

**Sexual Behaviours and
Fantasies in Relation to Sex
and Sexual Orientation**

**A Thesis Submitted to
the Faculty of Graduate Studies and Research
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for the Degree of Master of Arts
in Psychology
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ABSTRACT

Sexual fantasies and behaviours were assessed in subjects varying in sex and sexual orientation to assess differences in fantasy, experience and desire. 104 participants responded to a newspaper advertisement and anonymously completed the Sexual Fantasy and Behaviour Questionnaire (SFBQ) assessing their experience with 82 fantasies and behaviours. No differences were found among the groups for type or amount of sexual fantasy. Sex and sexual orientation discriminated among participant's sexual *experience* and sexual *desire*. Women endorsed more Passive behaviours than men. Heterosexual men endorsed more Active behaviours and desires than Heterosexual women. Gay men endorsed more Voyeuristic/Group and Romantic behaviours than Bisexual or Heterosexual men and more Exhibitionistic behaviours than Heterosexual men and Lesbian women. Bisexual women behaved in more Active, Passive, Voyeuristic/Group, Exhibitionistic and Experimental ways than Heterosexual women and in more Passive, Voyeuristic/Group, Romantic and Experimental ways than Bisexual men. Lesbian women endorsed more Active, Passive, Voyeuristic/Group and Experimental behaviours than Heterosexual women. Correlations among sexual fantasy, behaviour and desire varied according to sex/sexual orientation groups and the specific theme of the fantasy items. These correlations could not always be predicted by the current understanding of gender role or interpersonal attraction. Results are discussed in terms of the need for future researchers to

incorporate sexual orientation as a factor to consider in addition to more commonly cited variables such as sex when assessing sexual behaviours and the role of sexual fantasy in people's lives.

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INTRODUCTION

Empirical studies of sexual fantasy have increased over the past 25 years as psychologists have begun to recognize the significance of fantasy in relation to sexual experience and our understanding of the nature of sexuality. Sexual fantasies are defined as conscious and manipulatable mental images that are sexually arousing to an individual (Leitenberg & Henning, 1995). They are no longer seen as indicators of pathology but rather are recognized as helpful and/or necessary elements in sexual arousal and orgasm (Byrne, 1978; Davidson, 1985; Davidson & Hoffman, 1986; Green & Mosher, 1985; Hawkins, 1974; Kelley & Byrne, 1978; Kelly, 1977; Stoller, 1976; Storms, 1981). In a literature review of sexual fantasy research, Chick and Gold (1988) stated that sexual fantasies play an important role in sexual attitudes and behaviours, further suggesting that fantasies may be the "driving force for human sexuality" (p. 62).

Sex therapists are particularly interested in the content and use of fantasies, believing that fantasies can be used to develop better assessment and intervention procedures in sex therapy (Annon, 1976; Bancroft, 1974; Nims, 1975). The strongly established correlation between sexual fantasy and orgasm would suggest that people experiencing problems reaching orgasm could be helped through the development and strategic use of sexual fantasies. One way

clients may be able to do this is to pair their sexual behaviour with the fantasy themes which most excite them in order to enhance their sexual satisfaction. Analysis of sexual fantasies can be an integral part of the therapy provided in sex offenders programs as well as by psychotherapists in general. The underlying dimensions of a fantasy often illustrate client's perceptions of others and themselves and reflect their behaviours or desired behaviours. By better understanding the nature of sexual fantasies among specific clinical populations, clinicians may be better able to assess and predict sexual behaviour and identify dangerous offenders (Looman, 1995; Prentsky, 1995).

Sexual fantasies have been addressed in various theoretical discussions; for example, Stoller (1976) suggests that sexual fantasies are developed in relation to childhood experiences and are played out in the fantasizer's mind as a means of revenging significant past experiences. Wasserman and Storms (1984) see fantasy as being intricately connected to maturation and social bonding. They conclude that "earlier sexual maturation leads to earlier formation of erotic fantasies which in turn leads to the development of erotic fantasies based on homosocial cues, or homosexual fantasies" (p. 52). The rationale is that younger children tend to involve themselves with same-sex playmates. Reaching puberty at a younger age will result in the formation of erotic fantasizes in a social context of close emotional bonds with predominantly same-sex peers. The result is a homosexual orientation. Conversely, a later

maturation would result in a heterosexual orientation. It is unclear how this theory would account for a bisexual orientation. It also does not explain individual variability in sexual fantasizing within sexual orientation groups.

The purpose of sexual fantasies is also the subject of theoretical discussions. Leitenberg and Henning (1995) summarize the debate nicely. One school of thought sees fantasy as indicative of sexual dissatisfaction, in which it is used as compensation for missing sexual stimulation while another school of thought, which is more popular now, sees fantasy as complimenting sexual activity and indicative of a more satisfactory sex life. In this vein, fantasy is recognized as rehearsal for sexual activity as well as being influenced by sexual experience. Fantasy is representative of wish fulfillment as well as a method of getting sexual satisfaction where actually engaging in the behaviour would be impossible or inappropriate.

To be able to support or refute theories involving sexual fantasies, a clear understanding of the similarities and differences in sexual fantasy content among different groups is needed. Ultimately, theories on sexual fantasies must address the uniqueness and commonalities in erotic subject matter and behaviour which individuals from different groups (such as gender and sexual orientation groups) experience. To concretize conceptions of sexual fantasies for the purposes of research in both clinical and theoretical realms of sexual fantasy and behaviour, researchers have created various measures of sexual

fantasies (Hariton & Singer, 1974; McCauley & Swann, 1978; Mednick, 1977; Person, Terestman, Myers, Goldeberg & Salvadori, 1989; Price, Allensworth & Hillman, 1985; Wilson, 1988).

The preponderance of research on sexual fantasies has been based on heterosexual college populations, groups which do not represent the diversity found in clients who present themselves to therapists for the purpose of counseling (Nadelson & Marcotte, 1983). Nevertheless, the existing literature provides evidence that suggests that variables such as sex of subject, age, sexual orientation and sexual experience are likely to influence the occurrence, type and amount of sexual fantasizing (Chick & Gold, 1987; Leitenberg & Henning, 1995; Pelletier & Herold, 1988; Price, Allensworth & Hillman, 1985).

The purpose of the present study was to examine sexual fantasy and experience in subjects who were outside of a college population per se and who varied both in sex and sexual orientation. The objective was to ascertain if both of these variables, sex and sexual orientation, are important influences on fantasy and behaviour and should, therefore, be a consideration in all future sex fantasy research and clinical work related to sexual themes.

LITERATURE REVIEW

The largest area of exploration with regard to sexual fantasies has been in the area of sex differences. To a much lesser extent, sexual orientation has been examined for differences in sexual fantasy. As the following literature review shows, both sex and sexual orientation appear to warrant consideration when assessing sexual fantasy as these variables tend to influence the amount and kind of fantasy that one may have.

Sex differences in fantasies

Research in sex fantasy has shown some differences between males and females; for example, McCauley and Swann (1978) sent questionnaires to undergraduate students, the majority of whom were 18 to 24 years old. The researchers did not present specific fantasy themes to subjects. Instead, McCauley and Swann classified 189 fantasies, previously established by another researcher (Friday, 1974, Friday, 1975) into six categories to determine what subjects thought about during sexual activity with another person. The six categories were: "past activities with the same person", "past activities with other persons", "past masturbation activities", "activities which I have never experienced but are exciting to imagine", "activities which I have never experienced but would like to experience" and "just what is happening". They also determined five categories of response for questioning subjects' thoughts

during masturbation. These five categories were: "past heterosexual activities", "past masturbation activities", "activities which I have never experienced but which are exciting to imagine", "activities which I have never experienced but would like to experience" and "just what is happening".

Of the 51 women and 50 men who returned completed questionnaires, they found that females endorsed more pre-established fantasy items about imaginary events (e.g., "never experienced but exciting to imagine" activities and "never experienced but would like to experience" activities) while males endorsed more fantasies about current events (e.g., "just what is happening") or past events actually experienced (e.g., "past activities with the same or other person"). These differences occurred during both masturbation and sex with others. The authors concluded that females are looking for something in their fantasies that is different from those of men.

Mednick (1977) also used university students for his research. His sample consisted of 48 males and 45 females between the ages of 18 and 31. Subjects were given a "Sexual Fantasy Questionnaire" which was returned to the researcher by mail. They were asked to write a detailed narrative which described their most common fantasy during the last three months for three separate conditions: "daydream sexual fantasy", "masturbatory sexual fantasy" and "sexual fantasy during sexual relations". The researcher then divided the fantasies by inductive content analysis into six sexual fantasy categories:

"respondent as recipient", "sexual object(s) as recipient", "respondent as both recipient and object of sexual activity", "no sexual fantasy reported", "insufficient data" and "sexual fantasies referencing the past". Results indicated that for the "day dream" fantasy condition, women fantasized themselves as the recipient of sexual activity more than did males. In the "masturbatory fantasy condition" males fantasized sexual objects as the recipient of sexual activity more than did females. For the "during sexual relations" condition, females fantasized themselves as the recipient of sexual activity more than did males and males fantasized sexual objects as the recipient of sexual activity more than did females. These results indicated a sex-typed active/passive dimension to fantasies.

