

20. a. Sometimes I care more about my boyfriend's feelings than my own.*
 b. It is important to me that I am as satisfied with a relationship as my partner is.
21. a. Most women need a man in their lives.*
 b. I believe some women lead happy lives without male partners.
22. a. When a man I'm with gets really sexually excited, it's no use trying to stop him from getting what he wants.*
 b. Men should be able to control their sexual excitement.
23. a. I like to have a man "wrapped around my finger."*
 b. I like relationships in which both partners are equal.
24. a. I try to avoid jealousy in a relationship.
 b. Sometimes women need to make men feel jealous so they will be more appreciative.*
25. a. I sometimes promise to have sex with a man to make sure he stays interested in me.*
 b. I usually state my sexual intentions honestly and openly.
26. a. I like to feel tipsy so I have an excuse to do anything with a man.*
 b. I don't like getting too drunk around a man I don't know very well.

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*Indicates the hyperfeminine choice.



Global Sexual Functioning: A Single Summary Score for Nowinski and LoPiccolo's Sexual History Form (SHF)

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The Sexual History Form (SHF; Nowinski & LoPiccolo, 1979; Schover & Jensen, 1988) is a widely used multiple-choice questionnaire evaluating the frequency of sexual activity; sexual function relating to desire, arousal, orgasm,

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and pain; and overall sexual satisfaction for men and women. Originally developed for clinical use and to provide standardized data for diagnosis and research (Schover, Friedman, Weiler, Heiman, & LoPiccolo, 1982), the SHF has been widely used in sex therapy clinics, in clinical studies of sex therapy outcome (Fichten, Libman, Takefman, & Brender, 1988; Schover & LoPiccolo, 1982; Trudel, Ravart, & Matte, 1993), and in longitudinal assessments of the impact of chronic illness on sexuality (Schover, Fife,

& Gershenson, 1989; Schover, Novick, Steinmuller, & Goormastic, 1990; Schover et al., 1995).

In its present format, the SHF provides a very detailed self-report assessment of sexual behavior and function. It has been used in an item-by-item fashion to describe sexual problems in a particular population or to compare sexual function before and after a medical intervention. A limitation of the SHF for research has been the lack of a reliable and valid global score that could measure differences in overall sexual function between groups or across time.

To enhance the utility of the SHF, we developed a new scoring system that generates a single summary score: global sexual functioning (Creti, Fichten, Libman, Amsel, & Brender, 1988; Creti, Fichten, Libman, Kalogeropoulos, & Brender, 1987). The global sexual functioning score is easy to calculate, and concisely and accurately reflects overall level of sexual functioning. The single score also permits results from different investigations to be more readily compared.

Description

The SHF is a self-report sexual history measure. The original version consisted of 28 items; the latest version has 46. The format of the measure is multiple choice; items have variable numbers of response options and different response scales (e.g., Item 1 has nine options, with 1 = *more than once a day* and 9 = *not at all*; Item 18 has six options, with 1 = *never* and 6 = *nearly always [over 90% of the time]*). Response options are numbered from 1 to 4, 1 to 5, 1 to 6, or 1 to 9 and have a verbal descriptor corresponding to each number. The measure is typically scored on an item-by-item basis, resulting in 46 variables. Normative data for most items are presented in Schover and Jensen (1988); these are based on 92 couples in stable relationships who responded to an advertisement in New York in 1980. The mean age of the sample was in the early 30s, and they were predominantly Caucasian and middle class. Comparative item data from other samples can be found in Libman, Fichten, Creti, Amsel, and Brender (1986), LoPiccolo (1981), Nowinski and LoPiccolo (1979), and Weinstein et al. (1989).

Response Mode and Timing

Respondents circle the number that corresponds to the single most appropriate response for each question. The measure requires approximately 15 minutes to complete.

Scoring

The global sexual functioning score is calculated using 12 of the original 28 items (items have been renumbered in the current 46-item version). Because certain items are relevant only for males, whereas others are relevant only for females, the items used to calculate the male and female global sexual functioning score are somewhat different. The 12 items were selected as representative of various domains of sexual functioning: frequency of sexual activities, sexual desire, arousal, orgasmic, and erectile abilities.

