochlen, 1999; Steffans & Wagner, 2004), in general, primarily negative attitudes toward bisexuals are reported (Eliason, 2001; Herek, 2002). Holding negative attitudes toward bisexuals has been associated with gender (de Bruin & Arndt, 2010; Eliason, 2001; Heath & Goggin, 2009; Herek, 2002; Hinrichs & Rosenberg, 2002; Mohr & Rochlen, 1999; Steffans & Wagner, 2004), religiosity (de Bruin & Arndt, 2010; Eliason, 2001; Herek, 2002; Hinrichs & Rosenberg, 2002; Mohr & Rochlen, 1999), education (Herek, 2002; Steffans & Wagner, 2004), conservative political/cultural ideology (Herek, 2002; Hinrichs & Rosenberg, 2002; Mohr & Rochlen, 1999; Steffans & Wagner, 2004), sexual orientation (de Bruin & Arndt, 2010; Mohr & Rochlen, 1999; Mulick & Wright, 2002), sexual permissiveness (Herek, 2002), and homonegativity/homophobia (Eliason, 1997). Inconsistent findings have been reported about the influence of age (Eliason, 2001; Eliason & Raheim, 1996; Heath & Goggin, 2009; Herek, 2002; Mohr & Rochlen, 1999; Steffans & Wagner, 2004), income (Herek, 2002; Steffans & Wagner, 2004), and race (de Bruin & Arndt, 2010; Heath & Goggin, 2009; Herek, 2002; Mohr & Rochlen, 1999; Yost & Thomas, 2012). Mohr and Rochlen (1999) found that the

strongest effect for heterosexuals' attitudes toward bisexuals was moral tolerance, that is, whether or not the individual believed that bisexuality was a tolerable and moral sexual orientation.

Attitudes toward bisexual men have been reported to be more negative than attitudes toward bisexual women. Eliason (1997) found that 26% of the respondents in her survey of 229 heterosexual men and women rated bisexual men as "very unacceptable" compared to gay men (21%), lesbians (14%), and bisexual women (12%); only a small minority indicated that bisexual men (12%) and women (14%) were "very acceptable". Bisexual men are more likely to be described in negative terms and to be seen as gender-nonconforming and "really gay" whereas female bisexuals are more likely to be seen as sexy and "really heterosexual" (Esterline & Galupo, 2013; Lannutti & Denes, 2012; Yost & Thomas, 2012). Men may also hold more negative attitudes toward male bisexuality than females as heterosexual male participants in one study rated male bisexuality as less stable and less morally acceptable than female bisexuality; there were no significant differences noted for female participants (Mohr & Rochlen, 1999). Similar findings have been reported elsewhere (Herek, 2002; Steffans & Wagner, 2004; Yost & Thomas, 2012). Mohr and Rochlen (1999) proposed that heterosexual men may be less tolerant than women of bisexual men because of pressures to conform to the masculine sex role. Yost and Thomas (2012) found that men's greater acceptance of female bisexuality was partially explained by male eroticization of female same-sex sexuality, which is largely depicted in pornography catering to a male demographic (e.g., Jeneffsky & Miller, 1998). Finally, in a study of 208 heterosexual, Irish university students (Morrison et al., 2010), male students held more negative attitudes toward bisexual individuals than female students but contrary to other studies, both male and female participants reported significantly greater negativity toward female

bisexuals than male bisexuals; the authors attributed this to cultural differences and less acceptance of bisexuality as a stable sexual orientation.

It should be noted that not all attitudes toward bisexual individuals are negative. While negative beliefs and stereotypes are frequently reported, mean scores on measures of binegativity and attitudes toward bisexuality have also been reported as mild and/or on the positive side of the midpoint (Mohr & Rochlen, 1999; Morrison et al., 2010; Mulick & Wright, 2002; Yost & Thomas, 2012). In some instances, sexual orientation may be viewed as a continuum and bisexuality may be viewed as the most natural state (Israel & Mohr, 2004). Additionally, bisexual individuals, especially women, may be admired for their perceived “sexual openness” and “talent” (Israel & Mohr, 2004; Spalding & Peplau, 1997), although this may also be driven by the common fantasy of heterosexual men to have sex with two women (Fahs, 2009; Israel & Mohr, 2004; Wilson, 1987) or by that myth that all bisexuals are hypersexual (Fahs, 2009; Israel & Mohr, 2004). Consistent with this are findings showing that the perceived erotic value of lesbianism is associated with less negative attitudes toward lesbians (Louderback & Whitley, 1997; Whitley, Wiederman, & Wryobeck, 1999), less jealousy among men when considering a partner’s same-sex infidelity (Wiederman & LaMar, 1998), and partially predictive of acceptance of female bisexuals (Yost & Thomas, 2012).

Attitudes toward relationships with bisexual individuals. As a result of the previously discussed stereotypes, bisexual people are often seen as untrustworthy romantic partners and even untrustworthy as friends (Gustavson, 2009; Israel & Mohr, 2004; Kleese, 2005; McLean, 2004; Mohr & Rochlen, 1999; Spalding & Peplau, 1997). Relationship quality is presumed to be low and it may be thought that they will cheat on and/or spread STIs to their romantic partners (Kleese, 2005; McLean 2004; Spalding & Peplau, 1997). Research on bisexual individuals in

relationships has tended to focus largely on non-monogamy (Corley & Kort, 2006; Dixon, 1982; Kleese, 2005; McLean, 2004; Pallotta-Chiarolli & Lubowitz, 2003; Reinhardt, 2002; 2011) and when examined within the context of a long-term relationship or marriage, the focus has been on conflict and “crisis”, particularly after the bisexual individual comes out to his or her partner (Buxton, 2001; 2004; 2006; Coleman, 1985; Hays & Samuels, 1989; Hernandez, Schwenke, & Wilson, 2011). Further, it may be thought that bisexual individuals do not wish to have long-term relationships as these would restrict them to a monogamous lifestyle (George, 1993; McLean, 2004). While non-monogamy and “crisis” may be experienced by some bisexual individuals, it is not universal (e.g., Edser & Shea, 2002). Additionally, the over-emphasis of these experiences in the research literature may only serve to proliferate stereotypes of bisexuality.

Empirical studies on individual attitudes toward bisexual partners in mixed-sex relationships are rare. Spalding and Peplau (1997) conducted the first study in this area and found that heterosexuals believed bisexuals to be non-monogamous, unfaithful, sexually risky, and more likely to spread STIs. Mohr and Rochlen (1999) reported that willingness to have a bisexual best friend and willingness to date a bisexual person were positively correlated with believing that bisexuality is a stable sexual orientation whereas having had a bad dating experience with a bisexual person was negatively associated. Breno and Galupo (2008) found that on a marriage-matching task, there was a substantial bias to pair bisexual individuals with other bisexual individuals, as opposed to heterosexual, gay, or lesbian individuals, which they concluded suggests the perception that bisexual individuals are unsuitable to be in mixed-orientation marriages. Eliason (1997) asked participants in her study how likely they would be to have a sexual relationship with a bisexual partner they were really attracted to. Most said it would be “very unlikely” (52%) or “somewhat unlikely” (25%); only 9% thought it would be

“very likely”. Men may be more likely than women to have a sexual relationship with a bisexual partner of the other gender (Eliason, 1997; 2001) and as described above, this may stem from the stereotypical belief that bisexual women need or want to be involved with both a male and a female partner at the same time, thereby increasing the likelihood of the common fantasy for a man to have a threesome with two women (Eliason, 2001).

The present study. The purpose of the present study was to explore individual attitudes toward having casual sex, dating, and being in a committed relationship with a bisexual partner of the other gender. This was done through a set of researcher-generated questions and the use of four validated questionnaires which have previously been shown to predict sexual attitudes: the Brief Sexual Attitudes Scale (BSAS; Hendrick, Hendrick, & Reich, 2006), the Attitudes Regarding Bisexuality Scale, male and female versions (ARBS-M; ARBS-F; Mohr & Rochlen, 1999), the Biphobia Scale (BS; Mulick & Wright, 2002), and the Sociosexual Orientation Inventory (SOI; Simpson & Gangestad, 1991). While this study was largely exploratory, three main hypotheses guided this research: 1. Participants would express negative attitudes toward relationships with bisexual partners; 2. The context of the relationship would impact people’s attitudes toward bisexual partners such that considering increasingly committed relationships would be associated with increasingly negative attitudes; and, 3. Women would hold more negative attitudes toward relationships with bisexual, male partners compared to men’s attitudes regarding relationships with bisexual, female partners.

Method

Participants. Participants were recruited primarily through the Integrated System for Participation in Research (ISPR) at a large, urban university in Eastern Canada. The ISPR allows researchers to recruit undergraduate students across a range of programs. Students sign up online

and, after completion of the study, receive course credit for participating in self-selected studies. Additional recruitment strategies included online advertising and word of mouth; these participants did not receive compensation. A total of 958 people (485 women and 473 men) visited the online survey website. Of these, 457 women and 430 men were eligible (i.e., 18 years or older and sexually attracted to partners of the other gender) and consented to participate. Inspection of the data indicated that 73 women and 81 men did not complete the principal study measures; consequently, these individuals were deleted from all analyses. In addition, 11 women and 2 men were identified as having entered duplicate data. In these instances, data from the first survey completed was retained and the subsequent data was deleted. The final sample size included in the data analysis was 720 individuals (373 women and 347 men).

Measures.

Study measures. Fifteen Likert-scale questions were developed by the researchers to assess attitudes toward relationships with bisexual partners; an additional question was included for female participants. Questions were pilot tested for clarity of content. All questions were presented for each of the three relationship types; for example, “If you were having casual sex/dating/in a committed relationship with a man/woman, how important would it be for you to know if s/he was bisexual?” Additionally, seven general questions were presented to all participants to assess agreement with stereotypical attitudes about bisexual people and past experience with threesomes; for example, “How much do you agree with the following statement: Bisexual men/woman are more promiscuous than straight men/woman”. Agreement was rated from 0 (completely disagree) to 6 (completely agree). Measures are available from the authors upon request.

Brief Sexual Attitudes Scale (BSAS; Hendrick, Hendrick, & Reich, 2006). Attitudes toward sexuality were measured with the BSAS. This scale consists of 23 items and is divided into four subscales: Permissiveness, Birth Control, Communion, and Instrumentality. Responses range from 1 = strongly agree to 5 = strongly disagree. Lower scores on each of the subscales indicate a more positive attitude for that dimension. Internal consistencies in the current study for each of the subscales were: Permissiveness, $\alpha = .88$; Birth Control, $\alpha = .80$; Communion, $\alpha = .68$; and Instrumentality, $\alpha = .73$.

Attitudes Regarding Bisexuality Scale, Male and Female Versions (ARBS-M; ARBS-F; Mohr & Rochlen, 1999). Attitudes toward male and female bisexuality were evaluated with the 12-item ARBS. Female participants completed the ARBS-M and male participants completed the ARBS-F. Items on this scale are divided into two subscales: Stability and Tolerance. Responses range from 1 = strongly disagree to 5 = strongly agree. After reverse scoring the required items, lower scores are indicative of more negative attitudes toward bisexuality in men and women. Internal consistencies in the current study for each of the subscales were: ARBS-M Stability, $\alpha = .87$ and Tolerance, $\alpha = .91$; and ARBS-F Stability, $\alpha = .84$ and Tolerance, $\alpha = .91$.

Biphobia Scale (BS; Mulick & Wright, 2002). Biphobia, including negative cognitions, affect, and behaviors, was measured using the 30-item BS. Responses range from 0 = strongly agree to 5 = strongly disagree and after reverse scoring the appropriate items, possible scores on the scale range from 0 – 150 with higher scores indicating higher levels of biphobia. Mulick and Wright (2002) further separated scores on the BS into three descriptive categories: mild biphobia (0-30), moderate biphobia (31-75), and severe biphobia (76-150). Internal consistency in the current study was $\alpha = .96$.

Sociosexual Orientation Inventory (SOI; Simpson & Gangestad, 1991). Willingness to engage in uncommitted sexual relations was measured with the SOI. Individuals who score high on this seven-item measure are said to have an unrestricted sociosexual orientation indicative of more permissive attitudes toward engaging in uncommitted sexual relations. Those who score low demonstrate a restricted sociosexual orientation and are likely to have more negative attitudes toward engaging in uncommitted sexual relations. Internal consistency in the current study was $\alpha = .60$.

Additional measures. Questions were also asked to assess basic demographic information (e.g., age, ethnicity, self-reported religiosity) as well as relationship history and experience with bisexual individuals.

Procedure. All study procedures were approved by the Research Ethics Board at the participating university. Interested participants accessed the survey online through a secure study website. Participants who met eligibility criteria and who provided informed consent were presented with the study questions. All participants were informed that to protect anonymity, the survey must be completed in one sitting of approximately 30 minutes. Participants who accessed the survey through the ISPR provided an anonymous participation code to receive their course credit. Operational definitions of “casual sex”, “dating”, and “committed relationship” in line with previous research (e.g., Grello, Welsh, & Harper, 2006; Roisman, Clausell, Holland, Fortuna, & Elieff, 2008) were provided at the beginning of the survey and repeated before each relevant section.

Data Analysis. Data for each quantitative study question were analyzed using one-way repeated measures ANOVA with three levels to determine effects of relationship type on attitudes towards bisexual partners. Adjusted *F*-tests were used to calculate significance in cases

where the assumption of sphericity was not met. Multiple regression analyses were performed with scores from the attitude questionnaires as predictors and scores on each of the quantitative study questions at each relationship type as the dependent variables to determine which sexual attitudes were predictive of attitudes towards relationships with bisexuals. Additionally, independent-samples *t*-tests were used to compare differences between genders on each of the study questions.

Results

Participants had an average age of 20.5 years ($SD = 4.8$ years, range 18-60) and were well-educated and ethnically diverse; almost all (99%) lived in Canada. Less than half (42%) of the sample identified as a member of a religious group. Of those who did, the average degree of religiosity was 5.6/10 ($SD = 2.3$). Most were heterosexual and about half were in a relationship with a mean duration of 2.2 years ($SD = 2.9$ years). The average number of opposite-sex sexual partners for the sample was 4 ($SD = 8$; range 0 - 115). Additionally, 9% of the sample had had at least one same-sex sexual partner (range 1 -30). See Table 1 for complete demographics.

Table 1

<i>Demographic Characteristics</i>									
	Female		Male			Female		Male	
	n	%	n	%		n	%	n	%
Education					Sexual Orientation				
Some High school	5	1.3	3	0.9	Heterosexual	339	90.9	315	90.8
Min. High school Diploma	364	97.6	339	97.7	Bisexual	11	2.9	10	2.9
Ethnicity					Relationship Status				
European/Caucasian	230	61.7	197	56.8	Single	151	40.5	155	44.7
African	42	11.3	22	6.3	Casually Dating	28	7.5	34	9.8
West Asian/Arab	25	6.7	41	11.8	Dating One Person	150	40.2	112	32.3
South Asian	12	3.2	18	5.2	Living with Partner	19	5.1	17	4.9
East Asian	8	2.1	20	5.8	Married	13	3.5	13	3.7
South East Asian	8	2.1	7	2.0	Other	7	1.9	11	3.2
Other	38	10.2	34	9.8	Relationship Experience				
Religion					Casual Sex	151	40.5	207	59.7
Christian	126	33.8	96	27.7	Casual Sex-Bisexual Partner	3	0.8	67	19.3
Islamic	35	9.4	21	6.1	Dating	298	79.9	294	84.7
Jewish	3	0.8	2	0.3	Dating-Bisexual Partner	9	2.4	53	15.3
Hindu	1	0.3	5	1.4	Committed Relationship	261	70.0	216	62.2
Sikh	2	0.5	1	0.3	Committed Relationship-Bisexual Partner	6	1.6	25	7.2
Buddhist	1	0.3	2	0.6					
Other	2	0.5	2	0.6					

Attitudes toward relationships with bisexual partners across relationship type.

Female attitudes toward bisexual male partners. Female participants generally reported more negative attitudes as the commitment level of each relationship being considered increased; see Table 2. Specifically, knowing if their male partner was bisexual was moderately to very important for women for each relationship type and it became significantly more important as commitment level being considered increased. Likewise, for each relationship type, women indicated they would feel moderate levels of worry that their partner may become gay in the future, that they would be unable to fulfill all of their partner's sexual needs, and that their partner would cheat on them with or leave them for a man if the partner had never had a sexual or romantic experience with another man; greater levels of worry were reported with increasing levels of relationship commitment. Women also reported that at each relationship type they

would feel moderate levels of pressure to show a bisexual male partner who had never had a past sexual or romantic experience with another woman that women can be more satisfying sexual or romantic partners than men; reported pressure also increased as the relationship being considered increased in level of commitment.

Female participants indicated that they would feel significantly more jealous or suspicious of their partner's friends, both female and male, as the commitment level of each relationship being considered increased from casual sex to dating to a committed relationship. Also for each relationship considered, women indicated that they would be significantly more jealous or suspicious of their partner's male friends than his female friends: casual sex, $t(368) = -4.391, p < .000$; dating, $t(366) = -5.269, p < .000$; committed relationship, $t(366) = -6.017, p < .000$.

Female participants indicated that the possibility of having a threesome with two men would moderately affect their decision to have a relationship with a bisexual man for each relationship type although there was significantly less effect as the commitment level of the relationship increased. At each relationship type, women reported low levels of want, expectation, and importance of having a threesome with their partner and another man and they reported being significantly less likely to want or expect a threesome when considering increasingly committed relationship types. Female participants reported moderate levels of worry that their partner would want to have a threesome with another man at each relationship type considered. Female participants also indicated that they would not be likely to participate in a threesome with two men if given the opportunity to do so ($M = 1.45/6$) and that they did not find the idea or fantasy of having a threesome with two men arousing ($M = 1.62/6$). Eight female

participants (2%) indicated that they had participated in a threesome with two men in the past at one occasion.

Finally, most women strongly disagreed with the statement “it is more desirable to have casual sex/date/have a committed relationship with a bisexual man than with a straight man” at each relationship level and greater disagreement was reported as the commitment level of the relationship being considered increased.

Table 2

<i>Changes in Attitude across Relationship Type for Female Participants</i>			
	F	p	partial η^2
Important to know	$F(1.43, 526.47) = 143.47$	< .000	.28
Worry gay	$F(1.75, 641.79) = 31.68$	< .000	.08
Worry fulfill sexual needs	$F(1.93, 697.65) = 24.51$	< .000	.06
Worry cheat w/ man if no same- sex experience	$F(1.89, 658.79) = 15.78$	< .000	.04
Pressure to show women are good lovers if no past female partners	$F(1.83, 657.75) = 8.99$	< .000	.02
Jealousy -female friends	$F(1.77, 640.74) = 25.77$	< .000	.07
Jealousy - male friends	$F(1.82, 659.57) = 30.35$	< .000	.08
Threesome affect decision	$F(1.69, 604.69) = 22.44$	< .000	.06
Want threesome	$F(1.59, 579.83) = 25.19$	< .000	.07
Expect threesome	$F(1.82, 652.26) = 8.28$	< .000	.02
Important threesome	$F(1.75, 616.05) = 1.14$	ns	-
Worry threesome	$F(1.93, 688.05) = .36$	ns	-
Bisexual man more desirable	$F(1.92, 699.41) = 3.09$	< .05	.01

Male attitudes toward bisexual female partners. Male participants generally reported more negative attitudes as the commitment level of each relationship being considered increased; see Table 3. Likewise, knowing if their female partner was bisexual became significantly more important as the commitment level of the considered relationship increased. When considering a casual sex relationship, male participants reported that they would not be very worried that their partner may become a lesbian; however, they reported that they would feel moderately, but significantly more, worried if they were dating or in a committed relationship. If the female partner had never had a sexual or romantic experience with another woman, the men also reported that they were significantly less likely to worry that she would cheat on them with or leave them for a woman when considering casual sex compared to dating or a committed relationship. For each relationship type, male participants reported that they would feel moderate levels of pressure to show a bisexual, female partner who had never had past sexual or romantic experience with a man that men can be more satisfying sexual or romantic partners compared to women and moderate levels of worry that that they would be unable to fulfill all of their partner's sexual needs; no differences based on relationship type considered were reported.

Male participants indicated that they would feel moderately low levels of jealousy or suspicion of their partner's friends, both male and female, for each relationship type considered. For their partner's male friends, jealousy was lowest when considering casual sex, showed a significant increase when considering dating, $t(345) = -6.60, p < .000$, and showed a small but significant decrease when considering a committed relationship, $t(345) = 2.19, p < .05$. For their partner's female friends, jealousy when considering casual sex was significantly lower than for dating, $t(343) = -9.38, p < .000$, or a committed relationship, $t(343) = -7.37, p < .000$; there was no significant difference in jealousy between dating and a committed relationship. When

considering casual sex, men indicated that they would be more jealous of their partner's male friends than her female friends, $t(344) = 4.20, p < .000$; there were no significant differences in jealousy for dating or a committed relationship.

Male participants indicated that the possibility of having a threesome with two women would moderately affect their decision to have casual sex with a bisexual woman and they reported significantly less effect as the commitment level of the considered relationship increased. For each relationship type, men reported moderate levels of wanting to have a threesome with their partner and another woman although this decreased significantly as commitment increased. Men also reported moderately low levels of expectation and indicated that it was not important to have a threesome with their partner and another woman when considering casual sex and both of these factors significantly decreased as commitment increased. However, men indicated that they would be likely to participate in a threesome with two women if given the opportunity to do so ($M = 4.32/6$) and that they find the idea or fantasy of having a threesome with two women arousing ($M = 4.48/6$). Thirty-five male participants (10.1%) indicated that they had participated in a threesome with two women in the past; most (54%) indicated that this had occurred once although reported frequency ranged from 1-20.

Finally, most men disagreed with the statement "it is more desirable to have casual sex/date/have a committed relationship with a bisexual woman than with a straight woman", for each relationship type and greater disagreement was reported as the commitment level of the considered relationship increased.

Table 3

Changes in Attitude across Relationship Type for Male Participants

	F	p	partial η^2
Important to know	$F(1.76, 599.02) = 361.48$	< .000	.52
Worry lesbian	$F(1.85, 635.04) = 85.61$	< .000	.20
Worry fulfill sexual needs	$F(1.67, 569.67) = 1.93$	ns	-
Worry cheat w/ woman if no same- sex experience	$F(1.93, 644.71) = 37.93$	< .000	.10
Pressure to show men are good lovers if no past male partners	$F(1.78, 595.52) = .99$	ns	-
Jealousy -female friends	$F(1.91, 653.79) = 48.89$	< .000	.13
Jealousy - male friends	$F(1.73, 595.69) = 21.98$	< .000	.06
Threesome affect decision	$F(1.85, 624.76) = 111.39$	< .000	.25
Want threesome	$F(1.73, 586.41) = 164.00$	< .000	.33
Expect threesome	$F(1.67, 562.92) = 101.72$	< .000	.23
Important threesome	$F(1.80, 602.51) = 40.47$	< .000	.11
Bisexual man more desirable	$F(1.65, 567.25) = 40.14$	< .000	.11

Predictors of attitudes toward relationships with bisexual partners. Multiple regression analyses were performed for each study question at each relationship level for male and female participants separately. The tested predictors were total scores on the SOI and BS, scores on the stability and tolerance subscales for the ARBS, and scores on the permissiveness, communion, birth control and instrumentality subscales on the BSAS. Means and standard deviations for these scales are presented in Table 4.

Table 4

<i>Mean Scores on the Predictor Variables</i>						
	Female Participants			Male Participants		
	N	Mean	SD	N	Mean	SD
SOI	358	47.37	30.28	333	69.85	47.85
BS	324	30.39	28.49	307	31.53	32.05
ARBS						
Total	359	2.42	.92	333	3.60	.85
Stability	364	3.02	.98	337	3.30	.89
Tolerance	364	1.80	1.09	339	3.93	1.06
BSAS						
Permissiveness	363	3.53	.93	338	2.90	.93
Communion	365	2.20	.80	340	2.01	.74
Birth Control	369	1.7	1.08	343	1.94	.87
Instrumentality	336	3.08	.85	337	2.85	.78

Predictors of female attitudes toward relationships with bisexual male partners. When the regression coefficients of the predictors were examined for casual sex, reporting more negative attitudes about the stability of a bisexual sexual orientation and less permissive attitudes about sexuality predicted increased importance of knowing if a partner is bisexual and increased levels of insecurity toward the partner and the relationship (e.g., worry that a partner may become gay in the future). Those who reported more positive attitudes about the stability of a bisexual sexual orientation and those who reported negative attitudes toward the use of birth control were more likely to agree that it is more desirable to have casual sex with a bisexual man than a straight man. Reporting more permissive attitudes toward engaging in casual sex and negative attitudes toward the use of birth control predicted increased expectation and importance of having a threesome with the bisexual, male partner and another man; more permissive

attitudes toward casual sex also predicted increased want of having a threesome. Please see Table 5 for the results of the regression analyses by question and relationship type.

Dependent Variable	Casual Sex		Dating		Committed Relationship	
	<i>p</i>	Adjusted R ²	<i>p</i>	Adjusted R ²	<i>p</i>	Adjusted R ²
Important to know	.000	.22	.000	.15	.000	.08
Worry gay	.000	.19	.000	.17	.000	.14
Jealousy -female friends	ns	-	ns	-	.003	.05
Jealousy - male friends	.021	.04	.002	.06	.000	.08
Cheat w/ man if no same- sex experience	.006	.05	.004	.05	.002	.06
Threesome affect decision	ns	-	.011	.04	.006	.05
Want threesome	.000	.11	.000	.15	.000	.11
Expect threesome	.001	.06	.000	.07	.000	.14
Important threesome	.001	.06	.000	.10	.000	.17
Worry threesome	.000	.09	.000	.11	.000	.09
Pressure to show women are good lovers if no past female partners	.001	.06	.001	.06	.001	.07
Worry fulfill sexual needs	.034	.03	.014	.04	ns	-
Bisexual man more desirable	.011	.04	.000	.07	.000	.12

Similar to the results of the casual sex analyses, when the regression coefficients of the predictors were examined for dating relationships, reporting a more permissive attitude toward engaging in casual sex predicted increased want, expectation, and importance of having a threesome with a bisexual partner and another man while negative attitudes about the stability of a bisexual sexual orientation predicted increased importance of knowing if a partner is bisexual and increased levels of insecurity toward the partner and the relationship. Likewise, women who reported more positive attitudes about the stability of a bisexual sexual orientation were also more likely to agree that it is more desirable to date a bisexual man than a straight man and to report increased want of having a threesome.

Also for dating relationships, reporting higher levels of biphobia on the BS predicted decreased reported pressure to show a bisexual male partner that women can be more satisfying sexual or romantic partners than men, if the partner had never had a sexual or romantic experience with another woman. On the other hand, more permissive attitudes toward sexuality predicted likelihood to agree that it is more desirable to date a bisexual man than a straight man. Reporting less tolerant attitudes toward bisexuality predicted that the possibility of having a threesome would have an increased effect on the decision to date a bisexual partner and predicted increased expectation and importance of having a threesome with a bisexual partner and another man. More permissive attitudes toward sexuality and less emphasis on the biological and utilitarian aspects of sexuality predicted increased want of having a threesome while negative attitudes toward the use of birth control predicted increased expectation. Negative attitudes toward the use of birth control also predicted worry that a partner may cheat with or leave for another man, and pressure to show a bisexual, male partner that women can be more satisfying sexual or romantic partners than men.

For committed relationships, when the regression coefficients of the predictors were examined, negative attitudes about the stability of a bisexual sexual orientation predicted increased importance of knowing if a partner is bisexual and increased levels of insecurity toward the partner and the relationship. Negative attitudes toward the use of birth control also predicted increased insecurity. On the other hand, those who reported more positive attitudes about the stability of a bisexual sexual orientation, more permissive attitudes about sexuality, and less tolerant attitudes toward bisexuality were more likely to agree that it is more desirable to have a committed relationship with a bisexual man than a straight man. Reporting more permissive attitudes toward sexuality, less tolerant attitudes toward bisexuality and negative attitudes toward the use of birth control predicted increased expectation and importance of having a threesome with a bisexual partner and another man. More permissive attitudes toward sexuality also predicted increased want of a threesome while less tolerant attitudes also predicted an increased effect of the possibility of having a threesome on the decision to have a committed relationship with a bisexual partner. Reporting less emphasis on the biological and utilitarian aspects of sexuality predicted increased importance of having a threesome..

Regression analyses were conducted to determine which variables would predict how sexually arousing the idea or fantasy of having a threesome with two men would be as well as how likely a female participant would be to actually participate in a threesome with two men if given the opportunity. The total regression model for both of these dependent variables was significant: arousing, adjusted $R^2 = .22$, $F(8, 277) = 11.13$, $p < .000$; and participate, adjusted $R^2 = .26$, $F(8, 277) = 13.64$, $p < .000$. When the regression coefficients of the predictors were examined, willingness to engage in casual sex, permissive attitudes toward sexuality, and less emphasis on the biological and utilitarian aspects of sexuality predicted increased sexual arousal and

likelihood to participate. Additionally, negative attitudes toward the use of birth control predicted increased sexual arousal and greater emphasis on the communion aspects of sexuality predicted increased likelihood to participate.

Predictors of male attitudes toward relationships with bisexual female partners. For casual sex, when the regression coefficients of the predictors were examined, reporting more negative attitudes about the stability of a bisexual sexual orientation, less tolerant attitudes toward bisexuality, less permissive attitudes toward sexuality, and a greater emphasis on the communion, biological and utilitarian aspects of sexuality predicted increased insecurity toward the bisexual partner and the relationship. Less tolerant attitudes toward bisexuality, less permissive attitudes toward sexuality, and a greater emphasis on the biological and utilitarian aspects of sex predicted importance of knowing if a partner is bisexual. Reporting higher levels of biphobia on the BS predicted increased likelihood to agree that it is more desirable to have casual sex with a bisexual woman than a straight woman while less permissive attitudes toward sex and a greater emphasis on the biological and utilitarian aspects of sex predicted decreased agreement. More permissive attitudes toward engaging in casual sex and negative attitudes about the stability of a bisexual sexual orientation predicted increased want of having a threesome with a bisexual partner and another woman; less tolerant attitudes toward bisexuality predicted increased expectation of a threesome. Less permissive attitudes toward sexuality and a greater emphasis on the biological and utilitarian aspects of sex predicted decreased want of having a threesome; less permissive attitudes also predicted decreased expectation and importance. Please see Table 6 for the results of the regression analyses by question and relationship type.

Table 6

<i>Regression Analyses for Male Participants</i>						
Dependent Variable	Casual Sex		Dating		Committed Relationship	
	<i>p</i>	Adjusted R ²	<i>p</i>	Adjusted R ²	<i>p</i>	Adjusted R ²
Important to know	.000	.13	.000	.11	.036	.03
Worry lesbian	.000	.15	.000	.28	.000	.18
Jealousy - male friends	.000	.08	.000	.14	.000	.12
Jealousy - female friends	.000	.14	.000	.24	.000	.23
Cheat w/ woman if no same-sex experience	.000	.12	.000	.16	.000	.13
Threesome affect decision	ns	-	.039	.03	.028	.03
Want threesome	.000	.13	.000	.17	.000	.18
Expect threesome	.000	.12	.000	.09	.000	.07
Important threesome	.000	.09	.000	.10	.000	.08
Bisexual woman more desirable	.010	.06	.000	.10	.002	.06

When the regression coefficients of the predictors were examined for dating relationships, reporting more negative attitudes about the stability of a bisexual, sexual orientation and less tolerant attitudes toward bisexuality predicted increased insecurity toward the bisexual partner and the considered relationship. Reporting less tolerant attitudes toward bisexuality predicted increased importance of knowing if a partner is bisexual. Reporting more permissive attitudes toward engaging in casual sex, more tolerant attitudes toward bisexuality, and more permissive attitudes to sexuality in general predicted increased want of having a threesome with a bisexual partner and another woman; more permissive attitudes also predicted

increased expectation and importance. Finally, reporting negative attitudes toward the use of birth control, as well as more permissive attitudes toward sexuality, predicted increased likelihood to agree that it is more desirable to date a bisexual woman than a straight woman.

