

SSES-E.FRM  
April 3, 1995

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

### **SEXUAL SELF EFFICACY SCALE - E**

The following form lists sexual activities that men engage in.

#### **FOR MALE RESPONDENTS ONLY:**

Under column I (**CAN DO**), check (**T**) the activities **you expect you could do** if you were asked to do them today.

For **only** those activities you checked in column I, rate your **degree of confidence** in being able to perform them by selecting a number from 10 - 100 using the scale given below. Each activity is independent of the others. Write this number in column II (**CONFIDENCE**).

Remember, check (**T**) what you **can do**. Then, rate your **confidence** in being able to do each activity of you tried to do it today. Each activity is independent of the others.

#### **FOR (FEMALE) PARTNERS ONLY:**

Under column I (**CAN DO**), check (**T**) the activities you think **your male partner could do** if he were asked to do them today.

For only those activities you checked in column I, rate your **degree of confidence** that your male partner could do them by selecting a number from 10 - 100 using the scale given below. Write this number in column II (**CONFIDENCE**).

Remember, check (**T**) what you expect your male partner **can do**. Then rate your **confidence** in your partner's ability to do each activity if he tried to do it today. Each activity is independent of the others.

10	20	30	40	50	60	70	80	90	100
QUITE UNCERTAIN				MODERATELY CERTAIN				QUITE CERTAIN	

<p style="text-align: center;">10    20    30    40    50    60    70    80    90    100</p> <p style="text-align: center;"> <span style="margin-right: 100px;">QUITE UNCERTAIN</span> <span style="margin-right: 100px;">MODERATELY CERTAIN</span> <span>QUITE CERTAIN</span> </p>	<p style="text-align: center;"><b>I</b></p> <p style="text-align: center;">Check if male <b>can</b> <b>do</b></p>	<p style="text-align: center;"><b>II</b></p> <p style="text-align: center;">Rate <b>confidence</b> 10 - 100</p>
1. Anticipate (think about) having intercourse without fear or anxiety.		
2. Get an erection by masturbating when alone.		
3. Get an erection during foreplay when both partners are clothed.		
4. Get an erection during foreplay while both partners are nude.		
5. Regain an erection if it is lost during foreplay.		
6. Get an erection sufficient to begin intercourse.		
7. Keep an erection during intercourse until orgasm is reached.		
8. Regain an erection if it is lost during intercourse.		
9. Get an erection sufficient for intercourse within a reasonable period of time.		
10. Engage in intercourse for as long as desired without ejaculating.		
11. Stimulate the partner to orgasm by means other than intercourse.		
12. Feel sexually desirable to the partner.		
13. Feel comfortable about one's sexuality.		
14. Enjoy a sexual encounter with the partner without having intercourse.		
15. Anticipate a sexual encounter without feeling obliged to have intercourse.		
16. Be interested in sex.		
17. Initiate sexual activities.		
18. Refuse a sexual advance by the partner.		
19. Ask the partner to provide the type and amount of sexual stimulation needed.		
20. Get at least a partial erection when with the partner.		
21. Get a firm erection when with the partner.		
22. Have an orgasm while the partner is stimulating the penis with hand or mouth.		
23. Have an orgasm while penetrating (whether there is a firm erection or not).		
24. Have an orgasm by masturbation when alone (whether there is a firm erection or not).		
25. Get a morning erection.		