To arrive at the single summary score, SHF items are grouped into a 12-item scale; this reflects either male or female global sexual functioning. The single summary score is derived by (a) converting the scores on each of the 12 items to a proportion of the maximum possible value, for example, if on Item 1, where response options are numbered 1 to 9, the respondent answers "(4) twice a week," this is converted to $4/9 = .44$; (b) summing the 12 proportions; and (c) calculating the mean by dividing the total by the number of items which the respondent is deemed to have answered (usually 12). The resulting mean value, which is the global sexual functioning score, will be greater than 0 and less than 1. The calculation can be easily carried out using a calculator.

Specified in Table 1 are the items included in the calculation of the global sexual functioning score. For items with an asterisk, responses equaling 6 are considered missing because this response option is *have never tried*; in this case, the summed proportions are divided not by 12 but by the number of items that are deemed to have been answered (i.e., not missing). The scoring system is summarized in Table 1. Lower scores indicate better functioning.

Table 1 Calculating the Global Sexual Functioning Score

Male		Female	
Item no.	Divide by	Item no.	Divide by
1	9	1	9
2	9	2	9
6	9	6	9
7	9	7	9
10	6	16	5
16	5	23*	5
18	6	24*	5
19	6	25*	5
22	6	26*	5
23*	5	27*	5
24*	5	29	6
25*	5	37*	5

Note. Score as follows: (a) convert scores to proportions, (b) sum proportions, and (c) divide by number of items. Although all items included in the global sexual functioning score are present in the original 28-item version, items have been renumbered in the current 46-item version.

*Responses equaling 6 are considered missing.

Reliability

The global sexual functioning scores have excellent temporal stability. For example, in a sample of 27 older married women (mean age = 59), 2-week test-retest reliability was .92 (Creti et al., 1988). Temporal stability of the male global sexual functioning score, based on a sample of older married men described by Libman et al. (1989) ($n = 45$, mean age = 65), was .98.

Evaluation of internal consistency also shows acceptable psychometric properties for the global sexual functioning scores. For example, Cronbach's alpha for the male global sexual functioning was .65. Good internal consistency is

reported for the female global sexual functioning score; item-total correlation coefficients presented by Creti et al. (1988) show r values ranging from .18 to .85, with the majority of values between .50 and .70.

Validity

Male global sexual functioning. Data indicate that, first, the global sexual functioning score can differentiate sexually well-functioning from poorly functioning men, and it is responsive to changes with therapy: Creti et al. (1987) reported that men with diagnosed sexual dysfunction had significantly ($p < .05$) worse scores ($M = .66$, $SD = .14$) than well-functioning men ($M = .37$, $SD = .08$), and Kalogeropoulos (1991) found scores to significantly improve in a sample of 53 males who had undergone vasoactive intracavernous pharmacotherapy for erectile dysfunction. Second, the global sexual functioning score is significantly related to other sexual functioning measures: Creti et al. (1987) found that men with higher sexual self-efficacy scored significantly better ($M = .48$, $SD = .07$) than men with lower sexual self-efficacy ($M = .59$, $SD = .10$), and global sexual functioning scores were found to be logically and significantly related to scores on measures of sexual satisfaction, sexual repertoire, sexual self-efficacy and sexual drive (Creti et al., 1987; Creti & Libman, 1989). Third, the global sexual functioning score is sensitive to age differences in sexual functioning: Libman et al. (1989) and Libman et al. (1991) showed that older married men (age 65+) had significantly worse scores ($M = .50$) than middle-aged married men (age = 50-64, $M = .46$), and Creti et al. (1987) and Creti and Libman (1989) found the score to be logically and significantly correlated with age. In addition, Libman et al. (1989) and Libman et al. (1991) showed that there is a small but significant deterioration in middle-aged and older men who have undergone surgery for benign prostatic enlargement (change from presurgery $M = .43$, $SD = .08$, to postsurgery $M = .48$, $SD = .11$).

