Handbook of Sexuality-Related Measures

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Hurlbert Index of Sexual Excitability

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**Sexual Inhibition Factor (Higher-Order Factor)**

**Concerns about Sexual Function**

<table>
<thead>
<tr>
<th>Item Number and Loading Direction</th>
<th>Item Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>If I am concerned about being a good lover, I am less likely to become aroused.</td>
</tr>
<tr>
<td>18</td>
<td>If I think about whether I will have an orgasm, it is much harder for me to become aroused.</td>
</tr>
<tr>
<td>29</td>
<td>Sometimes I feel so &quot;shy&quot; or self-conscious during sex that I cannot become fully aroused.</td>
</tr>
<tr>
<td>31</td>
<td>If I am worried about taking too long to become aroused, this can interfere with my arousal.</td>
</tr>
</tbody>
</table>

**Arousal Contingency**

<table>
<thead>
<tr>
<th>Item Number and Loading Direction</th>
<th>Item Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>34</td>
<td>It is difficult for me to stay sexually aroused.</td>
</tr>
<tr>
<td>35</td>
<td>When I am sexually aroused the slightest thing can turn me off.</td>
</tr>
<tr>
<td>36</td>
<td>Unless things are &quot;just right&quot; it is difficult for me to become sexually aroused.</td>
</tr>
</tbody>
</table>

**Relationship Importance**

<table>
<thead>
<tr>
<th>Item Number and Loading Direction</th>
<th>Item Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>If I think that a partner might hurt me emotionally, I put the brakes on sexually.</td>
</tr>
<tr>
<td>11</td>
<td>It would be hard for me to become sexually aroused with someone who is involved with another person.</td>
</tr>
<tr>
<td>14</td>
<td>If I think that I am being used sexually it completely turns me off.</td>
</tr>
<tr>
<td>16</td>
<td>It is easier for me to become aroused with someone who has “relationship potential.”</td>
</tr>
<tr>
<td>21</td>
<td>If I am uncertain about how my partner feels about me, it is harder for me to get aroused.</td>
</tr>
<tr>
<td>33</td>
<td>I really need to trust a partner to become fully aroused.</td>
</tr>
</tbody>
</table>

*The response choices for each question are: 1 Strongly Disagree; 2 Disagree; 3 Agree; 4 Strongly Agree.*

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**Hurlbert Index of Sexual Excitability**

**DAVID F. HURLBERT,¹ U.S. Department of Health and Human Services**

The Hurlbert Index of Sexual Excitability (HISE) is described by Hurlbert, Apt, and Rabehl (1993).

**Reference**


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**Exhibit**

**Hurlbert Index of Sexual Excitability**

1. I quickly become sexually excited during foreplay. (R)
2. I find sex with my partner to be exciting. (R)
3. When it comes to having sex with my partner, I experience orgasms. (R)
4. It is difficult for me to become sexually aroused.
5. During sex, I seem to lose with initial level of sexual excitement.
6. I feel I take too long to get sexually aroused.
7. It is hard for me to become sexually excited.

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8. Sex is boring.
9. I quickly become sexually excited when my partner performs oral sex on me. (R)
10. Just thinking about sex turns me on. (R)
11. I find anal sex to be exciting. (R)
12. When it comes to sex, I am easily aroused by my partner touching me. (R)
13. I find masturbation to be sexually stimulating. (R)
15. Kissing is sexually arousing for me. (R)
16. Even when I am in the mood, it is difficult for me to get excited about sex.
17. Sexual foreplay is exciting for me. (R)
18. When it comes to sex, it seems to take me a long time to get sexually aroused.
19. Pleasing my partner is sexually exciting for me. (R)
20. I have difficulty maintaining my sexual excitement.
21. I find sexual intercourse to be exciting. (R)
22. When it comes to sex, I think my level of sexual excitement is low.
23. Even when I desire sex, it seems hard for me to become excited.
24. Giving my partner oral sex is sexually exciting for me. (R)
25. In general, sex is satisfying for me. (R)

Note. (R) = Reverse-scored items. Scoring system responses: all of the time = 0 points; most of the time = +1 point; some of the time = +2 points; rarely = +3 points; never = +4 points.

Sexual Inhibition/Sexual Excitation Scales

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CYNTHIA A. GRAHAM, Warneford Hospital, Oxford, England
DEANNA L. CARPENTER, Christopher Newport University

The Sexual Inhibition/Sexual Excitation Scales (SIS/SES) assess a person’s propensity for sexual inhibition and excitation. The underlying theoretical model postulates that sexual response and associated behaviors depend on dual control mechanisms, involving excitatory and inhibitory neurophysiological systems (Bancroft & Janssen, 2000). Sexual inhibition and excitation, as measured by these scales, have been found to be predictive of sexual desire and arousal, sexual functioning, sexual risk taking, sexual compulsivity, sexual aggression, sexual infidelity, and the effects of negative mood on sexuality (see Bancroft, Graham, Janssen, & Sanders, 2009, and Janssen & Bancroft, 2007, for reviews).

Description
The SIS/SES, although initially developed for men (Janssen, Vorst, Finn, & Bancroft, 2002a, 2002b), can be used in both male and female samples. A facet design approach was used to guide scale development (e.g., Shye & Elizur, 1994). The majority of items were written in an “if-then” form. A variety of facets are covered, including the type of stimulus (e.g., social, imaginary, visual, tactile) and type of response (sexual arousal or genital response). Inhibition is conceptualized to play a specific role in the modification of sexual responses in the avoidance or reduction of threat. Threats can be intrapersonal or interpersonal in nature and can involve norms and values, physical and psychological harm, etc.

Factor analysis on the data from a sample of 408 sexually functional, heterosexual men (mean age = 23 years) identified 10 factors (Janssen et al., 2002a). A further factor analysis of the subscale scores identified a single excitation factor (SES), but differentiated sexual inhibition into two factors: Inhibition Due to Threat of Performance Failure (SIS1) and Inhibition Due to the Threat of Performance Consequences (SIS2). SES consists of 20 items and four subscales, SIS1 consists of 14 items and three subscales,

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