Follingstad & Kimbrell (1986) investigated sex differences in sexual fantasies among university students as well. Ranging in age from 18 to 48, subjects were 88 males and 122 females from undergraduate classes. Subjects were administered the Mosher Forced-Choice Guilt Scale as a measure of their guilt for possible effects it may have on sexual fantasy production. They were then presented with a fantasy theme checklist that presented a variety of sexual themes. Subjects were to endorse themes about which they had fantasized. Subjects were randomly assigned to experimental conditions which required that they read three pre-established sexual fantasies. The traditionality of the sex acts (described as more or less common heterosexual acts) and the intimacy of

the relationship (described as significant relationships or casual encounter) were varied across conditions. Regardless of the experimental condition in which they were placed, subjects were asked to state their preference of significant relationship or casual encounter and traditional or non-traditional sex acts for providing them the greatest sexual arousal. Subjects were also asked to write their own fantasies down as they had experienced them. Finally, they were asked to rate their sexual arousal, embarrassment and the degree of vividness that was involved for them in reading and writing the sexual fantasies.

These researchers found little sex difference in fantasies across traditional/non-traditional and casual/relationship dimensions; however, they did find sex differences in fantasy in that males wrote more overall (as measured by the number of words in their fantasies) and males mentioned more specific sex acts and sex organs and had a greater variety of content in their fantasies than did women. It also appeared that for all subjects, low sex guilt and less embarrassment in doing the experiment resulted in a higher number of themes being endorsed on the fantasy theme checklist and a longer length to the self generated fantasies.

Person, Terestman, Myers, Goldberg and Salvadori (1989) also explored sexual fantasies from a university population. They described their subjects as 193 graduate and undergraduate students, 80% of whom were between 20 - 26 years of age, 90% of them heterosexual and 40% of them female. Their

psychometric measure consisted of 67 experience and 55 fantasy items, many of which were taken from an existing instrument. They had subjects anonymously fill out the questionnaire during class hours. Subjects were asked to indicate whether they had experienced/fantasized about each item: never, not in the last 3 months, less than 5 times in the last three months or more than 5 times in the last three months.

These researchers found little difference in the content of sexual experience between the sexes (the most frequently endorsed items were of the romantic and traditional sexual encounters variety) but they found many differences in fantasy. Men reported more fantasies in the categories described as partner variation, domination, active and initiatory fantasies. Females endorsed far fewer fantasies than men and endorsed items described by the researchers as romantic, self degrading and narcissistic/ exhibitionistic. They found that both sexes equally endorsed masochistic fantasies but men reported more aggressive and dominant fantasies. The latter study was replicated ten years later, again with a university population and the results were less marked (Hsu, Kling, Kessler, Knapke, Diefenbach & Elias, 1994). While women still fantasized less often than men, the strength of this difference had diminished. A possible reason for this change is that fewer restrictions and taboos are being placed on sex according to gender, resulting in less difference in fantasies between men and women. The researchers did find some differences between

the sexes; for example, the correlation between fantasy and experience was stronger for women than for men. These authors concluded that men fantasized more about more sexual acts that were outside their experience. If such a difference does exist, it may be possible that women are using fantasies for different purposes than are men.

Another researcher who recruited subjects from a British newspaper found that males were more interested in group sex and voyeurism while females were more preoccupied with romantic settings and committed partners (Wilson, 1987). Halderman, Zelhart and Jackson (1985) found that men engaged in more sexual fantasy than did women.

Regardless of the specific results in the research examined so far, most of these authors interpret their results in line with sex role stereotypes which endorse the notion of males as being more adventurous, dominant, experimental, instrumental and reality based than females. Females are presented as being more romantic, implausible and passive in sexual fantasy and activity. The problem with such conclusions (other than the sexist implications of such generalizations for both males and females) is that they do not take into account the variability within groups (e.g., they assume that everyone is heterosexual or do not control for the fact that there are differences in sexual orientation) and they do not attempt to further subdivide the groups along other relevant dimensions which may affect a person's sexual fantasizing

and experience.

Hariton and Singer (1974) recruited female subjects from town parks, Parent Teacher Association board meetings and charity/church groups. Their subject group constituted 141 upper middle class women to whom they provided a sexual fantasy questionnaire with 15 predetermined items and a variety of personality inventories. These researchers found both low and high fantasizers (as defined by the frequency of their fantasizing) and discovered that the women who were high in sexual fantasizing tended to be aggressive, exhibitionistic, impulsive, autonomous and dominant. They also scored low on nurturance and affiliation. The authors concluded that personality variables traditionally sex typed as masculine correlated with greater sexual fantasizing.

Other researchers have shown that independence, sexual experience, liberal views (Brown & Hart, 1977), sexual fantasy experience, sexual interest (Carlson and Coleman, 1976) and accepting and uninhibited sexual attitudes and behaviours (Campagna, 1985) all correlated positively with fantasy production. Halderman, Zelhart and Jackson (1985) found that sexual fantasies on the whole decreased with age. In a similar vein, Brown & Hart (1977) found that 36-45 year olds fantasized less than 22-35 year olds. Thus, it appears that the age factor must be controlled for in any research on sexual fantasies. Such findings suggest that variables other than, or in addition to, a person's biological sex may moderate sexual fantasies. Other variables which may affect sexual

fantasies and sexual behaviours include one's gender role, assertiveness, sexual self-esteem and sexual orientation.

Although the authors of the aforementioned studies generalize their results to the entire population of males and females, the subjects of these studies have been predominantly or exclusively heterosexual. Most researchers do not consider or even control for issues such as sexual orientation. In fact, bisexuals are missing altogether from sexual fantasy research (Billingham & Hockenberry, 1987; Lehne, 1978; Price, Allensworth & Hillman, 1985) or else given marginal consideration (e.g., Masters & Johnson, 1979). Researchers who study sexual fantasies need to take into account personality and lifestyle variables that contribute to the manner in which people relate to themselves and to others in a sexual way.

Sexual orientation and sexual fantasies

People are more likely to fantasize about sexual experiences they have had rather than those they have not (Chick & Gold, 1987; Pelletier & Herold, 1988). This correlation between fantasy and behaviour is consistent with fantasies serving as wishfulfillment, practice for future sexual behaviours or reruns of past gratifying sexual experiences for current satisfaction. This correlation, if consistently evident in sexual fantasy research also suggests that fantasies will vary in relation to sexual orientation. Since people of differing sexual

orientation engage in different sexual behaviours, it is likely that fantasies will likewise vary. Another reason that fantasies may vary according to sexual orientation is related to gender role, the rubric under which traditional sex roles fall. One's sense of self as inherently "masculine" or "feminine" or somewhere in between is likely to be a factor in determining what one finds arousing in sexual fantasies and the roles in which one feels comfortable in sexual practice as well as other aspects of life.

Strong correlations between childhood gender roles and sexual orientation have been well documented (e.g., Bell, Weinberg & Hammersmith, 1981; Harry, 1982; Tkachuk & Zucker, unpublished; Zucker & Bradley, 1995). Essentially, these studies have shown that homosexuals recall being cross-gendered as children much more often than heterosexuals, while heterosexuals recall being gender-congruent more often than homosexuals. Since the qualities previously shown to distinguish between fantasy patterns include those related to gender role behaviour (e.g., dominance, autonomy, impulsiveness, passivity, nurturance) it is anticipated that many homosexual men and women may fantasize differently than their heterosexual counterparts.

Researchers who have compared heterosexual and homosexual fantasies and behaviours discuss rather obvious differences in fantasy such as the different preferences between heterosexuals and homosexuals for the sex or the masculinity/femininity of their sexual partner. These differences are obvious

because they would occur or be more likely to occur as a function of the sex of the subject's desired partner in life (Billingham & Hockenberry, 1987; Price, Allensworth & Hillman, 1985).

Billingham and Hockenberry (1987) did assess masculinity/femininity or gender role of their all white male heterosexual and homosexual samples, but they examined it only in relation to sexual orientation (a well established connection by this point) and did not relate it to the content of sexual fantasies.

Although Price, Allensworth & Hillman (1985) looked at both males and females of homosexual and heterosexual orientation, their research was limited by the structure of their questionnaire. Rather than making the questions sex-neutral, many of them emphasized the sex of participants engaged in the activities. If they had included all three possible pairings of sexes (i.e., male/male, female/female and male/female) for each item, then this delineation of sex would have been appropriate; however, they did not do so. As a result, it was impossible to determine if people of differing sexual orientation endorsed the actual activities and fantasies to varying degrees or were just limited in response due to the sexual composition of the questions.

Working within this limitation, these researchers did find that heterosexual females fantasized differently than homosexual females. They fantasized more about sex in a nonsexual social situation and about being overpowered or forced to submit against their will. They also fantasized more about observing group

sexual activities and being paid for sexual favours than did homosexual women. These areas which were more often endorsed by heterosexual women than homosexual women reflect a more feminine sex role exhibiting romance, passivity and a need to be desired commonly equated with "femaleness". One may hypothesize from these results that gender identity may play an instrumental part in what people fantasize about during sex. Interestingly, there were no items apart from those stipulating same sex activities which were endorsed significantly more often by lesbians than by heterosexual women. That there may have been a bias toward heterosexual-typed items on the 34 that were available, however, is not beyond the realm of possibility and would account for the one-way results.