Female global sexual functioning. Data reported by Creti et al. (1988) indicate that (a) women with diagnosed sexual dysfunction had worse scores ($M = .68$, $SD = .17$) than women who were functioning well ($M = .49$, $SD = .14$); (b) female global sexual functioning scores were logically and significantly correlated with sexual harmony, sexual satisfaction, diversity of sexual repertoire, and sexual drive; and (c) younger women (age 21-46) had better scores ($M = .46$, $SD = .03$) than older women (age greater than 64) ($M = .62$, $SD = .16$). Global sexual functioning scores were also found to be related to the females' sexual efficacy expectations for her male partner (Creti & Libman, 1989).

Other Information

The 28-item version of the SHF is also available in French (*Formulaire d'Histoire Sexuelle*).

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Exhibit

Sexual History Form

Please circle the most appropriate response to each question.

1. How frequently do you and your mate have sexual intercourse or activity?
 - 1) More than once a day
 - 2) Once a day
 - 3) 3 or 4 times a week
 - 4) Twice a week
 - 5) Once a week
 - 6) Once every 2 weeks
 - 7) Once a month
 - 8) Less than once a month
 - 9) Not at all
2. How frequently would you like to have sexual intercourse or activity?
 - 1) More than once a day
 - 2) Once a day
 - 3) 3 or 4 times a week
 - 4) Twice a week
 - 5) Once a week
 - 6) Once every 2 weeks
 - 7) Once a month
 - 8) Less than once a month
 - 9) Not at all
3. Who usually initiates sexual intercourse or activity?
 - 1) I always do
 - 2) I usually do
 - 3) My mate and I initiate about equally often
 - 4) My mate usually does
 - 5) My mate always does
4. Who would you ideally like to initiate sexual intercourse or activity?
 - 1) Myself, always
 - 2) Myself, usually
 - 3) My mate and I equally often
 - 4) My mate, usually
 - 5) My mate always
5. When your mate makes sexual advances, how do you usually respond?
 - 1) I usually accept with pleasure
 - 2) Accept reluctantly
 - 3) Often refuse
 - 4) Usually refuse
6. How often do you experience sexual *desire* (this may include wanting to have sex, planning to have sex, feeling frustrated due to lack of sex, etc.)?
 - 1) More than once a day
 - 2) Once a day
 - 3) 3 or 4 times a week
 - 4) Twice a week
 - 5) Once a week
 - 6) Once every 2 weeks
 - 7) Once a month
 - 8) Less than once a month
 - 9) Not at all
7. How often do you masturbate (bring yourself to orgasm in private)?
 - 1) More than once a day
 - 2) Once a day
 - 3) 3 or 4 times a week
 - 4) Twice a week
 - 5) Once a week
 - 6) Once every 2 weeks
 - 7) Once a month
 - 8) Less than once a month
 - 9) Not at all
8. For how long do you and your mate usually engage in sexual foreplay (kissing, petting, etc.) before having intercourse?
 - 1) Less than 1 minute
 - 2) 1 to 3 minutes
 - 3) 4 to 6 minutes
 - 4) 7 to 10 minutes
 - 5) 11 to 15 minutes
 - 6) 16 to 30 minutes
 - 7) 30 minutes to one hour
9. How long does intercourse usually last, from entry of the penis to the male's orgasm/climax?
 - 1) Less than 1 minute
 - 2) 1 to 2 minutes
 - 3) 2 to 4 minutes
 - 4) 4 to 7 minutes
 - 5) 7 to 10 minutes
 - 6) 11 to 15 minutes
 - 7) 15 to 20 minutes
 - 9) More than 30 minutes
10. Does the male ever reach orgasm while he is trying to enter the vagina with his penis?
 - 1) Never
 - 2) Rarely (less than 10% of the time)
 - 3) Seldom (less than 25% of the time)
 - 4) Sometimes (50% of the time)
 - 5) Usually (75% of the time)
 - 6) Nearly always (over 90% of the time)
11. Do you feel that premature ejaculation (rapid climax) is a problem in your sexual relationship?
 - 1) Yes
 - 2) No