For committed relationships, when the regression coefficients of the predictors were examined, reporting more negative attitudes about the stability of a bisexual sexual orientation, less tolerant attitudes toward bisexuality, and a greater emphasis on the communion aspects of sexuality predicted increased insecurity toward the bisexual partner and the relationship. Less tolerant attitudes toward bisexuality also predicted increased importance of knowing if a partner is bisexual. More permissive attitudes toward sexuality and negative attitudes toward the use of birth control predicted likelihood to agree that it is more desirable to have a committed relationship with a bisexual woman than a straight woman. Reporting a more permissive attitude toward engaging in casual sex predicted that the possibility of having a threesome with two women would have a greater effect on the participant's decision to have a committed relationship with a bisexual woman. More permissive attitudes toward sexuality and engaging in casual sex predicted increased want of having a threesome. More permissive attitudes toward engaging in casual sex and higher levels of biphobia on the BS also predicted increased expectation and importance of having a threesome.

Regression analyses were run to determine which variables would predict how sexually arousing the idea or fantasy of having a threesome with two women would be as well as how likely a male participant would be to actually participate in a threesome with two women if given the opportunity. The total regression model for both of these dependent variables was significant: arousing, adjusted $R^2 = .20$, $F(8, 263) = 9.55$, $p < .000$; and participate, adjusted $R^2 = .31$, $F(8, 266) = 16.64$, $p < .000$. When the regression coefficients of the predictors were examined,

willingness to engage in casual sex, tolerance of a bisexual, sexual orientation, and permissive attitudes toward sexuality predicted increased sexual arousal and likelihood to participate.

Additionally, reporting less emphasis on the biological and utilitarian aspects of sexuality predicted increased sexual arousal and reporting more negative attitudes about the stability of a bisexual sexual orientation predicted increased likelihood to participate.

General attitudes toward relationships. Both male and female participants expected their partners to be monogamous, regardless of their partner's sexual orientation. Moderate levels of expectation were reported for casual sex relationships and significantly higher expectations of monogamy were reported with increasing relationship commitment. For each relationship type considered, participants reported that it is moderately attractive for both men and women to be seen as sexually adventurous. Female participants reported low levels of attractiveness of men who are seen as promiscuous while men reported that it was moderately attractive for a female casual sex partner; promiscuousness was rated as less attractive with increasing relationship commitment by both men and women.

Regression analyses were conducted to determine which variables would predict each of the three attitudes toward partners. For women, the models predicting expectation of monogamy and attractiveness of sexual adventurousness were significant for each relationship type. When the regression coefficients of the predictors were examined, reporting lower levels of biphobia on the BS predicted increased expectation of monogamy for dating and committed relationships. More permissive attitudes toward sexuality predicted increased attractiveness of sexual adventurousness for casual sex and dating; greater emphasis on the communion aspects of sexuality also predicted increased attractiveness of sexual adventurousness at the dating level.

Finally for women, the regression model predicting attractiveness of promiscuity was only significant at the committed relationship level.

For men, the models predicting attractiveness of sexual adventurousness and attractiveness of promiscuity were significant for each type of relationship. When the regression coefficients of the predictors were examined, more permissive attitudes toward sexuality predicted increased attractiveness of sexual adventurousness for each relationship type while reporting less emphasis on the biological and utilitarian aspects of sexuality predicted increased attractiveness of sexual adventurousness at the committed relationship level. More permissive attitudes toward sexuality also predicted increased attractiveness of promiscuity for each type of relationship. The models predicting expectation of monogamy were not significant for any relationship type.

Endorsement of bisexual stereotypes. In general, participants did not endorse stereotypes about bisexual individuals. For women, the average levels of agreement (scale 0-6) were as follows: bisexual men are more promiscuous than straight men, $M = 2.49/6$ ($SD = 1.83$); bisexual men are more sexually adventurous than straight men, $M = 3.17/6$ ($SD = 1.82$); and bisexual men are less likely to be monogamous than straight men, $M = 2.29/6$ ($SD = 1.84$). For men, average levels of agreement were: bisexual women are more promiscuous than straight women, $M = 2.71/6$ ($SD = 1.78$); bisexual women are more sexually adventurous than straight women, $M = 3.60$ ($SD = 1.70$); and bisexual women are less likely to be monogamous than straight women, $M = 2.58$ ($SD = 1.80$).

Regression analyses were run to determine which variables would predict each of the three stereotypical attitudes for male and female participants and all models were significant. When the regression coefficients of the predictors were examined, reporting more negative

attitudes about the stability of a bisexual, sexual orientation predicted increased endorsement of each of the three stereotypes by both men and women. Additionally, for men, more permissive attitudes toward sexuality also predicted increased endorsement of stereotypes of promiscuity and adventurousness, while reporting less tolerant attitudes toward bisexuality predicted increased endorsement of the stereotype of non-monogamy.

Gender differences in attitudes. Statistical results for the analyses of gender differences in attitudes can be found in Table 7. Compared to male participants, and for each of the relationship types considered, female participants reported that it was significantly more important to know if their male partners were bisexual. They also reported significantly more worry that their partners would become gay in the future, that they could not fulfill their partner's sexual needs, and that their partner would cheat on them with, or leave them for, a same-sex partner, if their partner had never had a sexual or romantic same-sex experience. Additionally, female participants reported that they would feel more pressure than male participants to show their partners that other-sex partners can be more sexually or romantically satisfying than same-sex partners, if the partner had never had a sexual or romantic experience with an other-sex partner. Finally, female participants reported more jealousy and suspicion than male participants of both their partner's other-sex and same-sex friends.

For each relationship type considered, male participants reported more agreement than female participants with the statement "It is more desirable to have casual sex/date/have a committed relationship with a bisexual woman/man than with a straight woman/man". Males were also significantly more likely to report that they would want and expect to have a threesome, and that it was more important to them to do so. Finally, at the casual sex level, the possibility of having a threesome affected male participants' decision to have a relationship with

a bisexual partner more than it affected the female participants; at the committed relationship level, the trend was reversed. There was no significant difference in effect at the dating level.

Regardless of the partner's sexual orientation, at the casual sex level, women reported higher expectations of monogamy than men. Men, on the other hand, were more likely than women to report that it is attractive for a partner to be seen as promiscuous for each relationship type and that it is attractive for a partner to be sexually adventurous when considering casual sex.

Male participants reported finding the idea or fantasy of having a threesome with two other-sex partners significantly more arousing than women, $t(711) = 20.20$, $p < .000$, $d = 1.51$, and they reported that they would be more likely to actually participate in a threesome if given the opportunity, $t(714) = 19.9$, $p < .000$, $d = 1.49$.

Finally, compared to female participants considering bisexual men, male participants were more likely to agree that bisexual women are more sexual adventurous, $t(711) = 3.30$, $p = .001$, $d = 0.25$, and less likely to be monogamous, $t(711) = 2.20$, $p = .029$, $d = 0.17$, than straight women. There were no gender differences in level of agreement to the statement that bisexual men/women are more promiscuous than straight men/women.

Table 7

Gender Differences in Attitudes

Dependent Variable	Casual Sex			Dating			Committed Relationship		
	<i>t</i>	<i>p</i>	<i>d</i>	<i>t</i>	<i>p</i>	<i>d</i>	<i>t</i>	<i>p</i>	<i>d</i>
Important to know	$t(717) = -16.60$	<.000	-1.24	$t(560) = -10.00$	<.000	-0.85	$t(505) = -7.90$	<.000	-0.70
Worry gay	$t(710) = -14.2$	<.000	-1.07	$t(693) = -10.40$	<.000	-0.79	$t(693) = -10.10$	<.000	-0.77
Worry fulfill sexual needs	$t(713) = -6.40$	<.000	-0.48	$t(703) = -7.60$	<.000	-0.57	$t(711) = -8.40$	<.000	-0.63
Cheat w/ same-sex partner	$t(709) = -10.30$	<.000	-0.77	$t(705) = -7.00$	<.000	-0.53	$t(702) = -7.70$	<.000	-0.58
Pressure to show that other-sex partners are good lovers	$t(713) = -5.30$	<.000	-0.40	$t(696) = -5.60$	<.000	-0.42	$t(692) = -6.70$	<.000	-0.51
Jealousy – other-sex friends	$t(714) = -4.10$	<.000	-0.31	$t(695) = -2.90$	.003	-0.22	$t(699) = -4.20$	<.000	-0.32
Jealousy – same-sex friends	$t(711) = -9.20$	<.000	-0.69	$t(713) = -6.90$	<.000	-0.52	$t(713) = -7.20$	<.000	-0.54
More desirable to have a bisexual partner	$t(615) = 8.00$	<.000	0.65	$t(655) = 5.70$	<.000	0.45	$t(660) = 4.00$	<.000	0.31
Want threesome	$t(716) = 19.40$	<.000	1.45	$t(617) = 15.40$	<.000	1.24	$t(603) = 11.20$	<.000	0.91
Expect threesome	$t(634) = 11.00$	<.000	0.87	$t(654) = 6.90$	<.000	0.54	$t(645) = 4.20$	<.000	0.33
Important threesome	$t(589) = 9.80$	<.000	0.81	$t(608) = 7.50$	<.000	0.61	$t(627) = 4.70$	<.000	0.68

Threesome affect decision	$t(712) = 2.00$	.04	0.15	-	ns	-	$t(692) = -3.80$	<.000	-0.29
Expect monogamy	$t(713) = -3.00$	.003	-0.22	-	ns	-	-	ns	-
Attractiveness of promiscuity	$t(713) = 4.00$	<.000	0.30	$t(716) = 3.60$	<.000	0.27	$t(715) = 3.30$	.001	0.25
Attractiveness of sexual adventurousness	$t(708) = 3.40$	.001	0.26	$t(713) = 2.80$	.006	0.21	-	ns	-

Discussion

Consistent with the first two hypotheses, participants expressed negative attitudes toward relationships with bisexual partners and reported more negative attitudes as the commitment level of each relationship being considered increased. Female participants expressed moderately high levels of insecurity (e.g., worry, pressure, jealousy) when asked to consider relationships with a bisexual male partner and these attitudes were associated with higher levels of binegativity and negative attitudes toward casual sex. Male participants reported low to moderate levels of insecurity. With few exceptions, insecurity tended to be lowest for casual sex and then showed a typically small but significant increase for dating and committed relationships. The belief that bisexuality is not a stable sexual orientation was a strong predictor of negative attitudes and emotions for both men and women. Additionally, for male participants, less tolerance of bisexuality and more conservative attitudes about casual sexual activity and the purpose for sexuality (e.g., reproduction) were also associated with negative attitudes and the importance of disclosure of a bisexual orientation by a current or potential partner. During the development of the ARBS, Mohr and Rochlen (1999) discussed how “stability” can incorporate attitudes about bisexuality as a legitimate sexual orientation as well as beliefs about the reliability of bisexual individuals as romantic partners and the results of this study are consistent with that interpretation. However, Mohr and Rochlen also reported that “moral tolerance” (i.e., whether or not bisexuality is seen as a tolerable and moral sexual orientation) was the most salient dimension for their heterosexual sample which was not replicated here. Perhaps this was not observed in this sample because of a greater tolerance of varying sexual orientations in society in general and Canadian society in particular, especially among younger generations such as those who participated in this study.

Consistent with the third hypothesis, female participants reported greater insecurity and more negative attitudes than male participants over the prospect of having a casual, dating, or committed relationship with a bisexual partner. One possible explanation is that men may view their beliefs about female bisexuality positively and consistent with their wants and expectations of having a threesome. Women, on the other hand, may view the stereotypes about male bisexuality negatively and this may contribute to their worry and unease. Cultural beliefs about sexuality and gender roles may help explain the overall greater acceptance of female, compared to male, bisexuality. Men tend to face more pressure to conform to traditional sex and gender roles and any deviation is often met with harsh social sanctions. As a result, it has been argued that men express more negative attitudes toward other nonconforming men as a way to affirm their own masculinity (Herek, 1986; Mohn & Rochlen, 1999). Women's sexuality, on the other hand, has been shown to be more susceptible to influences from social and cultural factors (Baumeister, 2000) and women generally show a wider range of sexual behaviors (Baumeister, 2000), including same-sex behaviors (Diamond, 2008). Paradoxically, female same-sex sexuality can be viewed as a tool or a means to attract heterosexual men (Diamond, 2005; Esterline & Galupo, 2013; Hamilton, 2007; Jackson & Gilbertson, 2009; Lannutti & Denes, 2012; Ronen, 2010; Rupp & Taylor, 2010; Yost & McCarthy, 2012). Further, some women may only engage in female same-sex activity for the purpose of pleasing a male partner and some report feeling pressure to do so (Esterline & Galupo, 2013; Fahs, 2009; Yost & McCarthy, 2012). From this perspective, women engaging in same-sex behavior are still presumed to be heterosexual and this has been reported in both quantitative (Lannutti & Denes, 2012) and qualitative studies (Esterline & Galupo, 2013; Hamilton, 2007; Jackson & Gilbertson, 2009; Yost & McCarthy, 2012). Men's

eroticization of lesbianism has been shown to partially mediate more negative attitudes toward bisexual men as compared to bisexual women (Yost & Thomas, 2012).

In contrast to female bisexuality, bisexuality in men appears to be associated with a set of negative personality characteristics. Yost and Thomas (2012) suggest that individuals may hold more negative feelings toward bisexual men because they are presumed to be lying about their sexual orientation and are therefore deceptive and untrustworthy; however, dishonesty was not reported for female bisexuals who were instead seen as “wanting attention”, “performing”, and “open to new experiences”. Unfortunately, hiding one’s sexual attraction to, or experiences with, same-sex partners because of awareness of fears and negative attitudes inadvertently confirms the stereotype of untrustworthiness. Additionally, most of the current literature on mixed-orientation marriages (i.e., where one spouse is gay/lesbian/bisexual and one is heterosexual) has looked only at couples who have sought support for help with dealing with the “crisis” of a partner coming out (see Hernandez et al., 2011 for a review) and all but two (Buxton, 2004; 2012) have looked at relationships in which the male partner experiences same-sex desire. In the majority of cases, the couple sought counselling to help the male partner manage these feelings, and often behavior, and to help the female partner cope with feelings of grief, isolation, and humiliation (Hernandez et al., 2011). However, in an exploratory investigation of 20 bisexual men in monogamous marriages with female partners, Edser and Shea (2002) concluded that these types of relationships were a viable option for some men who reported that their marriages were satisfying and that they felt emotionally and sexually fulfilled (Edser & Shea, 2002). Further research on mixed-orientation couples addressing issues of relationship functioning, satisfaction, and duration would improve our understanding of the nature of these relationships.

It is also interesting to note that for each relationship type considered, women indicated that they would be significantly more jealous or suspicious of their partner's same-sex friends while men indicated that they would be more jealous of a casual sex partner's other-sex friends and noted no differences in jealousy for dating or committed relationship. These results replicate previous findings exploring jealousy and same-sex versus other-sex infidelity (Wiederman & LaMar, 1998) suggesting that men may assume that a woman's same-sex activity is explorative and fleeting. On the other hand, women may view their male partner's same-sex activity as deceitful and indicative of more serious problems in the relationship (Wiederman & LaMar, 1998). The experiences of jealousy may also be partially explained with an evolutionary psychology perspective. According to Sexual Strategies Theory (Buss & Schmitt, 1993), men and women have developed different strategies for finding and maintaining sexual relationships. Given differences in parental investment (Trivers, 1972), men may be drawn to more short-term mating strategies whereas women may prefer a long-term partner who will contribute time and resources to the survival and success of offspring. For men who do pursue a long-term strategy, the biggest risk from an evolutionary perspective, is to spend a significant amount of time, energy, and resources on another man's offspring and given paternity uncertainty, a man can never be as certain of his parentage as the mother. As a consequence, men have developed an evolutionary advantageous strategy of jealousy and mate-guarding behaviors towards potential sexual threats toward his partner (Buss, Larsen, Westen, & Semmelroth, 1992). Women, on the other hand, are more likely to succeed in evolutionary terms by securing the resources of one devoted man. Therefore, for a woman, the biggest threat is not sexual but emotional infidelity; if the father of her children becomes emotionally attached to another person, he may transfer some (or all) of his resources away from her. Thus, contrary to men's tendency for jealousy with

regard to sexual infidelity, women are more likely to express jealousy over perceived emotional threats (Buss, 2003; Buss et al., 1992). The results of this study are consistent with this theory. Women may feel threatened by the emotional intimacy experienced between men and subsequently may worry that their partner might spend more time with his male friends, thereby taking away the attention and resources she needs. While men, from an evolutionary perspective, experience no threat from their partner's attention towards another woman.

Finally, even though stereotypes were not openly endorsed, the results of this study suggest that underlying misconceptions about bisexuality may be impacting people's interest in pursuing a relationship with a bisexual partner and/or their willingness to commit to a bisexual person. As reported by Morrison et al. (2010), even when individuals do not explicitly express binegativity, implicit binegativity may be present. In these cases, individuals may not just be deliberately hiding their "real" or "true" feelings. Rather, the individuals themselves may not be consciously aware that they hold these negative biases. Another possibility is that individuals may be aware that they hold these negative biases but they consciously choose to reject them with their explicit behaviour; however, these implicit attitudes still can influence cognition and behavior (Morrison et al., 2010). In the present study, men and women who did not view bisexuality as a stable sexual orientation were more likely to endorse a number of negative beliefs that may affect their willingness to pursue a relationship with a bisexual partner. Moreover, such beliefs may affect the level of emotional intimacy individuals may be willing to invest and thus undermine the development of safe attachment which forms the basis of a long-term relationship (Birnie, McClure, Lydon, & Holmberg, 2009; Mikulincer & Shaver, 2007). Knowledge, at some level, or previous experience of a partner's reticence to commit may lead the bisexual person to hide their bisexual attraction and/or experiences. Fundamental aspects of

the self not revealed have been associated with insecure attachment and feelings of betrayal when discovered (e.g., Jang, Smith, & Levine, 2002; Johnson, Makinen, & Millikin, 2001). This may undermine the stability of committed relationships for couples with one bisexual partner. The paradox is that the appearance of the relationship dissolution is the bisexual person's orientation; however, it may be the manner in which previous bisexual experiences are communicated, processed, and managed that is more likely to contribute to potential relationship instability and dissolution. A careful examination of mixed-orientation relationship dissolutions would be helpful in confirming this assumption.

Some limitations to this study need to be noted. First, this study was designed to ask participants how they think they would feel and act if they were participating in a relationship with a bisexual partner; only a minority of participants had actually had a bisexual partner. Thus, it cannot be stated with certainty that this is how these participants would act or how they have acted in the past. However, given that people's beliefs and attitudes often guide their future behavior this information is informative and reflects participants' current attitudes and their own expectations about their future behavior. Second, despite measures taken (e.g., repeating operational definitions) there is still a possibility that participants interpreted the key terms (e.g., bisexual, casual sex, dating) in different ways. Third, low internal consistency was noted for two of the measures used. The communion subscale of the BSAS had an alpha score of .68 which, while close to the original alpha score of .73 (Hendrick et al., 2006), is still considered low. Likewise, the alpha score of the SOI in this study was .60 compared to an original reported score of .73 (Simpson & Gangestad, 1991). Finally, this was a young, well-educated sample with an average age of only 20.5 years. Participants were primarily from an urban university in Canada and may hold more liberal views than their counterparts in more rural areas or other students in

more conservative and/or religious countries; Hinrichs and Rosenberg (2002) showed that attitudes toward sexual minority individuals vary by campus climate even among comparable American liberal arts colleges. Additionally, while the average number of sexual partners reported by participants is typical (e.g., Herbenick et al., 2010; Laumann, Gagnon, Michael, & Michaels, 2000), a minority of participants reported having a large number of partners which may influence their views on sexuality and vice versa. Issues of self-selection must also be considered as individuals who choose to participate in sex research about bisexuality may differ from those who do not. Thus, caution should be taken to generalize these results beyond the sample used for this study as their views may in fact underestimate the extent to which bisexual individuals are negatively evaluated.

The results of this study have implications for the relationships of bisexual people and their partners. Given that participants demonstrated some level of worry or pressure when considering casual, dating or committed relationships with a bisexual partner, a partner's sexual orientation may be considered a stressor which may lead to jealousy and/or suspicion of friends, or insecurity about the relationship. This seems to be especially true for women who are considering relationships with bisexual men and if the perceived costs of the relationship are too high, women may choose not to pursue such relationships. This may lead some bisexual individuals, especially men, to not disclose their sexual orientation (e.g., Pearcey, 2005) which can result in negative health and relationship consequences for those involved (Kalichman, Roffman, Picciano, & Bolan, 1998; Klaar, 2012; Montgomery, Mokotoff, Gentry, & Blair, 2003; Stokes, McKirnan, Doll, & Burzette, 1996). Additionally, mistrust of a partner based on his or her sexual orientation may lead to a self-fulfilling prophecy. That is, if one partner is insecure with the relationship, he or she may display behaviors which may be interpreted as a lack of trust

or dishonesty. The partner may also respond with reluctance to show emotional intimacy and may be overly attentive to signs of disloyalty from the bisexual partner. This could lead to suspicion and mistrust of the partner and the relationship, and may lead to actual infidelity.

However, since several common stereotypes were not endorsed, it may also be possible that with continued education, greater exposure to bisexuality in the media, and good communication skills, insecurity in relationships with bisexuals can be mediated and/or significantly reduced.

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RUNNING HEAD: YSEX? in women with same-sex attraction

Factor Reliability Analyses of the YSEX? in a Sample of Women with Same-Sex Attraction^{*}

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Abstract

The Why Have Sex? questionnaire (YSEX?; Meston & Buss, 2007) is a comprehensive research tool developed to provide an organized taxonomy of reasons for engaging in sex for men and women. The measure has been empirically validated and shows high internal reliability in general samples (Meston & Buss, 2007; Meston, Hamilton, & Harte, 2009). The current study evaluated the psychometric properties of the YSEX? in a sample of 146 women with same-sex attraction. The questionnaire was completed by women considering motivations for casual sex and sex in a committed relationship with a female partner. Cronbach's alphas were calculated for each of the factors and subfactors of the YSEX? and overall, reliability was excellent. Additionally, principal component analyses were conducted to determine if the previously established four-factor structure of the YSEX? could be replicated in this sample. While the four-factor structure accounted for much of the observed variance (79.0% for motivations for casual sex; 71.2% for motivations for sex in a committed relationship), results suggest that a three-factor structure may be more representative of the data, likely due to characteristics of the current sample. Based on the results of the analyses conducted, the YSEX? measure is reliable for women with same-sex attraction considering casual sex and/or sex in a committed relationship with a female partner.

Keywords: Sexual Motivation; Female Sexuality; Same-Sex Attraction; Psychometrics

Introduction

The main reasons to engage in sexual activity appear obvious: for pleasure, for love, and/or to reproduce. However, in 2007, researchers Cindy Meston and David Buss conducted two studies which resulted in 237 distinct reasons for why people have sex – far more than expected or previously described in the literature. With the realization of the complexity for people's motivations for sex, the door has been opened for further research to expand and develop this knowledge.

Prior to 2007, formal research on people's motivations to engage in sexual activity was limited. Leigh (1989) described seven reasons for sex: for pure pleasure, to express emotional closeness, to reproduce, because one's partner wants to, to please one's partner, for conquest, and to relieve sexual tension. Likewise, Hill and Preston (1996) described eight: feeling valued by one's partner, showing value for one's partner, obtaining relief from stress, providing nurturance to one's partner, enhancing feelings of personal power, experiencing the power of one's partner, experiencing pleasure, and procreating. In both studies, the researchers generated the proposed reasons for sex and then surveyed participants based on these motives. Contrary to this approach, Meston and Buss (2007) elicited sexual motivations from 444 individuals. They then took the 237 reasons described to them and through factor and subfactor analyses, classified them into four global factors (i.e., physical reasons, goal attainment reasons, emotional reasons, and insecurity reasons) and 13 subfactors, together creating the 142-item Why Have Sex? (YSEX?) measure.

The sexual experiences of women who have sex with women can differ from the experiences of women who have sex with men (e.g., Armstrong & Reissing, 2013) and while the list of motives described by Meston and Buss (2007) is extensive, the vast majority of the

participants in their sample were heterosexual. Reasons for sex can be assumed to vary by sexual orientation; for example, same-sex partners are biologically unable to procreate through sex alone which eliminates reproduction as a possible motivation for sex. Additionally, if fear of pregnancy is removed as a deterrent to sex, individuals may feel more at ease to explore sex for other purposes. Two studies have explored motivations for sex in sexual minority women. In one study (Leigh, 1989), reasons for engaging in sex were compared between heterosexual and gay/lesbian individuals. Compared to gay and lesbian individuals, heterosexual participants assigned more importance to reproduction, having sex because one's partner wants to, and pleasing one's partner. On the other hand, gay men and lesbian women assigned more importance to conquest and relief of sexual tension (Leigh, 1989). Unfortunately, analysis by sexual orientation while controlling for gender was not reported. Visual inspection of the reported means for heterosexual and lesbian women suggests considerable similarity, at least for the seven motivations explored by Leigh; both lesbian and heterosexual women rated emotional motivations for sex as the most important, followed by physical pleasure motivations (Leigh, 1989). In a more recent study (Ronson, Milhausen, & Wood, 2012), qualitative interviews were conducted with 20 lesbian women. Thematic analysis of the interviews identified four key themes or motivations presented here in order of most to least frequently endorsed: physical reasons (urges, sexual pleasure, physical connection, physical relief), emotional reasons (emotional connection, communicate feelings), relational reasons (perceived obligation, relationship maintenance), and psychological reasons (wanting to feel desired, boosting self-esteem). There was no heterosexual comparison group in this study.

Individuals may also express different motivations for engaging in casual sex than they do for sex within the context of a committed relationship. To date, these differences have not

been formally investigated, but there is a theoretical basis which suggests these differences should be expected. Sexual strategies theory (Buss & Schmitt, 1993) and strategic pluralism theory (Gangestad & Simpson, 2000) both apply an evolutionary perspective to human mating, and view the temporal context of the sexual relationship to be pivotal to the adaptive problems that people have faced in our evolutionary past. Consequently, people have developed different mating strategies and different reasons for engaging in short-term and long-term sexual experiences based on adaptations to differing evolutionary problems.

Initial development of the YSEX? was conducted with a general sample of 1549 men and women considering reasons for why they had ever engaged in sex - or why they would engage in sex if they were sexually inexperienced (Meston & Buss, 2007). Subsequent studies using this measure have also not specified the relationship context of the sexual encounter and have used general convenience samples (Meston, et al., 2009) or samples with undefined sexual orientation (e.g., Dawson, Shih, de Moor, & Shrier, 2008; Stephenson, Ahrold, & Meston, 2011). Consequently, before the YSEX? is used experimentally with sexual minority samples, it is prudent to test the reliability of the measure for this population and for these relationship contexts.

The first objective of this research study is to determine if the YSEX? is a reliable measure for women who are considering motivations for casual sex and sex in committed relationships with female partners. It is expected that the reliability of the measure will be confirmed across relationship types. It has also been previously determined in general samples that a four-factor solution (i.e., physical reasons, goal attainment reasons, emotional reasons, and insecurity reasons) yields the most consistent pattern of loading for women (Meston & Buss, 2007; Meston et al., 2009). The second objective of this study is to test the factor structure of the

YSEX? in a sample of women with same-sex attraction to determine if the original four-factor structure is replicated when considering motivations for casual sex and sex in a committed relationship. It is hypothesized that the factor structure derived from the current sample will be similar to that determined during the initial development of the measure.

Method

Participants. Participants were recruited through online advertising and by word-of-mouth (45.9%), and through the Integrated System for Participation in Research (ISPR) at a large, urban university in Eastern Canada (54.1%). The ISPR allows researchers to recruit undergraduate students across a range of programs and students receive course credit for participating in self-selected studies. No additional compensation was awarded. To participate in this study participants needed to be female, 18 years of age or older, and they needed to report a minimum score of 1 on the Kinsey Scale (Kinsey, Pomeroy, & Martin, 1948) indicating at least some level of same-sex attraction. A minimum score of 1 on the Kinsey Scale was chosen as the eligibility criteria as recent research suggests that compared to women who are exclusively attracted to men, women who acknowledge even low levels of attraction to women have markedly different genital arousal patterns (Bouchard & Chivers, 2012; Chivers, Bouchard, Timmers, & Haberl, 2012). As such, this may be a better indicator of a woman's sexual attractions as opposed to selecting participants based on self-reported sexual orientation labels. A total of 146 women met inclusion criteria and completed study measures.

Measures.

Sexual Motivation. Motivations for sex were assessed with the 140-item YSEX? questionnaire (Meston & Buss, 2007). Initial factor analysis with this questionnaire in a general population sample led to the development of a 142-item scale; however it was later noted that

two of the items were erroneously duplicated and have thus been removed (Meston et al., 2009). The questionnaire contains four factors (i.e., physical reasons, goal attainment reasons, emotional reasons, and insecurity reasons) and 13 subfactors. The physical reasons factor includes four subfactors: stress reduction, pleasure, physical desirability and experience seeking. The goal attainment factor also includes four subfactors: resources, social status, revenge, and utilitarian. The emotional factor is divided into two subfactors: love and commitment, and expression. Finally, the insecurity factor includes the subfactors of self-esteem boost, duty/pressure, and mate guarding. Items are rated on a Likert scale ranging from 1 (none of my sexual experiences) to 5 (all of my sexual experiences). Composite scores are calculated for each of the factors and/or subfactors with higher scores indicating stronger motivation to have sex for reasons relevant to that domain. In female populations, internal reliability of the factors has been shown with Cronbach's coefficient alphas ranging from .86 - .94 and subfactor alpha scores ranging from .70 - .86 (Meston & Buss, 2007).

Sexual Attraction. Sexual attraction to males and females was assessed with two items (e.g., "How sexually attracted to men (women) are you?"). Attraction was rated from 0 (not at all) to 9 (extremely).

Sexual Orientation. Sexual orientation was assessed with the Kinsey Scale (Kinsey et al., 1948). This scale ranges from 0 (exclusively heterosexual) to 6 (exclusively homosexual). Scores of 1-5 represent degrees of bisexuality.

Demographics. Questions were asked to assess basic demographic information (i.e., age, country of residence, ethnicity, education, religion), current relationship status (including duration as well as gender and sexual orientation of partner if in a relationship), and past casual and committed relationship experience with male and female partners.