Heterosexual males fantasized more about having sex with more than one person at a time and being observed by others while making love than did homosexual males. These fantasies appear consistent with the masculine gender role that males are traditionally encouraged to adopt. In contrast, homosexual males fantasized more both about sex with a person previously involved with and sex with a person not previously involved with, sex in natural surroundings and nonsexual activity (being touched and held) than did heterosexual males. These themes resemble the more romantic, nostalgic and emotional feelings endorsed by heterosexual females in this study. Unfortunately, Price et. al (1985) did not compare across sexual orientation/sex

groups. Nevertheless, these results suggest some difference in fantasizing across sexual orientation consistent with a gender role hypothesis (i.e. gender role is related to sexual fantasies).

Keating and Over (1990) recruited 40 gay (mean age 30 years) and 42 heterosexual (mean age 30.24 years) male subjects from a communicable disease clinic to fill out questionnaires about their sexual experience (20 predetermined items of both heterosexual and homosexual activities) and fantasy (53 items divided between heterosexual and homosexual fantasies in which subjects were to rate how often they had these fantasies within the past year and how aroused they were by them). They found, not surprisingly, that the subjects sexual orientation determined how arousing they found particular fantasies. Specifically homosexual men were more aroused by and made more use of homosexual fantasies while heterosexual men were more aroused by and made more use of heterosexual fantasies. Of the homosexual subjects who were considered predominantly as opposed to exclusively homosexual, there was a greater use of and arousal to heterosexual fantasies. Furthermore, the degree to which a subject found a fantasy arousing correlated with greater use of the fantasy for both sexual orientation groups. These results suggest that fantasy use and arousal are intricately connected and that arousal to fantasy is connected more to items congruent with one's sexual orientation.

These researchers also found that the most arousing and frequently used

fantasies were related to Sensual and Genital categories while Public-sex and Dominance-submissive fantasies were less utilized and arousing. Items categorized as Aggressive-sex showed the lowest scores for arousal and use. This pattern was true for both sexual orientation groups. The researchers found that based on arousal and frequency ratings of fantasies, they were able to reliably distinguish between heterosexual and homosexual men.

It is interesting to note that when heterosexual men had a homosexual fantasy, it was much more likely that they had actually experienced that fantasy theme in their sexual behaviour. These findings are consistent with the theory that people are more likely to fantasize about their experiences. These cross-orientation fantasies were also more strongly correlated with subject's arousal levels to these particular fantasies. So for cross-orientation fantasies, the relationships among arousal, experience and fantasy were particularly strong. This result was specific only to heterosexual men and not to their gay counterparts. The results encourage further examination into the purpose of fantasizing and its relation to experience and arousal. While it appears that all three factors are related, the degree of correlation varies depending on the content of the fantasy and the sexual orientation of the subject.

These results suggest that, at least for men, differences in fantasy between groups is not so much in the kind of fantasy but rather in the sexual orientation inherent in the fantasy items. This result is in agreement with

Leitenberg and Henning (1995) who in a literature review of sexual fantasy research, found that the "content of sexual fantasies in gay men and lesbian women tends to be the same as in their heterosexual counterparts, except that homosexuals imagine same-sex partners and heterosexuals imagine opposite-sex partners" (p.491). Such research indirectly refutes the notion that personality variables such as gender identity play a significant role in determining what fantasies are used for a given individual and further suggests that as people, we have much more in common in our sexuality than we have differences, regardless of our sexual orientation.

Hurlbert and Apt (1993) looked at sexuality in heterosexual and homosexual women. Subjects were 34 heterosexual and 34 lesbian women recruited from a university. They were given measurements which were designed to assess sexual desire, interpersonal dependency, sexual fantasy, sexual assertiveness, compatibility and intimacy with partners, sexual satisfaction, sexual narcissism and frequency of sexual activity. The researchers found that heterosexual women showed a greater disposition toward sex, were more sexually assertive, reported more sexual desire and engaged in higher frequencies of sexual activity. Lesbians reported more masturbation in sexual activity while heterosexual women reported using more "pleasure aids", exotic clothes and pornography. These researchers discussed these differences in relation to the difference in gender of sexual partner and the influence that

this may have on women's sex lives. If gender role were significantly related to sexual fantasies, it would be expected that the differences between heterosexual women and lesbians in their fantasies would resemble the sex differences in sex fantasy as found in other research. If gender roles were a dominant influence on sexual fantasies, it would be expected that lesbians would be found to be more sexually assertive than heterosexual women. This was not the case in this study. Clearly, if gender identity does play a role in sexual fantasies, it is not all encompassing.

It is also important to note, however, that these researchers defined sexual assertiveness through a set of 25 items which assess a person's comfortableness with sex and fantasies as well as interest in sex. It did not make mention of specific fantasies or experiences which would be seen as assertive; therefore, it remains to be demonstrated as to whether a difference in assertiveness exists between lesbian and heterosexual women in the context of sexual fantasies and behaviours.

PURPOSE OF THE STUDY

Clearly, biological sex alone does not adequately explain the diversity found in sexual fantasies among individuals. Past research shows mixed results regarding fantasy and experience variation across sex and sexual orientation. While some research revealed differences among such groups, other research did not; nevertheless, it could be suggested that sexual orientation and gender identity may moderate one's sexual fantasies and it might be anticipated that sexual orientation and sex **together** are better predictors of the kind of sexual experiences preferred and sexual fantasies that are produced than is either variable alone. The present research explored this idea by examining sexual fantasies and experiences from males and females of three differing sexual orientations (homosexual, heterosexual and bisexual). The purpose of this research was to examine similarities and differences in sexual fantasy and experience across two variables: sex and sexual orientation. This was an exploratory study which diverged from previous research in several ways. First, in contrast to much of the previous research, this study focused on people outside of a college population. Secondly, it examined homosexual, heterosexual and bisexual individuals, the last being an overlooked group in most sexual fantasy research. Finally, previously developed questionnaires tended to exhibit a heterosexist bias in wording and content, and as such, were

not very useful in comparing fantasies across sexual orientation (e.g., Davidson, 1985; Person, Terestman, Myers, Goldberg & Salvadori, 1989; Wilson, 1988). For example, these questionnaires often used the term "intercourse" to apply to all methods of penetration. Also, terms such as "the opposite sex", or pairing of male and female in action phrases like "male prone on top of female" were used in questionnaire items without corresponding phrases which would include similar actions reflecting male to male or female to female sex. One exception to this was noted (Keating & Over, 1990) in which the researchers purposely equalized the heterosexual and homosexual items on their questionnaire. To minimize such bias for the present research, two of the most inclusive questionnaires in the literature (Persons et. al, 1989; Wilson, 1988) were modified in an attempt to provide options to people of all sexual orientations. It was deemed that such a modification was more likely to reflect the actual diversity of the experiences and fantasies in the population as a whole.

HYPOTHESES

While this study was exploratory in nature, it was hypothesized that:

1. Sexual orientation and sex would, together, better discriminate among the types of sexual experience and fantasy content endorsed than would either variable alone.
2. The relationship among sexual fantasy, sexual behaviour and sexual desire would vary according to both sex and sexual orientation. Although the direction such variation would take at this juncture of research on sexual fantasies remains unclear, such a result would suggest that variables characteristic of a person's identity such as interpersonal attraction and gender role may play an integral part in the use and kind of sexual fantasies and experiences relevant to particular groups.
3. Experience and fantasy would be highly correlated. If this were demonstrated, it would further our understanding of the purpose of sexual fantasies as wish fulfilment, practice for future sexual behaviours or reruns of past gratifying sexual experiences for current satisfaction. If this were not demonstrated it would suggest that fantasy may play a different role than what has been previously thought.
4. Fantasy would be correlated with endorsement of the third category in the questionnaire "would like to experience if given the opportunity". If this were evidenced, it would be consistent with the idea that fantasy serve as a mental

rehearsal to desired future behaviour.

5. Gender-typed fantasies and experiences would be endorsed more by heterosexuals (e.g., passive for females/active for males) than by homosexuals who would show more cross gender-typed or androgenous kinds of experiences and fantasies. Although research on the fantasies of bisexuals was too sparse to allow predictions either way, it was anticipated that bisexuals would endorse a greater variety of fantasies and behaviours because, having both male and female partners, they have the opportunity to adopt more sex-defined roles (Friday, 1973).

It was anticipated that the results of this study would have important implications for the clinical applications of strategies involving sexual fantasies in therapy. Problems and realities in the area of sex as well as other aspects of life are different for gays, lesbians and bisexuals than for heterosexuals (Woodman & Lenna, 1980). If differences in experience and fantasy across variables were established, clinicians might be more directive and effective in therapy (both in sex therapy as well as more general kinds of therapy) by virtue of knowing the sexual orientation of the client. Furthermore, a clear conception of the similarities and differences across the variables of sex and sexual orientation is important in testing and shaping theories about erotic orientation and fantasy development (Stoller, 1976; Storms, 1981).