12. How satisfied are you with the *variety of sexual activities* in your current sex life? (This includes the different types of kissing and caressing with a partner, different positions for intercourse, etc.)
- | | |
|-------------------------|----------------------------------|
| 1) Extremely satisfied | 4) Slightly <i>unsatisfied</i> |
| 2) Moderately satisfied | 5) Moderately <i>unsatisfied</i> |
| 3) Slightly satisfied | 6) Extremely <i>unsatisfied</i> |
13. Would you like your lovemaking to include *more*:
- | | | |
|---|--------|-------|
| Breast caressing | 1) Yes | 2) No |
| Hand caressing of your genital area | 1) Yes | 2) No |
| Oral caressing (kissing) of your genital area | 1) Yes | 2) No |
| Different positions for intercourse | 1) Yes | 2) No |
14. If you would like a certain kind of sexual caress or activity, which way do you *typically* let your partner know?
- 1) I wait to see if my partner will do what I like without my asking
 - 2) I show my partner what I would like by moving their hand or changing my own position
 - 3) I tell my partner exactly what I would like
15. How have you *typically* learned about your partner's sexual likes and dislikes?
- 1) From my partner telling me exactly what they want
 - 2) From my partner moving my hand or changing their position to signal what they would like me to do
 - 3) From watching my partner's reactions during sex
 - 4) From intuition
16. When you have sex with your mate do you feel sexually aroused (e.g., feeling "turned on," pleasure, excitement)?
- | | |
|---|-----------------------------------|
| 1) Nearly always (over 90% of the time) | 4) Seldom (about 25% of the time) |
| 2) Usually (about 75% of the time) | 5) Never |
| 3) Sometimes (about 50% of the time) | |
17. When you have sex with your mate, do you have negative emotional reactions (e.g., fear, disgust, shame, or guilt)?
- | | |
|---------------------------------------|---|
| 1) Never | 4) Sometimes (50% of the time) |
| 2) Rarely (less than 10% of the time) | 5) Usually (75% of the time) |
| 3) Seldom (less than 25% of the time) | 6) Nearly always (over 90% of the time) |
18. Does the male have any trouble getting an erection before intercourse begins?
- | | |
|---------------------------------------|---|
| 1) Never | 4) Sometimes (50% of the time) |
| 2) Rarely (less than 10% of the time) | 5) Usually (75% of the time) |
| 3) Seldom (less than 25% of the time) | 6) Nearly always (over 90% of the time) |
19. Does the male have any trouble keeping an erection once intercourse has begun?
- | | |
|---------------------------------------|---|
| 1) Never | 4) Sometimes (50% of the time) |
| 2) Rarely (less than 10% of the time) | 5) Usually (75% of the time) |
| 3) Seldom (less than 25% of the time) | 6) Nearly always (over 90% of the time) |
20. If the male loses an erection, when does that usually happen?
- | | |
|--|---|
| 1) Before penetrating to start intercourse | 3) After penetration, during the thrusting of intercourse |
| 2) While trying to penetrate | 4) Not applicable, losing erections is not a problem |
21. What is the male's *typical* degree of erection during sexual activity?
- | | |
|----------------------------------|-----------------------------------|
| 1) 0% to 20% of a full erection | 4) 60% to 80% of a full erection |
| 2) 20% to 40% of a full erection | 5) 80% to 100% of a full erection |
| 3) 40% to 60% of a full erection | |
22. Does the male ejaculate (climax) without having a full, hard erection?
- | | |
|---------------------------------------|---|
| 1) Never | 4) Sometimes (50% of the time) |
| 2) Rarely (less than 10% of the time) | 5) Usually (75% of the time) |
| 3) Seldom (less than 25% of the time) | 6) Nearly always (over 90% of the time) |
23. If you try, is it possible to reach orgasm (sensation of climax) through masturbation?
- | | |
|---|-----------------------------------|
| 1) Nearly always (over 90% of the time) | 4) Seldom (about 25% of the time) |
| 2) Usually (about 75% of the time) | 5) Never |
| 3) Sometimes (about 50% of the time) | 6) Have never tried to |
24. If you try, is it possible for you to reach orgasm (sensation of climax) through having your genitals caressed by your mate?
- | | |
|---|-----------------------------------|
| 1) Nearly always (over 90% of the time) | 4) Seldom (about 25% of the time) |
| 2) Usually (about 75% of the time) | 5) Never |
| 3) Sometimes (about 50% of the time) | 6) Have never tried to |
25. If you try, is it possible for you to reach orgasm (sensation of climax) through sexual intercourse?
- | | |
|---|-----------------------------------|
| 1) Nearly always (over 90% of the time) | 4) Seldom (about 25% of the time) |
| 2) Usually (about 75% of the time) | 5) Never |
| 3) Sometimes (about 50% of the time) | 6) Have never tried to |