Procedure. All study procedures were approved by the Research Ethics Board of the participating university. Interested participants accessed the study online through a secure study website via a link on the study advertisement, the researchers' university laboratory website, or through the ISPR website. Participants were informed that to protect anonymity, the survey must be completed in one sitting of approximately 45 minutes. Eligible participants who provided informed consent were presented with the YSEX? questionnaire and were asked to respond twice to each item, once considering motivations for casual sex with a female partner and once considering motivations for sex in a committed relationship with a female partner. Participants were then asked to complete basic demographic questions. Participants who accessed the survey through the ISPR provided an anonymous participation code to receive their course credit. Participants included in this data analysis completed these measures as part of a larger survey on the sexual motivations of women.

Data analysis.

Reliability. Reliability of each of the factors and subfactors of the 140-item YSEX? was determined with Cronbach's alphas separately for motivations for casual sex and motivations for sex within a committed relationship.

Factor analyses. To replicate past methodology and since factors for engaging in sex are expected to be related (Meston & Buss 2007; Meston et al., 2009), principle component analyses (PCA) with Varimax rotation were performed using mean subfactor scores. Mean subfactor scores were used as the score range for each subfactor varies. Missing data were addressed with pairwise deletion. Separate PCAs were conducted for motivations for casual sex and motivations for sex within a committed relationship.

Results

The final sample included 146 women with a mean age of 23.9 years (Range = 18-45 years, SD = 6.5 years). Most were Caucasian (91.1%) and almost all had some level of post-secondary education (99.3%). Most lived in Canada (90.4%); the remainder lived in the United States (8.2%) or in the United Kingdom or Ireland (1.4%). Only 19.2% of the sample indicated that religion was important to them.

Using the Kinsey scale, participants reported an average rating of 2.4 (Range: 1-6, SD = 1.6). Average level of sexual attraction to men was 6.9 (Range: 0-9, SD = 2.8) and average level of sexual attraction to women was 5.7 (Range: 1-9, SD = 2.4). Even though all participants reported sexual attraction to women, more than half (51.4%) identified as heterosexual. Remaining participants identified as bisexual (26.0%), lesbian (13.7%), or other (e.g. queer; 8.9%). Roughly half of the sample (52.0%) were in a committed relationship with one partner, 5.5% were in polyamorous relationships, 15.1% were casually dating one or more persons, and 27.4% were not dating anyone. Of those who were in a committed relationship with one partner, 73.7% were in relationships with men, 26.3% with women; the average length of relationship was 3.7 years (SD = 4.6 years). The majority of the sample (95.9%) reported ever engaging in sex, defined as any sexual, genital contact involving a partner's mouth, genitals, fingers, or toys. Of these, 75 women reported at least one female casual sex partner and 110 reported having had at least one male casual sex partner (54.7% and 80.3% of responders, respectively). Additionally, 45 women reported at least one female committed relationship partner and 113 reported at least one male committed relationship partner (32.4% and 81.9% of responders, respectively). On average, participants reported having relationships with 1.9 (SD = 4.1) female and 7.2 (SD =

14.5) male casual sex partners, as well as 0.6 (SD = 1.2) female and 2.1 (SD = 2.0) male committed sexual partners.

Reliability. When considering motivations for casual sex, Cronbach's alphas on the four primary factors ranged from .92 - .98; Cronbach's alphas on the subfactors ranged from .85 - .98. When considering motivations for sex in a committed relationship, Cronbach's alphas for the primary factors ranged from .78 - .96; Cronbach's alphas on the subfactors ranged from .45 - .95. All values are reported in Table 1. It is important to note that only the goal attainment factor and subfactors had alpha levels below .84 for the committed relationship analyses and this is likely the result of insufficient variance for this factor. Further, when conducting the analysis for the resources subfactor, four of fifteen items were excluded from the analysis because of zero variance.

Table 1

Cronbach's Alphas for the factors and subfactors of the YSEX?

	Casual Sex	Committed Relationship
Physical Reasons	.96	.96
Stress Reduction	.89	.85
Pleasure	.94	.93
Physical Desirability	.89	.92
Experience Seeking	.94	.93
Goal Attainment	.98	.78
Resources	.98	.45
Social Status	.93	.58
Revenge	.90	.77
Utilitarian	.91	.71
Emotional	.93	.96
Love and Commitment	.93	.95
Expression	.85	.91
Insecurity	.92	.92
Self-Esteem Boost	.85	.84
Duty/Pressure	.91	.90
Mate Guarding	.91	.90

Factor analysis. PCA was run using the mean subfactor scores reported on the YSEX? for women considering motivations for casual sex with female partners. Following the factor structure reported in the initial development of the YSEX? (Meston & Buss, 2007), a four-factor solution was tested. This solution accounted for 79.0% of the total variance and the variables loaded onto the components in the expected manner. The only exception was the mate guarding subfactor which initially loaded onto the insecurity factor but loaded on the emotional factor in the current analysis. Additionally, the stress reduction subfactor loaded onto the physical reasons

factor as expected but also the goal attainment factor. Factor loadings for the four-factor solution are reported in Table 2. When the eigenvalues of the four factors were examined, only three were greater than 1.0 suggesting that a three-factor solution may be more representative of the data. Consequently, the three-factor solution was tested and the factor loadings are reported in Table 3. This solution accounts for 72.9% of the total variance. When comparing the three-factor structure to the original four-factor structure, the subfactors of the physical and goal attainment factors load as expected. The remaining factor combines the original emotional and insecurity factors into a single component.

Table 2				
<i>Motivations for Casual Sex: PCA Rotated Component Matrix, Four-Factor Solution</i>				
	Component			
	1	2	3	4
Resources	.92			
Utilitarian	.91			
Social Status	.90			
Revenge	.86			
Stress Reduction	.57	.57		
Pleasure		.91		
Experience Seeking		.83		
Physical Desirability		.78		
Love and Commitment			.83	
Expression			.82	
Mate Guarding			.79	
Duty/Pressure				.85
Self-Esteem Boost		.42		.64

Table 3

<i>Motivations for Casual Sex: PCA Rotated Component Matrix, Three-Factor Solution</i>			
	Component		
	1	2	3
Social Status	.93		
Resources	.92		
Utilitarian	.88		
Revenge	.85		
Mate Guarding		.85	
Expression		.84	
Love and Commitment		.69	
Duty/Pressure		.65	
Self-Esteem Boost		.64	
Pleasure			.91
Experience Seeking			.81
Physical Desirability			.79
Stress Reduction	.55		.59

PCA was also run using the mean subfactor scores reported on the YSEX? for women considering motivations for sex in committed relationships with female partners. As previously discussed, a four-factor solution was tested first. This solution accounted for 71.2% of the total variance; however, the variables did not load onto the components in the expected manner. The first component in this analysis was comprised of both of the emotional subfactors and three of the physical subfactors; the fourth physical subfactor also partially loaded onto this component and partially onto the second component. The second and third component in this analysis combined elements of the original goal attainment and insecurity factors while the resources subfactor loaded singly onto the fourth component. Factor loadings for the four-factor solution are reported in Table 4. As before, when the eigenvalues of the four factors were

examined, only three were greater than 1.0 suggesting that a three-factor solution may be more representative of the data. Consequently, the three-factor solution was tested and the factor loadings are reported in Table 5. This solution accounts for 64.7% of the total variance. When comparing the three-factor structure to the original four-factor structure, the subscales of the original physical and emotional reasons factors combine with the self-esteem boost subfactor and comprise the first component. The second and third components are each comprised of subfactors from the original goal attainment and insecurity factors.

Table 4

Motivations for Sex in Committed Relationships: PCA Rotated Component Matrix, Four-Factor Solution

	Component			
	1	2	3	4
Physical Desirability	.90			
Love and Commitment	.83			
Pleasure	.83			
Experience Seeking	.71	.40		
Expression	.66			
Duty/Pressure		.73		
Stress Reduction	.45	.72		
Utilitarian		.64		
Self-Esteem Boost	.46	.61		
Revenge			.88	
Social Status			.74	
Mate Guarding		.44	.47	
Resources				.96

Table 5

Motivations for Sex in a Committed Relationship: PCA Rotated Component Matrix, Three-Factor Solution

	Component		
	1	2	3
Love and Commitment	.86		
Pleasure	.85		
Physical Desirability	.85		
Experience Seeking	.79		
Expression	.70		
Stress Reduction	.64		.43
Self-Esteem Boost	.60		
Revenge		.85	
Social Status		.78	
Mate Guarding	.44	.53	
Resources			.77
Utilitarian	.43		.63
Duty/Pressure		.45	.50

Discussion

The current study examined the reliability of the YSEX? for women with same-sex attraction who considered motivations for casual sex and sex in a committed relationship with female partners. For casual sex motivations, each of the four primary factors showed excellent reliability and the subfactors showed very good to excellent reliability. For sexual motivations within a committed relationship, reliability of three of the four primary factors was excellent and the reliability of these subfactors was very good to excellent as well. Only the goal attainment factor and its associated subfactors showed decreased reliability. Overall, reliabilities reported in this sample are higher than those reported in past research (Meston & Buss, 2007; Meston et al.,

2009). Further, comparatively reduced reliability of the goal attainment factor and subfactors has also been repeatedly reported (Meston & Buss, 2007; Meston et al., 2009). In the current study, while the goal attainment factor shows acceptable reliability, the reduced reliability of the subfactors may be due to insufficient variance. For example, the resources subfactor demonstrated the lowest reliability and four of fifteen items included in this subfactor were excluded from the reliability analysis because of zero variance. Reduced variability in this subfactor was also reported by Meston et al. (2009) and was thought to contribute to the low reliability ($\alpha = .54$) reported in that study.

The principle component analysis of women's motivations for casual sex with female partners was similar to the initial factor structure proposed by Meston and Buss (2009) and subsequently replicated by Meston et al. (2009). In the current analysis, a 4-factor structure accounted for 79.0% of the variance in the sample. This is notable as this factor structure only accounted for 35% of the variance during initial development (Meston & Buss, 2007) and 36% of the variance in the subsequent reliability analysis (Meston et al., 2009). Minor variations in loading as reported in the current analysis have also been previously reported (Meston et al., 2009). Examination of the eigenvalues of the factors in the current study suggests that a three-factor structure may be more representative of the data for this sample. In this case, the physical and goal attainment subfactors load in the same way; however, the original emotional and insecurity factors combined into a single component. For women considering casual sex with a female partner, it may be the case that emotional and insecurity reasons load onto the same component because many of the insecurity motives originate from emotional insecurity (e.g., "I wanted to make myself feel better about myself"). Additionally, some of the insecurity items (e.g., "I wanted to keep my partner from straying") may not be applicable for a casual sex

relationship and therefore may not have been endorsed strongly sufficiently to warrant being considered as a separate factor.

Similar to the PCA for casual sex motivations, the four-factor structure PCA for motivations of sex in committed relationships accounted for over 71% of the total variance. However, unlike the PCA for casual sex, the variables in this analysis did not load onto the components in the expected manner. Instead, the analysis suggests that a three-factor solution may be more representative of the data. Following this structure, the original factors of physical and emotional reasons combine into one factor with the addition of the self-esteem boost subfactor. The remaining subfactors group together as follows: revenge, social status and mate guarding load together into the second component while resources, utilitarian reasons and duty/pressure load together into the third component.

While this loading structure was unexpected, it is likely reflective of the characteristics of the current sample. The majority of women who participated in this sample had limited experience with sexual relationships with women in general, and even further limited experience with a committed female partner. However, given recent developments in the understanding of the fluid nature of female sexuality (e.g., Chivers, Rieger, Latty, & Bailey, 2004; Diamond, 2008), women who report same-sex attraction may have the capacity to engage in meaningful sexual and romantic relationships with women, even though they may have limited same-sex experience or may not endorse a bisexual or lesbian sexual identity label. As such, the majority of women are reporting on reasons why they *would* engage in sex in a potential, future committed relationship with a woman, not on reasons why they have *previously* engaged in sex with a committed, female partner. While the YSEX? is designed to be valid for predictive motivations as described, it does slightly change the interpretation of the results. It may be that

the first factor proposed by the PCA encompasses the most frequently endorsed reasons participants gave for why they would engage in sex in a committed relationship with a women, if ever they were in that situation – namely for physical and emotional reasons. The remaining factors are comprised of the motivations which were less frequently and/or less strongly endorsed – either because they were not applicable to this specific population, or more likely, they were not as salient for the participants of this study. As already noted, variance in the motivations given for sex in a committed relationship was extremely limited which impacts the results seen here. As a result, the same analysis, conducted in a sample of women who are currently in, or have previously had, a committed relationship with a female partner would likely yield a significantly different structure which would be expected to be more in line with the initial four-factor structure of the YSEX?.

Limitations to this study should be noted as they may affect the generalizability and interpretation of the results reported here. As already discussed, the variance of some subfactors, especially for motivations for sex in a committed relationship, is very low. This is likely the result of sample characteristics. Women who reported experiencing same-sex attraction were included in this sample whether or not they had previously engaged in sexual activity with a female partner. As such, a sample with greater personal experience with same-sex casual and committed relationships would likely endorse a greater variety of sexual motivations leading to greater variability in the data and consequently, different results on a PCA. However, Meston et al. (2009) also reported zero variance for several of the subfactors that they included in their factor reliability analyses of the YSEX? and concluded that it was a reliable measure among women of different ages (their sample population). Thus, while this is a limiting factor in the current analysis, it does not preclude that the measure is reliable for women considering sex in

committed relationship with women. Rather, it could be argued that given the very high reliability coefficients reported in this study, and the high face validity of the individual items in the YSEX? questionnaire, the measure is highly reliable for the evaluation of motivations for sex with same-sex partners. An additional limitation is that 54% of the sample was recruited from a university setting. Consequently, the mean age of the participants was 24 years old. Older women and women who have not or are no longer attending university may endorse different motivations for engaging in sex and may have a greater variety of past relationship experience. Further analysis with a more varied and more experienced sample may help to increase the generalizability of these results to be representative of a larger portion of women with same-sex attraction.

Conclusion

The purpose of this study was to test the reliability of the YSEX? questionnaire in a sample of women with same-sex attraction to determine if it is a reliable measure for women considering sex with same-sex partners. Given the results of the reliability analyses conducted, we can conclude that the measure is reliable for this population and target sexual partner. A secondary objective of this study was to test the factor structure of the YSEX? to determine if the original four-factor structure is replicated when considering casual sex and sex in a committed relationship. While the factor structure was similar for casual sex motivations, it was not replicated for motivations for sex in a committed relationship with a same-sex partner. However, this is likely the result of limited variability due to lack of experience with committed same-sex relationships in the current sample. It is hoped that demonstrating the high reliability of this measure in women with same-sex attraction will encourage future research into the sexual motivations of sexual minority women as presently there is a dearth of research on this topic.

Including women with same-sex attraction and experience with same-sex relationships in future motivation research will make the literature more inclusive and representative to all women. Additionally, being able to categorize the major factors and subfactors of sexual motivation provides greater ease when discussing and consequently understanding motivations for and outcomes of sexual behaviour. This research serves as a first step in increasing our understanding of sexual motivations in female, same-sex relationships.

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RUNNING HEAD: Women's Motivations to Have Sex

Women's Motivations to Have Sex in Casual and Committed Relationships: Comparisons by
Sexual Attraction and Gender of Partner

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Abstract

The purpose of this study was to explore how relationship context, sexual attraction, and the gender of one's partner interact and affect the sexual motivations of women. 510 women (361 who reported exclusively opposite-sex attraction and 149 who reported same-sex/bisexual attraction) completed the YSEX? questionnaire. Participants rated their sexual motivations for casual sex and sex in a committed relationship with male and/or female partners, depending on reported sexual attraction. Three hypotheses were tested: 1. women, regardless of sexual orientation, would endorse more physical motivations for casual sex and more emotional motivations for sex in a committed relationship, 2. women with same-sex and bisexual attraction would endorse more emotional motivations for sex compared to women with exclusively opposite-sex attraction regardless of relationship type, and 3. women with bisexual attraction would endorse more emotional motivations for sex with a female partner and more physical motivations for sex with a male partner regardless of relationship type. Statistical analyses confirmed a difference in reported motivations to have sex in casual and committed relationships; physical motivations were more strongly endorsed for casual sex whereas emotional motivations were more strongly endorsed for sex in committed relationships. No differences were found based on reported sexual attraction or gender of partner. The results of this study highlight the importance of relationship context when discussing sexual motivation and suggest a high degree of similarity in motivation for women, regardless of sexual orientation or gender of partner.

Keywords: sexual motivation; female sexuality; same-sex attraction; casual sex; committed relationships

Introduction

Motivations for sex are varied. Initial research suggested approximately 10 reasons for why people have sex including pure pleasure, expressing emotional closeness, stress relief, and procreation (Hill & Preston, 1996; Leigh, 1989). However, more recent research has identified 237 distinct reasons for engaging in sex, categorized as physical, emotional, goal attainment, and insecurity motivations (Meston & Buss, 2007). Some of these reasons are context specific and it is therefore likely that sexual motivation may vary based on sexual attraction, relationship type, gender, and gender of partner. This study aims to evaluate how these variables interact and specifically what effect they have on the sexual motivations of women.

Sexual orientation has been shown to affect sexual motivation (Leigh, 1989) and consequently, different motivations may be more relevant for women in same-sex relationships than those in mixed-sex relationships. For example, procreation is unlikely to be a motivation for sex between same-sex partners because of biological restrictions. Therefore, same-sex partners may be able to explore having sex for a wider variety of reasons if fear of unintended pregnancy is not a deterrent. Comparing motivations for sex between heterosexual and sexual minority individuals, Leigh (1989) reported that having sex for reproduction, because one's partner wants to, and to please one's partner were rated as more important by heterosexual individuals. On the other hand, gay and lesbian individuals placed more importance on conquest and relief of sexual tension. Both lesbian and heterosexual women rated emotional motivations as the most important of the seven motivations studied; physical pleasure motivations were second suggesting similarity among the reasons endorsed by all female participants. Direct comparisons were not made between lesbian and heterosexual women (Leigh, 1989). Only one other study has explored motivations for sex among lesbian women. Ronson, Milhausen, and Wood (2012) conducted thematic analysis on 20 qualitative interviews with lesbian women and four key

motivations (or themes) were identified. In this study, physical motivations were the most frequently endorsed, followed by emotional, relational, and psychological reasons.

Other studies have reported that sexual minority women value emotional intimacy and expression highly in their relationships. Emotional intimacy has been described as a necessary component for greater sexual function and satisfaction (Armstrong & Reissing, 2013; Cohen, Byers, & Walsh, 2008; Krestan & Bepko, 1980; Gordon, 2006), as well as for greater relationship satisfaction (Eldridge & Gilbert, 1990; Kurdek, 1998; 2003; Mackey, Diemer, & O'Brien, 2004; Schreurs & Buunk, 1996). In one study of 275 lesbian couples (Eldridge & Gilbert, 1990), emotional intimacy accounted for over 50% of the variance in relationship satisfaction and there is some evidence to suggest that emotional intimacy plays a greater role in lesbian, as compared to heterosexual, relationships (Armstrong & Reissing, 2013; Kurdek, 1998; Mackey, Diemer, & O'Brien, 2000).

Different motivations may be more relevant for casual sex than for sex in a committed relationship. Evolutionary theories, specifically sexual strategies theory (Buss & Schmitt, 1993) and strategic pluralism theory (Gangestad & Simpson, 2000), have suggested that men and women faced different adaptive problems throughout their evolutionary history and that the nature of these problems has varied depending on the type of sexual relationship. Consequently, to solve these problems, men and women have developed different mating strategies for short-term and long-term sexual relationships. For example, over evolutionary history, women may have used short-term mating strategies to gain access to high-value mates and therefore greater access to resources (Buss & Schmitt, 1993) or more desirable genetic characteristics (Cronin, 1991). Long-term mating strategies may have been used to secure a mate who would be highly invested in parenting and providing for children (Gangestad & Simpson, 2000). As a result of

adopting these different mating strategies, women may endorse different motivations for engaging in casual sex than they do for engaging in sex within a committed relationship.

Motivations for sex also vary by gender. From an evolutionary perspective, men and women have different reproductive requirements and different levels of parental investment (Trivers, 1972) which have lead each of the genders to adopt different sexual strategies (Buss & Schmitt, 1993). Leigh (1989) noted several gender differences; compared to the women's ratings, men rated as more important, sex for pure pleasure, pleasing one's partner, conquest, and relief of tension. Women, on the other hand, placed more importance than men on expressing emotional closeness as a reason for sex. Meston and Buss (2007) also noted gender differences such that men showed significantly greater endorsement of physical, goal attainment, and insecurity motivations to have sex, such as having sex because there was an opportunity and as a way to improve their social status. Gender differences for emotional motivations were less salient; however, women showed greater endorsement of having sex to express their love for the person and because they realized that they were in love (Meston & Buss, 2007). Using the same questionnaire, Seehuus and Rellini (2013) found that men endorsed more physical motivations for sex compared to women, while women endorsed more goal attainment motivations for sex; no gender differences were noted in endorsement of emotional or insecurity reasons to have sex.

Previous research has shown that a partner's motivations to have sex can influence one's individual motivations for sex (Hill & Preston, 1996; Leigh, 1989; Meston & Buss, 2007). For women who are attracted to both men and women, and who may therefore engage in sexual relationships with partners of both genders, this may have particular implications. Men tend to more highly endorse physical motivations for sex while women more highly endorse some emotional motivations. Consequently, these motivations may influence the partner such that a

woman who is in a relationship with a man may endorse more physical motivations for sex while a woman who is in a relationship with a woman may endorse more emotional motivations for sex. As such, a woman's motivations for sex may vary depending on the gender of her partner. To date, no research has explored this question.

The purpose of this study was to explore women's motivations to have sex. Given the complexity of motivations determined in a general population by Meston and Buss (2007), a more detailed understanding of the motivations of women, especially women with same-sex attraction, is a necessary next step. Further, theoretical predictions about the relevance of relationship type and the importance of gender of partner can be made. While past research is informative, a greater synthesis of how these three variables interact is needed to better understand their effect on sexual motivation and ultimately their implications for the behaviour of women with same-sex and bisexual attractions. For this study, comparisons were made on the basis of relationship type (i.e., casual sex vs. sex in a committed relationship) and on the basis of sexual attraction (i.e., women with exclusively opposite-sex attraction vs. women with same-sex and bisexual attraction). Additionally, for women who were sexually attracted to both men and women, comparisons were made to investigate whether motivations for sexual encounters vary based on the gender of the partner. Three hypotheses were considered. The first hypothesis was that women, regardless of sexual orientation, would endorse more physical motivations for casual sex and more emotional motivations for sex in a committed relationship. Second, it was hypothesized that women with same-sex and bisexual attraction would endorse more emotional motivations for sex compared to women with exclusively opposite-sex attraction regardless of relationship type. Finally, the third hypothesis was that women with bisexual attraction would

endorse more emotional motivations for sex with a female partner and more physical motivations for sex with a male partner regardless of relationship type.

Method

Participants. Participants were primarily recruited through the Integrated System for Participation in Research (ISPR) at a large, urban university in Eastern Canada (70.4%); additional recruitment came through online advertising and by word-of-mouth (29.6%). The ISPR enables undergraduate students across a range of programs to participate in self-selected studies and receive course credit. No additional compensation was awarded. To participate in this study, participants needed to be female and to be 18 years of age or older. A total of 510 women met inclusion criteria and completed at minimum 90% of study measures.

Measures.

Sexual Motivation. The 140-item YSEX? questionnaire (Meston & Buss, 2007) was used to assess motivations for sex. Initially, the YSEX? was developed as a 142-item scale; however it was later noted that two of the items were erroneously duplicated and have thus been removed (Meston, Hamilton, & Harte, 2009). The questionnaire contains four factors (i.e., physical reasons, goal attainment, emotional, and insecurity) and 13 subfactors. Physical reason subfactors include stress reduction, pleasure, physical desirability and experience seeking. Goal attainment subfactors include resources, social status, revenge, and utilitarian. Emotional subfactors are love and commitment, and expression. While insecurity subfactors include self-esteem boost, duty/pressure, and mate guarding. Items were rated on a Likert scale ranging from 1 (none of my sexual experiences) to 5 (all of my sexual experiences). Composite scores were calculated for each of the factors and/or subfactors with higher scores indicating stronger motivation to have sex for reasons relevant to that domain. In female populations, internal

reliability of the factors has been shown with Cronbach's coefficient alphas ranging from .86 - .94 and subfactor alpha scores ranging from .70 - .86 (Meston & Buss, 2007). Additionally, the measure has been shown to be reliable for women considering same-sex sexual encounters (Armstrong & Reissing, in press a). In the current study, internal reliability of the factors ranged from .81 - .97. For complete reporting of the Cronbach's alpha scores please see Table 1.

Table 1.

Internal consistency of the YSEX? factor and subfactor items by relationship type and gender of partner.

	Casual Sex - Female	Casual Sex - Male	Committed Relationship - Female	Committed Relationship - Male
Physical	0.96	0.97	0.97	0.95
Stress Reduction	0.86	0.88	0.88	0.83
Pleasure	0.94	0.95	0.94	0.91
Physical Desirability	0.90	0.92	0.92	0.91
Experience Seeking	0.93	0.94	0.94	0.91
Goal Attainment	0.84	0.91	0.81	0.88
Resources	0.43	0.86	0.47	0.79
Social Status	0.74	0.83	0.71	0.87
Revenge	0.78	0.78	0.75	0.84
Utilitarian	0.70	0.82	0.76	0.74
Emotional	0.94	0.94	0.96	0.93
Love and Commitment Expression	0.93	0.95	0.96	0.93
Expression	0.87	0.86	0.91	0.87
Insecurity	0.90	0.94	0.93	0.94
Self-Esteem Boost	0.86	0.91	0.86	0.88
Duty/Pressure	0.88	0.92	0.90	0.92
Mate Guarding	0.89	0.91	0.92	0.92

Sexual Attraction. Sexual attraction to males and females was assessed with two independent items (i.e., “How sexually attracted to men (women) are you?”). Attraction was rated from 0 (not at all) to 9 (extremely).

Sexual Orientation. Sexual orientation was assessed with the Kinsey Scale (Kinsey, Pomeroy, & Martin, 1948). This scale ranges from 0 (exclusively heterosexual) to 6 (exclusively homosexual). Scores of 1-5 represent degrees of bisexuality. Participants were also asked to self-identity their sexual orientation label (i.e., lesbian, bisexual, heterosexual, or other) as one of the demographic questions.

Sociosexual Orientation. Sociosexual orientation, or the willingness to engage in uncommitted sexual relations, was measured with the Revised Sociosexual Orientation Inventory (SOI-R; Penke & Asendorpf, 2008). This revised scale incorporates aspects of sociosexual behaviour, attitude, and desire and is thus a more differentiated measure than the original SOI (Simpson & Gangestad, 1991) which provides a more global perspective; the revised measure has also been shown to have improved psychometric properties (Penke & Asendorpf, 2008). Individuals who score high on this nine-item measure are said to have an unrestricted sociosexual orientation meaning that they have more permissive attitudes toward engaging in uncommitted sexual relations. Those who score low are said to have a restricted sociosexual orientation and hold more negative attitudes toward engaging in uncommitted sexual relations. Validity of the scale was demonstrated in two studies, as was reliability which was shown to have a Cronbach’s coefficient alpha of .83 - .84 in female samples (Penke & Asendorpf, 2008). The Cronbach’s alpha score for current study was .85.

Demographics. Questions were asked to assess basic demographic information (e.g., age, level of education, ethnicity, and religiosity) as well as relationship history and experience with male and female partners.

Procedure. All study procedures were approved by the Research Ethics Board of the participating university. Interested individuals accessed the study online through a secure website (SurveyMonkey) via a link on the advertisement, the researchers' university laboratory website, or through the ISPR website. Participants were informed that in order to protect anonymity, the survey must be completed in one sitting of approximately 45 minutes. After providing informed consent, eligible participants were asked if they had ever had sex with or been sexually attracted to a woman. Those who answered positively were asked to identify motivations for casual sex and for sex in a committed relationship with a female partner using the YSEX? questionnaire. Upon completion, participants were asked if they have ever had sex with or been sexually attracted to a man. Those who indicated that they had were asked to complete the YSEX? questionnaire again considering motivations for casual sex and sex in a committed relationship with a male partner. If participants indicated that they had only had sex with, or been sexually attracted to, one particular gender, they were only asked to complete the YSEX? questionnaire considering sexual motivations for that gender of partner. Participants were then asked to complete the SOI-R and basic demographic questions. Participants who accessed the survey through the ISPR received their course credit by providing an anonymous participation code.

Data Analysis.

Consistent with past methodologies using the YSEX? (e.g., Meston & Buss, 2007), we have reported the 50 most and least frequently endorsed motivations for having casual sex and

for having sex in a committed relationship. Results are reported separately for women with exclusively opposite-sex attraction and for women with same-sex and bisexual attraction.

Motivations by relationship type. To test the first hypothesis that women, regardless of sexual orientation, would endorse more physical motivations for casual sex and more emotional motivations for sex in a committed relationship, mean scores for the YSEX? physical and emotional motivation factors were calculated and paired *t*-tests were performed. Results are reported separately for male and female partners.

Motivations by sexual attraction, for each relationship type. Differences in reasons for having casual sex and sex in a committed relationship between women with exclusively opposite-sex attraction and women with same-sex/bisexual attraction were examined. To test the second hypothesis that women with same-sex/bisexual attraction would endorse more emotional motivations for sex compared to women with exclusively opposite-sex attraction, a 2x2x2 repeated measures ANCOVA was performed with two within-subjects factors (relationship type, motivation) and one between-subjects factor (attraction). Participants' attitudes toward casual sex, as measured by their score on the SOI-R, were controlled in these analyses as these attitudes have previously been shown to affect motivation (Meston & Buss, 2007; Seehuus & Rellini, 2013). Further, since women with differing sexual attractions were compared, and since women with exclusively opposite-sex attraction did not complete the study measures while considering a female partner, these analyses could only be performed on motivations for sex with a male partner.

Motivations for sex with male and female partners, for each relationship type.

Differences in motivations of women with bisexual attraction for having casual sex and sex in a committed relationship with a male partner and with a female partner were examined. To test the

third hypothesis that women with bisexual attraction would endorse more emotional motivations for sex with a female partner and more physical motivations for sex with a male partner, at each type of relationship, a 2x2x2 repeated measure ANOVA was performed with three within-subjects factors (partner, relationship, motivation).

Results

The final sample included 510 women, 361 who reported exclusively opposite-sex attraction and 149 who reported same-sex/bisexual attraction. The mean age of participants was 21.6 years (Range = 18-54, SD = 5.5) and 98.8% reported at least a high school diploma. Most (94.1%) participants lived in Canada and most were of Caucasian ethnicity (77.8%), although a wide range of ethnicities were reported (e.g., African, Middle Eastern, South Asian, East Asian, Southeast Asian, Hispanic, other). Only 28.8% indicated that religion was important to them. Sexual and relationship demographics are provided in Table 2.

Table 2.