METHOD

Subjects

One hundred and fifteen participants responded to a newspaper advertisement in a popular weekly newspaper ("NOW") which caters to Torontonians by providing news, advertisements and entertainment listings (Appendix B). It is a free paper with a mandate toward liberal views which attracts a wide variety of the population in Toronto and was chosen especially for its supportive stance to both heterosexual and gay/lesbian populations. It has an audited circulation of 101,247 (Hollett, 1995). Of the 115 questionnaires which were sent out, 104 were returned, producing a return rate of 90.43%. Subjects were classified into six groups based on sex and self-defined sexual orientation: heterosexual men ($n = 33$), bisexual men ($n = 10$), homosexual men ($n = 12$), heterosexual women ($n = 25$), bisexual women ($n = 14$), and homosexual women ($n = 10$). Subsequent data analysis based on these groups was done with the assumption that the responses were authentic. To promote honest and candid responses, it was stressed that the questionnaire was to be filled out anonymously.

Procedure

Subjects were asked to provide their ages and to estimate the number of times per day that they had sexual fantasies (see Appendix C). The latter question was asked in order to establish a baseline of the frequency of fantasy for subjects as it was important to know if the six groups differed in the overall number of fantasies they had in a day. Variances across subject groups, if existent, might create a confound wherein greater amounts of fantasizing would result in a more diverse endorsement of fantasy items. Such a difference would need to be considered in the analysis of the data. Subjects were then asked to complete a questionnaire that listed 82 sexual scenes to be endorsed as: "fantasized during sexual activity over the past year; experienced the behaviour in reality over their lifetime; desire to experience behaviour if given the opportunity; neither fantasized nor experienced; not applicable". Anonymity was ensured for all data collected as no identifying information was requested from subjects.

Sexual fantasies and experience were assessed by a combined and modified version of the Sexual Inventory (Person, Terestman, Myers, Goldberg, & Salvadori, 1989) and the Sex Fantasy Questionnaire (Wilson, 1988) and has been titled The Sexual Fantasy and Behaviour Questionnaire (SFBQ). Modifications were made to the questionnaires to make them more inclusive of behaviours and fantasies described to this researcher during informal

discussions with homosexual and bisexual individuals as common or typical (see Appendix C). Another modification was done to include reference to the presence of sound in fantasy, a factor that has been discussed in previous research (Masters & Johnson, 1979) but not compared across groups in a study such as this one.

Fantasies were assessed in the context of sexual activity since previous research had shown that the content and quality of the fantasy may well depend on many factors such as environment and present activity. This research included an assessment of fantasies only as experienced during sexual activity in hopes that it best assessed differences and similarities as they pertain to sexual arousal and orgasm.

The 82 items on the questionnaire were divided into six categories: Experimental, Romantic, Exhibitionistic, Voyeuristic/Group, Active and Passive. These categories were derived from prior fantasy research. Items for each category were pre-determined according to their content and seeming best fit. Where the nature of an item's content could be seen to belong in more than one category, it was included in both. Where items did not appear to fit in any category (e.g., the two items included to assess the presence of sound in fantasy), they were not included in any category. In addition, as a check on the appropriateness of categorization, a separate rater, an expert in the field of sexual fantasies and creator of the Sex Fantasy Questionnaire, Dr. G.D. Wilson,

categorized items into active and passive groups. His designations mirrored those of this researcher and provided some assurance that these two categories have some meaningful distinction. Dr. E. Person (developer of the Sexual Inventory) was contacted to provide ratings for the other four pre-established categories but provided regrets as time did not permit her to participate in this research. As an alternative, Dr. L. Goldsmith, a Clinical Psychologist and a registered sex therapist was contacted to assess the accuracy of the four remaining categories and provided 100% agreement. Appendix D provides the six categories and their definitions.

RESULTS

Age and an estimated frequency count of the number of times per day in which subjects fantasized were compared among the six groups by analysis of variance (ANOVA). Men were significantly older than women, $F(1,98) = 15.26$, $p < .000$). The age range for men was 19 - 65, with a mean age of 35.17. The age range for women was 19 - 45, with a mean age of 28.03. There were no significant differences for the number of fantasies per day either for sex ($F(1,98) = .33$, $p < .568$) or sexual orientation ($F(2,98) = .18$, $p < .832$). Subjects' estimates of the number of fantasies per day ranged from 0 - 200 for the entire sample. Based on these results and prior research findings, age was used as a covariate in all subsequent analyses of variance.

Analyses of variances (one for fantasy: group A, one for behaviour: group B and one for desire to experience behaviour: group C) were computed for all six categories to assess any differences in the overall number of endorsements for experiences and fantasies across the six sex by sexual orientation groups. As this was a pilot study, any p value of less than .10 for interaction effects were considered borderline significant and followed up with simple main effects analysis (Kirk, 1968).

Group A (Fantasy During Sexual Activity)

A sex by sexual orientation ANOVA revealed no significant main effects or interactions (table 1).

Table I

Fantasy Means for Sex and Sexual Orientation Groups

	<u>Male Group</u>					
	Heterosexual		Bisexual		Gay	
	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
ACTIVE	7.67	5.24	8.00	5.66	6.67	6.24
PASSIVE	7.52	4.42	7.90	5.09	6.75	5.46
VOY/GROUP	4.24	2.76	4.20	2.74	4.42	3.06
ROMANTIC	5.03	3.36	5.20	4.44	4.75	4.18
EXHIBITIONISTIC	2.24	1.94	3.10	2.33	3.17	2.82
EXPERIMENTAL	11.24	5.60	13.70	9.03	12.17	7.96
	<u>Female Group</u>					
	Heterosexual		Bisexual		Lesbian	
	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
ACTIVE	7.04	5.49	8.36	4.20	6.20	5.37
PASSIVE	7.08	4.75	8.14	4.02	6.40	5.04
VOY/GROUP	3.68	2.84	3.79	1.97	4.20	3.36
ROMANTIC	5.12	3.31	5.71	3.00	4.30	3.62
EXHIBITIONISTIC	2.72	2.15	2.36	1.34	2.40	2.17
EXPERIMENTAL	11.28	6.71	13.29	4.78	11.30	7.02

Group B (behaviour during lifetime)

Active category

Table 2 shows the means for behaviour in the active category across the six groups. A main effect was found for sexual orientation, $F(2,98) = 8.337$, $p < .000$, and there was a significant sex by sexual orientation interaction, $F(2,98) = 5.76$, $p < .004$.

Table II

Active Category: Means for Behaviour

<u>Sex</u>	<u>Sexual Orientation Group</u>					
	Het		Bi		Gay/Les	
	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
Men	10.45**	2.33	10.40	4.20	11.33	2.15
Women	8.60	1.68	12.14**	2.28	12.20**	2.15

* $p < .05$. ** $p < .01$.

Further examination of this interaction effect using simple effects analysis revealed a simple main effect for sex within Heterosexuals, $F(1,98) = 7.38$, $p < .008$. Heterosexual men endorsed a significantly greater number of active behaviours than did heterosexual women. There was also a simple main effect for sexual orientation within Women, $F(2,98) = 13.45$, $p < .000$. Paired contrasts

revealed that heterosexual women endorsed significantly less active behaviours than did bisexual ($p < .001$) or lesbian women ($p < .001$). There was no difference between bisexual and lesbian women for this category.

Passive category

Table 3 shows the means for passive behaviours across the six groups. A main effect was found for sex, $F(1,98) = 12.592, p < .001$. Women endorsed significantly more passive behaviours than did men. A main effect was also found for sexual orientation, $F(2,98) = 6.096, p < .003$ and there was a borderline interaction effect, $F(2,98) = 2.394, p < .097$. Further examination of this interaction effect using simple effects analysis revealed a simple main effect for sex within Bisexuality, $F(1,98) = 12.67, p < .001$. Bisexual women endorsed more passive behaviours than did bisexual men. There was also a simple main effect for sexual orientation within Women, $F(2,98) = 6.04, p < .003$. Paired contrasts revealed that heterosexual women endorsed significantly fewer passive items than did bisexual ($p < .005$) or lesbian ($p < .005$) women. Bisexual and lesbian women did not differ from each other.

Table III

Passive Category: Means for Behaviour

<u>Sex</u>	<u>Sexual Orientation Group</u>					
	Het		Bi		Gay/Les	
	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
Men	8.91	1.81	8.60	3.75	10.33	1.56
Women	9.88	1.96	11.86**	1.88	12.10**	1.91

* $p < .05$. ** $p < .01$.

Voyeuristic category

Table 4 shows the means for Voyeuristic/group behaviour across the six groups. A main effect was found for sexual orientation, $F(2,98) = 7.072$, $p < .001$; however, there was a significant interaction effect, $F(2,98) = 5.692$, $p < .005$.

Table IV

Voyeuristic/Group Category: Means for Behaviour

<u>Sex</u>	<u>Sexual Orientation Group</u>					
	Het		Bi		Gay/Les	
	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
Men	3.64	1.39	3.00	1.15	5.25**	1.36
Women	3.00**	1.29	4.79**	2.19	4.30	2.31

* $p < .05$. ** $p < .01$.