26. Can you reach orgasm (sensation of climax) through stimulation of your genitals by an electric vibrator or any other means (i.e., running water, rubbing with some object, etc.)?
- 1) Nearly always (over 90% of the time)
 - 2) Usually (about 75% of the time)
 - 3) Sometimes (about 50% of the time)
 - 4) Seldom (about 25% of the time)
 - 5) Never
 - 6) Have never tried to
27. (*Women only*) Can you reach orgasm during sexual intercourse if, at the same time, your genitals are being caressed (by yourself or your mate with a vibrator, etc.)?
- 1) Nearly always (over 90% of the time)
 - 2) Usually (about 75% of the time)
 - 3) Sometimes (about 50% of the time)
 - 4) Seldom (about 25% of the time)
 - 5) Never
 - 6) Have never tried to
28. Have you noticed a change in the intensity and pleasure of your orgasm?
- 1) Much more intense and pleasurable than in the past
 - 2) Somewhat more intense and pleasurable than in the past
 - 3) The same as in the past
 - 4) Somewhat less intense and pleasurable than in the past
 - 5) Much less intense and pleasurable than in the past
29. Is the female's vagina so "dry" or "tight" that intercourse cannot occur?
- 1) Never
 - 2) Rarely (less than 10% of the time)
 - 3) Seldom (less than 25% of the time)
 - 4) Sometimes (50% of the time)
 - 5) Usually (75% of the time)
 - 6) Nearly always (over 90% of the time)
30. Do you feel pain in your genitals (sexual parts) during intercourse?
- 1) Never
 - 2) Rarely (less than 10% of the time)
 - 3) Seldom (less than 25% of the time)
 - 4) Sometimes (50% of the time)
 - 5) Usually (75% of the time)
 - 6) Nearly always (over 90% of the time)
31. How often does pain (genital or nongenital) interfere with your ability to feel sexual pleasure?
- 1) Never
 - 2) Rarely (less than 10% of the time)
 - 3) Seldom (less than 25% of the time)
 - 4) Sometimes (50% of the time)
 - 5) Usually (75% of the time)
 - 6) Nearly always (over 90% of the time)
32. Have you noticed a change in the sensitivity to touch of your genitals?
- 1) Much more sensitive than in the past
 - 2) Somewhat more sensitive than in the past
 - 3) About as sensitive as in the past
 - 4) Somewhat less sensitive than in the past
 - 5) Much less sensitive than in the past
33. *Overall*, how satisfactory to you is your sexual relationship with your mate?
- 1) Extremely *unsatisfactory*
 - 2) Moderately *unsatisfactory*
 - 3) Slightly *unsatisfactory*
 - 4) Slightly satisfactory
 - 5) Moderately satisfactory
 - 6) Extremely satisfactory
34. *Overall*, how satisfactory do you think your sexual relationship is to your mate?
- 1) Extremely *unsatisfactory*
 - 2) Moderately *unsatisfactory*
 - 3) Slightly *unsatisfactory*
 - 4) Slightly satisfactory
 - 5) Moderately satisfactory
 - 6) Extremely satisfactory
35. Do you feel that your partner plays a part in causing a problem in your sex life?
- 1) Yes
 - 2) No
36. If your lovemaking does not go well, how does your partner usually react?
- 1) Accepting and understanding
 - 2) Frustrated or annoyed
 - 3) Anxious and blaming self
 - 4) Neutral or uncaring
37. (*Women only, men go on to Question 38*) When you have sex with your mate (including foreplay and intercourse) do you notice some of these things happening: your breathing and pulse speed up, wetness in your vagina, pleasurable sensations in your breasts and genitals?
- 1) Nearly always (over 90% of the time)
 - 2) Usually (about 75% of the time)
 - 3) Sometimes (about 50% of the time)
 - 4) Seldom (about 25% of the time)
 - 5) Never
 - 6) Have never tried to
38. (*Men only*) How often do you wake from sleep with a firm erection (including times when you wake up needing to urinate)?
- 1) Daily
 - 2) 3-4 times a week
 - 3) 1-2 times a week
 - 4) Once every 2 weeks
 - 5) Once a month
 - 6) Less than once a month
 - 7) Never
39. (*Men only*) How often do you wake from sleep with a partial (semisoft) erection?
- 1) Daily
 - 2) 3-4 times a week
 - 3) 1-2 times a week
 - 4) Once every 2 weeks
 - 5) Once a month
 - 6) Less than once a month
 - 7) Never