<i>Sexual and relationship demographics.</i>		
	Women with Same-Sex/Bisexual Attraction	Women with Exclusively Opposite-Sex attraction
Attraction to Men (0-9)	7.3 (SD = 2.5)	8.4 (SD = 1.3)
Attraction to Women (0-9)	5.0 (SD = 2.7)	0.7 (SD = 1.2)
Kinsey Score (0-6)	1.8 (SD = 1.7)	1.2 (SD = 0.6)
Self-Reported Sexual Orientation		
Lesbian	17 (11.4%)	0 (0%)
Bisexual	28 (18.8%)	4 (1.1%)
Heterosexual	92 (61.7%)	352 (97.5%)
Other	11 (7.4%)	4 (1.1%)
Relationship Status		
Single	41 (27.5%)	115 (31.9%)
Casually Dating	21 (14.1%)	57 (15.8%)
Committed Relationship	79 (53.1%)	182 (50.4%)
Gender of Relationship Partner		
Female	21 (14.1%)	0 (0%)
Male	83 (55.7%)	231 (64.0%)
Ever Experienced Sex	140 (94.0%)	316 (87.5%)
Average Number of Sexual Partners		
Female – Casual Sex	1.3 (SD = 3.2)	0.0 (SD = 0.2)
Female – Committed Relationship	0.5 (SD = 1.2)	0.0 (SD = 0.0)
Male – Casual Sex	5.2 (SD = 8.2)	3.1 (SD = 5.1)
Male – Committed Relationship	2.1 (SD = 1.8)	1.9 (SD = 1.6)

Most and least frequently endorsed reasons for sex. The most frequently endorsed reasons for having casual sex and sex in a committed relationship are presented in Tables 3 and 4, respectively. For casual sex, physical reasons were the most frequently endorsed – all of the top 10 reasons were physical in nature regardless of sexual attraction or gender of partner. Additionally, reported motivations were highly similar with eight of the top 10 reasons being the same for all women. When examining the top 10 most frequently endorsed reasons for sex in a committed relationship, both physical and emotional motivations were endorsed almost evenly

across sexual attraction and partner gender. As was the case for casual sex motivations, there was a high level of similarity for all women with 8 of the top 10 reasons being the same.

The least frequently endorsed reasons for having casual sex and sex in a committed relationship are presented in Tables 5 and 6, respectively. Goal attainment motivations were the least frequently endorsed motivations for both casual sex and sex in a committed relationship, regardless of sexual attraction or gender of sexual partner. It should also be noted that all of the motivations were endorsed to some degree by multiple people.

Table 3.

The top 50 reasons why women have casual sex by sexual attraction and gender of partner.

Casual Sex - Female Partner				Casual Sex - Male Partner				Casual Sex - Male Partner			
Women with Same-Sex/Bisexual Attraction				Women with Same-Sex/Bisexual Attraction				Women with Opposite-Sex Attraction			
		M	SD		M	SD		M	SD		
1	I wanted to experience the physical pleasure	3.01	1.45	The person's physical appearance turned me on	3.12	1.40	The person's physical appearance turned me on	2.69	1.54		
2	The person's physical appearance turned me on	2.97	1.41	I was "horny"	3.07	1.49	It feels good	2.62	1.58		
3	I was "horny"	2.97	1.35	It's fun	2.93	1.44	I was "horny"	2.53	1.47		
4	It feels good	2.93	1.46	It feels good	2.91	1.46	I wanted to experience the physical pleasure	2.46	1.56		
5	It's fun	2.88	1.42	I wanted to experience the physical pleasure	2.91	1.49	The person had a desirable body	2.45	1.42		
6	I was "in the heat of the moment"	2.78	1.36	I was "in the heat of the moment"	2.87	1.32	It's fun	2.44	1.50		
7	It's exciting, adventurous	2.78	1.33	The person had a desirable body	2.82	1.32	I was "in the heat of the moment"	2.41	1.33		
8	I wanted the pure pleasure	2.76	1.44	I wanted the pure pleasure	2.78	1.46	The person had an attractive face	2.38	1.42		
9	I wanted to experiment with new experiences	2.70	1.31	It's exciting, adventurous	2.75	1.36	It's exciting, adventurous	2.32	1.38		
10	I wanted to achieve an orgasm	2.70	1.44	The person had an attractive face	2.69	1.28	I wanted the pure pleasure	2.28	1.40		
11	The person had a desirable body	2.66	1.35	I wanted to achieve an orgasm	2.63	1.48	I wanted the adventure/excitement	2.19	1.30		
12	I wanted the experience	2.62	1.38	I wanted the experience	2.54	1.29	The opportunity presented itself	2.17	1.28		
13	The opportunity presented itself	2.53	1.26	I wanted the adventure/excitement	2.53	1.32	I wanted to achieve an orgasm	2.16	1.43		
14	The person had an attractive face	2.51	1.37	The opportunity presented itself	2.50	1.26	The person smelled nice	2.05	1.32		
15	I wanted the adventure/excitement	2.46	1.23	The person smelled nice	2.32	1.28	The person was too physically attractive to resist	2.01	1.22		
16	I was curious about sex	2.36	1.28	I wanted to experiment with new experiences	2.31	1.20	The person had beautiful eyes	2.00	1.30		
17	I was curious about my sexual abilities	2.21	1.21	The person was too "hot" (sexy) to resist.	2.30	1.31	The person was too "hot" (sexy) to resist	1.98	1.21		

18	The person was too physically attractive to resist	2.14	1.22	I wanted to feel attractive	2.28	1.22	I wanted the experience	1.97	1.19
19	The person was too “hot” (sexy) to resist	2.09	1.16	I was curious about what the person was like in bed	2.21	1.23	I wanted to experiment with new experiences	1.95	1.14
20	The person smelled nice	2.03	1.19	I wanted to see what it would be like to have sex with another person	2.15	1.24	I wanted to feel attractive	1.93	1.21
21	I wanted to feel attractive	2.02	1.14	I was curious about sex	2.15	1.15	I hadn't had sex for a while	1.87	1.06
22	I desired emotional closeness (i.e., intimacy)	2.01	1.15	The person was too physically attractive to resist	2.14	1.23	I was curious about what the person was like in bed	1.86	1.13
23	I wanted to get the most out of life	2.00	1.28	I hadn't had sex for a while	2.12	1.09	I wanted to see what it would be like to have sex with another person	1.78	1.03
24	I was curious about what the person was like in bed	1.99	1.13	I wanted to see whether sex with a different partner would feel different or better	2.09	1.14	I was curious about my sexual abilities	1.75	1.07
25	The person had beautiful eyes	1.98	1.16	The person had beautiful eyes	2.08	1.13	I desired emotional closeness (i.e., intimacy)	1.74	1.11
26	I wanted to see what it would be like to have sex with another person	1.98	1.18	I wanted to improve my sexual skills	1.99	1.17	I wanted to see whether sex with a different partner would feel different or better	1.74	1.03
27	I wanted to satisfy a compulsion	1.94	1.27	I wanted to get the most out of life	1.99	1.28	I was curious about sex	1.74	1.02
28	I wanted to see whether sex with a different partner would feel different or better	1.93	1.04	I wanted to satisfy a compulsion	1.93	1.19	I wanted to improve my sexual skills	1.72	1.06
29	I wanted to improve my sexual skills	1.91	1.10	I wanted to boost my self-esteem	1.91	1.11	I wanted to get the most out of life	1.70	1.08
30	I wanted to try out new sexual techniques or positions	1.89	1.11	I was curious about my sexual abilities	1.90	1.03	I wanted to show my affection to the person	1.67	1.03
31	I hadn't had sex for a while	1.88	1.03	I was on the “rebound” from another relationship	1.87	0.93	I wanted to try out new sexual techniques or positions	1.66	1.04

32	I wanted to feel connected to the person	1.88	1.14	I wanted to lose my inhibitions	1.85	1.26	I wanted the attention	1.65	1.07
33	wanted to act out a fantasy	1.88	1.10	I desired emotional closeness (i.e., intimacy)	1.82	1.01	I wanted to feel connected to the person	1.62	0.94
34	I wanted to show my affection to the person	1.86	1.12	I wanted to make myself feel better about myself	1.80	1.05	I wanted to satisfy a compulsion	1.61	0.93
35	I wanted to lose my inhibitions	1.78	1.15	I saw the person naked and could not resist	1.80	1.13	I wanted to boost my self-esteem	1.60	1.02
36	I wanted to see what all the fuss is about	1.77	1.16	I wanted to show my affection to the person	1.77	0.96	I was on the “rebound” from another relationship	1.59	0.89
37	I was on the “rebound” from another relationship	1.74	0.91	I wanted to release anxiety/stress	1.77	1.03	I wanted to make myself feel better about myself	1.58	1.00
38	I wanted to increase the emotional bond by having sex	1.74	1.05	I was frustrated and needed relief	1.74	0.96	I saw the person naked and could not resist	1.56	1.03
39	I wanted the person to feel good about himself/herself	1.72	1.06	I wanted to release tension	1.73	0.94	I wanted my partner to notice me	1.55	1.01
40	I wanted the attention	1.69	0.99	I wanted the attention	1.71	0.95	I wanted to intensify my relationship	1.55	0.99
41	I wanted to boost my self-esteem	1.66	0.92	I wanted to see what all the fuss is about	1.69	1.12	I wanted to lose my inhibitions	1.54	0.94
42	I wanted to make myself feel better about myself	1.66	0.94	I thought it would relax me	1.68	1.03	I wanted to feel powerful	1.54	0.92
43	I wanted to intensify my relationship	1.65	0.99	I wanted to try out new sexual techniques or positions	1.67	1.03	I wanted to release anxiety/stress	1.53	0.90
44	I wanted to release tension	1.64	0.97	I wanted to feel powerful	1.65	1.04	I was frustrated and needed relief	1.53	0.88
45	It seemed like the natural next step in my relationship	1.59	0.95	I wanted to feel connected to the person	1.64	0.85	I wanted to see what all the fuss is about	1.53	0.89
46	I wanted to release anxiety/stress	1.59	0.92	I was bored	1.62	0.98	I thought it would relax me	1.52	0.86
47	I wanted to express my love for the person	1.57	0.98	I wanted to intensify my relationship	1.61	0.86	I wanted to release tension	1.51	0.85
48	I wanted to feel powerful	1.57	0.95	I wanted my partner to notice me	1.60	0.98	It would allow me to “get sex out of my system” so that I	1.49	0.85

							could focus on other things		
49	I thought it would relax me	1.56	0.98	wanted to act out a fantasy	1.60	0.87	I wanted to increase the emotional bond by having sex	1.47	0.82
50	I saw the person naked and could not resist	1.55	0.90	I wanted to increase the emotional bond by having sex	1.56	0.85	I wanted the person to feel good about himself/herself	1.46	0.85

Table 4.

The top 50 reasons why women have sex in a committed relationship by sexual attraction and gender of partner.

Committed Relationship - Female Partner				Committed Relationship - Male Partner				Committed Relationship - Male Partner			
Women with Same-Sex/Bisexual Attraction				Women with Same-Sex/Bisexual Attraction				Women with Opposite-Sex Attraction			
		M	SD		M	SD		M	SD		
1	It feels good	3.30	1.46	I wanted to show my affection to the person	3.83	1.18	It feels good	3.81	1.27		
2	I wanted to show my affection to the person	3.27	1.51	I wanted to express my love for the person	3.70	1.20	I wanted to show my affection to the person	3.79	1.25		
3	I wanted to express my love for the person	3.25	1.48	I desired emotional closeness (i.e., intimacy)	3.62	1.11	I wanted to express my love for the person	3.74	1.32		
4	I wanted to experience the physical pleasure	3.22	1.48	It feels good	3.62	1.14	The person's physical appearance turned me on	3.65	1.32		
5	The person's physical appearance turned me on	3.20	1.51	I wanted to achieve an orgasm	3.56	1.33	I realized I was in love	3.61	1.40		
6	It's fun	3.17	1.50	I wanted to experience the physical pleasure	3.56	1.25	It's fun	3.57	1.24		
7	I desired emotional closeness (i.e., intimacy)	3.11	1.40	The person's physical appearance turned me on	3.50	1.25	I wanted to experience the physical pleasure	3.54	1.33		
8	I was "horny"	3.09	1.36	It's fun	3.48	1.18	I was "horny"	3.44	1.19		
9	I wanted to feel connected to the person	3.02	1.42	I was "horny"	3.47	1.12	I desired emotional closeness (i.e., intimacy)	3.43	1.35		
10	I wanted to increase the emotional bond by having sex	3.02	1.46	I wanted to feel connected to the person	3.42	1.13	I wanted to intensify my relationship	3.40	1.36		
11	I wanted the pure pleasure	2.97	1.41	I wanted the pure pleasure	3.34	1.25	The person had an attractive face	3.37	1.36		
12	I wanted to achieve an orgasm	2.95	1.50	I wanted to intensify my relationship	3.34	1.25	The person had a desirable body	3.36	1.36		
13	The person had a desirable body	2.91	1.43	I wanted to increase the emotional bond by having sex	3.32	1.19	I wanted to feel connected to the person	3.31	1.36		
14	I wanted to intensify my relationship	2.87	1.49	The person had a desirable body	3.25	1.33	I wanted the pure pleasure	3.29	1.31		
15	I realized I was in love	2.77	1.44	I realized I was in love	3.18	1.38	It seemed like the natural next step in my relationship	3.20	1.43		

16	The person had an attractive face	2.74	1.49	The person had an attractive face	3.14	1.36	I wanted to increase the emotional bond by having sex	3.17	1.37
17	I was “in the heat of the moment”	2.72	1.22	I was “in the heat of the moment”	3.09	1.04	The person smelled nice	3.10	1.41
18	It seemed like the natural next step in my relationship	2.61	1.40	I wanted to communicate at a “deeper” level	2.99	1.40	I wanted to achieve an orgasm	3.10	1.33
19	I wanted to communicate at a “deeper” level	2.56	1.42	The person smelled nice	2.90	1.38	I was “in the heat of the moment”	3.09	1.08
20	The opportunity presented itself	2.56	1.31	It’s exciting, adventurous	2.88	1.28	The person had beautiful eyes	3.02	1.50
21	The person smelled nice	2.56	1.46	It seemed like the natural next step in my relationship	2.88	1.22	It’s exciting, adventurous	3.00	1.23
22	It’s exciting, adventurous	2.55	1.19	The person had beautiful eyes	2.86	1.49	I wanted to communicate at a “deeper” level	2.91	1.41
23	The person was too physically attractive to resist	2.41	1.34	The opportunity presented itself	2.81	1.19	I wanted to become one with another person	2.83	1.51
24	The person had beautiful eyes	2.40	1.45	I saw the person naked and could not resist	2.77	1.36	The opportunity presented itself	2.78	1.29
25	The person was too “hot” (sexy) to resist	2.38	1.32	I wanted to try out new sexual techniques or positions	2.71	1.09	The person was too physically attractive to resist	2.74	1.36
26	I wanted the person to feel good about himself/herself	2.35	1.34	The person was too physically attractive to resist	2.63	1.38	The person was too “hot” (sexy) to resist	2.73	1.33
27	I wanted to celebrate a birthday or anniversary or special occasion	2.34	1.12	The person was too “hot” (sexy) to resist	2.61	1.35	I wanted to try out new sexual techniques or positions	2.71	1.17
28	I wanted to say “I’ve missed you”	2.32	1.18	I wanted to celebrate a birthday or anniversary or special occasion	2.59	1.04	I wanted to celebrate a birthday or anniversary or special occasion	2.65	1.07
29	I wanted to experiment with new experiences	2.31	1.25	I wanted to say “I’ve missed you”	2.56	1.04	I wanted to say “I’ve missed you”	2.58	1.07
30	I wanted to try out new sexual techniques or positions	2.30	1.24	I wanted the adventure/excitement	2.53	1.18	I saw the person naked and could not resist	2.58	1.27

31	I wanted to become one with another person	2.28	1.39	I wanted to experiment with new experiences	2.49	1.00	I wanted the adventure/excitement	2.57	1.22
32	I saw the person naked and could not resist	2.20	1.30	I wanted to become one with another person	2.48	1.43	I wanted to experiment with new experiences	2.42	1.16
33	I wanted the adventure/excitement	2.19	1.18	I wanted to feel attractive	2.44	1.08	I wanted the person to feel good about himself/herself	2.39	1.28
34	I wanted to feel attractive	2.10	1.16	I wanted the person to feel good about himself/herself	2.42	1.17	I wanted to improve my sexual skills	2.35	1.19
35	I wanted the experience	2.08	1.26	I wanted to improve my sexual skills	2.40	1.18	I wanted the experience	2.35	1.28
36	I wanted to act out a fantasy	2.06	1.16	I wanted the experience	2.37	1.22	I wanted to get a partner to express love	2.34	1.36
37	I wanted to improve my sexual skills	2.05	1.20	I wanted to get a partner to express love	2.34	1.23	I was curious about my sexual abilities	2.24	1.16
38	I thought it would relax me	2.03	1.16	I wanted to act out a fantasy	2.31	1.19	I wanted to lift my partner's spirits	2.20	1.03
39	I hadn't had sex for a while	2.01	1.06	I was curious about my sexual abilities	2.24	1.10	I was curious about sex	2.17	1.15
40	I wanted to lift my partner's spirits	2.00	1.06	I wanted to lift my partner's spirits	2.23	0.97	I wanted to feel attractive	2.14	1.11
41	I was curious about my sexual abilities	1.97	1.13	I wanted to get the most out of life	2.20	1.27	I thought it would relax me	2.12	1.04
42	I wanted to get a partner to express love	1.96	1.18	I wanted to satisfy a compulsion	2.16	1.23	I hadn't had sex for a while	2.11	1.08
43	I wanted to release anxiety/stress	1.96	1.08	I hadn't had sex for a while	2.16	0.99	I was curious about what the person was like in bed	2.07	1.22
44	I wanted to get the most out of life	1.95	1.24	I thought it would relax me	2.15	1.02	I wanted to get the most out of life	2.05	1.25
45	I wanted to satisfy a compulsion	1.93	1.19	I was curious about sex	2.09	1.09	I wanted to satisfy a compulsion	2.04	1.10
46	I wanted to release tension	1.92	1.05	I wanted to welcome someone home	2.08	0.92	I wanted to say "thank you"	2.02	0.96
47	I wanted to say "thank you"	1.86	0.99	I wanted to say "thank you"	2.06	0.91	I wanted to welcome someone home	1.97	1.02
48	I was curious about sex	1.85	1.12	I wanted to release anxiety/stress	2.06	1.01	I wanted to release anxiety/stress	1.95	0.95
49	I wanted to welcome someone home	1.82	0.99	I wanted to release tension	2.04	1.02	I wanted to release tension	1.91	0.90

50	I was curious about what the person was like in bed	1.82	1.13	I was curious about what the person was like in bed	2.02	1.09	I was bored	1.89	0.99
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Table 5.

The 50 most infrequent reasons why women have casual sex by sexual attraction and gender of partner.

Casual Sex - Female Partner				Casual Sex - Male Partner				Casual Sex - Male Partner			
Women with Same-Sex/Bisexual Attraction				Women with Same-Sex/Bisexual Attraction				Women with Opposite-Sex Attraction			
		M	SD		M	SD		M	SD		
1	I wanted to feel closer to God	1.00	0.00	I wanted to give someone else a sexually transmitted disease (e.g., herpes, AIDS)	1.01	0.09	I wanted to give someone else a sexually transmitted disease (e.g., herpes, AIDS)	1.02	0.20		
2	It was an initiation rite to a club or organization	1.00	0.00	I wanted to feel closer to God	1.01	0.09	Someone offered me money to do it	1.02	0.20		
3	I wanted to give someone else a sexually transmitted disease (e.g., herpes, AIDS)	1.01	0.08	I wanted to reproduce	1.01	0.09	I wanted to make money	1.02	0.20		
4	I wanted to hurt/humiliate the person	1.01	0.08	I wanted to have a child	1.01	0.17	I wanted to feel closer to God	1.02	0.19		
5	I wanted to get a promotion	1.01	0.08	It was an initiation rite to a club or organization	1.02	0.19	I wanted to get a job	1.03	0.19		
6	I wanted to get a job	1.01	0.12	The person offered me drugs for doing it	1.03	0.21	I wanted to reproduce	1.03	0.22		
7	The person offered me drugs for doing it	1.01	0.12	Someone offered me money to do it	1.03	0.17	I wanted to have a child	1.03	0.24		
8	I wanted to have a child	1.01	0.16	I wanted to get a promotion	1.03	0.17	The person offered me drugs for doing it	1.03	0.29		
9	I wanted to reproduce	1.01	0.16	I wanted to get a job	1.04	0.25	It was an initiation rite to a club or organization	1.04	0.35		
10	I wanted to make money	1.03	0.20	I wanted to hurt/humiliate the person	1.04	0.22	I wanted to get a promotion	1.04	0.24		
11	I wanted to break up rival's relationship by having sex with his/her partner	1.03	0.18	I wanted to make money	1.04	0.19	It was a favor to someone	1.04	0.24		

12	Someone offered me money to do it	1.03	0.18	I wanted to get a favor from someone	1.06	0.26	It would damage my reputation if I said "no"	1.05	0.26
13	It would damage my reputation if I said "no"	1.04	0.20	It was a favor to someone	1.06	0.26	Someone dared me	1.05	0.30
14	I wanted to end the relationship	1.04	0.23	I wanted to punish myself	1.06	0.26	I wanted to get a favor from someone	1.06	0.30
15	It was a favor to someone	1.04	0.20	I wanted to end the relationship	1.07	0.35	I wanted to hurt/humiliate the person	1.06	0.29
16	I wanted to get a favor from someone	1.05	0.24	I wanted to get rid of a headache	1.07	0.30	I wanted to break up rival's relationship by having sex with his/her partner	1.06	0.28
17	I wanted to breakup another's relationship	1.05	0.25	Someone dared me	1.07	0.26	I wanted to get rid of a headache	1.06	0.34
18	I wanted to get out of doing something	1.05	0.23	I wanted to hurt an enemy	1.07	0.29	I wanted to end the relationship	1.07	0.36
19	I wanted to hurt an enemy	1.06	0.33	I wanted to get out of doing something	1.08	0.42	I wanted to be used or degraded	1.07	0.33
20	I wanted to manipulate him/her into doing something for me	1.06	0.27	I wanted to get a raise	1.09	0.46	I wanted to get out of doing something	1.07	0.35
21	I thought it would boost my social status	1.07	0.30	I wanted to prevent a breakup	1.10	0.34	I wanted to breakup another's relationship	1.07	0.33
22	I wanted to punish myself	1.07	0.31	I was afraid my partner would have an affair if I didn't have sex with him/her	1.10	0.32	I wanted to defy my parents	1.07	0.33
23	I thought it would help "trap" a new partner	1.07	0.31	I wanted to break up rival's relationship by having sex with his/her partner	1.10	0.37	I wanted to get a raise	1.07	0.41
24	I wanted to be used or degraded	1.07	0.35	I wanted to breakup another's relationship	1.10	0.33	I wanted to punish myself	1.07	0.36
25	I wanted to prevent a breakup	1.08	0.34	The person had taken me out for an expensive dinner	1.12	0.34	I wanted to change the topic of conversation	1.07	0.31
26	My friends pressured me into it	1.08	0.34	I wanted to be used or degraded	1.12	0.38	I wanted to hurt an enemy	1.07	0.37

27	I was verbally coerced into it	1.08	0.30	My friends pressured me into it	1.12	0.46	I was afraid my partner would have an affair if I didn't have sex with him/her	1.08	0.36
28	I wanted to defy my parents	1.09	0.28	I wanted to manipulate him/her into doing something for me	1.12	0.48	I wanted to even the score with a cheating partner	1.08	0.33
29	I wanted to keep my partner from straying	1.09	0.33	I wanted to change the topic of conversation	1.13	0.42	My friends pressured me into it	1.08	0.33
30	Someone dared me	1.09	0.37	I thought it would boost my social status	1.13	0.43	I wanted to enhance my reputation	1.09	0.35
31	I was afraid my partner would have an affair if I didn't have sex with him/her	1.09	0.39	I thought it would help "trap" a new partner	1.13	0.40	I wanted to have more sex than my friends	1.09	0.36
32	I was physically forced to	1.09	0.41	It would damage my reputation if I said "no"	1.14	0.49	The person was famous and I wanted to be able to say I had sex with him/her	1.09	0.42
33	I wanted to get a raise	1.09	0.44	I wanted to get even with someone	1.14	0.41	I wanted to be popular	1.10	0.41
34	I wanted to have more sex than my friends	1.09	0.38	I was physically forced to	1.14	0.39	I thought it would boost my social status	1.10	0.40
35	I wanted to impress friends	1.09	0.32	I wanted to be popular	1.15	0.54	I wanted to prevent a breakup	1.10	0.45
36	I felt like it was my duty	1.09	0.36	I wanted to defy my parents	1.15	0.42	I felt guilty	1.10	0.41
37	I wanted to get even with someone	1.10	0.36	I wanted to ensure the relationship was "committed"	1.15	0.42	The person had taken me out for an expensive dinner	1.11	0.37
38	The person had taken me out for an expensive dinner	1.10	0.45	I wanted to impress friends	1.16	0.49	I wanted to impress friends	1.11	0.42
39	I was mad at my partner so I had sex with someone else	1.10	0.38	I wanted to say "I'm sorry"	1.16	0.42	I was mad at my partner so I had sex with someone else	1.11	0.44
40	I wanted to be popular	1.11	0.45	I wanted to get my partner to stay with me	1.16	0.39	I wanted to manipulate him/her into doing something for me	1.11	0.43

41	I wanted to get rid of a headache	1.11	0.38	I wanted to even the score with a cheating partner	1.17	0.48	I wanted to get even with someone	1.11	0.40
42	I wanted to change the topic of conversation	1.11	0.41	I wanted to keep my partner from straying	1.17	0.45	I thought it would help me to fall asleep	1.12	0.39
43	I wanted to say "I'm sorry"	1.11	0.36	I was mad at my partner so I had sex with someone else	1.17	0.48	I wanted to ensure the relationship was "committed"	1.12	0.42
44	I am a sex addict	1.12	0.49	I wanted to have more sex than my friends	1.18	0.48	I wanted to get back at my partner for having cheated on me	1.12	0.38
45	I wanted him/her to stop bugging me about sex	1.12	0.47	I wanted to enhance my reputation	1.18	0.53	I felt like it was my duty	1.12	0.43
46	I wanted to enhance my reputation	1.13	0.39	I felt guilty	1.18	0.52	I wanted to welcome someone home	1.13	0.45
47	I wanted to keep warm	1.14	0.42	I wanted to welcome someone home	1.18	0.47	I wanted to say "I'm sorry"	1.13	0.45
48	I wanted to welcome someone home	1.14	0.39	I thought it would help me to fall asleep	1.19	0.49	I was physically forced to	1.13	0.45
49	I felt guilty	1.14	0.59	I wanted to keep warm	1.19	0.55	was competing with someone else to "get the person"	1.13	0.41
50	I wanted to even the score with a cheating partner	1.14	0.42	I was verbally coerced into it	1.20	0.58	I wanted to say "thank you"	1.15	0.43

Table 6.

The 50 most infrequent reasons why women have sex in a committed relationship by sexual attraction and gender of partner.

Committed Relationship - Female Partner Women with Same-Sex/Bisexual Attraction				Committed Relationship - Male Partner Women with Same-Sex/Bisexual Attraction				Committed Relationship - Male Partner Women with Opposite-Sex Attraction			
		M	SD		M	SD		M	SD		
1	I wanted to give someone else a sexually transmitted disease (e.g., herpes, AIDS)	1.00	0.00	I wanted to give someone else a sexually transmitted disease (e.g., herpes, AIDS)	1.00	0.00	Someone offered me money to do it	1.01	0.12		
2	It was an initiation rite to a club or organization	1.00	0.00	The person offered me drugs for doing it	1.00	0.00	I wanted to give someone else a sexually transmitted disease (e.g., herpes, AIDS)	1.02	0.17		
3	I wanted to make money	1.01	0.08	I wanted to get a job	1.01	0.17	It was an initiation rite to a club or organization	1.02	0.21		
4	Someone offered me money to do it	1.01	0.08	Someone offered me money to do it	1.01	0.17	The person offered me drugs for doing it	1.02	0.22		
5	The person offered me drugs for doing it	1.01	0.12	It was an initiation rite to a club or organization	1.01	0.17	I wanted to make money	1.03	0.25		
6	I wanted to break up rival's relationship by having sex with his/her partner	1.01	0.12	I wanted to hurt/humiliate the person	1.02	0.15	I wanted to break up rival's relationship by having sex with his/her partner	1.03	0.23		
7	I wanted to breakup another's relationship	1.01	0.12	I wanted to get a promotion	1.03	0.27	I wanted to end the relationship	1.04	0.25		
8	I wanted to get a job	1.01	0.12	Someone dared me	1.03	0.27	Someone dared me	1.04	0.26		
9	I wanted to feel closer to God	1.02	0.18	I wanted to hurt an enemy	1.03	0.17	I wanted to breakup another's relationship	1.04	0.25		
10	I wanted to get a promotion	1.02	0.18	I wanted to make money	1.03	0.21	I wanted to feel closer to God	1.04	0.30		
11	I thought it would boost my social status	1.03	0.20	I wanted to break up rival's relationship by having sex with his/her partner	1.04	0.24	I was competing with someone else to "get the person"	1.05	0.31		

12	I wanted to hurt an enemy	1.03	0.20	It was a favor to someone	1.05	0.33	I wanted to hurt an enemy	1.05	0.29
13	I wanted to end the relationship	1.03	0.18	I wanted to enhance my reputation	1.05	0.25	I wanted to get a promotion	1.05	0.36
14	My friends pressured me into it	1.03	0.22	I wanted to breakup another's relationship	1.05	0.33	It was a favor to someone	1.05	0.30
15	Someone dared me	1.03	0.22	My friends pressured me into it	1.06	0.36	It would damage my reputation if I said "no"	1.05	0.28
16	I wanted to hurt/humiliate the person	1.03	0.22	I wanted to be popular	1.06	0.29	I wanted to get a job	1.06	0.40
17	I wanted to be popular	1.04	0.23	I wanted to punish myself	1.07	0.25	My friends pressured me into it	1.06	0.33
18	It would damage my reputation if I said "no"	1.04	0.26	I wanted to feel closer to God	1.07	0.33	I wanted to even the score with a cheating partner	1.06	0.30
19	I wanted to impress friends	1.04	0.26	It would damage my reputation if I said "no"	1.07	0.36	I wanted to be popular	1.06	0.31
20	I wanted to get even with someone	1.04	0.23	I wanted to get a raise	1.07	0.34	The person was famous and I wanted to be able to say I had sex with him/her	1.06	0.39
21	I wanted to punish myself	1.04	0.20	I thought it would boost my social status	1.07	0.34	I wanted to impress friends	1.07	0.32
22	I thought it would help "trap" a new partner	1.05	0.29	I wanted to impress friends	1.09	0.39	I wanted to get even with someone	1.07	0.33
23	I was physically forced to	1.05	0.28	I wanted to get even with someone	1.09	0.35	I was mad at my partner so I had sex with someone else	1.07	0.31
24	It was a favor to someone	1.06	0.29	I wanted to end the relationship	1.10	0.36	I wanted to get back at my partner for having cheated on me	1.07	0.37
25	I was mad at my partner so I had sex with someone else	1.06	0.31	I was mad at my partner so I had sex with someone else	1.10	0.39	I wanted to enhance my reputation	1.08	0.34
26	I wanted to enhance my reputation	1.07	0.34	I was physically forced to	1.11	0.40	I wanted to be used or degraded	1.08	0.36
27	I was competing with someone else to "get the person"	1.07	0.28	The person was famous and I wanted to be able to say I had sex with him/her	1.11	0.53	I thought it would boost my social status	1.08	0.36

28	I wanted to defy my parents	1.07	0.30	I wanted to be used or degraded	1.11	0.36	I wanted to hurt/humiliate the person	1.09	0.47
29	I wanted to have more sex than my friends	1.07	0.31	I wanted to even the score with a cheating partner	1.12	0.40	I wanted to get a raise	1.09	0.45
30	I wanted to get a favor from someone	1.07	0.31	I was competing with someone else to "get the person"	1.12	0.46	I was physically forced to	1.09	0.43
31	I wanted to get back at my partner for having cheated on me	1.07	0.37	I wanted to get back at my partner for having cheated on me	1.12	0.41	I wanted to have more sex than my friends	1.09	0.36
32	I wanted to get a raise	1.08	0.35	I wanted to defy my parents	1.13	0.40	I wanted to make someone else jealous	1.10	0.40
33	I wanted to even the score with a cheating partner	1.08	0.32	I wanted to have more sex than my friends	1.14	0.39	I wanted to defy my parents	1.10	0.47
34	I wanted to make someone else jealous	1.10	0.36	I wanted to make someone else jealous	1.14	0.39	I thought it would help "trap" a new partner	1.11	0.49
35	I wanted to be used or degraded	1.11	0.44	I wanted to get a favor from someone	1.15	0.48	I wanted to punish myself	1.13	0.55
36	I wanted to have a child	1.11	0.45	I thought it would help "trap" a new partner	1.15	0.47	I wanted to get a favor from someone	1.14	0.45
37	I wanted to reproduce	1.11	0.45	I wanted to get out of doing something	1.20	0.59	I was on the "rebound" from another relationship	1.19	0.48
38	I wanted to get out of doing something	1.13	0.41	I was on the "rebound" from another relationship	1.21	0.48	I wanted to get out of doing something	1.23	0.56
39	I was verbally coerced into it	1.14	0.41	I wanted to manipulate him/her into doing something for me	1.21	0.55	I was verbally coerced into it	1.24	0.62
40	I wanted to manipulate him/her into doing something for me	1.14	0.43	I wanted to reproduce	1.26	0.58	I am a sex addict	1.24	0.70
41	I am a sex addict	1.15	0.56	I was verbally coerced into it	1.28	0.63	I wanted to reproduce	1.26	0.73
42	The person was famous and I wanted to be able to say I had sex with him/her	1.16	0.56	I wanted to have a child	1.30	0.66	I wanted to manipulate him/her into doing something for me	1.26	0.64

43	I was pressured into doing it	1.22	0.54	I wanted to get rid of a headache	1.34	0.57	I felt guilty	1.29	0.62
44	I wanted to change the topic of conversation	1.22	0.49	I am a sex addict	1.34	0.83	I wanted to have a child	1.29	0.75
45	I was on the "rebound" from another relationship	1.22	0.51	I felt guilty	1.36	0.65	I wanted to change the topic of conversation	1.29	0.57
46	I'm addicted to sex	1.24	0.66	I was pressured into doing it	1.36	0.67	I was pressured into doing it	1.31	0.71
47	I didn't know how to say "no"	1.25	0.57	I wanted to change the topic of conversation	1.36	0.72	I wanted to get rid of a headache	1.32	0.61
48	I felt guilty	1.25	0.49	I'm addicted to sex	1.37	0.83	The person wore revealing clothes	1.33	0.74
49	I wanted to get rid of a headache	1.25	0.62	I was afraid my partner would have an affair if I didn't have sex with him/her	1.38	0.69	I didn't know how to say "no"	1.35	0.73
50	I was afraid my partner would have an affair if I didn't have sex with him/her	1.26	0.62	I wanted to "gain control" of the person	1.38	0.80	I felt insecure	1.36	0.72

Motivations by relationship type. When considering casual sex, women reported stronger endorsement of physical as compared to emotional motivations for sex with both male ($t = 16.56$, $df = 476$, $p = .000$) and female partners ($t = 9.18$, $df = 139$, $p = .000$). When considering sex in a committed relationship, women reported stronger endorsement of emotional, compared to physical, motivations for sex. This pattern was reported for both male ($t = -12.43$, $df = 475$, $p = .000$) and female partners ($t = -5.51$, $df = 139$, $p = .000$).