Further examination of this interaction effect using simple effects analysis

revealed a simple main effect for sex within Bisexuality, $F(1,98) = 7.04, p < .009$. Bisexual women endorsed more voyeuristic/group behaviours than did bisexual men. There was also a simple main effect for sexual orientation within Men, $F(2,98) = 6.40, p < .002$. Paired contrasts revealed that gay men endorsed significantly more voyeuristic/group items than did bisexual ($p < .001$) or heterosexual ($p < .003$) men. Bisexual and heterosexual men did not differ.

In addition, there was a simple main effect for sexual orientation within Women, $F(2,98) = 6.35, p < .003$. Paired contrasts revealed that heterosexual women endorsed significantly fewer voyeuristic/group items than did bisexual ($p < .001$) or lesbian ($p < .031$) women. Bisexual and lesbian women did not differ.

Romantic category

Table 5 shows the means for romantic behaviour across the six groups. There was a borderline interaction effect for romantic behaviour, $F(2,98) = 2.433, p < .093$.

Table V

Romantic Category: Means for Behaviour

<u>Sex</u>	<u>Sexual Orientation Group</u>					
	Het		Bi		Gay/Les	
	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
Men	6.73	1.86	6.10	2.33	7.92**	1.62
Women	7.08	1.41	7.86**	1.35	7.50	.97

* $p < .05$. ** $p < .01$.

Further examination of this interaction effect using simple effects analysis revealed a simple main effect for sex within Bisexuality, $F(1,98) = 4.83$, $p < .030$. Bisexual women endorsed more romantic behaviours than did bisexual men. There was also a simple main effect for sexual orientation within Men, $F(2,98) = 3.49$, $p < .034$. Paired contrasts revealed that gay men endorsed significantly more romantic items than did heterosexual ($p < .031$) or bisexual ($p < .015$) men. Heterosexual and bisexual men did not differ.

Exhibitionistic category

Table 6 shows the means for exhibitionistic behaviour across the six groups. A main effect was found for sexual orientation, $F(2,98) = 6.867$, $p < .002$. There was a borderline interaction effect, $F(2,98) = 2.931$, $p < .058$.

Table VI

Exhibitionistic Category: Means for Behaviour

<u>Sex</u>	<u>Sexual Orientation Group</u>					
	<u>Het</u>		<u>Bi</u>		<u>Gay/Les</u>	
	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
Men	1.52**	1.15	2.00	.94	3.00*	1.76
Women	1.48	1.00	2.57**	1.50	1.80	1.23

* $p < .05$. ** $p < .01$.

Further examination of this interaction effect using simple effects analysis revealed a simple main effect for sex within Gays/Lesbians, $F(1,98) = 5.30$, $p < .023$. Gay men reported more exhibitionistic behaviour than did lesbian women. There was also a simple main effect for sexual orientation within men, $F(2,98) = 6.33$, $p < .003$. Paired contrasts revealed that heterosexual men endorsed significantly fewer exhibitionistic items than did homosexual men ($p < .000$). Bisexual men did not differ from heterosexual or homosexual men.

In addition, a simple main effect for sexual orientation within women was found, $F(2,98) = 3.48$, $p < .035$. Paired contrasts revealed that heterosexual women endorsed significantly fewer exhibitionistic themes than did bisexual women ($p < .009$). Homosexual women did not differ from either heterosexual or bisexual women.

Experimental category

Table 7 shows the means for experimental themes for behaviour across the six groups. A main effect was found for sexual orientation, $F(2,98) = 7.007$, $p < .001$. There was also an interaction effect, $F(2,98) = 3.264$, $p < .042$.

Table VII

Experimental Category: Means for Behaviour

<u>Sex</u>	<u>Sexual Orientation Group</u>					
	<u>Het</u>		<u>Bi</u>		<u>Gay/Les</u>	
	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
Men	6.70	4.05	6.70	4.95	9.17	4.69
Women	6.00**	3.12	11.50*	5.95	10.90	4.65

* $p < .05$. ** $p < .01$.

Further examination of this interaction effect using simple effects analysis revealed a simple main effect for sex within Bisexuality, $F(1,98) = 6.36$, $p < .013$. Bisexual women endorsed more experimental themes than did bisexual men. There was also a simple main effect for sexual orientation within women, $F(2,98) = 8.79$, $p < .000$. Paired contrasts revealed that heterosexual women endorsed significantly fewer experimental items than did bisexual ($p < .000$) or lesbian ($p < .003$) women. Bisexual and Lesbian women did not differ.

Group C (desire to experience behaviour)

Active desire

Desire to experience active behaviour showed a borderline interaction effect, $F(2,98) = 2.415$, $p < .095$ (table 8).

Table VIII

Active Means for Desire to Experience Behaviour

Sex	<u>Sexual Orientation Group</u>					
	Het		Bi		Gay/Les	
	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
Men	6.33*	5.15	3.30	4.03	4.25	5.43
Women	3.20	3.91	4.71	5.55	1.70	1.89

* $p < .05$. ** $p < .01$.

Further examination of this interaction effect using simple effects analysis revealed a significant difference for sex within Heterosexuality, $F(1,98) = 4.01$, $p < .048$. Heterosexual men endorsed desire to experience active themes more than did heterosexual women.

Passive desire

There was a borderline interaction effect for desire to experience passive themes, $F(2,98) = 2.896$, $p < .060$. Further examination using simple effects

analysis, however, yielded no subsequent results of .05 or less.

Table IX

Desire to Experience Passive Theme Means

<u>Sex</u>	<u>Sexual Orientation Group</u>					
	Het		Bi		Gay/Les	
	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
Men	5.76	4.17	3.70	3.16	4.50	4.62
Women	3.80	3.59	5.86	5.80	2.10	2.51

* $p < .05$.

** $p < .01$.

Table 10 shows a summary of significant analyses of variances, simple effects and paired comparisons according to groups.

Table X

**Summary of Significant Analysis of Variance, Simple Effects and Paired Comparisons
According to Groups**

Men

no greater endorsement of any behaviours than any other group

Women

more passive behaviours than men

Heterosexual Men

more active behaviours than heterosexual women
more desire for active behaviours than heterosexual women

Bisexual Men

no greater endorsement of any behaviours than any other group

Gay Men

more voyeuristic/group behaviours than bisexual men
more voyeuristic/group behaviours than heterosexual men
more romantic behaviours than heterosexual men
more romantic behaviours than bisexual men
more exhibitionistic behaviour than lesbian women
more exhibitionistic behaviour than heterosexual men

Heterosexual Women

no greater endorsement of any behaviours than any other group

Bisexual Women

more active behaviours than heterosexual women
more passive behaviours than heterosexual women
more passive behaviours than bisexual men
more voyeuristic/group behaviours than bisexual men
more voyeuristic/group behaviours than heterosexual women
more romantic behaviours than bisexual men
more exhibitionistic behaviours than heterosexual women
more experimental behaviours than bisexual men
more experimental behaviours than heterosexual women

Lesbian Women

more active behaviours than heterosexual women
more passive behaviours than heterosexual women
more voyeuristic/group behaviours than heterosexual women
more experimental behaviour than heterosexual women

Sound Category

Two analyses of variances were also done for the specific items related to sound to examine any differences among groups. Item 30 ("hearing partner scream/groan with pleasure") in group C (desire to experience) showed a borderline main effect for sex, $F(1,98) = 3.45$, $p < .066$. Table 11 shows the corresponding means.

Table XI

Means for Desiring to Experience "hearing partner scream/groan with pleasure"

<u>Sex</u>	<u>Sexual Orientation Group</u>					
	Het		Bi		Gay/Les	
	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
Men	0.45	0.51	0.20	0.42	0.42	0.51
Women	0.20	0.41	0.21	0.43	0.10	0.32

* $p < .05$. ** $p < .01$.

For behaviour, there was a significant main effect for sexual orientation for the item "hearing your partner scream/groan with pain", $F(2,98) = 3.968$, $p < .022$. Table 12 shows the corresponding means.

Table XII

Means for Experience of "hearing partner scream/groan with pain"

<u>Sex</u>	<u>Sexual Orientation Group</u>					
	Het		Bi		Gay/Les	
	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
Men	0.21	0.42	0.50*	0.53	0.17	0.39
Women	0.00	0.00	0.29*	0.47	0.20	0.42

* $p < .05$. ** $p < .01$.

Pearson Product Moment Correlations were done for fantasy (group A) and experience (group B) as well as fantasy (group A) and desire to experience (group B) for all six themes. As shown in tables 13 through 16, the strength of the relationships among these categories depended upon the sex and sexual orientation of the subjects.