40. (*Men only*) How often are you able to get and keep a firm erection in your own masturbation (self-touch in private)?
- | | |
|--|---|
| 1) Nearly always, over 90% of the time | 5) Rarely, less than 10% of the time |
| 2) Usually, 75% of the time | 6) Never |
| 3) Sometimes, 50% of the time | 7) Have not tried masturbation in the past 6 months |
| 4) Seldom, less than 25% of the time | |
41. (*Men only*) What is your *typical* degree of erection during masturbation (self-touch in private)?
- | | |
|----------------------------------|-----------------------------------|
| 1) 0% to 20% of a full erection | 4) 60% to 80% of a full erection |
| 2) 20% to 40% of a full erection | 5) 80% to 100% of a full erection |
| 3) 40% to 60% of a full erection | |
42. (*Men only*) Do you feel your erect penis has an abnormal curve to it, or have you noticed a lump or "knot" on your penis?
- | | |
|--------|-------|
| 1) Yes | 2) No |
|--------|-------|
43. (*Men only*) Do you believe your penis is abnormally small?
- | | |
|--------|-------|
| 1) Yes | 2) No |
|--------|-------|
44. (*Men only*) How does the amount of ejaculate (liquid or semen) now compare to the amount you ejaculated in the past?
- | | |
|--------------------------------------|-----------------------------------|
| 1) Much greater than in the past | 4) Somewhat less than in the past |
| 2) Somewhat greater than in the past | 5) Much less than in the past |
| 3) About the same as in the past | 6) I do not know |
45. (*Men only*) Do you ever have the sensation of orgasm (climax) without any ejaculation of fluid?
- | | |
|--------------------------------------|--|
| 1) Never | 4) Sometimes, about 50% of the time |
| 2) Rarely, less than 10% of the time | 5) Usually, about 75% of the time |
| 3) Seldom, less than 25% of the time | 6) Nearly always, over 90% of the time |
46. (*Men only*) Do you ever have pain and/or burning during or after ejaculation?
- | | |
|--------------------------------------|--|
| 1) Never | 5) Usually, about 75% of the time |
| 2) Rarely, less than 10% of the time | 6) Nearly always, over 90% of the time |
| 3) Seldom, less than 25% of the time | 7) I do not ejaculate |
| 4) Sometimes, about 50% of the time | |

Note. Items 1, 2, 6, 7, 10, 16, 18, 19, 22, 23, 24, 25, 26, 27, 29, and 37 are used to compute the global sexual functioning score.



The Derogatis Interview for Sexual Functioning

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Description

The Derogatis Interview for Sexual Functioning (DISF) is a brief semistructured interview designed to provide an estimate of the quality of an individual's current sexual

functioning in quantitative terms. The DISF represents quality of current sexual functioning in a multidomain format, which to some degree parallels the phases of the sexual response cycle (Masters & Johnson, 1966). The 26 interview items of the DISF are arranged into five domains of sexual functioning: I. Sexual Cognition/Fantasy, II. Sexual Arousal, III. Sexual Behavior/Experience, IV. Orgasm, and V. Sexual Drive/Relationship. In addition, the DISF total score is computed, summarizing quality of sexual functioning

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