Motivations by sexual attraction, for each relationship type. Prior to conducting the repeated measures ANCOVA, correlation analyses were performed between SOI-R score and scores on each of the YSEX? factors. Numerous correlations were observed; therefore, scores on the SOI-R were controlled for in this analysis. Results of the repeated measures ANCOVA indicated that sexual attraction does not have an effect on sexual motivation. Confirming the

results reported above, there was a significant interaction between motivation and relationship type such that physical motivations were more strongly endorsed than emotional motivations for casual sex; the reverse pattern was seen for sex in a committed relationship. However, none of the interactions involving sexual attraction were significant. See Table 7 for results of the ANCOVA.

Table 7.

<i>Results of ANCOVA for motivations by sexual attraction, by relationship type</i>				
	df	F	<i>p</i>	η_p^2
Relationship	1	359.27	.000	.45
Relationship*Attraction	1	.24	.625	.00
Motivation	1	40.60	.000	.08
Motivation*Attraction	1	.45	.501	.00
Relationship*Motivation	1	35.16	.000	.07
Relationship*Motivation*Attraction	1	2.26	.133	.01

Note: η_p^2 = partial eta squared

Motivations for sex with male and female partners, for each relationship type. An initial analysis was conducted using a subsample of all women who identified sexual attraction to both men and women. A significant interaction between gender of partner, relationship type, and motivation was observed. For casual sex encounters, there was no effect of partner; women more strongly endorsed physical as compared to emotional motivations regardless of the gender of partner. When considering sex in a committed relationship, there was an effect of partner gender. While overall, emotional motivations were more strongly endorsed than physical motivations as

previously reported, women more strongly endorsed both physical and emotional motivations when considering sex with a male partner, compared to sex with a female partner. Please see Table 8 for reported results.

Table 8.

Results of ANOVA for motivations by partner gender for all women with bisexual attraction.

	df	F	<i>p</i>	η_p^2
Partner Gender	1	7.98	.006	.06
Relationship	1	184.41	.000	.61
Motivation	1	8.93	.003	.07
Partner Gender*Relationship	1	24.88	.000	.17
Partner Gender*Motivation	1	.05	.819	.00
Relationship*Motivation	1	255.41	.000	.68
Partner Gender*Relationship*Motivation	1	7.17	.008	.06

Note: η_p^2 = partial eta squared

The observed interaction between gender of partner, relationship type, and sexual motivation was unexpected; therefore, an exploratory analysis was conducted only with women who reported both male and female past sexual and/or relationship partners. That is, women who had identified bisexual attraction but had not had bisexual sexual experience were removed from the analysis. No change in the results was observed. Hence, a further exploratory analysis was conducted with the subsample of women who reported bisexual sexual attraction and self-reported a minority sexual orientation (e.g., bisexual, lesbian, queer). With this subsample of

women, the effects of gender of partner disappeared. The only significant interaction was between relationship type and motivation such that physical motivations were more strongly endorsed for casual sex and emotional motivations were more strongly endorsed for sex in a committed relationship, as reported in previous analyses in this study. Please see Table 9 for the results of this ANOVA.

Table 9.

Results of ANOVA for motivations by partner gender for sexual minority women.

	df	F	ρ	η_p^2
Partner Gender	1	.09	.771	.002
Relationship	1	76.09	.000	.66
Motivation	1	1.41	.241	.03
Partner Gender*Relationship	1	.61	.438	.02
Partner Gender*Motivation	1	.09	.770	.00
Relationship*Motivation	1	91.35	.000	.70
Partner Gender*Relationship*Motivation	1	.01	.917	.00

Discussion

The purpose of this study was to explore how relationship context, sexual attraction, and the gender of one's partner interact and affect the sexual motivations of women. Results strongly suggest that the type of sexual relationship is important when considering motivations for sex. Regardless of sexual attraction and gender of the partner, physical motivations were more strongly endorsed by women considering casual sex while emotional motivations were more strongly endorsed when considering sex in a committed relationship. Sexual motivations were

not influenced by a women's reported sexual attraction. Additionally, for women who self-reported a minority sexual orientation, sexual motivations did not vary based on the gender of her partner.

As expected, women reported more physical motivations for casual sex and more emotional motivations for sex in a committed relationship. This finding is consistent with evolutionary arguments postulated by Buss and Schmitt (1993) and Gangestad and Simpson (2000). Short-term mating strategies were adopted to gain immediate access to genetically superior and/or resource-rich mates. Strictly speaking, engaging in sex for this purpose does not require emotional bonding as the coupling is not expected to last long-term. However, in a long-term relationship, emotional bonding, and consequently emotional motivations for sex, are of increasing importance. Partners with high emotional intimacy report higher relationship satisfaction (e.g., Eldridge & Gilbert, 1990; Greeff & Malherbe, 2001; Mackey et al., 2004; Yoo, Bartle-Haring, Day, & Gangamma, 2013) and are less likely to dissolve the partnership (e.g., Le, Dove, Agnew, Korn, & Mutso, 2010). From the evolutionary perspective, this is beneficial for each partner and their offspring. Female partners maintain consistent access to resources (physical, financial, emotional, parental) provided by their partners. Male partners (assuming a mixed-sex relationship) have regular opportunities to mate with a receptive female partner, and will have greater certainty that any offspring are their genetic progeny. Any offspring produced from the relationship benefit from having two attentive parents to care for and provide for them while they are growing, thus increasing their chances of reaching reproductive maturity.

Alternatively, one could consider this finding within the context of a biopsychosocial approach. A biopsychosocial explanation of sexual motives allows for the influences of evolutionary forces while also considering the roles that culture and socialization have on an

individual's motivation for sex (Hatfield, Luckhurst, Rapson, 2010). As the vast majority of women who participated in this study were from North American cultures, changing social norms which allow for more liberal acceptance of casual sex (e.g., Grello, Welsh, & Harper, 2006; Owen, Fincham, & Moore, 2011; Wentland & Reissing, 2011) may have influenced these women to be more willing to engage in casual sex primarily for physical reasons. Likewise, North American cultural norms highlight love and emotional intimacy for long-term relationships (e.g., Berscheid, 2010). This may explain why emotional motivations for sex in a committed relationship were strongly endorsed in this study. Future models of sexual motivation would benefit from the inclusion of cultural and social factors as the current understanding of these influences is limited.

Regardless of gender of partner, casual sex allows for the opportunity to engage in sex with a partner that may otherwise be unattainable. As described above, this could be a highly valuable mate, or it could be a novel mate. Women who experience same-sex attraction may be hesitant to pursue a long-term relationship with a female partner because of societal, familial or personal pressures to conform to the norm of a heterosexual relationship. Casual sex with a female partner may provide an acceptable opportunity for these women to explore their sexuality. Indeed, one of the top 10 motivations to engage in casual sex with a female partner was "I wanted to experiment with new experiences" and this motivation was more strongly endorsed for female as compared to male partners. Further, this motivation was not strongly endorsed by women in the study by Meston and Buss (i.e., not in the top 50; 2007). This suggests that experimentation may be more associated with casual sex generally and with a same-sex partner specifically.

Traditional sex-roles suggest that women are socialized to be more emotionally focused than men. A logical implication of this is that when two women are in a sexual relationship, the value of emotional intimacy is paramount (e.g., Eldridge & Gilbert, 1990; Schreurs & Buunk, 1996). This argument has been made repeatedly in the literature, starting as far back as Krestan and Bepko (1980) who described the problem of fusion within lesbian relationships, and still remains a salient stereotype even within lesbian communities (Gordon, 2006). This study found no difference in motivation for sex based on sexual attraction which is similar to results reported by Leigh (1989). Additionally, this study highlights the importance of physical motivations for sex for women with same-sex and bisexual attraction which is consistent with reported results by Ronson et al. (2012). One possible explanation for this is that cultural norms about casual sex and sexual attraction are shifting and as such, women are starting to feel more at ease engaging in casual sex for purely physical reasons. Another possible explanation is that the assumption that a female same-sex relationship will be highly emotionally focused has been reinforced by a confirmation bias in the literature, as well as the tendency to overlook the heterogeneous nature of female same-sex relationships. Therefore, while some women with same-sex and bisexual attraction may highly value emotional intimacy, this may not be representative of all women with same-sex or bisexual attraction. Further empirical research into the role of emotional intimacy in female same-sex relationships, both casual and committed, is necessary for a more comprehensive understanding.

A partner's motivation to engage in sex can impact the other partner's motivation for sex (Hill & Preston, 1996; Leigh, 1989; Meston & Buss, 2007). Given that gender differences in motivations for sex have been noted such that men tend to endorse more physical reasons and women more emotional ones (Leigh, 1989; Meston & Buss, 2007), it was expected that women

with bisexual attraction would endorse more emotional motivations for sex with a female partner and more physical motivations for sex with a male partner. However, the results of this study do not support this hypothesis. When the analysis was conducted with women who reported attraction to males and females, there was no effect of gender or partner on motivations for casual sex. When considering sex in a committed relationship, both physical and emotional motivations were endorsed more strongly for male, as compared to female, partners. These results were consistent regardless of level of sexual experience with male and female partners. However, an interesting finding emerged when the analyses were repeated with a subsample of women who reported sexual attraction to men and women, and self-reported as bisexual, lesbian, or queer. For these women, there was no effect of gender of partner at either relationship type. Therefore, explicitly identifying a minority sexual orientation appears to affect sexual motivation either directly or indirectly. Perhaps, women who have feelings of same-sex attraction but identify as heterosexual may not consider a committed relationship with a female partner as an appropriate expression of their sexuality, be it for internal or external reasons (e.g., Hoang, Holloway, & Mendoza, 2011; Yadavaia & Hayes, 2012). As such, both physical and emotional reasons for sex are more strongly endorsed when considering a committed relationship with a male partner. It is therefore also possible that women who explicitly report a minority sexual orientation are more willing to engage in a committed relationship with either a male or female partner without differential emotional valence, and as such, the effect of gender on motivation disappears. The nuances of female sexual attraction are only just beginning to be studied (e.g. Diamond, 2008) hence future research may help elucidate this interesting distinction.

Interesting similarities and differences emerged when the most and least frequent reasons for sex reported in this study were compared to the original research by Meston and Buss (2007).

When considering the top motivations reported, the themes of attraction and physical pleasure are clearly present in both samples. However, the current study also found that sexual motivation was dependent on the context of the sexual relationship. The high endorsement of emotional reasons observed in Meston and Buss's sample was noted in this sample only for women considering sex in a committed relationship. In contrast, emotional motivations for sex were less strongly endorsed than physical motivations when considering casual sex. When examining the least frequently endorsed items, however, differences based on relationship type are not observed and the items reported in the current study are highly comparable to those reported by Meston and Buss (2007). While these motivations could easily be overlooked because of their infrequent endorsement, they can have serious implications for the health and well-being of the woman and her partner and therefore warrant consideration. For example, one of the least frequently endorsed items in this study was "I wanted to give someone else a sexual transmitted disease (e.g. herpes, AIDS)"; however, this item was endorsed by multiple women. Engaging in sex for this reason could lead to severe physical, psychological, and potentially legal consequences. Likewise, having sex as part of an "initiation rite to a club or organization" was another infrequently, however repeatedly, endorsed motivation and depending on circumstances could constitute sexual coercion or assault. Again, the consequences of engaging in sex for this reason could be damaging. Future research may use the YSEX? to gain a better understanding of why people engage in sexual activity with potentially devastating consequences.

There are several limitations to this study which need to be considered for the interpretation of these results. Participants in this study tended to be young, fairly well educated, and most were Caucasian. Consequently, the results reported may only reflect the sexual motivations of this sample of women. Women who are demographically different from the

current sample may report variations in their reasons to have sex. To date, most demographic variables have not been studied in relation to sexual motivation. Only one study (Meston et al., 2009) has considered the influence of age and found that, while women's primary reasons for sex do not differ with age, older women tend to endorse a wider variety of motivations. However, it is known that culture can influence motivations to have sex (Hatfield et al., 2010); therefore, women from different cultural backgrounds may endorse different motivations than those reported by this sample. Additionally, sexual motivations may change based on relationship and/or actual sexual experience. The aim for this study was to include women who reported same-sex or bisexual attraction, regardless of sexual experience with female partners or self-identified sexual orientation. Future research of sexually experienced women with a bisexual and/or lesbian sexual orientation will be the next step to further elucidate differences in motivation. Finally, women who reported sexual attraction to both females and males were asked to consider their motivations for sex with a female partner before considering their motivations with a male partner. As such, it is possible that their answers on the first questionnaire (female partner) influenced their answers on the second questionnaire (male partner) leading to a sequence effect. However, since no differences were noted between motivations for male and female partners, the risk of this may be minimal.

Understanding sexual motives is important for several reasons. First, motivation predicts behaviour and understanding people's sexual motivations has implications ranging from understanding low sexual desire in women (e.g., Brotto, 2010) to risky sexual behaviour (e.g., Buhi & Goodson, 2007; Cooper, Shapiro, & Powers, 1998; Gebhardt, Kuyper, & Dusseldorp, 2006; Seehuus & Rellini, 2013). Additionally, past research has shown that motivations for having sex are related to differences in sexual outcomes, such as sexual functioning and sexual

satisfaction (Stephenson, Ahrold, & Meston, 2011). This is especially important for women with same-sex and bisexual attraction. Many descriptive accounts of women in long-term relationships with female partners suggest that frequency of sexual activity is greatly diminished with relationship duration (Gordon, 2006; Iasenza, 2000; 2002; Loulan, 1998; Nichols, 2004), a term widely referred to as “lesbian bed death” (Iasenza, 2000). A more complete understanding of the motivations of women to have sex in long-term relationships with women could help to explain why (or if) this decreased frequency occurs. Further, comparing motivations between short- and long-term relationships with women could help to elucidate any changes in motivation that may be taking place. Additionally, many negative stereotypes exist about bisexual women such as that they are promiscuous, hypersexual, and incapable of being in a monogamous relationship (Armstrong & Reissing, in press b; Eliason, 2001; Fahs, 2009; Gustavson, 2009; Herek, 2002; Israel & Mohr, 2004; Lanutti & Denes, 2012; McLean, 2004; Mint, 2004). Understanding the motivations of women with bisexual attraction may help explain and even change some of these negative beliefs. A more comprehensive understanding of the sexual motives of women, especially those with same-sex attraction, can help inform our understanding of sexual behaviour in general and the implications for sexual function and satisfaction in particular. Finally, based on the results of this study, it may be especially important to consider the context of the sexual relationship as notable differences were reported between motivations for casual sex and sex in a committed relationship .

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General Discussion

The purpose of this dissertation was to study how sexual attraction and sexual orientation affect individual sexual motives and gain a better understanding of the reasons why people have sex with some partners but not others. This was accomplished using a two-fold approach. First, we explored individuals' attitudes toward engaging in three types of sexual and romantic relationships with a bisexual, opposite-sex partner. Second, we explored the effects of relationship type, sexual attraction, and gender of partner on the sexual motivations of women with same-sex and bisexual attraction. By studying the effects of sexual orientation and attraction from both the individual's and the partner's perspective, we were able to develop a more thorough understanding of sexual motivation within the context of different relationships.

In Study 1, individual attitudes toward having casual sex, dating, and being in a committed relationship with a bisexual, opposite-sex partner were explored through a combination of study-specific questions and validated questionnaires of sexual attitudes. Three hypotheses guided the research: 1. participants would express negative attitudes toward relationships with bisexual partners; 2. the context of the relationship would impact people's attitudes toward bisexual partners such that increasing commitment in a relationship would be associated with increasingly negative attitudes; and 3. women would hold more negative attitudes toward relationships with bisexual male partners compared to men's attitudes regarding relationships with bisexual female partners. Each of the hypotheses were supported. In general, participants reported negative attitudes toward having a relationship with a bisexual, opposite-sex partner and more negative attitudes were reported as the commitment level of the considered relationship increased. Further, women reported greater insecurity and more negative attitudes than men toward having a bisexual, opposite-sex partner. The belief that bisexuality is not a

stable sexual orientation was a strong predictor of holding negative attitudes. For men, negative attitudes were also predicted by less tolerance toward bisexuality and more conservative attitudes toward sex in general. The results of this study are consistent with socially constructed stereotypes about bisexual individuals. Female bisexuality is often viewed favourably, especially by men who may eroticize lesbianism and desire to engage in sex with multiple women (Yost & Thomas, 2012). Further, women who engage in same-sex behaviour are often presumed to be heterosexual and their behaviour is interpreted as enticing and arousing (Diamond, 2005; Hamilton, 2007; Jackson & Gilbertson, 2009; Lannutti & Denes, 2012; Ronen, 2010; Rupp & Taylor, 2010; Yost & McCarthy, 2012). In contrast, men tend to face more pressure to conform to traditional sex and gender roles, and those who do not may be considered deviant and be ostracized for their behaviour. Men who identify as bisexual are often presumed to be lying about their sexual orientation (i.e., they are really gay) and are consequently seen as deceptive and untrustworthy (Yost & Thomas, 2012). The implications of these results are such that individuals, especially bisexual men, may be reluctant to disclose their sexual orientation to their partners for fear of being misjudged or experiencing discrimination. Further, if a relationship were to develop, a partner's bisexuality may be considered a stressor as participants in this study indicated they would feel jealously towards their partner's friends and insecurity about the stability of the relationship. Because the attitudes reported by participants were consistent with bisexual stereotypes, it is possible that through increased exposure to bisexuality through continued education and even the media, these attitudes may change (e.g., de Bruin & Arndt, 2010; Eliason, 2001; Eliason & Raheim, 1996; Herek, 2002; Hinrichs & Rosenberg, 2002; Mohr & Rochlen, 1999; Steffans & Wagner, 2004). The major contribution of this study was to systematically examine and demonstrate, in a large sample, individual attitudes toward having a

bisexual partner, as previous research on the subject was sparse and focused on bisexuals as a collective, rather than at an individual level.

In Studies 2 and 3, we sought to explain the sexual motivations of women, specifically those with same-sex and bisexual attraction. Previous research using the YSEX? questionnaire (Meston & Buss, 2007), the primary measure for Study 3, has focused entirely on general population samples. Therefore, before using the measure in a sample of women with same-sex attraction, it was imperative to determine if the measure would be reliable for these women.

In Study 2, the primary objective was to determine if the YSEX? is a reliable measure for women considering motivations for casual sex and sex in committed relationships with female partners. This was accomplished by determining the Cronbach's alphas for each of the factors and subfactors of the scale, for each relationship type. The second objective was to test the factor structure of the YSEX? in a sample of women with same-sex attraction to determine if the original four-factor structure identified by Meston and Buss (2007) was replicated when considering motivations for casual sex and sex in a committed relationship with a female partner. This objective was accomplished using principle component analyses (PCA) on the mean subfactor scores. The results of this study supported the reliability of the YSEX? for women considering relationships with female partners. Results of the PCAs suggested that a three-factor structure may be more representative of the data; however, this is likely due to sample characteristics, specifically, limited experience with sexual and committed relationships with female partners. The major contribution of this study was to demonstrate the high reliability of a measure of sexual motivation in women with same-sex attraction. It is hoped that this will encourage future research into the sexual motivations of women with same-sex attraction which would serve to make the existing literature more inclusive and representative of all women.

In Study 3, we explored how relationship context, sexual attraction, and the gender of one's partner interact and affect the sexual motivations of women, with a focus on women who express same-sex or bisexual attraction. To accomplish this, participants completed a measure of sexual motivation considering reasons for having casual sex and sex in a committed relationship with male and/or female partners, depending on their reported sexual attraction. Three hypotheses guided this research: 1. women, regardless of sexual orientation, would endorse more physical motivations for casual sex and more emotional motivations for sex in a committed relationship, 2. women with same-sex and bisexual attraction would endorse more emotional motivations for sex compared to women with exclusively opposite-sex attraction regardless of relationship type, and 3. women with bisexual attraction would endorse more emotional motivations for sex with a female partner and more physical motivations for sex with a male partner, regardless of relationship type. Results of the study suggest that there is a significant difference between motivations reported for casual sex and those reported for sex in a committed relationship; physical motivations were more strongly endorsed for casual sex while emotional motivations were more strongly endorsed when considering sex in a committed relationship. It is possible that this difference is reflective of evolutionary adaptations that humans have developed in response to different mating problems over the course of our history (Buss & Schmitt, 1993; Gangestad & Simpson, 2000). Alternatively, this difference may be the result of cultural and social norms which allow for a more liberal acceptance of casual sex (e.g., Grello, Welsh, & Harper, 2006; Owen, Fincham, & Moore, 2011; Wentland & Reissing, 2011) and highlight the importance of love and emotional intimacy in committed relationships (e.g., Berscheid, 2010). Casual sex may also be seen as an appropriate context in which to explore new sexual opportunities, such as experimenting with a female partner. Contrary to the existing literature

which emphasizes the importance of emotional intimacy in lesbian relationships (e.g., Cohen, Byers, & Walsh, 2008; Gordon, 2006; Mackey, Diemer, & O'Brien, 2004), no differences were found in reported motivations between women who reported only opposite-sex attraction and those who reported same-sex/bisexual attraction. As before, this may be the result of shifting cultural norms which allow for more acceptance of sex for physical reasons, or it may be the result of the over-reinforcement of the stereotype in the literature via a confirmation bias. Finally, while past research has found considerable gender differences (Leigh, 1989; Meston & Buss, 2007; Seehuus & Rellini, 2013) and found that a partner's sexual motivations can influence one's own reasons to have sex (Hill & Preston, 1996; Leigh, 1989; Meston & Buss, 2007), this study did not find a difference in reported motivations to have sex with male or female partners for women who identified with a minority sexual orientation. It is thought that women who explicitly report a minority sexual orientation may be more willing to engage in committed relationships with members of either gender and as such, no effect of gender on motivation is reported. The major contribution of this study is the finding that motivations for sex are affected by the context of the relationship. Therefore, in future studies investigating sexual motivation, questions about the type of relationship and the level of commitment to the partner are essential.

The overarching theme of this research has been the question of why people have sex with some people but not others. Upon completion of these three studies, this question can be discussed, specifically within the context of one's own or one's partner's sexual attraction and orientation, and within the context of the specific type of relationship.

Why people have sex is a fundamentally intriguing question. The need to have sex is a biological drive. Therefore, asking why people have sex could be akin to asking why people eat

or drink. Obviously, it is a biological imperative to eat and drink; sex, however, is not biologically imperative to the individual. Rather, it is necessary for the continuation of the species suggesting that some greater evolutionary force encourages and drives individuals to have sex in order to propagate. For the vast majority of animals, this is the only answer to the question. For humans, while it may not be the only answer, as discussed below, the evolutionary influences on human sexuality cannot be ignored.

In Study 1, the influences of evolutionary theory can be seen in several of the reported results. Sexual Strategies Theory (SST) predicts that when considering short-term mates, men will impose less stringent standards than women and have fewer characteristics which they find undesirable (Buss & Schmitt, 1993). In our study, men indicated that they would be more likely than women to pursue a short-term relationship with a bisexual partner and held less negative views of a casual sex partner's bisexuality. Additionally, SST predicts that cues to immediately available sex, such as promiscuity or apparent sexual experience, will be valued by men more in short-term as compared to long-term mates because they indicate sexual accessibility (Buss & Schmitt, 1993). This was also supported by our research. Individuals who identify as bisexual are often thought to be hypersexual and promiscuous (Eliason, 1997; 2001; Fahs, 2009; Gustavson, 2009; Herek, 2002; Israel & Mohr, 2004; Lanutti & Denes, 2012; McLean, 2004; Mint, 2004; Spalding & Peplau, 1997) and therefore potentially sexually accessible. Men in our study indicated that they would be more willing to engage in casual sex with a bisexual partner than in a dating or committed relationship. Likewise, SST predicts that for short-term mating, men will prefer partners who also want minimal commitment (Buss & Schmitt, 1993). As bisexual individuals are often thought to be non-monogamous (e.g., McLean, 2004; Mint, 2004), this could be seen as a cue to wanting a relationship with minimal commitment and could help to

explain why men were more interested in casual sex with bisexual women as compared to dating or committed relationships. On the contrary, SST posits that women use short-term mating strategies to assess the value of a potential long-term mate. Therefore, SST predicts that women will negatively evaluate partner characteristics such as promiscuity because it signals that a man is less likely to commit (Buss & Schmitt, 1993). This could help explain why women reported more negative views of having a bisexual partner, even when considering casual sex. SST also makes several predictions about mating strategies for long-term relationships. Whereas sexual accessibility was seen as desirable for a casual sex partner, SST predicts that in a long-term context, men will value characteristics such as faithfulness, sexual loyalty, and chastity. Further, SST predicts that men will avoid characteristics such as promiscuity in long-term mates as it increases the risk of paternity uncertainty. Women should also value characteristics such as faithfulness and sexual loyalty, and avoid characteristics like promiscuity, because in long-term relationships, women should seek to find a committed partner who will share parental responsibilities and provide resources for his partner and their offspring (Buss & Schmitt, 1993). Negative stereotypes are attributed to bisexual individuals and they are often seen as untrustworthy romantic partners (Gustavson, 2009; Israel & Mohr, 2004; Kleese, 2005; McLean, 2004; Mohr & Rochlen, 1999; Spalding & Peplau, 1997); this could help explain why both men and women in our study held more negative attitudes towards, and were less interested in pursuing a committed relationship with a bisexual partner.

As an additional example of the influence of evolutionary theory supported by the results of Study 1, with respect to jealousy, SST predicts that men will be more jealous of sexual infidelity because of the increased risk of paternity uncertainty, whereas women will be more jealous of emotional infidelity as it could signal a loss of commitment and resources (Buss &

Schmitt, 1993). In our study, women indicated that they would be more jealous of their partner's same-sex friends, whereas men indicated more jealousy of their partner's opposite-sex friends. For the women in our study, a male partner's relationship with another man may indicate a threat to emotional intimacy such that her partner may spend more of his attention, time, and resources on his friend and not her. Men, however, would not be expected to feel threatened by a female partner's female friends as this poses no evolutionary disadvantage.

Results of Study 3 are also consistent with an evolutionary explanation. Specifically, one of the central tenets of SST (Buss & Schmitt, 1993) and strategic pluralism theory (Gangestad & Simpson, 2000) is that the type of sexual relationship, that is short-term or long-term, influences which mating strategies people use. For women, short-term mating strategies should be used to gain access to high-value mates (i.e., genetically superior and/or resource-rich); long-term mating strategies should be used to find mates who are willing to commit to the partner and their offspring. As such, in a long-term relationship, emotional motivations for sex should be of greater importance as intimacy and emotional bonding help sustain the relationship. In a short-term relationship, this intimacy is not as necessary as the relationship is not expected to last long-term and consequently the focus of sexual motivations can be more physical. As predicted, women in our study reported more physical motivations for casual sex and more emotional motivations for sex in a committed relationship. Further, this result was seen regardless of the women's reported sexual attraction or the gender of her partner, suggesting a universality among women, consistent with an evolutionary approach.

Evolutionary influences on motivations for sex have been well-documented in the literature and many of the results of the present research are consistent with this understanding. However, one of the primary assumptions of evolution, specifically sexual selection, is that traits

which contribute to the reproductive success of individuals are more likely to be retained by subsequent generations. This presumes that the primary motivation to mate is to reproduce and for the vast majority of animals, this is true. However, the average person will have sex thousands of times in his or her life, but the average Canadian only has 1 or 2 children (Statistics Canada, 2012). Therefore, the primary motivation for sex in humans cannot be procreation. Further, evolutionary theory presumes that all sexual behaviour is instinctual and thus ignores the agency of the individual and minimizes the importance of conscious and subjective motives to engage in sex.