Table XIII

Correlations for Fantasy, Experience and Desire to Experience for
Sample, Men and Women

	ALL	MEN	WOMEN
VOYEURISTIC			
A/B	n.s.	n.s.	n.s.
A/C	.30, p=.002	.39, p=.003	.41, p=.003
PASSIVE			
A/B	n.s.	n.s.	n.s.
A/C	.28, p=.003	n.s.	.33, p=.018
ACTIVE			
A/B	n.s.	n.s.	n.s.
A/C	.38, p=.000	.37, p=.005	n.s.
ROMANTIC			
A/B	n.s.	n.s.	n.s.
A/C	n.s.	n.s.	n.s.
EXHIBITIONISTIC			
A/B	.31, p=.001	.43, p=.001	n.s.
A/C	.33, p=.000	.40, p=.002	n.s.
EXPERIMENTAL			
A/B	.27, p=.004	n.s.	.31, p=.026
A/C	.31, p=.001	.27, p=.041	.37, p=.008

Note. A/B = Correlation between Sexual Fantasy and Sexual Behaviour

A/C = Correlation between Sexual Fantasy and Sexual Desire.

Table XIV:
Correlations for Fantasy, Experience and Desire to Experience for Heterosexuals,
 Bisexuals and Gays/Lesbians

	HETEROSEXUAL	BISEXUAL	GAY/LESBIAN
VOYEURISTIC			
A/B	n.s.	n.s.	n.s.
A/C	.42,p=.001	n.s.	n.s.
PASSIVE			
A/B	n.s.	n.s.	n.s.
A/C	.34,p=.008	.39,p=.056	n.s.
ACTIVE			
A/B	n.s.	n.s.	n.s.
A/C	.46,p=.000	n.s.	n.s.
ROMANTIC			
A/B	n.s.	n.s.	n.s.
A/C	n.s.	n.s.	n.s.
EXHIBITIONISTIC			
A/B	.29,p=.024	n.s.	.45,p=.035
A/C	.38,p=.003	n.s.	.45,p=.033
EXPERIMENTAL			
A/B	n.s.	.42,p=.038	n.s.
A/C	.40,p=.001	n.s.	n.s.

Note. A/B = Correlation between Sexual Fantasy and Sexual Behaviour

A/C = Correlation between Sexual Fantasy and Sexual Desire.

Table XV

Correlations for Fantasy, Experience and Desire to Experience for Heterosexual, Bisexual and Lesbian Women

	HETEROSEXUAL	BISEXUAL	LESBIAN
VOYEURISTIC			
A/B	n.s.	n.s.	n.s.
A/C	n.s.	n.s.	n.s.
PASSIVE			
A/B	n.s.	n.s.	n.s.
A/C	n.s.	.57, p=.030	n.s.
ACTIVE			
A/B	n.s.	.50, p=.069	n.s.
A/C	.47, p=.016	.52, p=.053	n.s.
ROMANTIC			
A/B	n.s.	n.s.	n.s.
A/C	n.s.	n.s.	n.s.
EXHIBITIONISTIC			
A/B	n.s.	.57, p=.030	n.s.
A/C	n.s.	n.s.	n.s.
EXPERIMENTAL			
A/B	n.s.	.78, p=.001	n.s.
A/C	n.s.	.69, p=.006	n.s.

Note. A/B = Correlation between Sexual Fantasy and Sexual Behaviour

A/C = Correlation between Sexual Fantasy and Sexual Desire.

Table XVI

Correlations for Fantasy, Experience and Desire to Experience for Heterosexual, Bisexual and Gay Men

	HETEROSEXUAL	BISEXUAL	GAY
VOYEURISTIC			
A/B	n.s.	-.63, p=.050	n.s.
A/C	.49, p=.003	n.s.	n.s.
PASSIVE			
A/B	n.s.	n.s.	.59, p=.040
A/C	.35, p=.042	n.s.	n.s.
ACTIVE			
A/B	.36, p=.036	n.s.	n.s.
A/C	.48, p=.005	n.s.	n.s.
ROMANTIC			
A/B	n.s.	n.s.	n.s.
A/C	n.s.	n.s.	n.s.
EXHIBITIONISTIC			
A/B	.39, p=.024	n.s.	.67, p=.015
A/C	.52, p=.002	n.s.	.56, p=.057
EXPERIMENTAL			
A/B	n.s.	n.s.	n.s.
A/C	.50, p=.003	n.s.	n.s.

Note. A/B = Correlation between Sexual Fantasy and Sexual Behaviour

A/C = Correlation between Sexual Fantasy and Sexual Desire.

All subjects

Overall, there was no significant correlation between fantasy and experience for the categories of voyeuristic/group, passive, active and romantic. There were significant relationships between fantasy and experience for the exhibitionistic ($r = .31, p = .001$) and experimental categories ($r = .33, p = .000$).

For five of six categories there were significant correlations for fantasy and desire to experience. Voyeuristic ($r = .30, p = .002$), Passive ($r = .28, p = .003$), Active ($r = .38, p = .000$), Exhibitionistic ($r = .33, p = .000$) and Experimental ($r = .31, p = .001$) categories all showed significant correlations. Only the Romantic category was not statistically significant.

Men

The correlations between fantasy and experience for men were mainly insignificant. Only the exhibitionistic category was significant ($r = .43, p = .001$). The correlations for fantasy and desire to experience were mixed. Voyeuristic ($r = .39, p = .003$), Active ($r = .37, p = .005$), Exhibitionistic ($r = .40, p = .002$), and Experimental ($r = .27, p = .041$) categories all showed significant correlations while Passive and Romantic categories did not.

Women

Only the Experimental category ($r = .31, p = .026$) revealed a significant correlation between fantasy and experience for women. For fantasy and desire to experience, the Voyeuristic ($r = .41, p = .003$), Passive ($r = .33, p = .018$) and Experimental ($r = .37, p = .008$) categories had significant correlations while the Active, Romantic and Exhibitionistic categories did not.

Heterosexuals

Only the Exhibitionistic category ($r = .29, p = .024$) showed a significant correlation between fantasy and experience for heterosexuals. For fantasy and desire to experience, Voyeuristic ($r = .42, p = .001$), Passive ($r = .34, p = .008$), Active ($r = .46, p = .000$), Exhibitionistic ($r = .38, p = .003$) and Experimental ($r = .40, p = .001$) categories were all significantly correlated while Romantic themes were not.

Bisexuals

Only the Experimental category ($r = .42, p = .038$) showed a significant correlation for fantasy and experience. For fantasy and desire to experience there was only a significant correlation in the Passive

category ($r = .39, p = .056$).

Gays/Lesbians

For fantasy and experience, gays and lesbians showed significant correlations in only one category, Exhibitionistic ($r = .45, p = .035$).

Similarly, for fantasy and desire to experience, there was only a significant correlation for Exhibitionistic ($r = .45, p = .008$).

Heterosexual Men

Fantasy and Experience were significantly correlated for heterosexual men for Active ($r=.36,p=.036$) and Exhibitionistic ($r=.39,p=.024$) categories. For fantasy and desire to experience, five of six categories proved significant: Voyeuristic ($r=.49, p=.003$), Passive ($r=.35, p=.042$), Active ($r=.48, p=.005$), Exhibitionistic ($r=.52, p=.002$) and Experimental ($r= .50, p=.003$).

Bisexual Men

Bisexual men showed a significant correlation between fantasy and experience for only the Voyeuristic category ($r=-.63, p=.050$). They showed no correlation between fantasy and desire to experience in reality.

Gay Men

Gay men had a significant correlation between fantasy and behaviour for the Passive category ($r=.59, p=.040$). For the Exhibitionistic category, Gay men showed significant correlations for fantasy and

experience ($r=-.67$, $p=.015$) and fantasy and desire to experience ($r=.56$, $p=.057$).

Heterosexual Women

Heterosexual women showed only one significant correlation for fantasy and desire to experience in the Active category.

Bisexual Women

Bisexual women showed significant correlations for fantasy and behaviour in the following categories: Active ($r=.50$, $p=.030$), Exhibitionistic ($r=.57$, $p=.030$) and Experimental ($r=.78$, $p=.001$). They showed significant correlations for fantasy and desire to experience in reality for Active ($r=.52$, $p=.053$), Passive ($r=.57$, $p=.030$) and Exhibitionistic ($r=.69$, $p=.006$) themes.

Lesbian Women

Lesbian women did not show any significant correlations among fantasy, experience and desire to experience.

Table 18 shows a summary of the significant correlations by group.

