Handbook of Sexuality-Related Measures

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Sexual Self-Disclosure Scale

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4. How easy or hard would it be for you to answer questions about your sexual behavior if they were asked by a medical doctor in the privacy of his/her own office? Would it be . . .
5. How easy or hard would it be to answer questions about your sexual behavior if they were asked by a marriage counselor in the privacy of his/her office? Would it be . . .
6. How easy would it be for you to discuss a sexual problem (read each) With a good friend? Would it be . . .
7. With a spouse or sexual partner? Would it be . . .

The 1–6 scale is repeated after each item.

*These response options follow each item.

## Sexual Self-Disclosure Scale

**Edward S. Herold¹ and Leslie Way, University of Guelph**

Although there has been considerable research about self-disclosure, there has been little research regarding disclosure of sexual topics. In particular, researchers have not differentiated disclosure about specific sexual topics. This differentiation is important because sexuality covers a wide range of attitudinal and behavioral areas.

Our first objective was to construct a scale consisting of sexual topics and to determine the extent of disclosure for each. The question of whether subjects vary in their disclosure to different target persons has been examined extensively. When disclosing information on sexual topics, adolescents and young adults prefer to disclose to friends and dating partner than to parents (Herold, 1984).

Our second objective was to analyze sexual self-disclosure separately for each of the target groups of mother, father, close friend of the same sex, and dating partner.

### Description and Response Mode

The Sexual Self-Disclosure Scale (SSDS) was based on Jourard’s Self-Disclosure Questionnaire (Jourard, 1971). The SSDS differs from Jourard’s in three respects. The SSDS measures only sexual topics. The SSDS measures disclosure to the target groups of mother, father, close friend of the same sex, and dating partner. Unlike Jourard, we did not measure self-disclosure to a close friend of the opposite sex as we believed some people might have difficulty in distinguishing between close friend of the opposite sex and dating partner.

### Timing and Scoring

The scale requires about 5 minutes for completion. Self-disclosure scores are obtained separately for each of the target groups. Item scores for each target group are summed and mean scores are obtained.

### Reliability and Validity

Data were obtained from 203 unmarried university females aged 18–22 (Herold & Way, 1988). The respective scale means and Cronbach alpha coefficients were: disclosure to mother ($M = 13.2$; alpha = .84); disclosure to father ($M = 10.1$; alpha = .71); disclosure to friend ($M = 19.7$; alpha = .89) and disclosure to dating partner ($M = 21.9$; alpha = .94). Validity for the scale is indicated by the fact that the mean scores are consistent with previous research which has found greater disclosure to friends and dating partner than to parents and the least amount of disclosure to father (Herold, 1984).

### Other Information

There is no charge for use of the scale and no restriction in its use.

### References


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Exhibit

Sexual Self-Disclosure Scale

You are to read each item in the next section of the questionnaire and then indicate the extent that you have talked about that item to each person (i.e., the extent to which you have made your attitudes and/or behaviours known to that person). Use the rating scale below to describe the extent that you have talked about each item.

The rating scale is:

1. Have told the person nothing about this aspect of me.
2. Have talked only in general terms about this item.
3. Have talked in some detail about this item but have not fully discussed my own attitudes or behaviors.
4. Have talked in complete detail about this item to the other person. He or she knows me fully in this respect.

Choose one number in the row which corresponds to the amount of your disclosure. For example, if you have talked in general terms to your mother about your attitudes and/or behaviors regarding masturbation, you would place a 2 in column 6 of the computer card.

<table>
<thead>
<tr>
<th>Items: Disclosure to mother</th>
<th>No Disclosure</th>
<th>Only General Terms</th>
<th>Some Detail</th>
<th>Complete Detail</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. My personal views on sexual morality.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2. Premarital sexual intercourse.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>3. Oral sex.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4. Masturbation.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5. My sexual thoughts or fantasies.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>6. Sexual techniques I find or would find pleasurable.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>7. Use of contraception.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>8. Sexual problems or difficulties I might have.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

Sexual Deception Scale

WILLIAM D. MARELICH AND RHONA I. SLAUGHTER, California State University, Fullerton

The Sexual Deception Scale is designed to measure the use of sexual deception in intimate relationships by specifically focusing on the lies and deceptive practices individuals use in order to engage in sexual activity with a current or prospective partner. The scale is designed for use with general or college populations for research on intimate and close relationships.

Description

In accordance with social exchange theory (Thibault & Kelley, 1959), the scale addresses the use of sexually deceptive practices in order to gain and/or maintain specific resources. In some cases, the rewards are sexual in nature (e.g., when one partner deliberately lies in order to have sexual intercourse with another partner). Likewise, the use of deception may occur when an individual uses sexual intimacy as a cost in order to maintain an existing resource (e.g., providing sexual services in order to maintain the relationship).

The instrument consists of a 15-item questionnaire in a forced-choice, dichotomous format. Participants indicate Yes or No to having ever engaged in a particular act or