In addition to evolutionary theory, organizational systems of sexual motivations offer some explanation as to why people have sex. The most comprehensive of these systems, the taxonomy produced by Meston and Buss (2007), tells us that people have sex for physical, emotional, goal achievement, and insecurity reasons. However, like evolutionary theory, this structure focuses entirely on the individual's subjective motives and ignores the context in which they occur. Consequently, a comprehensive model of sexual motivations which considers both internal and external influences on an individual's motivation to engage in sex is needed.

A Proposed Conceptual Model of Sexual Motivation

Currently, the study of sexual motivation is lacking a comprehensive model. The two most prominent systems, the approach/avoidance method (e.g., Cooper et al., 1998; Impett et al., 2005) and Meston and Buss's (2007) atheoretical approach, are valuable tools to discuss motivation but, in essence, are organizational schemes which categorize specific motives either on the basis of theory or using empirically derived labels. Further, these systems are largely behaviour driven, focusing on the immediate motivation for sex (i.e., "I wanted to experiment with new experiences") but not on the underlying process behind that motivation (i.e., WHY

does the person want to experiment with new experiences?). A model of sexual motivation which accounts for an individual's immediate reasons for having sex while also allowing for the influence of internal and external factors, such as individual attitudes, cultural and societal effects, and the context of the relationship, would allow for a greater understanding of why people engage in sexual behaviour.

In addition to including internal and external influences, a comprehensive model of sexual motivation should also consider the relative need of engaging in sex for different purposes. From a purely biological perspective, one could argue that the desire to have sex to facilitate intimacy and emotional bonding is not as imperative to the survival of the species as the need to have sex for procreation. In his theory of motivation, Maslow (1943) identified sex as a physiological, fundamental need. Sexual intimacy, on the other hand, was considered a love and belonging need, occupying the third tier and only attainable after physiological and safety needs had been met. Perhaps because Maslow's theory focuses on human motivation in general, rather than on sexual motivation specifically, the idea that not all sexual motivations are created equal has been lost from the discussion and thus a new model of sexual motivation should reconsider this notion.

Recognizing individual, temporal, social, and cultural influences, and considering a conceptual scheme influenced by Maslow, I propose that sexual motivations can be modelled with a four-tiered system in which internal and external factors can influence each level. The first level is comprised of biological needs. The second level accounts for intimacy and relationship needs. The third level considers goal attainment motivations for sex while the final level allows the individual to reach a state of optimal sexuality, or sexual self-actualization. Please see Figure 1. It should also be noted that this model is not meant to provide a framework for people to work

through, or a goal which should be strived for and achieved. Rather, it reflects the frequency with which sexual motivations are endorsed and the relative number of people who will engage in sex for those purposes. For instance, nearly everyone feels a biological need to have sex and will engage in sex for physical reasons while relatively few people will ever engage in sex for sexual self-actualization or transcendental motivations. Finally, the model imposes no sense of moral value and no one motivation is considered “better” or “worse” than any other.

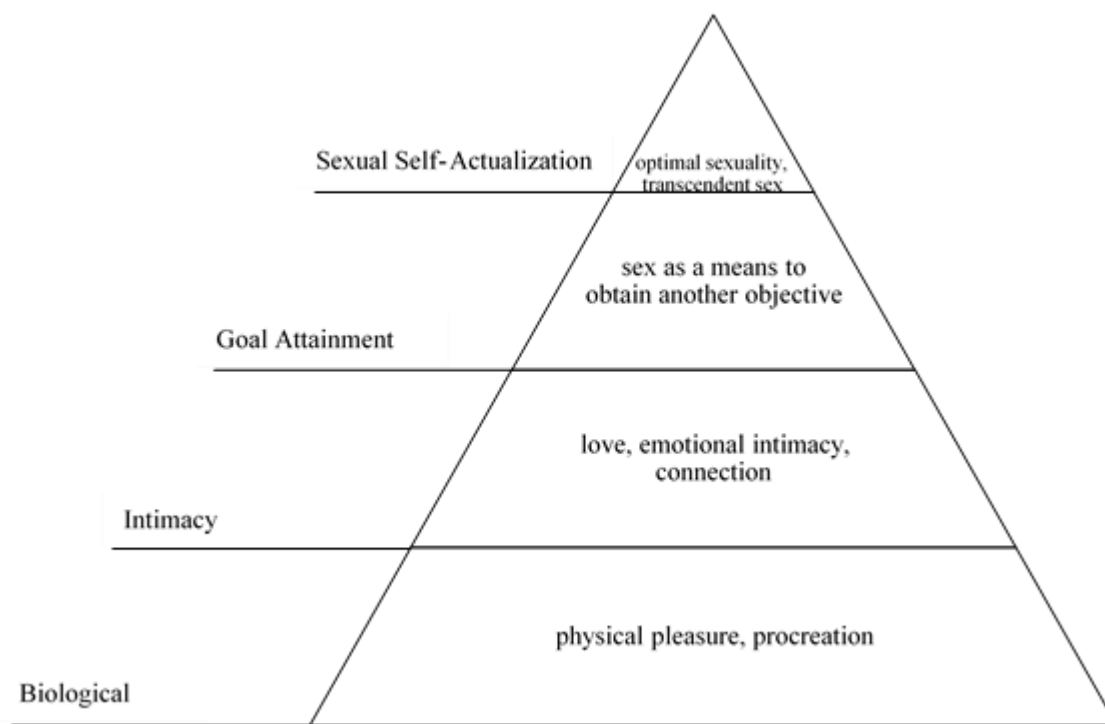


Figure 1. Conceptual Model of Sexual Motivation

Biological motivations. Fundamentally, people have a biological sex drive comparable in many ways to other biological drives such as thirst or hunger. In this way, people feel an internal urge, or drive, to have sex which can be satisfied by sexual behaviour leading to orgasm (e.g. Toates, 2009; Ågmo, 2011). According to Skinner (1966), sexual behaviour has evolved as

a primary reinforcer. As procreation is necessary for the survival of the species, throughout human evolution, those who were highly reinforced by sexual behaviour were the ones who engaged in sex more frequently and consequently produced the most offspring, thereby passing on their genes to subsequent generations via sexual selection. The reinforcement of physical rewards associated with sex and orgasm is very high; therefore, physical motivations remain the most frequently endorsed reasons for sex as noted in Study 3 and elsewhere (e.g., Meston & Buss, 2007). While physical motivations appear to be the most highly endorsed motivations for casual sex, they are also highly endorsed for sex in a committed relationship suggesting that physical pleasure remains a salient motivation for sex across the lifespan and in a variety of contexts.

Individual attitudes and personality can influence biological and physical motivations for sex. One dimension which may be particularly relevant is erotophobia-erotophilia, the disposition to respond to sexual cues either positively or negatively (Fisher, White, Byrne, & Kelley, 1988). Erotophobia is associated with higher levels of sex guilt, more sexual inhibitions, more conservative attitudes about sex (including homosexuality), less sexual experience, and greater avoidance of masturbation and erotica (Fisher et al., 1988). Additionally, erotophobia/erotophilia can influence attitudes and behaviour at both the conscious and unconscious (automatic) level (Macapagal & Janssen, 2011). People who are high on erotophilia would be expected to endorse more physical motivations for sex, while people high on erotophobia would be expected to endorse less pleasurable motives for sex but more highly endorse sex for reproductive purposes. Another dimension which has been related to sexual motivation, both in the present research and in past studies (Meston & Buss, 2007; Seehuus & Rellini, 2013), and which may be of particular relevance for physical motivation, is

sociosexuality. Sociosexuality is a person's overall orientation toward uncommitted sex (Simpson & Gangestad, 1991) and it encompasses three components: behaviour, attitudes, and desire (Penke & Asendorpf, 2008). Individuals who express an unrestricted sociosexual orientation are more likely to engage in casual sex, evaluate casual sex positively, require less emotional closeness prior to having sex, and desire potential mates with whom there is no romantic or committed relationship (Penke & Asendorpf, 2008). Consequently, individuals with an unrestricted sociosexual orientation would be expected to more highly endorse physical motivations for sex. Finally, women who are high on agreeableness and conscientiousness are less likely to endorse physical motivations for sex; extraversion, on the other hand has been positively associated with physical motivations (Meston & Buss, 2007). No associations between personality and physical motivations were reported for men (Meston & Buss, 2007).

Social and cultural factors can also influence individual biological and physical motivations for sex. For example, are premarital sex and sex for physical pleasure seen as culturally appropriate, or are chastity and sexual abstinence more highly valued? What is the cultural attitude toward children? Are people restricted to the number of children they may have, or are large families encouraged? Cultural and societal factors have been shown to influence sociosexual attitudes (e.g., Baumeister & Twenge, 2002; Gangestad, Haselton, & Buss, 2006; Penke & Asendorpf, 2008; Sprecher, Treger, & Sakaluk, 2013). Additionally, in one study, North American individuals were more likely than Chinese individuals to engage in sex to experience pleasure (Tang, Bensman, & Hatfield, 2012). As such, the culture of an individual is likely to influence his or her own personal motivations toward sex for physical and biological purposes.

Intimacy motivations. Humans have an emotional need for intimacy and as adults, the primary source for emotional intimacy is typically one's romantic partner (e.g., Hazan & Shaver, 1987). Emotional motivations for sex are important to maintain intimacy, and this is especially true for committed relationships as noted in Study 3. Emotional motivations for sex also help to develop and maintain pair-bonding which, from an evolutionary perspective, is beneficial for the relationship partners and their offspring as it increases fidelity, decreases the risk of paternity uncertainty for men, and increases a woman's access to necessary resources and parental support (Buss and Schmitt, 1993).

Individual attitudes and personality can influence the frequency with which someone endorses emotional motivations for sex. For example, Meston and Buss (2007) reported that agreeableness was negatively associated with emotional motivations for sex in women while neuroticism was positively associated. For men, agreeableness and openness were both positively related to emotional motivations for sex (Meston & Buss, 2007). Attachment style has also been shown to be related to intimacy motives such that attachment anxiety is positively associated with having sex for emotional closeness while attachment avoidance is negatively correlated (Davis, Shaver, & Vernon, 2004). Additionally, Seehuus and Rellini (2013) reported that having an unrestricted sociosexual orientation was negatively associated with endorsement of emotional motivations for sex.

In addition to individual factors, societal and cultural perspectives can also influence the importance of intimacy within a committed relationship, and therefore the frequency with which intimacy motivations for sex will be reported. In individualistic cultures, as compared to collectivist cultures, romantic love is more likely to be the basis of marriage and psychological intimacy is more important for marital satisfaction and personal well-being (Dion & Dion, 1993).

However, Tang et al. (2012) explored motivations for sex in North American and Chinese individuals and did not find any difference in reported motivation to please the partner or maintain the relationship, motivations which could be associated with increased intimacy in the relationship. To date, studies specifically evaluating the effect of culture on sexual motivations are rare. However, cultural values and attitudes toward sexuality and the importance of emotional intimacy within romantic relationships are likely to affect individual motivations for sex.

Goal attainment motivations. Sex can be used as a means to achieve a desired goal or outcome. In relation to Maslow's original hierarchy (1943), sex can be used to obtain safety and physiological needs, such as employment and resources, hence an argument could be made that goal attainment motivations are more fundamentally imperative to the individual and should thus be listed below intimacy needs in the proposed model. However, the frequency with which goal attainment motivations are endorsed, both in the current research and in past studies (e.g., Meston & Buss, 2007), suggests that goal attainment motives are not primary motives to engage in sex and comparatively fewer people engage in sex for these purposes. Additionally, Meston and Buss (2007) identified a dimension of sexual motivation which they labelled as "insecurity motives". In the present model, insecurity motivations are being considered in conjunction with goal attainment motivations. Many of the insecurity motivations can be seen as achieving a desired outcome. For example, "I wanted the attention" and "I wanted to feel powerful" are both considered insecurity motivations on the YSEX?. However, both could also be considered as goal attainment motivations such that the desired outcomes of the sexual encounters are attention and a sense of powerfulness.

Individual attitudes can affect how frequently a person endorses goal attainment motivations for sex. For women, agreeableness and conscientiousness are negatively associated with endorsement of goal attainment motivations; neuroticism is positively associated (Meston & Buss, 2007). For men, the only significant association noted by Meston and Buss (2007) was that men who scored high in openness were less likely to endorse sexual motivations for social status. Additionally, sociosexual orientation has been positively associated with goal attainment motives; those with more unrestricted attitudes toward sex are more likely to engage in sex for goal attainment reasons (Meston & Buss, 2007; Seehuus & Rellini, 2013). Other attitudes, such as more liberal attitudes toward sex, may also increase a person's willingness to engage in sex for goal attainment purposes; however, more research is needed to better understand potential influencing factors.

Social and cultural factors may influence how frequently goal attainment motivations are endorsed. While research is limited, one study found that North American individuals were more likely than Chinese individuals to engage in sex as a way to reduce stress (Tang et al., 2012). Further, an evolutionary argument could be made that in cultures or environments where resources are limited, women would be more likely to engage in sex with partners who can provide immediate access to resources for herself and her children (Gangestad & Simpson, 2000). Consequently, social and cultural influences should be considered as influential for goal attainment motives.

Sexual self-actualization motivations. As noted by Maslow, only a small percentage of people will experience self-actualization and so too will only a small percentage of people be motivated to experience sexual self-actualization. The majority of people will not pursue sex for this purpose and will be content to engage in sex to satisfy their biological and intimacy needs

(e.g., Kleinplatz & Ménard, 2009). For a few individuals however, working towards optimal sexuality is a motivating drive. Kleinplatz and Ménard (2007; 2009) have identified eight components of optimal sexuality. These are: 1. being present, 2. authenticity, 3. intense emotional connection, 4. sexual and erotic intimacy, 5. communication, 6. transcendence, 7. exploration, and 8. vulnerability and surrender.

Optimal sexuality is still a relatively new area of sexuality research and as such, research is currently limited. However, it is likely that individual attitudes, as well as social and cultural factors, will affect sexual self-actualization motivations. Based on findings from Kleinplatz and Ménard (2007; 2009) which describe the role of emotional connection and exploration in optimal sexuality, personality factors, such as openness to experience and agreeableness, may be positively associated with engaging in sex for sexual self-actualization. Further, while Kleinplatz and Ménard (2007; 2009) sampled participants with a North American background, other cultures, such as those which practice Tantra, Taoism, or Shamanism, have detailed traditions of sexuality which also focus on transcendent sexual experiences (Lousada & Angel, 2011). Therefore, one's cultural background could affect one's exposure to and acceptance of sex for transcendental and/or sexual self-actualization. As future research into the area of optimal sexuality expands, it will be important to consider both internal and external influences.

Other considerations.

Sexual orientation. An individual's sexual orientation will obviously influence to which gender, or genders, he or she is attracted. However, as reported in Study 3, sexual orientation does not affect an individual's expressed motivations for engaging in sex. Further, for women who identify with a minority sexual orientation, there is no difference in expressed motivation

for sex with a partner of either gender. Therefore, the proposed conceptual model is independent of sexual orientation.

Sexual orientation may influence an individual's motivations to engage in sex if the individual's intended partner is bisexual. As reported in Study 1, individuals expressed negative attitudes toward having sexual relationships with bisexual partners. Therefore, the effect of sexual orientation on sexual motivation may be entirely mediated by one's attitude toward engaging in sex with a bisexual partner. If an individual has a negative attitude toward having a bisexual partner, he or she is less likely to be motivated to engage in a relationship with that person. On the other hand, if the individual has a positive attitude toward having a bisexual partner, any effect on motivation will either be minimal or, if the individual views bisexuality as a positive characteristic for a potential mate, it may increase motivation to pursue a sexual relationship.

Summary. This conceptual model is proposed in an attempt to synthesize and summarize the findings of this research as well as the existing literature on sexual motivations. Internal and external factors influence individual motivations for sex and as such, the context of the sexual encounter should be considered within the discussion of motivation. Further, the frequency with which motivations are endorsed suggests that some motives are prioritized over others, possibly because of physiological and psychological needs. This model is a first step toward integrating these ideas. Future research and subsequent reflection is needed to fully understand how the factors discussed interact and fit together.

Limitations

There are several limitations to this research which need to be addressed. In each of the studies, while attempts were made to recruit a varied community sample, the majority of

participants were recruited using the Integrated System for Participation in Research. As such, the samples tended to be young and fairly well-educated. Participants from an urban university in Canada may hold more liberal views than individuals who reside in more rural areas, who are less educated, or who live in more conservative or religious countries. Sexual attitudes have been shown to vary even among comparable American liberal arts colleges (Hinrichs & Rosenberg, 2002); therefore, generalization of these results to different populations should be done with caution. Likewise and perhaps related, participants in these studies were limited in some of their sexual experiences. In Study 1, only a minority of participants had had a sexual relationship with a bisexual partner. In Studies 2 and 3, women who reported experiencing same-sex or bisexual attraction were included, regardless of actual sexual and/or relationship experience with a female partner. As a result, many participants were reporting on attitudes and motivations for prospective or potential relationships. Consequently, attitudes and motivations reported here may not fully reflect the feelings and behaviours of people in same-sex relationships, or in relationships with a bisexual opposite-sex partner. However, since attitudes and motivations are precursors of behaviour, the results of these studies are informative and reflect our participants' attitudes and expectations about their future behaviour. Another limitation of this research is self-selection bias. Volunteers who agree to participate in sexuality research have been shown to have more positive and less traditional attitudes toward sexuality, experience less sexual guilt, report more sexual self-esteem, and have more sexual experience compared to non-volunteers (Strassberg & Lowe, 1995; Wiederman, 1999). As such, participants in our study may have more positive attitudes toward sexuality generally, and sexual attraction/orientation specifically. For Study 1, this may be particularly relevant as attitudes toward relationships with bisexual, opposite-sex partners may be more negative in the general population than are reported here.

Future Directions

Discrimination against individuals who experience sexual attraction to both men and women. Individuals who are sexually attracted to both men and women are likely to experience prejudice and discrimination from both heterosexual and gay/lesbian communities (de Bruin & Arndt, 2010; Israel & Mohr, 2004; Kleese, 2005; Mohr & Rochlen, 1999; Mulick & Wright, 2002). This may be of particular relevance when a bisexual individual seeks to engage in a sexual or romantic relationship with a non-bisexual partner as the risk for rejection is high given negative attitudes as reported in Study 1. Bisexual individuals may also face rejection from gay men or lesbian women who may hold negative attitudes, potentially originating in the perception that bisexual individuals are not committed to the lesbian/gay community and politics, or that they are trying to maintain some level of “heterosexual privilege” (Israel & Mohr, 2004; Mohr & Rochlen, 1999). The validity or stability of a bisexual orientation may also be called into question by gay and lesbian individuals who may fear that the bisexual partner is just experimenting. Based on the results of Study 3, there may be some basis for this concern. One of the top 10 motivations for casual sex with a female partner was to experiment with new experiences. While this may be beneficial for the partner who is exploring her sexuality, it could have negative repercussions for the other partner who runs the risk of rejection if the experimenting partner decides that same-sex experiences are not an appropriate expression of her sexuality.

There are still many unanswered questions which future research may address. For instance, would an intervention designed to refute some of the typical bisexuality stereotypes (e.g., hypersexuality, preference for non-monogamy) improve individual attitudes toward bisexuals? Further, would such an intervention allow individuals to feel more comfortable

engaging in a relationship with a bisexual partner? Knowing a bisexual person has been shown to disconfirm negative stereotypes and lead to more positive attitudes (de Bruin & Arndt, 2010; Eliason, 2001; Eliason & Raheim, 1996; Herek, 2002; Hinrichs & Rosenberg, 2002; Mohr & Rochlen, 1999; Steffans & Wagner, 2004) so it is possible that such an intervention would be successful. It may also be relevant to examine implicit, as opposed to explicit, attitudes. In Study 1, common stereotypes about bisexuality were not explicitly endorsed; however, reported attitudes were still consistent with stereotypical beliefs. To date, only one study (Morrison, Harrington, & McDermott, 2010) has examined implicit binegativity and attitudes reflected a bias for heterosexuals and against bisexuals. Future research on implicit attitudes toward bisexual individuals may consider using the Implicit Association Test (IAT; Greenwald, McGhee, & Schwartz, 1998). When the IAT was used to assess attitudes toward gay men and lesbian women, implicit attitudes were relatively negative, even though explicit attitudes were very positive (Steffans, 2005). Since implicit attitudes can still influence cognition and behaviour, they are important to consider in relation to binegativity. Future research could also focus specifically on the attitudes of gay men and lesbian women to have a sexual or romantic relationship with a bisexual, same-sex partner. As discussed above, gay and lesbian individuals may also hold negative attitudes toward bisexual individuals but to date, the available research is limited and tends to focus on general attitudes toward bisexuals as a collective. A replication study of Study 1 using a sample of men and women who identify as homosexual would help improve the understanding of how bisexual individuals are viewed, specifically in a relationship context. Likewise, it would be of interest to know how bisexual individuals feel about engaging in relationships with other bisexual partners. One may assume that bisexual individuals would have a greater understanding of a bisexual orientation and be less inclined to believe the negative

stereotypes. However, what role, if any, does the role of internalized homo- or binegativity play? Would a bisexual individual prefer to have a bisexual partner because of presumed similarity? Or would a bisexual individual prefer to have a partner who is presumed to have a “more stable” sexual orientation? Finally, it will be interesting to see how the attitudes reported in Study 1 and elsewhere shift as cultural norms become more accepting of alternative sexualities. As our understanding of female sexuality increases, specifically with respect to the role of sexual fluidity (Diamond, 2008) and the importance of context for female sexual attraction and behaviour (Baumeister, 2000), will attitudes toward bisexual female partners change? What will be the implications for bisexual men, given that men tend to demonstrate more rigid and categorical sexual arousal and attraction (e.g., Chivers, Seto, & Blanchard, 2007; Lippa, 2012)?

Male motivations for sex. As exploring male motivations for sex was beyond the scope of the current research, a logical next step would be to replicate Studies 2 and 3 with a male sample. Past research on the sexual motivations of men has noted that compared to women, men tend to place more importance on physical reasons for sex such as pleasure (both self and partner) and relief of tension (Leigh, 1989; Meston & Buss, 2007; Seehuus & Rellini, 2013). Greater endorsement of goal attainment reasons, such as conquest, and insecurity motivations has also been reported (Leigh, 1989; Meston & Buss, 2007). The YSEX? questionnaire (Meston & Buss, 2007) has been demonstrated to be reliable and valid for a general population sample of men, hence confirming this in a sample of men with same-sex attraction would allow for greater confidence in future studies of sexual motivation. Assuming the measure proves to be reliable, it could be used in a replication of Study 3 to determine what the influences of relationship type, sexual attraction, and gender of partner are for men who identify same-sex and bisexual attraction. From an evolutionary perspective, differences based on the type of sexual relationship

should be expected as men have also had to solve a variety of context-specific adaptive problems, leading to the development of different sexual strategies for short-term and long-term mating (Buss & Schmitt, 1993; Gangestad & Simpson, 2000). However, predictions about the impact of sexual attraction and gender of partner are not clear. Male same-sex couples are more likely than heterosexual or lesbian couples to have negotiated non-monogamous relationships (e.g., Hoff & Beougher, 2010; Parsons, Starks, Gamarel, & Grov, 2012) which could suggest that males who report same-sex attraction are more focused on sex for physical as opposed to emotional reasons, at least with their extra-dyadic partners. However, heterosexual men also tend to endorse more physical motivations for sex so a difference, if one even exists, could be one of scale or it could be an effect of having two male partners. Similarly, a male with bisexual attraction may endorse more emotional reasons for sex with a female partner, as women tend to endorse more emotional motivations for sex (e. g., Meston & Buss, 2007), whereas the same male may endorse more physical reasons for sex with a male partner because of the male emphasize on sex for pleasure. However, as was found in Study 3, these potential differences may be entirely attributable to an emphasis on physical motivations for casual sex and emotional motivations for sex in committed relationships, thereby reducing and potentially eliminating any effect of sexual attraction and gender of partner. Relatively few studies have considered male motivations for sex and future research in this area would benefit from the inclusion of men with same-sex and bisexual attraction.

Conclusion

The purpose of this dissertation was to expand the current understanding of sexual motivation by studying the effects of sexual attraction and sexual orientation. One's own sexual attractions appear to have very little effect on personal motivation. Further, no differences were reported between motivations for sex with male and female partners by women who expressed a minority sexual orientation. However, motivations for sex are likely to be affected by a partner's sexual orientation as negative attitudes were expressed toward having a bisexual partner. When considering motivations for sex, the largest contributing factor was the context of the relationship. Participants expressed more physical motivations for casual sex and more emotional motivations for sex in a committed relationship. This pattern was reported regardless of sexual attraction or gender of partner. As research in sexual motivation has never considered the specific effect of the type of relationship or level of commitment to the sexual partner, this is a novel finding with important implications for future sexual motivation research.

The study of sexual motivation is a developing field and there is much left to learn. To date, the study of sexual motivation lacks a comprehensive theory. Current research is influenced by the discipline of the researcher and as such, the study of sexual motivation is segmented. Further, organizational schemes of sexual motives are informative and improve the discourse, but are largely behaviour focused, lack context, and ignore potentially influencing factors. A comprehensive model which recognizes the relative need and frequency of sexual motivation, and which accounts for an individual's stated motive while allowing for internal and external influences such as individual attitudes, cultural and societal effects, and the context of the relationship, may increase the current understanding of why people engage in sexual behaviour. Such a model is proposed but requires further study. A better understanding of sexual attitudes

and motivations, inclusive to all individuals, is but one way to increase our knowledge of human sexuality.

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Appendix A
Research Ethics Board Approval

File Number: 06-09-05



Date (mm/dd/yyyy): 06/26/2009

Université d'Ottawa University of Ottawa
 Service de subventions de recherche et d'éthologie Research Grants and Ethics Services

Ethics Approval Notice

Social Science and Humanities REB

Principal Investigator / Supervisor / Co-investigator(s) / Student(s)

<u>First Name</u>	<u>Last Name</u>	<u>Affiliation</u>	<u>Role</u>
Elke	Reissing	Social Sciences / Psychology	Principal Investigator
Heather	Andruff	Social Sciences / Psychology	Co-investigator

File Number: 06-09-05

Type of Project: Professor

Title: What Men Think about Dating Bisexual Women

Approval Date (mm/dd/yyyy)	Expiry Date (mm/dd/yyyy)	Approval Type
06/26/2009	06/25/2010	Ia

(Ia: Approval, Ib: Approval for initial stage only)

Special Conditions / Comments:
 N/A

File Number: 06-09-05

Date (mm/dd/yyyy): 06/26/2009



Université d'Ottawa University of Ottawa

Service de subventions de recherche et déontologie

Research Grants and Ethics Services

This is to confirm that the University of Ottawa Research Ethics Board identified above, which operates in accordance with the Tri-Council Policy Statement and other applicable laws and regulations in Ontario, has examined and approved the application for ethical approval for the above named research project as of the Ethics Approval Date indicated for the period above and subject to the conditions listed the section above entitled "Special Conditions / Comments".

During the course of the study the protocol may not be modified without prior written approval from the REB except when necessary to remove subjects from immediate endangerment or when the modification(s) pertain to only administrative or logistical components of the study (e.g. change of telephone number). Investigators must also promptly alert the REB of any changes which increase the risk to participant(s), any changes which considerably affect the conduct of the project, all unanticipated and harmful events that occur, and new information that may negatively affect the conduct of the project and safety of the participant(s). Modifications to the project, information/consent documentation, and/or recruitment documentation, should be submitted to this office for approval using the "Modification to research project" form available at:
http://www.rges.uottawa.ca/ethics/application_dwn.asp

Please submit an annual status report to the Protocol Officer 4 weeks before the above-referenced expiry date to either close the file or request a renewal of ethics approval. This document can be found at:
http://www.rges.uottawa.ca/ethics/application_dwn.asp

If you have any questions, please do not hesitate to contact the Ethics Office at extension xxxx or by e-mail at: ethics@uOttawa.ca.

Signature:

Signature removed.

Sheena Sumarah
 Assistant to the Director
 For Barbara Graves, Chair of the
 Social Sciences and Humanities REB

2

550, rue Cumberland
 Ottawa (Ontario) K1N 6N5 Canada
 (613) 562-5841 • Téléc./Fax (613) 562-5338
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File Number: 02-12-03

Date (mm/dd/yyyy): 03/09/2012



Université d'Ottawa
Bureau d'éthique et d'intégrité de la recherche

University of Ottawa
Office of Research Ethics and Integrity

Ethics Approval Notice

Social Science and Humanities REB

Principal Investigator / Supervisor / Co-investigator(s) / Student(s)

<u>First Name</u>	<u>Last Name</u>	<u>Affiliation</u>	<u>Role</u>
Elke	Reissing	Social Sciences / Psychology	Principal Investigator
Heather	Armstrong	Social Sciences / Psychology	Co-investigator

File Number: 02-12-03

Type of Project: Professor

Title: Women's Motivations for Having Sex

Approval Date (mm/dd/yyyy)	Expiry Date (mm/dd/yyyy)	Approval Type
03/09/2012	03/08/2013	Ia

(Ia: Approval, Ib: Approval for initial stage only)

Special Conditions / Comments:
N/A

File Number: 02-12-03

Date (mm/dd/yyyy): 03/09/2012



Université d'Ottawa **University of Ottawa**
Bureau d'éthique et d'intégrité de la recherche Office of Research Ethics and Integrity

This is to confirm that the University of Ottawa Research Ethics Board identified above, which operates in accordance with the Tri-Council Policy Statement and other applicable laws and regulations in Ontario, has examined and approved the application for ethical approval for the above named research project as of the Ethics Approval Date indicated for the period above and subject to the conditions listed the section above entitled "Special Conditions / Comments".

During the course of the study the protocol may not be modified without prior written approval from the REB except when necessary to remove subjects from immediate endangerment or when the modification(s) pertain to only administrative or logistical components of the study (e.g. change of telephone number). Investigators must also promptly alert the REB of any changes which increase the risk to participant(s), any changes which considerably affect the conduct of the project, all unanticipated and harmful events that occur, and new information that may negatively affect the conduct of the project and safety of the participant(s). Modifications to the project, information/consent documentation, and/or recruitment documentation, should be submitted to this office for approval using the "Modification to research project" form available at: http://www.rges.uottawa.ca/ethics/application_dwn.asp

Please submit an annual status report to the Protocol Officer four weeks before the above-referenced expiry date to either close the file or request a renewal of ethics approval. This document can be found at: http://www.rges.uottawa.ca/ethics/application_dwn.asp

If you have any questions, please do not hesitate to contact the Ethics Office at extension ^{xxxx} or by e-mail at: ethics@uOttawa.ca.

Signature:

Signature removed.