Table XVIII

Summary of Significant Correlations According to Group

<u>Heterosexual Men</u>	<u>r value</u>	<u>p value</u>
Fantasy and Experience for Active Category	.36	.036
Fantasy and Experience for Exhibitionistic Category	.39	.024
Fantasy and Desire for Voyeuristic/Group Category	.49	.003
Fantasy and Desire for Passive Category	.35	.042
Fantasy and Desire for Active Category	.48	.005
Fantasy and Desire for Exhibitionistic Category	.52	.002
Fantasy and Desire for Experimental Category	.50	.003
<u>Bisexual Men</u>	<u>r value</u>	<u>p value</u>
Fantasy and Experience for Voyeuristic Category	-.63	.050
<u>Gay Men</u>	<u>r value</u>	<u>p value</u>
Fantasy and Experience for Passive Category	.59	.040
Fantasy and Experience for Exhibitionistic Category	.67	.015
Fantasy and Desire for Exhibitionistic Category	.56	.057
<u>Heterosexual Women</u>	<u>r value</u>	<u>p value</u>
Fantasy and Desire for Active Category	.47	.016
<u>Bisexual Women</u>	<u>r value</u>	<u>p value</u>
Fantasy and Experience for Active Category	.50	.069
Fantasy and Experience for Exhibitionistic Category	.57	.030
Fantasy and Experience for Experimental Category	.69	.006
Fantasy and Desire for Active Category	.52	.053
Fantasy and Desire for Experimental Category	.69	.006
Fantasy and Desire for Passive Category	.57	.030
<u>Lesbian Women</u>	<u>r value</u>	<u>p value</u>

no significant correlations for fantasy and behaviour or fantasy and desire

DISCUSSION

The hypotheses set forth were partially supported by the findings in this study. The first hypothesis was that the variables of sex and sexual orientation would, together, better discriminate among the types of sexual experience and fantasy content endorsed than would either variable alone. The results from this study showed that fantasies did not vary according to sex or sexual orientation. The six groups did not show any significant difference in the amount or kind of fantasizing done; however, the types of sexual *experience* and sexual *desire* that participants had did vary according to the variables of sex and sexual orientation.

The second hypothesis was that the relationship among the variables of sexual fantasy, sexual behaviour and sexual desire would vary according to both sex and sexual orientation. This hypothesis was supported by the findings in the research. Connected with this second hypothesis was that fantasy would correlate with experience and with desire. Significant correlations in this regard depended upon the specific theme of the fantasy items as well as the sex and sexual orientation of the participants; however, the direction that these correlations took could not always have been predicted by the current understanding of fantasy, gender role or interpersonal attraction. Future research would need to be conducted to determine what factors are involved in the variation of

correlational data for fantasy, behaviour and desire across sex and sexual orientation groups.

The hypothesis that more gender-typed fantasies and experiences would be endorsed by heterosexuals (e.g., passive for females/active for males) than by homosexuals who would show more cross gender-typed experiences and fantasies was only partially supported. While Heterosexual men endorsed more active behaviours than Heterosexual women, all other sexual orientation groups responded similarly to Heterosexual men. Bisexuals did respond uniquely to the questionnaire, particularly Bisexual women but it was not in relation to the hypothesis that Bisexuals would endorse a greater variety of fantasies and behaviours. A detailed examination of the data illustrates this but reviewing the theoretical implications of the results first may assist in understanding the data.

While this research was not designed to assess the theoretical underpinnings of Stoller's (1976) fantasy as revenge theory or Wasserman and Storms (1984) theory of fantasy in relation to sexual maturation and orientation, it does shed some light on the purpose of sexual fantasizing. By assessing participants' sexual fantasies within the past year (A), sexual behaviour throughout their lifetime (B) and desire to experience the behaviour if given the opportunity (C), some theories on the purpose of

sexual fantasizing are supported and others not. Correlation is a necessary but not a sufficient factor to imply causation; however, the correlational data in this study does suggest future avenues for empirical exploration which could examine cause and effect patterns for sexual fantasy. For example, if A correlates with B, these results would be consistent with fantasy acting as a mental rehearsal for behaviours. It also could suggest that experience informs fantasy, that is, we fantasize about that which we know from experience is sexually arousing.

If fantasy (A) correlates with desire to experience the fantasy theme in reality (C), it could be suggested that fantasy acts as a predecessor or rehearsal to future behaviour (this would seem to be an even stronger possibility if these fantasies also correlated with sexual behaviour). If A correlates with C and not with B, this would support the theory that fantasy acts as compensation for the sexually dissatisfied but it could also support the theory that fantasy is an additive source of sexual pleasure, one where the tendency is to fantasize novel situations for stimulation in order to augment the pleasure of one's actual experiences.

If fantasy did *not* correlate with either experience or desire, then fantasy would seem to be something that is used and enjoyed in its own right. It may be a substitute for behaviour or a way of enjoying something that one would not really want to experience in reality. It may also be

indicative of a way to explore the sexually erotic where actually experiencing it would be unrealistic, forbidden or prohibited by society.

The results from the present study show complex relationships between sexual experience, fantasy and desire which vary according to both one's sexual orientation, gender and the contents of the fantasy. Unlike prior research findings (Follingstad & Kimbrell, 1986; Halderman, Zelhart and Jackson, 1985; Hsu et al., 1994; Person et al., 1989), there were no differences between the sexes for the degree to which one fantasizes. In fact, none of the six groups differed in the amount of fantasizing they did over a 24 hour period. This result ensured that whatever differences were detected among the groups in the present research were not due to a difference in the amount of fantasizing. These differences may best be explored one category at a time.

Active Category

There was a main effect for sexual orientation in which gay/lesbian and bisexual participants endorsed more active behaviours than heterosexuals; however, further analysis revealed that both gender and sexual orientation played a significant role in determining the extent of active behaviours. Congruent with a gender role hypothesis, heterosexual men endorsed more active behaviours than heterosexual women. One

might expect this given the sex typed role behaviours which are common place in society. Also in keeping with a gender role hypothesis, lesbian and bisexual women endorsed more active behaviours than did heterosexual women. Other trends in the active category, however, do not follow a gender role hypothesis. Men did not differ in the degree to which they endorsed active behaviours across sexual orientation. Furthermore, the overall result was that all five groups (heterosexual, bisexual and gay men as well as lesbian and bisexual women) showed a greater use of behaviours considered to be active or initiatory. These results are unlike other research which found no difference in behaviour but much in fantasy for active and initiatory themes (e.g., McCauley & Swann, 1978; Person et al, 1989).

The results from this study do not support a gender role hypothesis (one would expect that Gay men's scores would resemble Heterosexual women's scores if this were the case). These results emphasize the need to consider both sex and sexual orientation when examining sexual behaviour, as patterns of behaviour in relation to fantasy and desire are missed if only one or the other variables is taken into account.

The present study suggests that heterosexual women may choose to follow a more traditional pattern of socialized behaviour in conjunction with their more active oriented heterosexual male partners. Conversely,

outside of the heterosexual world, it seems that both men and women adopt a more active role in sex. This may be due to the lack of socially sanctioned sex roles for any one who is not heterosexual. That is, as long as society at large is reluctant to encourage same sex relationships, there cannot exist a sanctioned, typical role for men and women who are in relationships outside of the heterosexual realm. This leaves individuals free to (and perhaps in a place where they must) develop a more active sexual behaviour pattern in order to establish sexual relations.

There was only a marginal difference between groups for desiring to experience active themes which is mostly consistent with the participants' experience of active themes. Heterosexual men desired to experience more active themes than did heterosexual women. This gender difference with regard to active themes did not carry over into sexual fantasies. In fantasy, heterosexual women showed no more or less preference for active themes than any other group, including men.

In examining the correlational data, it is interesting to note that experiencing active behaviours correlated with fantasizing active behaviours for only two groups: heterosexual men and bisexual women. For these two groups it appears that fantasy and experience reinforce each other. Fantasy may serve as wish fulfillment for these groups or perhaps their experience with active themes results in their inclusion in

subsequent fantasizing. In both cases there are also significant correlations between fantasizing active themes and desiring to experience active themed behaviour. This would lend strength to the theory that fantasy is representative of desired behaviour and that it may even be used as a mental practice for future behaviours.

It is also interesting to note that heterosexual women show a significant correlation between fantasy and desire to experience active themed behaviour. Perhaps their experiences with heterosexual men taking a more active role sexually prevents them from actualizing their desire to be more active.

One may fantasize about behaving in an active manner but this does not necessarily mean that one will behave or even desire to behave in such a way. Bisexual and Gay men as well as Lesbian women do not desire to experience active behaviour simply because they fantasize about it. Active fantasy for these groups may be used as a novel stimulus to augment their sexual pleasure but does not seem to be tied to their sexual practices and desires as is the case for Heterosexual men and Bisexual women. Determining what aligns Bisexual women with Heterosexual men would be a useful query in future research.

Passive category

While one might conclude that a reverse scenario to active themes

would result in an analysis of passive themes, this study did not reveal such. While women were generally shown to endorse more passive behaviours than men, further analysis showed that it was Lesbian and Bisexual women who were endorsing a greater number of passive items, not heterosexual women. It was also found that bisexual women endorsed a greater number of passive items than did bisexual men. Again, it is not enough to assess behaviour while only taking into consideration the sex or the sexual orientation of the individual as both play a part in determining passive behaviour traits.

Overall these figures are consistent with Wilson (1988) whose research showed that there was a tendency for those who endorsed more active behaviours to also endorse more passive behaviours. Rather than one category reducing the other, it appears that the degree of endorsement of active and passive behaviours coincide.

Examining the correlational data shows that for passive themes, fantasy and experience reinforce each other only for Gay men. Other groups do not associate their passive fantasies with passive behaviours; however, as with their responses to active fantasies and desires, heterosexual men and bisexual women are similar; they desire to experience the passive behaviours about which they fantasize. Unlike their responses for the Active category, however, neither of these groups

translate this desire to actual behaviour. For them, passive fantasies may reflect an unfulfilled wish. For heterosexual men, it is possible that they may wish to be more passive in their sexual behaviour but societal expectations lend them to being more active. Bisexual women, one would think, would not have this same sanction. It would be interesting for future research to explore why this particular group would desire to experience the passive behaviours about which they fantasize but do not do so.