Kim Thompson

Protocol Officer for Ethics in Research
For Barbara Graves, Chair of the Social Sciences and Humanities REB

File Number: 02-12-03

Date (mm/dd/yyyy): 02/28/2013



Université d'Ottawa
Bureau d'éthique et d'intégrité de la recherche

University of Ottawa
Office of Research Ethics and Integrity

Ethics Approval Notice

Social Science and Humanities REB

Principal Investigator / Supervisor / Co-investigator(s) / Student(s)

<u>First Name</u>	<u>Last Name</u>	<u>Affiliation</u>	<u>Role</u>
Elke	Reissing	Social Sciences / Psychology	Principal Investigator
Heather	Armstrong	Social Sciences / Psychology	Co-investigator

File Number: 02-12-03

Type of Project: Professor

Title: Women's Motivations for Having Sex

Renewal Date (mm/dd/yyyy)	Expiry Date (mm/dd/yyyy)	Approval Type
03/09/2013	03/08/2014	Ia
(Ia: Approval, Ib: Approval for initial stage only)		

Special Conditions / Comments:
N/A

File Number: 02-12-03

Date (mm/dd/yyyy): 02/28/2013



Université d'Ottawa **University of Ottawa**
 Bureau d'éthique et d'intégrité de la recherche Office of Research Ethics and Integrity

This is to confirm that the University of Ottawa Research Ethics Board identified above, which operates in accordance with the Tri-Council Policy Statement and other applicable laws and regulations in Ontario, has examined and approved the application for ethical approval for the above named research project as of the Ethics Approval Date indicated for the period above and subject to the conditions listed the section above entitled "Special Conditions / Comments".

During the course of the study the protocol may not be modified without prior written approval from the REB except when necessary to remove subjects from immediate endangerment or when the modification(s) pertain to only administrative or logistical components of the study (e.g. change of telephone number). Investigators must also promptly alert the REB of any changes which increase the risk to participant(s), any changes which considerably affect the conduct of the project, all unanticipated and harmful events that occur, and new information that may negatively affect the conduct of the project and safety of the participant(s). Modifications to the project, information/consent documentation, and/or recruitment documentation, should be submitted to this office for approval using the "Modification to research project" form available at:

<http://www.research.uottawa.ca/ethics/forms.html>

Please submit an annual status report to the Protocol Officer four weeks before the above-referenced expiry date to either close the file or request a renewal of ethics approval. This document can be found at:

<http://www.research.uottawa.ca/ethics/forms.html>

If you have any questions, please do not hesitate to contact the Ethics Office at extension XXXX or by e-mail at: ethics@uOttawa.ca.

Signature:

Signature removed.

Kim Thompson
 Protocol Officer for Ethics in Research
 For Barbara Graves, Chair of the Social Sciences and Humanities REB

Appendix B
Notices of Study



HEY GUYS!

Are you interested in participating in

SEX RESEARCH?

Researchers at the University of Ottawa are
interested in **your opinion** about
dating bisexual women.

If you're **male, 18 years of age or older**, and **sexually
attracted to women**,
you qualify to participate in this
INTERNET STUDY.

Please visit <insert website> to participate.
Or check out the University of Ottawa's Human
Sexuality Research Lab's website or call XXX-XXXX
ext. XXXX for more information.



HEY LADIES!

Are you interested in participating in

SEX RESEARCH?

Researchers at the University of Ottawa are
interested in **your opinion** about
dating bisexual men.

If you're **female, 18 years of age or older**, and **sexually
attracted to men**,

you qualify to participate in this

INTERNET STUDY.

Please visit <insert website> to participate.

Or check out the University of Ottawa's Human
Sexuality Research Lab's website or call XXX-XXXX
ext. XXXX for more information.



WHY DO YOU HAVE SEX?!

Researchers at the University of Ottawa are interested in **reasons why women have sex.**

If you're **female, 18 years of age or older**, and proficient in English you qualify to participate in this **INTERNET STUDY.**

Please visit <website> to participate.

Or check out the University of Ottawa's Human Sexuality Lab's website or call XXX-XXX-XXXX ext. XXXX for more information.

Appendix C
Consent Forms

What Men Think about Dating Bisexual Women

Consent Form

Title of the study: What Men Think about Dating Bisexual Women

Researchers: Heather Andruff, doctoral student, (XXX-XXX-XXXX ext. XXXX, email address removed) and Dr. Elke Reissing (XXX-XXX-XXXX ext. XXXX, email address removed). Human Sexuality Research Laboratory, Department of Psychology, Faculty of Social Sciences, University of Ottawa.

Invitation to Participate: I am invited to participate in the abovementioned research study conducted by Heather Andruff and Dr. Elke Reissing.

Purpose of the Study: The purpose of the study is to gather information about what men think about having a bisexual, female partner. The researchers are also interested to see if the type of relationship in which the partners are involved (i.e. casual sex, dating, or a committed relationship) affects what men think about having a bisexual partner.

Participation: My participation will consist of completing a survey over the internet during which I will be asked to answer questions about my attitudes and opinions of bisexuality, my attitudes about sex in general, my sexual background, and my basic demographic information (e.g. age, relationship status, education, etc.). I am free to fill out the survey whenever it is convenient for me, so long as I have access to a computer and the internet. The researchers suggest that I fill out the survey in a private setting. To maintain anonymity, no information will be stored on my computer; therefore, I must complete the study in one sitting and I will not be able to return to my survey once I have left. The survey will take approximately 30 minutes to complete.

Risks: My participation in this study will entail that I volunteer personal information about my opinions about bisexuality and related information about my sexuality and relationship status. This may cause me to feel uncomfortable. However, I know that I can complete this survey whenever and wherever I feel most comfortable to do so. I also know that I do not have to answer any question which I do not want to answer. Further, I understand that I may withdraw at any point simply by closing the browser window. I also understand that I can contact the researchers personally via phone or email to discuss any questions or concerns I may have.

Benefits: Currently, little scientific research has been done on bisexuality. This research serves as the first step in a series of studies designed to explore the experiences of bisexual women who are in relationships with men. It is important to recognize the needs of this population of women since it is thought that they are likely overlooked as, to the outside observer, they appear to be heterosexual. My participation in this study will serve to inform future research with this population of women and will provide some much needed information about the male perspective of female bisexuality.

Confidentiality and anonymity: I understand that the information I share will remain strictly **confidential**. I understand that the contents will be used only to explore the purpose of the research listed above. I understand that my confidentiality will also be protected because my data will be pooled with the data of other participants so the specific answers I give will never be discussed individually. **Anonymity** will be protected because I will not be asked to provide my name or any other identifying information. Finally, this survey will not leave any markers or save anything to my computer and the Internet company hosting the survey will not collect IP addresses so my confidentiality and anonymity are protected there as well.

Conservation of data: The data will be collected by an independent internet survey provider. The data will then be sent to the researchers for analysis. The internet survey provider does not keep copies of any data it collects. Data that the researchers receive will be stored in a password protected database on the researcher's office computer and will be backed up on a memory stick which will be stored in a locked filing cabinet in the researchers' laboratory. Only the researchers will have access to the data. Data will be stored for 10 years as per publication requirements. After this time, the data will be deleted permanently from the computer.

Compensation: Undergraduate students at the University of Ottawa who are registered with the Integrated System of Participation in Research and who access this survey through that system will receive one point for their participation.

Voluntary Participation: I am under no obligation to participate. If I choose to participate, I can withdraw from the study at any time and/or refuse to answer any questions, without suffering any negative consequences. If I choose to withdraw, all data gathered until the time of withdrawal will still be accessible by the researchers and they may include that data in their analysis if it is appropriate to do so.

Study Results: For my interest, preliminary and final results will be posted on the University of Ottawa's Human Sexuality Research Laboratory's website in a power point presentation, when available (<http://www.socialsciences.uottawa.ca/hslab-labosh/index.asp>). These can be viewed anonymously whenever convenient. I am also invited to contact the researchers to receive any publications which result from this research project; however, I am aware that there is a time delay in publishing so it may be a while before any publications are available.

Acceptance: By clicking on the following link, I agree to participate in the above research study conducted by Heather Andruff of the Human Sexuality Research Laboratory, Department of Psychology, Faculty of Social Sciences, University of Ottawa. This research is being conducted under the supervision of Dr. Elke Reissing.

If I have any questions about the study, I may contact the researcher or her supervisor.

If I have any questions regarding the ethical conduct of this study, I may contact the Protocol Officer for Ethics in Research, University of Ottawa, Tabaret Hall, 550 Cumberland Street, Room 159, Ottawa, ON K1N 6N5

Tel.: (613) 562-5841

Email: ethics@uottawa.ca

If I would like to keep a copy of this consent form I can print one now for my records.

I **consent** to participate in
the following research
study.

I **DO NOT consent** to
participate in the
following research study.

What Women Think about Dating Bisexual Men

Consent Form

Title of the study: What Women Think about Dating Bisexual Men

Researchers: Heather Andruff, doctoral student, (XXX-XXX-XXXX ext. XXXX, email address removed) and Dr. Elke Reissing (XXX-XXX-XXXX ext. XXXX, email address removed). Human Sexuality Research Laboratory, Department of Psychology, Faculty of Social Sciences, University of Ottawa.

Invitation to Participate: I am invited to participate in the abovementioned research study conducted by Heather Andruff and Dr. Elke Reissing.

Purpose of the Study: The purpose of the study is to gather information about what women think about having a bisexual, male partner. The researchers are also interested to see if the type of relationship in which the partners are involved (i.e. casual sex, dating, or a committed relationship) affects what women think about having a bisexual partner.

Participation: My participation will consist of completing a survey over the internet during which I will be asked to answer questions about my attitudes and opinions of bisexuality, my attitudes about sex in general, my sexual background, and my basic demographic information (e.g. age, relationship status, education, etc.). I am free to fill out the survey whenever it is convenient for me, so long as I have access to a computer and the internet. The researchers suggest that I fill out the survey in a private setting. To maintain anonymity, no information will be stored on my computer; therefore, I must complete the study in one sitting and I will not be able to return to my survey once I have left. The survey will take approximately 30 minutes to complete.

Risks: My participation in this study will entail that I volunteer personal information about my opinions about bisexuality and related information about my sexuality and relationship status. This may cause me to feel uncomfortable. However, I know that I can complete this survey whenever and wherever I feel most comfortable to do so. I also know that I do not have to answer any question which I do not want to answer. Further, I understand that I may withdraw at any point simply by closing the browser window. I also understand that I can contact the researchers personally via phone or email to discuss any questions or concerns I may have.

Benefits: Currently, little scientific research has been done on bisexuality. This research serves as one step in a series of studies designed to explore the experiences of bisexual individuals who are in mixed-sex relationships. It is important to recognize the needs of this population since it is thought that they are likely overlooked as, to the outside observer, they appear to be heterosexual. My participation in this study will serve to inform future research with this population and will provide some much needed information about the female perspective of male bisexuality.

Confidentiality and anonymity: I understand that the information I share will remain strictly **confidential**. I understand that the contents will be used only to explore the purpose of the research listed above. I understand that my confidentiality will also be protected because my data will be pooled with the data of other participants so the specific answers I give will never be discussed individually. **Anonymity** will be protected because I will not be asked to provide my name or any other identifying information. Finally, this survey will not leave any markers or save anything to my computer and the Internet company hosting the survey will not collect IP addresses so my confidentiality and anonymity are protected there as well.

Conservation of data: The data will be collected by an independent internet survey provider. The data will then be sent to the researchers for analysis. The internet survey provider does not keep copies of any data it collects. Data that the researchers receive will be stored in a password protected database on the researcher's office computer and will be backed up on a memory stick which will be stored in a locked filing cabinet in the researchers' laboratory. Only the researchers will have access to the data. Data will be stored for 10 years as per publication requirements. After this time, the data will be deleted permanently from the computer.

Compensation: Undergraduate students at the University of Ottawa who are registered with the Integrated System of Participation in Research and who access this survey through that system will receive one point for their participation.

Voluntary Participation: I am under no obligation to participate. If I choose to participate, I can withdraw from the study at any time and/or refuse to answer any questions, without suffering any negative consequences. If I choose to withdraw, all data gathered until the time of withdrawal will still be accessible by the researchers and they may include that data in their analysis if it is appropriate to do so.

Study Results: For my interest, preliminary and final results will be posted on the University of Ottawa's Human Sexuality Research Laboratory's website in a power point presentation, when available (<http://www.socialsciences.uottawa.ca/hslab-labosh/index.asp>). These can be viewed anonymously whenever convenient. I am also invited to contact the researchers to receive any publications which result from this research project; however, I am aware that there is a time delay in publishing so it may be a while before any publications are available.

Acceptance: By clicking on the following link, I agree to participate in the above research study conducted by Heather Andruff of the Human Sexuality Research Laboratory, Department of Psychology, Faculty of Social Sciences, University of Ottawa. This research is being conducted under the supervision of Dr. Elke Reissing.

If I have any questions about the study, I may contact the researcher or her supervisor.

If I have any questions regarding the ethical conduct of this study, I may contact the Protocol Officer for Ethics in Research, University of Ottawa, Tabaret Hall, 550 Cumberland Street, Room 159, Ottawa, ON K1N 6N5

Tel.: (613) 562-5841

Email: ethics@uottawa.ca

If I would like to keep a copy of this consent form I can print one now for my records.

I **consent** to participate in
the following research
study.

I **DO NOT consent** to
participate in the
following research study.



Women's Motivations for Having Sex

Consent Form

Title of the study: Women's Motivations for Having Sex

Researchers: Heather Armstrong, PhD Candidate, (XXX-XXX-XXXX ext. XXXX, email address removed) and Dr. Elke Reissing (XXX-XXX-XXXX ext. XXXX, email address removed). Human Sexuality Research Laboratory, Department of Psychology, Faculty of Social Sciences, University of Ottawa.

Invitation to Participate: I am invited to participate in the abovementioned research study conducted by Heather Armstrong and Dr. Elke Reissing.

Purpose of the Study: The purpose of the study is to gather information on the motivations for women to have sex in different contexts.

Participation: My participation will consist of completing a survey in English over the internet during which I will be asked to answer questions about my actual or predicted reasons for having sex, some questions about my general attitudes, and my basic demographic information (e.g. age, relationship status, education, etc.). I am free to fill out the survey whenever it is convenient for me, so long as I have access to a computer and the internet. The researchers suggest that I fill out the survey in a private setting. To maintain anonymity, no information will be stored on my computer; therefore, I must complete the study in one sitting and I will not be able to return to my survey once I have left. The survey will take approximately 45 minutes to complete.

Risks: My participation in this study will entail that I volunteer personal information about my reasons for having sex and some related information about my sexuality and relationship status. This may cause me to feel uncomfortable. However, in order to minimize these risks, I know that I can complete this survey whenever and wherever I feel most comfortable to do so. I also know that I do not have to answer any question which I do not want to answer. Further, I understand that I may withdraw at any point simply by closing the browser window. I also understand that I can contact the researchers personally via phone or email to discuss any questions or concerns I may have.

Benefits: Currently, little scientific research has been conducted on sexual motivations in general, and in sexual minority women in particular. This study will help researchers and clinicians to better

understand the basic drives underlying sexual motivation in women which will in turn help us understand what may be associated with sexual difficulties such as problems with desire, arousal, satisfaction, and emotional needs in a sexual context.

Confidentiality and anonymity: I understand that the information I share will remain strictly **confidential**. I understand that the contents will be used only to explore the purpose of the research listed above. I understand that my confidentiality will also be protected because my data will be pooled with the data of other participants so the specific answers I give will never be discussed individually. **Anonymity** will be protected because I will not be asked to provide my name or any other identifying information. This survey will not leave any markers or save anything to my computer and the Internet company hosting the survey will not collect IP addresses so my confidentiality and anonymity are protected there as well. Finally, because this survey is being hosted through SurveyMonkey, which is an American company, it could be subject to the USA Patriot Act.

Conservation of data: The data will be collected by an independent internet survey provider. The researchers will then access this data for analysis. The internet survey provider does not keep copies of any data it collects. Data that the researchers use will be stored in a password protected database on the researcher's office computer and will be backed up on a memory stick which will be stored in a locked filing cabinet in the researchers' laboratory. Only the researchers will have access to the data. Data will be stored for 5 years as per publication requirements. After this time, the data will be deleted securely and permanently from the computer.

Voluntary Participation: I am under no obligation to participate. If I choose to participate, I can withdraw from the study at any time and/or refuse to answer any questions, without suffering any negative consequences. If I choose to withdraw, I understand that the collected data may be used given the anonymous nature of the survey.

Study Results: For my interest, preliminary and final results will be posted on the University of Ottawa's Human Sexuality Research Laboratory's website in a power point presentation, when available (<http://www.socialsciences.uottawa.ca/hslab-labosh/index.asp>). These can be viewed anonymously whenever convenient. I am also invited to contact the researchers to receive any publications which result from this research project; however, I am aware that there is a time delay in publishing so it may be a while before any publications are available.

Acceptance: By clicking on the following link, I agree to participate in the above research study conducted by Heather Armstrong and Dr. Elke Reissing of the Human Sexuality Research Laboratory, Department of Psychology, Faculty of Social Sciences, University of Ottawa. If I have any questions about the study, I may contact the researchers using the contact information provided above.

If I have any questions regarding the ethical conduct of this study, I may contact the Protocol Officer for Ethics in Research, University of Ottawa, Tabaret Hall, 550 Cumberland Street, Room 154, Ottawa, ON K1N 6N5

Tel.: (613) 562-5387

Email: ethics@uottawa.ca

I should print a copy of this consent form to keep for my personal records.

I **consent** to participate in
the following research
study.

I DO NOT consent to
participate in the following
research study.

Appendix D

Measures of Sexual Attitudes, Sexual Motivation, Sociosexual Orientation, and Demographics

Study One Quantitative Items – Female Participants

Please answer the following questions openly and honestly. There are no right or wrong answers. Your opinion is important. Remember, all of your responses are completely anonymous and confidential.

For the purpose of this survey, please be aware of the following definitions:

- a. **Casual Sex:** Casual sex is defined as sexual activity that occurs between people who generally do not have an established relationship outside of their sexual encounters. The sexual encounter may occur just once, such as in a “one-night stand” or it may occur on a more frequent basis, such as with a “booty call”.
- b. **Dating:** Dating is defined as having an on-going relationship with a person that likely involves some sexual activity. While dating, the relationship may or may not be exclusive, but there is not a defined commitment between the partners. However, dating may lead to a committed relationship as the relationship develops.
- c. **Committed Relationship:** A committed relationship is defined as a relationship between partners in which an agreement has been reached for those partners to be committed to the relationship. This may be a formal commitment, like becoming engaged or married, or it may be more informal, such as a discussion between partners. While many partners in a committed relationship agree not to date or have sex with other people, committed relationships may or may not be exclusive.

Casual Sex

The following questions all refer to having casual sex with someone.

As a **reminder**, **casual sex** is defined as sexual activity that occurs between people who generally do not have an established relationship outside of their sexual encounters. The sexual encounter may occur just once, such as in a “one-night stand” or it may occur on a more frequent basis, such as with a “booty call”.

1. If you were having casual sex with a man, how important would it be for you to know if he was bisexual?

Not at all
important

Very
important

0	1	2	3	4	5	6
---	---	---	---	---	---	---

2. If you were having casual sex with a bisexual man, how much would you worry that he may become gay in the future?

I would not
worry

I would be
very worried

0	1	2	3	4	5	6
---	---	---	---	---	---	---

3. If you were having casual sex with a bisexual man, how jealous or suspicious would you be of his female friends?

Not at all
jealous

Very jealous

0	1	2	3	4	5	6
---	---	---	---	---	---	---

4. If you were having casual sex with a bisexual man, how jealous or suspicious would you be of his male friends?

Not at all
jealous

Very jealous

0	1	2	3	4	5	6
---	---	---	---	---	---	---

5. If you were having casual sex with a bisexual man who had never had a sexual or romantic experience with another man, how worried would you be that he might cheat on you with, or leave you for, another man?

I would not
worry

I would be
very worried

0	1	2	3	4	5	6
---	---	---	---	---	---	---

6. How much would the possibility of having a threesome with two men affect your decision to have casual sex with a bisexual man?

Not at all

Very much

0	1	2	3	4	5	6
---	---	---	---	---	---	---

7. If you were having casual sex with a bisexual man, how much would you **want** to have a threesome with him and another man?

Not at all

Very much

0	1	2	3	4	5	6
---	---	---	---	---	---	---

8. If you were having casual sex with a bisexual man, how much would you **expect** to have a threesome with him and another man?

Not at all

Very much

0	1	2	3	4	5	6
---	---	---	---	---	---	---

9. If you were having casual sex with a bisexual man, how important would it be to you to have a threesome with him and another man?

Not at all
importantVery
important

0	1	2	3	4	5	6
---	---	---	---	---	---	---

10. If you were having casual sex with a bisexual man, how much would you worry that he might want to have a threesome with you and another man?

I would not
worryI would be
very worried

0	1	2	3	4	5	6
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11. If you were having casual sex with a bisexual man who has had past sexual and romantic experiences with other men but never before with other women, would you feel pressure to show him that women can be even more satisfying sexual or romantic partners than men?

I would feel
no pressureI would feel
extremely
pressured

0	1	2	3	4	5	6
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12. If you were having casual sex with a bisexual man, how worried would you be that you could not fulfill all of his sexual needs?

I would not
worryI would be
very worried

0	1	2	3	4	5	6
---	---	---	---	---	---	---

13. How much do you agree with the following statement:

It is more desirable to have casual sex with a bisexual man than with a straight man.

Completely
disagree

Completely
Agree

0	1	2	3	4	5	6
---	---	---	---	---	---	---

Casual Sex General Questions

The following three questions refer to having casual sex with a man, regardless of his sexual orientation.

1. If you were having casual sex with a man, how monogamous would you expect him to be?

Not at all
monogamous

Always
monogamous

0	1	2	3	4	5	6
---	---	---	---	---	---	---

2. How attractive is it for a man to be seen as sexually adventurous if you want to have casual sex with him?

Not at all
attractive

Very
Attractive

0	1	2	3	4	5	6
---	---	---	---	---	---	---

3. How attractive is it for a man to be seen as promiscuous if you want to have casual sex with him?

Not at all
attractive

Very
Attractive

0	1	2	3	4	5	6
---	---	---	---	---	---	---

Dating

The following questions all referring to dating someone.

As a **reminder**, **dating** is defined as having an on-going relationship with a person that likely involves some sexual activity. While dating, the relationship may or may not be exclusive, but there is not a defined commitment between the partners. However, dating may lead to a committed relationship as the relationship develops.

1. If you were dating a man, how important would it be for you to know if he was bisexual?

Not at all important						Very important
0	1	2	3	4	5	6

2. If you were dating a bisexual man, how much would you worry that he may become gay in the future?

I would not worry						I would be very worried
0	1	2	3	4	5	6

3. If you were dating a bisexual man, how jealous or suspicious would you be of his female friends?

Not at all jealous						Very jealous
0	1	2	3	4	5	6

4. If you were dating a bisexual man, how jealous or suspicious would you be of his male friends?

Not at all jealous						Very jealous
0	1	2	3	4	5	6

5. If you were dating a bisexual man who had never had a sexual or romantic experience with another man, how worried would you be that he might cheat on you with, or leave you for, another man?

I would not worry						I would be very worried
0	1	2	3	4	5	6

6. How much would the possibility of having a threesome with two men affect your decision to date a bisexual man?

Not at all			Very much			
0	1	2	3	4	5	6

7. If you were dating a bisexual man, how much would you **want** to have a threesome with him and another man?

Not at all			Very much			
0	1	2	3	4	5	6

8. If you were dating a bisexual man, how much would you **expect** to have a threesome with him and another man?

Not at all			Very much			
0	1	2	3	4	5	6

9. If you were dating a bisexual man, how important would it be to you to have a threesome with him and another man?

Not at all important			Very important			
0	1	2	3	4	5	6

10. If you were dating a bisexual man, how much would you worry that he might want to have a threesome with you and another man?

I would not worry			I would be very worried			
0	1	2	3	4	5	6

11. If you were dating a bisexual man who has had past sexual and romantic experiences with other men but never before with other women, would you feel pressure to show him that women can be even more satisfying sexual or romantic partners than men?

I would feel no pressure			I would feel extremely pressured			
0	1	2	3	4	5	6

12. If you were dating a bisexual man, how worried would you be that you could not fulfill all of his sexual needs?

I would not worry							I would be very worried	
0	1	2	3	4	5	6		

13. How much do you agree with the following statement:

It is more desirable to date a bisexual man than with a straight man.

Completely disagree							Completely Agree	
0	1	2	3	4	5	6		

Dating Sex General Questions

The following three questions refer to dating a man, regardless of his sexual orientation.

1. If you were dating a man, how monogamous would you expect him to be?

Not at all monogamous							Always monogamous	
0	1	2	3	4	5	6		

2. How attractive is it for a man to be seen as sexually adventurous if you want to date him?

Not at all attractive							Very Attractive	
0	1	2	3	4	5	6		

3. How attractive is it for a man to be seen as promiscuous if you want to date him?

Not at all attractive							Very Attractive	
0	1	2	3	4	5	6		

Committed Relationship

The following questions all refer to being in a committed relationship with someone.

As a **reminder**, a **committed relationship** is defined as a relationship between partners in which an agreement has been reached for those partners to be committed to the relationship. This may be a formal commitment, like becoming engaged or married, or it may be more informal, such as a discussion between partners. While many partners in a committed relationship agree not to date or have sex with other people, committed relationships may or may not be exclusive.

1. If you were in a committed relationship with a man, how important would it be for you to know if he was bisexual?

Not at all important						Very important
0	1	2	3	4	5	6

2. If you were in a committed relationship with a bisexual man, how much would you worry that he may become gay in the future?

I would not worry						I would be very worried
0	1	2	3	4	5	6

3. If you were in a committed relationship with a bisexual man, how jealous or suspicious would you be of his female friends?

Not at all jealous						Very jealous
0	1	2	3	4	5	6

4. If you were in a committed relationship with a bisexual man, how jealous or suspicious would you be of his male friends?

Not at all jealous						Very jealous
0	1	2	3	4	5	6

5. If you were in a committed relationship with a bisexual man who had never had a sexual or romantic experience with another man, how worried would you be that he might cheat on you with, or leave you for, another man?

I would not
worry

I would be
very worried

0	1	2	3	4	5	6
---	---	---	---	---	---	---

6. How much would the possibility of having a threesome with two men affect your decision to be in a committed relationship with a bisexual man?

Not at all

Very much

0	1	2	3	4	5	6
---	---	---	---	---	---	---

7. If you were in a committed relationship with a bisexual man, how much would you **want** to have a threesome with him and another man?

Not at all

Very much

0	1	2	3	4	5	6
---	---	---	---	---	---	---

8. If you were in a committed relationship with a bisexual man, how much would you **expect** to have a threesome with him and another man?

Not at all

Very much

0	1	2	3	4	5	6
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9. If you were in a committed relationship with a bisexual man, how important would it be to you to have a threesome with him and another man?

Not at all
important

Very
important

0	1	2	3	4	5	6
---	---	---	---	---	---	---

10. If you were in a committed relationship with a bisexual man, how much would you worry that he might want to have a threesome with you and another man?

I would not
worry

I would be
very worried

0	1	2	3	4	5	6
---	---	---	---	---	---	---

11. If you were in a committed relationship with a bisexual man who has had past sexual and romantic experiences with other men but never before with other women, would you feel pressure to show him that women can be even more satisfying sexual or romantic partners than men?

I would feel
no pressure

I would feel
extremely
pressured

0	1	2	3	4	5	6
---	---	---	---	---	---	---

12. If you were in a committed relationship with a bisexual man, how worried would you be that you could not fulfill all of his sexual needs?

I would not
worry

I would be
very worried

0	1	2	3	4	5	6
---	---	---	---	---	---	---

13. How much do you agree with the following statement:

It is more desirable to be in a committed relationship with a bisexual man than with a straight man.

Completely
disagree

Completely
Agree

0	1	2	3	4	5	6
---	---	---	---	---	---	---

Committed Relationship General Questions

The following three questions refer to having a committed relationship with a man, regardless of his sexual orientation.

1. If you were in a committed relationship with a man, how monogamous would you expect him to be?

Not at all
monogamous

Always
monogamous

0	1	2	3	4	5	6
---	---	---	---	---	---	---

2. How attractive is it for a man to be seen as sexually adventurous if you want to have a committed relationship with him?

Not at all
attractive

Very
Attractive

0	1	2	3	4	5	6
---	---	---	---	---	---	---

3. How attractive is it for a man to be seen as promiscuous if you want to have a committed relationship with him?

Not at all attractive			Very Attractive			
0	1	2	3	4	5	6

General Questions

1. How much do you agree with the following statement:

Bisexual men are more promiscuous than straight men.

Completely disagree			Completely Agree			
0	1	2	3	4	5	6

2. How much do you agree with the following statement:

Bisexual men are more sexually adventurous than straight men.

Completely disagree			Completely Agree			
0	1	2	3	4	5	6

3. How much do you agree with the following statement:

Bisexual men are less likely to be monogamous than straight men.

Completely disagree			Completely Agree			
0	1	2	3	4	5	6

4. How sexually arousing do you find the idea or fantasy of having a threesome with two men?

Not at all arousing			Completely Arousing			
0	1	2	3	4	5	6

5. If given the opportunity to actually participate in a threesome with two men, how likely would you be to do it?

Not at all likely			Completely Likely			
0	1	2	3	4	5	6

6. Have you participated in a threesome with two men in the past? ☐ Yes ☐ No

7. If you indicated that you had participated in a threesome with two men in the past, how many times has this occurred? _____

Study One Quantitative Items – Male Participants

Please answer the following questions openly and honestly. There are no right or wrong answers. Your opinion is important. Remember, all of your responses are completely anonymous and confidential.

For the purpose of this survey, please be aware of the following definitions:

- d. **Casual Sex:** Casual sex is defined as sexual activity that occurs between people who generally do not have an established relationship outside of their sexual encounters. The sexual encounter may occur just once, such as in a “one-night stand” or it may occur on a more frequent basis, such as with a “booty call”.
- e. **Dating:** Dating is defined as having an on-going relationship with a person that likely involves some sexual activity. While dating, the relationship may or may not be exclusive, but there is not a defined commitment between the partners. However, dating may lead to a committed relationship as the relationship develops.
- f. **Committed Relationship:** A committed relationship is defined as a relationship between partners in which an agreement has been reached for those partners to be committed to the relationship. This may be a formal commitment, like becoming engaged or married, or it may be more informal, such as a discussion between partners. While many partners in a committed relationship agree not to date or have sex with other people, committed relationships may or may not be exclusive.

Casual Sex

The following questions all refer to having casual sex with someone.

As a **reminder**, **casual sex** is defined as sexual activity that occurs between people who generally do not have an established relationship outside of their sexual encounters. The sexual encounter may occur just once, such as in a “one-night stand” or it may occur on a more frequent basis, such as with a “booty call”.

1. If you were having casual sex with a woman, how important would it be for you to know if she was bisexual?

Not at all important						Very important
0	1	2	3	4	5	6

2. If you were having casual sex with a bisexual woman, how much would you worry that she may become a lesbian in the future?

I would not
worry

I would be
very worried

0	1	2	3	4	5	6
---	---	---	---	---	---	---

3. If you were having casual sex with a bisexual woman, how jealous or suspicious would you be of her male friends?

Not at all
jealous

Very jealous

0	1	2	3	4	5	6
---	---	---	---	---	---	---

4. If you were having casual sex with a bisexual woman, how jealous or suspicious would you be of her female friends?

Not at all
jealous

Very jealous

0	1	2	3	4	5	6
---	---	---	---	---	---	---

5. If you were having casual sex with a bisexual woman who never had a sexual or romantic experience with another woman, how worried would you be that she might cheat on you with, or leave you for, another woman?

I would not
worry

I would be
very worried

0	1	2	3	4	5	6
---	---	---	---	---	---	---

6. How much would the possibility of having a threesome with two women affect your decision to have casual sex with a bisexual woman?

Not at all

Very much

0	1	2	3	4	5	6
---	---	---	---	---	---	---

7. If you were having casual sex with a bisexual woman, how much would you **want** to have a threesome with her and another woman?

Not at all

Very much

0	1	2	3	4	5	6
---	---	---	---	---	---	---

8. If you were having casual sex with a bisexual woman, how much would you **expect** to have a threesome with her and another woman?

Not at all

Very much

0	1	2	3	4	5	6
---	---	---	---	---	---	---

9. If you were having casual sex with a bisexual woman, how important would it be to you to have a threesome with her and another woman?

Not at all
important

Very
important

0	1	2	3	4	5	6
---	---	---	---	---	---	---

10. If you were having casual sex with a bisexual woman who has had past sexual and romantic experiences with other women but never before with other men, would you feel pressure to show her that men can be even more satisfying sexual or romantic partners than women?

I would feel
no pressure

I would feel
extremely
pressured

0	1	2	3	4	5	6
---	---	---	---	---	---	---

11. If you were having casual sex with a bisexual woman, how worried would you be that you could not fulfill all of her sexual needs?

I would not
worry

I would be
very worried

0	1	2	3	4	5	6
---	---	---	---	---	---	---

12. How much do you agree with the following statement:

It is more desirable to have casual sex with a bisexual woman than with a straight woman.

Completely
disagree

Completely
Agree

0	1	2	3	4	5	6
---	---	---	---	---	---	---

Casual Sex General Questions

The following three questions refer to having casual sex with a woman, regardless of her sexual orientation.

1. If you were having casual sex with a woman, how monogamous would you expect her to be?

Not at all
monogamous

Always
monogamous

0	1	2	3	4	5	6
---	---	---	---	---	---	---

2. How attractive is it for a woman to be seen as sexually adventurous if you want to have casual sex with her?

Not at all attractive							Very Attractive	
0	1	2	3	4	5	6		

3. How attractive is it for a woman to be seen as promiscuous if you want to have casual sex with her?

Not at all attractive							Very Attractive	
0	1	2	3	4	5	6		

Dating

The following questions all referring to dating someone.

As a **reminder**, **dating** is defined as having an on-going relationship with a person that likely involves some sexual activity. While dating, the relationship may or may not be exclusive, but there is not a defined commitment between the partners. However, dating may lead to a committed relationship as the relationship develops.

1. If you were dating a woman, how important would it be for you to know if she was bisexual?

Not at all important							Very important	
0	1	2	3	4	5	6		

2. If you were dating a bisexual woman, how much would you worry that she may become a lesbian in the future?

I would not worry							I would be very worried	
0	1	2	3	4	5	6		

3. If you were dating a bisexual woman, how jealous or suspicious would you be of her male friends?

Not at all jealous							Very jealous	
0	1	2	3	4	5	6		

4. If you were dating a bisexual woman, how jealous or suspicious would you be of her female friends?

Not at all
jealous

Very jealous

0	1	2	3	4	5	6
---	---	---	---	---	---	---

5. If you were dating a bisexual woman who never had a sexual or romantic experience with another woman, how worried would you be that she might cheat on you with, or leave you for, another woman?

I would not
worry

I would be
very worried

0	1	2	3	4	5	6
---	---	---	---	---	---	---

6. How much would the possibility of having a threesome with two women affect your decision to date a bisexual woman?

Not at all

Very much

0	1	2	3	4	5	6
---	---	---	---	---	---	---

7. If you were dating a bisexual woman, how much would you **want** to have a threesome with her and another woman?

Not at all

Very much

0	1	2	3	4	5	6
---	---	---	---	---	---	---

8. If you were dating a bisexual woman, how much would you **expect** to have a threesome with her and another woman?

Not at all

Very much

0	1	2	3	4	5	6
---	---	---	---	---	---	---

9. If you were dating a bisexual woman, how important would it be to you to have a threesome with her and another woman?

Not at all
important

Very
important

0	1	2	3	4	5	6
---	---	---	---	---	---	---

10. If you were dating a bisexual woman who has had past sexual and romantic experiences with other women but never before with other men, would you feel pressure to show her that men can be even more satisfying sexual or romantic partners than women?

I would feel no pressure			I would feel extremely pressured			
0	1	2	3	4	5	6

11. If you were dating a bisexual woman, how worried would you be that she could not fulfill all of her sexual needs?

I would not worry			I would be very worried			
0	1	2	3	4	5	6

12. How much do you agree with the following statement:

It is more desirable to date a bisexual woman than with a straight woman.

Completely disagree			Completely Agree			
0	1	2	3	4	5	6

Dating Sex General Questions

The following three questions refer to dating a woman, regardless of her sexual orientation.

1. If you were dating a woman, how monogamous would you expect her to be?

Not at all monogamous			Always monogamous			
0	1	2	3	4	5	6

2. How attractive is it for a woman to be seen as sexually adventurous if you want to date her?

Not at all attractive			Very Attractive			
0	1	2	3	4	5	6

3. How attractive is it for a woman to be seen as promiscuous if you want to date her?

Not at all attractive						Very Attractive
0	1	2	3	4	5	6

Committed Relationship

The following questions all refer to being in a committed relationship with someone.

As a **reminder**, a **committed relationship** is defined as a relationship between partners in which an agreement has been reached for those partners to be committed to the relationship. This may be a formal commitment, like becoming engaged or married, or it may be more informal, such as a discussion between partners. While many partners in a committed relationship agree not to date or have sex with other people, committed relationships may or may not be exclusive.

1. If you were in a committed relationship with a woman, how important would it be for you to know if she was bisexual?

Not at all important						Very important
0	1	2	3	4	5	6

2. If you were in a committed relationship with a bisexual woman, how much would you worry that she may become a lesbian in the future?

I would not worry						I would be very worried
0	1	2	3	4	5	6

3. If you were in a committed relationship with a bisexual woman, how jealous or suspicious would you be of her male friends?

Not at all jealous						Very jealous
0	1	2	3	4	5	6

4. If you were in a committed relationship with a bisexual woman, how jealous or suspicious would you be of her female friends?

Not at all
jealous

Very jealous

0	1	2	3	4	5	6
---	---	---	---	---	---	---

5. If you were in a committed relationship with a bisexual woman who never had a sexual or romantic experience with another woman, how worried would you be that she might cheat on you with, or leave you for, another woman?

I would not
worry

I would be
very worried

0	1	2	3	4	5	6
---	---	---	---	---	---	---

6. How much would the possibility of having a threesome with two women affect your decision to be in a committed relationship with a bisexual woman?

Not at all

Very much

0	1	2	3	4	5	6
---	---	---	---	---	---	---

7. If you were in a committed relationship with a bisexual woman, how much would you **want** to have a threesome with her and another woman?

Not at all

Very much

0	1	2	3	4	5	6
---	---	---	---	---	---	---

8. If you were in a committed relationship with a bisexual woman, how much would you **expect** to have a threesome with her and another woman?

Not at all

Very much

0	1	2	3	4	5	6
---	---	---	---	---	---	---

9. If you were in a committed relationship with a bisexual woman, how important would it be to you to have a threesome with her and another woman?

Not at all
important

Very
important

0	1	2	3	4	5	6
---	---	---	---	---	---	---

10. If you were in a committed relationship with a bisexual woman who has had past sexual and romantic experiences with other women but never before with other men, would you feel pressure to show her that men can be even more satisfying sexual or romantic partners than women?

I would feel
no pressure

I would feel
extremely
pressured

0	1	2	3	4	5	6
---	---	---	---	---	---	---

11. If you were in a committed relationship with a bisexual woman, how worried would you be that you could not fulfill all of her sexual needs?

I would not
worry

I would be
very worried

0	1	2	3	4	5	6
---	---	---	---	---	---	---

12. How much do you agree with the following statement:

It is more desirable to be in a committed relationship with a bisexual woman than with a straight woman.

Completely
disagree

Completely
Agree

0	1	2	3	4	5	6
---	---	---	---	---	---	---

Committed Relationship General Questions

The following three questions refer to having a committed relationship with a woman, regardless of her sexual orientation.

1. If you were in a committed relationship with a woman, how monogamous would you expect her to be?

Not at all
monogamous

Always
monogamous

0	1	2	3	4	5	6
---	---	---	---	---	---	---

2. How attractive is it for a woman to be seen as sexually adventurous if you want to have a committed relationship with her?

Not at all
attractive

Very
Attractive

0	1	2	3	4	5	6
---	---	---	---	---	---	---

3. How attractive is it for a woman to be seen as promiscuous if you want to have a committed relationship with her?

Not at all attractive						Very Attractive
0	1	2	3	4	5	6

General Questions

1. How much do you agree with the following statement:

Bisexual women are more promiscuous than straight women.

Completely disagree						Completely Agree
0	1	2	3	4	5	6

2. How much do you agree with the following statement:

Bisexual women are more sexually adventurous than straight women.

Completely disagree						Completely Agree
0	1	2	3	4	5	6

3. How much do you agree with the following statement:

Bisexual women are less likely to be monogamous than straight women.

Completely disagree						Completely Agree
0	1	2	3	4	5	6

4. How sexually arousing do you find the idea or fantasy of having a threesome with two women?

Not at all arousing						Completely Arousing
0	1	2	3	4	5	6

5. If given the opportunity to actually participate in a threesome with two women, how likely would you be to do it?

Not at all likely						Completely Likely
0	1	2	3	4	5	6

6. Have you participated in a threesome with two women in the past? ☐ Yes ☐ No

7. If you indicated that you had participated in a threesome with two women in the past, how many times has this occurred? _____

Brief Sexual Attitudes Scale (Hendrick, Hendrick, & Reich, 2006)

Listed below are several statements that reflect different attitudes about sex. For each statement fill in the response on the answer sheet that indicates how much you agree or disagree with that statement. Some of the items refer to a specific sexual relationship, while others refer to general attitudes and beliefs about sex. Whenever possible, answer the questions with your current partner in mind. If you are not currently dating anyone, answer the questions with your most recent partner in mind. If you have never had a sexual relationship, answer in terms of what you think your responses would most likely be.

For each statement:

A = Strongly agree with statement

B = Moderately agree with the statement

C = Neutral - neither agree nor disagree

D = Moderately disagree with the statement

E = Strongly disagree with the statement

Permissiveness

1. I do not need to be committed to a person to have sex with him/her.
2. Casual sex is acceptable.
3. I would like to have sex with many partners.
4. One-night stands are sometimes very enjoyable.
5. It is okay to have ongoing sexual relationships with more than one person at a time.
6. Sex as a simple exchange of favors is okay if both people agree to it.
7. The best sex is with no strings attached.
8. Life would have fewer problems if people could have sex more freely.
9. It is possible to enjoy sex with a person and not like that person very much.
10. It is okay for sex to be just good physical release.

Birth Control

11. Birth control is part of responsible sexuality.
12. A woman should share responsibility for birth control.
13. A man should share responsibility for birth control.

Communion

14. Sex is the closest form of communication between two people.
15. A sexual encounter between two people deeply in love is the ultimate human interaction.
16. At its best, sex seems to be the merging of two souls.
17. Sex is a very important part of life.
18. Sex is usually an intensive, almost overwhelming experience.

Instrumentality

- 19. Sex is best when you let yourself go and focus on your own pleasure.
- 20. Sex is primarily the taking of pleasure from another person.
- 21. The main purpose of sex is to enjoy oneself.
- 22. Sex is primarily physical.
- 23. Sex is primarily a bodily function, like eating.

Attitudes Regarding Bisexuality Scale - Male Form (Mohr & Rochlen, 1999)

Please read each of the following statements and rate them according to how accurately they describe your attitudes and beliefs. Please respond honestly and answer every question according to the rating scale below.

1-----2-----3-----4-----5

**Strongly
Disagree**

**Strongly
Agree**

- ___ 1. Most men who claim to be bisexual are in denial about their true sexual orientation.
- ___ 2. Male bisexuality is harmful to society because it breaks down the natural divisions between the sexes.
- ___ 3. Gay men are less confused about their sexuality than bisexual men.
- ___ 4. Bisexuality in men is immoral.
- ___ 5. Just like homosexuality and heterosexuality, bisexuality is a stable sexual orientation for men.
- ___ 6. Bisexual men are sick.
- ___ 7. Most men who identify as bisexual have *not* yet discovered their true sexual orientation.
- ___ 8. Male bisexuality is *not* a perversion.
- ___ 9. Most men who call themselves bisexual are temporarily experimenting with their sexuality.
- ___ 10. As far as I'm concerned, male bisexuality is unnatural.
- ___ 11. Male bisexuals are afraid to commit to one lifestyle.
- ___ 12. The growing acceptance of male bisexuality indicates a decline in American values.

Attitudes Regarding Bisexuality Scale - Female Form (Mohr & Rochlen, 1999)

Please read each of the following statements and rate them according to how accurately they describe your attitudes and beliefs. Please respond honestly and answer every question according to the rating scale below.

1-----2-----3-----4-----5
Strongly **Strongly**
Disagree **Agree**

- ___ 1. Most women who identify as bisexual have *not* yet discovered their true sexual orientation. .
- ___ 2. Female bisexuality is *not* a perversion.
- ___ 3. Most women who call themselves bisexual are temporarily experimenting with their sexuality.
- ___ 4. As far as I'm concerned, female bisexuality is unnatural.
- ___ 5. Female bisexuals are afraid to commit to one lifestyle.
- ___ 6. The growing acceptance of female bisexuality indicates a decline in American values.
- ___ 7. Most women who claim to be bisexual are in denial about their true sexual orientation.
- ___ 8. Female bisexuality is harmful to society because it breaks down the natural divisions between the sexes.
- ___ 9. Lesbians are less confused about their sexuality than bisexual women.
- ___ 10. Bisexuality in women is immoral.
- ___ 11. Just like homosexuality and heterosexuality, bisexuality is a stable sexual orientation for women.
- ___ 12. Bisexual women are sick.

Biphobia Scale (Mulick & Wright, 2002)

All items rated on a 6 point Likert Scale from 0 (Strongly Agree) to 5 (Strongly Disagree)

1. I do not like bisexual individuals.
2. I think bisexuality is wrong.
3. I would like to have a bisexual person as a neighbor.
4. I would be friends with a person who is bisexual.
5. I am comfortable around bisexual individuals.
6. I discriminate against bisexual people.
7. I would hit a bisexual person for coming on to me.
8. Bisexual individuals spread AIDS to the heterosexual population.
9. Bisexual people make me nervous.
10. Bisexual individuals deserve to get discriminated against.
11. Bisexuality is acceptable to me.
12. I do not think that bisexual people should work with children.
13. I make derogatory remarks about bisexual people.
14. Bisexual people should not get married.
15. Bisexual individuals are not capable of monogamous relationships.
16. I would be comfortable having a bisexual roommate.
17. I tease and joke about bisexual people.
18. You cannot trust a person who is bisexual.
19. I would get angry if a bisexual person made sexual advances towards me.
20. I think I could work with a bisexual person.
21. I get anxious when I have to interact with bisexual people.
22. I avoid bisexual people.
23. When I meet a bisexual person I think, "What a waste."
24. I have rocky relationships with people I suspect are bisexual.
25. Bisexual people want to have sex with everybody.
26. Bisexual people are not capable of controlling their sexual impulses.
27. I feel uneasy around bisexual people.
28. I would not go to a public place where I knew there would be bisexual individuals.
29. It does not matter to me if my friends are bisexual.
30. I would not want to talk to someone I knew was bisexual.

Sociosexual Orientation Inventory (Simpson & Gangestad, 1991)

Please answer all of the following questions honestly. For the questions dealing with behavior, *write* your answers in the blank spaces provided. For the questions dealing with thoughts and attitudes, *circle* the appropriate number on the scales provided.

1. With how many different partners have you had sex (sexual intercourse) within the past year?

2. How many different partners do you foresee yourself having sex with during the next five years? (Please give a *specific, realistic* estimate). _____

3. With how many different partners have you had sex on *one and only one* occasion? _____

4. How often do you fantasize about having sex with someone other than your current dating partner? (Circle one).

1. never
2. once every two or three months
3. once a month
4. once every two weeks
5. once a week
6. a few times each week
7. nearly every day
8. at least once a day

5. Sex without love is OK.

1	2	3	4	5	6	7	8	9
I strongly disagree							I strongly agree	

6. I can imagine myself being comfortable and enjoying “casual” sex with different partners.

1	2	3	4	5	6	7	8	9
I strongly disagree							I strongly agree	

7. I would have to be closely attached to someone (both emotionally and psychologically) before I could feel comfortable and fully enjoy having sex with him or her.

1	2	3	4	5	6	7	8	9
I strongly disagree							I strongly agree	

Study One Demographics

1. Please enter your age (in years): _____
2. Please indicate the highest level of education that you have received:
 - i. Some High school
 - ii. High school diploma
 - iii. Some college or university
 - iv. Technical diploma
 - v. College diploma or certificate
 - vi. Undergraduate university degree (e.g., B.A., B.Sc.)
 - vii. Master's degree (e.g., M.A., M.Sc.)
 - viii. Professional degree (e.g., medicine, law)
 - ix. Doctorate (e.g., PhD)
 - x. Other (Specify): _____
3. Please indicate your sexual orientation: _____
4. Which of the following best describes your current relationship situation?
 - i. Not dating or seeing anyone
 - ii. Casually dating or seeing more than one person
 - iii. Dating or seeing one person regularly
 - iv. Living with partner (e.g. common-law)
 - v. Married and living with partner
 - vi. Other: _____

If participant answered item i on question 4, please skip to question 8.

If participant answered item ii-vi on question 4, please continue to question 5.

5. Please indicate the length of your current relationship: _____ Years _____ Months
6. Please indicate the gender of your current romantic partner: _____
7. Please indicate the sexual orientation of your current romantic partner: _____
8. Have you ever had casual sex? ☐ Yes ☐ No

As a reminder, casual sex is defined as sexual activity that occurs between people who generally do not have an established relationship outside of their sexual encounters. The sexual encounter may occur just once, such as in a “one-night stand” or it may occur on a more frequent basis, such as with a “booty call”.

9. Have you ever had casual sex with a bisexual man(woman)? ☐ Yes ☐ No

10. Have you ever been in a dating relationship? ☐ Yes ☐ No

As a reminder, dating is defined as having an on-going relationship with a person that likely involves some sexual activity. While dating, the relationship may or may not be exclusive, but there is not a defined commitment between the partners. However, dating may lead to a committed relationship as the relationship develops.

11. Have you ever been in a dating relationship with a bisexual man(woman)? ☐ Yes ☐ No

12. Have you ever been in a committed relationship? ☐ Yes ☐ No

As a reminder, a committed relationship is defined as a relationship between partners in which an agreement has been reached for those partners to be committed to the relationship. This may be a formal commitment, like becoming engaged or married, or it may be more informal, such as a discussion between partners. While many partners in a committed relationship agree not to date or have sex with other people, committed relationships may or may not be exclusive.

13. Have you ever been in a committed relationship with a bisexual man(woman)? ☐ Yes ☐ No

14. How many male(female) sexual partners have you had? _____

15. How many female(male) sexual partners have you had? _____

16. In which country do you currently reside? _____

17. With which ethnic group do you self-identify?

- i. African (examples: African American, Black African, Black Canadian, or Latin American of African descent)
- ii. East Asian (examples: Chinese, Fijian, Japanese, Korean, Polynesian, West Indian or Latin American of East Asian descent)
- iii. South Asian (examples: Bangladeshi, East Indian, Pakistani, Sri Lankan, Indian or Latin American of South Asian descent)
- iv. European (examples: Caucasian of European descent, Caucasian of Israeli descent, Caucasian of Scandinavian descent)
- v. South East Asian (examples: Burmese, Cambodian, Filipino, Indonesian, Laotian, Malay, Thai, Vietnamese, West Indian or Latin American of South East Asian descent)
- vi. West Asian/Arab (examples: Arab, Armenian, Egyptian, Iranian, Lebanese, Palestinian, Syrian, Turk, West Indian, or Latin American of West Asian or Arab descent)
- vii. Other (Please indicate:_____)

YSEX? (Meston & Buss, 2007)

People have sex for many different reasons. Below is a list of some of these reasons. Please indicate how frequently each of the following reasons led you to have sex with a woman(man) in the past. For example, if about half of the time you engaged in sex you did so because you were bored, then you would circle “3” beside question 4.

If you have not had sex with a woman(man) in the past, use the following scale to indicate what the likelihood that each of the following reasons would lead you to have sex.

Please answer for both casual sex and sex with a committed partner.

I have had sex with a woman(man) in the past because...

1	2	3	4	5
None of my sexual experiences	A few of my sexual experiences	Some of my sexual experiences	Many of my sexual experiences	All of my sexual experiences

1. I was frustrated and needed relief.
2. I wanted to release anxiety/stress.
3. I wanted to release tension.
4. I was bored.
5. It seemed like good exercise.
6. I thought it would relax me.
7. I'm addicted to sex.
8. It would allow me to “get sex out of my system” so that I could focus on other things.
9. I am a sex addict.
10. I thought it would make me feel healthy.
11. I hadn't had sex for a while.
12. I wanted to satisfy a compulsion.
13. It feels good.
14. I wanted to experience the physical pleasure.
15. I was “horny.”
16. It's fun.
17. I wanted the pure pleasure.
18. I wanted to achieve an orgasm.
19. It's exciting, adventurous.
20. I was “in the heat of the moment.”
21. The person had an attractive face.
22. The person had a desirable body.

23. The person had beautiful eyes.
24. The person smelled nice.
25. The person's physical appearance turned me on.
26. I saw the person naked and could not resist.
27. The person was a good dancer.
28. The person was too physically attractive to resist.
29. The person wore revealing clothes.
30. The person was too "hot" (sexy) to resist.
31. I was curious about sex.
32. I was curious about my sexual abilities.
33. I wanted the experience.
34. I wanted to experiment with new experiences.
35. I wanted to see what all the fuss is about.
36. I wanted to see what it would be like to have sex with another person.
37. I wanted the adventure/excitement.
38. I wanted to improve my sexual skills.
39. I was curious about what the person was like in bed.
40. I wanted to lose my inhibitions.
41. I wanted to get the most out of life.
42. I wanted to try out new sexual techniques or positions.
43. The opportunity presented itself.
44. I wanted to act out a fantasy.
45. I wanted to see whether sex with a different partner would feel different or better.
46. I wanted to get a raise.
47. I wanted to punish myself.
48. I wanted to get a job.
49. I wanted to hurt/humiliate the person.
50. I wanted to get a promotion.
51. I wanted to give someone else a sexually transmitted disease (e.g., herpes, AIDS).
52. Someone offered me money to do it.
53. I wanted to feel closer to God.
54. I wanted to make money.
55. I wanted to have a child.
56. I wanted to reproduce.
57. It was an initiation rite to a club or organization.
58. The person offered me drugs for doing it.
59. I wanted to end the relationship.
60. I wanted to be used or degraded.
61. I wanted to be popular.
62. I wanted to enhance my reputation.

63. I wanted to have more sex than my friends.
64. I was competing with someone else to “get the person.”
65. It would damage my reputation if I said “no.”
66. The person was famous and I wanted to be able to say I had sex with him/her.
67. I thought it would boost my social status.
68. My friends pressured me into it.
69. It was a favor to someone.
70. Someone dared me.
71. I wanted to impress friends.
72. I wanted to get back at my partner for having cheated on me.
73. I was mad at my partner so I had sex with someone else.
74. I wanted to get even with someone.
75. I wanted to even the score with a cheating partner.
76. I wanted to make someone else jealous.
77. I wanted to break up rival’s relationship by having sex with his/her partner.
78. I was on the “rebound” from another relationship.
79. I wanted to breakup another's relationship.
80. I wanted to hurt an enemy.
81. I wanted to get out of doing something.
82. I wanted to burn calories.
83. I wanted to keep warm.
84. The person had taken me out for an expensive dinner.
85. I wanted to get rid of a headache.
86. I wanted to change the topic of conversation.
87. I thought it would help me to fall asleep.
88. I wanted to become more focused on work – sexual thoughts are distracting.
89. I wanted to get a favor from someone.
90. I wanted to defy my parents.
91. I wanted to feel connected to the person.
92. I wanted to increase the emotional bond by having sex.
93. I wanted to communicate at a “deeper” level.
94. I wanted to express my love for the person.
95. I wanted to show my affection to the person.
96. I wanted to intensify my relationship.
97. I desired emotional closeness (i.e., intimacy).
98. I wanted to become one with another person.
99. It seemed like the natural next step in my relationship.
100. I realized I was in love.
101. I wanted to get a partner to express love.
102. I wanted the person to feel good about himself/herself.

103. I wanted to welcome someone home.
104. I wanted to say "I'm sorry."
105. I wanted to say "thank you."
106. I wanted to say "goodbye."
107. I wanted to celebrate a birthday or anniversary or special occasion.
108. I wanted to say "I've missed you."
109. I wanted to lift my partner's spirits.
110. I wanted to feel powerful.
111. I wanted to make myself feel better about myself.
112. I wanted to boost my self-esteem.
113. I wanted to feel attractive.
114. I wanted my partner to notice me.
115. I wanted the attention.
116. I wanted to "gain control" of the person.
117. I wanted to manipulate him/her into doing something for me.
118. I felt insecure.
119. I didn't know how to say "no."
120. I was pressured into doing it.
121. I felt obligated to.
122. I was verbally coerced into it.
123. I felt like it was my duty.
124. I wanted him/her to stop bugging me about sex.
125. My partner kept insisting.
126. I felt like I owed it to the person.
127. I was physically forced to.
128. It was expected of me.
129. I felt guilty.
130. I didn't want to disappoint the person.
131. I wanted to be nice.
132. I wanted to keep my partner from straying.
133. I wanted to get my partner to stay with me.
134. I wanted to decrease my partner's desire to have sex with someone else.
135. I wanted to prevent a breakup.
136. I was afraid my partner would have an affair if I didn't have sex with him/her.
137. I wanted to ensure the relationship was "committed."
138. I didn't want to "lose" the person.
139. I wanted the person to love me.
140. I thought it would help "trap" a new partner.

The Revised Sociosexual Orientation Inventory (SOI-R; Penke & Asendorpf, 2008)

Please respond honestly to the following questions:

1. With how many different partners have you had sex within the past 12 months?

☐	☐	☐	☐	☐	☐	☐	☐	☐
0	1	2	3	4	5-6	7-9	10-19	20 or more

2. With how many different partners have you had sex on *one and only one* occasion?

☐	☐	☐	☐	☐	☐	☐	☐	☐
0	1	2	3	4	5-6	7-9	10-19	20 or more

3. With how many different partners have you had sex without having an interest in a long-term committed relationship with this person?

☐	☐	☐	☐	☐	☐	☐	☐	☐
0	1	2	3	4	5-6	7-9	10-19	20 or more

4. Sex without love is OK.

☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9

Strongly disagree

Strongly agree

5. I can imagine myself being comfortable and enjoying “casual” sex with different partners.

☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9

Strongly disagree

Strongly agree

6. I do *not* want to have sex with a person until I am sure that we will have a long-term, serious relationship.

☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9

Strongly disagree

Strongly agree

7. How often do you have fantasies about having sex with someone with whom you do *not* have a committed romantic relationship?

- ☐ 1 – never
- ☐ 2 – very seldom
- ☐ 3 – about once every two or three months
- ☐ 4 – about once a month
- ☐ 5 – about once every two weeks
- ☐ 6 – about once a week
- ☐ 7 – several times per week
- ☐ 8 – nearly every day
- ☐ 9 – at least once a day

8. How often do you experience sexual arousal when you are in contact with someone with whom you do *not* have a committed romantic relationship?

- ☐ 1 – never
- ☐ 2 – very seldom
- ☐ 3 – about once every two or three months
- ☐ 4 – about once a month
- ☐ 5 – about once every two weeks
- ☐ 6 – about once a week
- ☐ 7 – several times per week
- ☐ 8 – nearly every day
- ☐ 9 – at least once a day

9. In everyday life, how often do you have spontaneous fantasies about having sex with someone you have just met?

- ☐ 1 – never
- ☐ 2 – very seldom
- ☐ 3 – about once every two or three months
- ☐ 4 – about once a month
- ☐ 5 – about once every two weeks
- ☐ 6 – about once a week
- ☐ 7 – several times per week
- ☐ 8 – nearly every day
- ☐ 9 – at least once a day

Women's Motivations for Having Sex

Demographics

To assist in understanding the results of this survey, we would like to ask you for some basic information.

Please enter your age in years ____

In which country do you reside? _____

With which ethnic group to you identify?

- ☐ Black, African Canadian, African American
- ☐ Middle Eastern, Arabic
- ☐ South Asian (i.e., India, Pakistan)
- ☐ East Asian (i.e., China, Japan)
- ☐ Southeast Asian (i.e., Thailand, Philippines, Malaysia)
- ☐ Hispanic
- ☐ White, Caucasian
- ☐ Native
- ☐ other (please specify)

What is the highest level of education you have completed?

- ☐ Some high school
- ☐ High school
- ☐ Some post secondary
- ☐ Completed college or technical school
- ☐ Completed bachelor's degree
- ☐ Completed graduate degree
- ☐ Other (please specify)

How sexually attracted are you to men?

Not at all									Extremely
0	1	2	3	4	5	6	7	8	9

How sexually attracted are you to women?

Not at all									Extremely
0	1	2	3	4	5	6	7	8	9

Where do you rate yourself on the following scale?

- ☐ 0. Exclusively heterosexual
- ☐ 1. Predominantly heterosexual, only incidentally homosexual
- ☐ 2. Predominantly heterosexual, but more than incidentally homosexual
- ☐ 3. Equally heterosexual and homosexual
- ☐ 4. Predominantly homosexual, but more than incidentally heterosexual
- ☐ 5. Predominantly homosexual, only incidentally heterosexual
- ☐ 6. Exclusively homosexual

What is your current relationship status?

- ☐ Not dating or seeing anyone
- ☐ Casually dating or seeing MORE THAN ONE person
- ☐ Casually dating or seeing ONE person only
- ☐ Serious relationship with ONE partner only
- ☐ Living with partner (e.g., common-law)
- ☐ Engaged or married and living with partner
- ☐ Other (please specify)

If you indicated that you are in a relationship, please indicate how long you have been with your current partner:

_____ Years _____ Months

If you indicated that you are in a relationship, please indicate the gender of your current partner: _____**If you indicated that you are in a relationship, please indicate the sexual orientation of your current partner: _____****Have you had sex?**

- ☐ No
- ☐ Yes

How many female partners have you had casual sex with? _____

How many male partners have you had casual sex with? _____

How many committed sexual relationships have you had with a female partner? _____

How many committed sexual relationships have you had with a male partner? _____

Is religion important to you?

- ☐ Yes
- ☐ No

If yes, which religion do you practice?

- ☐ Catholic
- ☐ Jewish
- ☐ Protestant
- ☐ Muslim
- ☐ Hindu
- ☐ Other (please specify)

How often do you attend religious activities?

- ☐ Once a week
- ☐ Once a month
- ☐ Once a year
- ☐ Never