For both active and passive categories, men are quite uniform in their endorsements while for women, their sexual orientation determines the degree of both active and passive behaviours. In both cases, bisexual and lesbian women are similarly endorsing more behaviours than their heterosexual women counterparts.

As with active themes, no differences in passive fantasies were noted across groups.

Voyeuristic/Group category

Gay men, Bisexual and Lesbian women showed a stronger interest in voyeuristic and group behaviour than other groups. They showed no connection between fantasy, behaviour and desire, however, so there appears to be no connection between this behaviour and their fantasies. Voyeuristic and Group behaviour is considered out of the realm of possibility for most people in committed relationships and for these three

groups, it could be that they use these sexual fantasies because they are not able to or are discouraged from realizing them in their lives and yet find them arousing to explore in their imagination while they are engaged in sexual activity.

Heterosexual men seem to have a strong connection between fantasizing about voyeuristic themes and desiring to experience them in reality. For this group, voyeuristic and group fantasies act as indicators of future desired behaviour. As these men do not show a correlation with actual sexual behaviour and their voyeuristic fantasies, it seems that for some reason, those who fantasize and desire to experience these themes do not actualize them. Again, the nature of these behaviours may be prohibited by the relationships in which they currently find themselves. As Voyeurism and Group sexual activities are somewhat taboo in society, it would make sense that these would be "forbidden" fantasies not to be acted upon.

The only participants that exhibited any connection between voyeuristic fantasy and behaviour were bisexual men and this correlation was a negative one. Perhaps this result indicates a compensatory dynamic to these fantasies for Bisexual men; if they behave in a voyeuristic manner they do not use these fantasies for their sexual arousal and if they are not engaging in this kind of activity they use these themes

in fantasy for enhancing their sexual satisfaction while engaging in sexual activity. The novelty and sexual thrill of voyeuristic and group fantasies may only be maintained while one does not engage in the activities, at least for this group.

Another explanation for the use of group and voyeuristic fantasies in the absence of acting upon these fantasies is related to sexually transmitted diseases. Perhaps as people have become more aware of Acquired Immune Deficiency Syndrome (AIDS), fewer group activities are being engaged in, particularly within the Gay male community where the virus has affected so many. If this were an influence, however, one might wonder why Gay men do not show a correlation between behaviour and desiring to engage in voyeuristic/group activities. Also, one might expect that they would endorse fewer behaviours in this category than other groups and this was not found to be the case.

Romantic category

There was not much overall difference among groups for romantic behaviour although bisexual women endorsed more romantic behaviours than did bisexual men and gay men endorsed more romantic behaviours than did heterosexual or bisexual men. This last difference lends some support to a gender role hypothesis for men in that Gay men appear to engage in romantic behaviour similar to women in this study while

heterosexual and bisexual men exhibit fewer romantic behaviours.

None of the correlational data was significant for any of the groups.

It seems that while romantic behaviour and fantasy have a place in the participant's lives, there is no connection made between experience, fantasy or desire to experience. One possible reason for the lack of correlation among these categories may be that sexual fantasies, in general, are more centred on direct sexual activity rather than the less sexual, more sensual romantic themes contained in this category. The numbers of romantic behaviours endorsed are uniformly greater than the number of romantic fantasies endorsed which would lend strength to the theory that romantic behaviours, while common experiences, do not translate into common sexual fantasies. This may be especially true since participants reported fantasies only as experienced during sexual activity in this study. Fantasies used for arousal during sexual activity may need to be of a more direct sexual nature while some of the fantasies in the romantic category are more general and less specific to sexual acts (e.g., walking hand in hand; erotic embrace (clothed); having sex that lasts for hours). Past research which showed sex differences in romantic fantasizing were based not only on fantasy during sexual activity but also during dreams and daytime fantasies (Wilson, 1987) or else solely in daydreams (Person et al, 1989). Perhaps it is only in day dreams and

dreams while asleep that gender differences in romantic fantasy may manifest themselves.

Exhibitionistic category

Not surprisingly, Gay men engage in more exhibitionistic behaviour than Lesbian women as well as their heterosexual male counterparts. This may reflect a greater interest in drag shows and the more overt nature of sexuality which presents itself in the Gay male community (Livingston, 1990; Newton, 1979; Whitam, 1996). Also, as evidenced in examining any popular fashion magazines of our time, it is apparent that, in the more traditional heterosexual world, women are encouraged to dress up in more provocative and revealing clothing than are men. Perhaps the fact that Gay men did not differ from bisexual men reflects a common interest in dressing up which is not evidenced in the heterosexual male or Lesbian female groups. If so, a gender role hypothesis may be partially supported here. Person et al (1989) noted more exhibitionistic tendencies in women but this was in reference to fantasy more than behaviour and appears to be based on a greater endorsement of "dressing in special costumes". It may be this element of dressing up which is being reflected in the behavioural differences in the present study.

The use of exhibitionistic fantasy in relation to experience and desire appears to be similar for both Heterosexual and Gay men while

Bisexual men show no connection at all to experience, fantasy and desire. Bisexual men do not express a desire to experience their exhibitionistic fantasies nor have they acted upon these fantasies. For Gay and Heterosexual men, however, their exhibitionistic fantasies strongly reflect their past behaviours and what they wish to do in the future. What distinguishes Bisexual men in this area is unclear but the distinction is an important one. One cannot predict that the extent of Bisexual men's exhibitionistic fantasy is likely to result in a similar degree of exhibitionistic behaviour or visa versa. Conversely, if one wished to know the likelihood of Gay or Heterosexual men behaving in exhibitionistic ways, knowing the extent of their exhibitionistic fantasies would be a good indicator.

Bisexual women are also unique in this area; they engaged in more exhibitionistic behaviour than either their heterosexual or lesbian counterparts. This result does not support a gender role hypothesis, but once again shows Bisexual women to distinguish themselves from the other women in this study. Furthermore, only Bisexual women presented a significant statistical correlation and this related to fantasy and their actual sexual experiences. Their heightened exhibitionistic activity may have been a result of their use of exhibitionistic fantasy whereas for the other women, exhibitionistic fantasy did not reflect either their behaviours or desire to engage in such behaviours. What would lead Bisexual women

to this difference would be a useful inquiry in future research. Questioning these three groups of women, for example, about the purpose of their exhibitionistic fantasies and whether or not they feel their exhibitionistic behaviours have influenced their subsequent fantasies would more directly assess the meaning and significance behind these different patterns of correlations.

Experimental category

While there was not a significant statistical difference between men and women in this category, it may be due to Gay men's scores compensating for the other men's scores in this area while Heterosexual women's scores compensated for the average of the other women. Since past research (e.g., Follingstad & Kimbrell, 1986; Halderman, Zelhart & Jackson, 1985; Person et al, 1989) found that men fantasized more than did women and seemed to endorse a wider variety of fantasies than women, one might expect that they would be more experimental in their sexual practices than women but this was not found to be the case. Bisexual and Lesbian women exhibited the most experimental behaviours of any of the groups and it was for bisexual women in particular that there were significant correlations among sexual fantasy, behaviour and desire. Why this group stands out among the rest is unclear but in examining all

six thematic categories these results are in keeping with an overall trend which shows Bisexual women to be high on endorsing behaviours relative to most other groups.

Heterosexual men do show a strong connection between their experimental fantasies and their desire to experience them. What prevents them from actualizing them, as with voyeuristic and group fantasies, may be that the nature of these behaviours are out of the scope of their sexual relationships.

Sound category

As an introductory examination of the presence of sound in fantasy, two items assessing it were included in the questionnaire. Overall, there was no difference in the degree to which different groups endorsed these items except in two situations. The two exceptions were that men tended to endorse a desire to hear their partner scream or groan with pleasure more than did women and Bisexuals endorsed having more experience of hearing their partner scream/groan with pain than did either Gay men or Lesbian women or Heterosexual men and women. Perhaps the latter is indicative of a tendency for Bisexual individuals to engage in rougher sex than individuals from other groups. It is worth noting that Heterosexual women did not endorse this experience at all which indicates a complete

lack of rough sex in their lives or may reflect a tendency in their male partners (presumably mostly Heterosexual men but may also include Bisexual men) to not be vocal if they are engaged in sexual acts which involve pain. If this were true, it presents an interesting dichotomy for these men since, overall, men seem more interested than women in hearing their partners express pleasure. Sound does have some presence in fantasy and may be useful to explore in future research, particularly in regard to sex differences.

Sexual fantasies

Unlike the results for sexual experience and desire, none of the six groups varied in the number or type of sexual fantasies endorsed. As noted, this is in contrast to much of the previous research which showed fantasy variations according to sex and sexual orientation. The differences in findings may be attributed to the different measures used across studies and illustrates a major problem in the area of sexual fantasy research. Any list of fantasies must necessarily be incomplete as it is impossible to anticipate every kind of sexual fantasy that one might have. Various measures will produce varying results depending on the kinds of fantasies itemized. In this particular instance, combining and modifying two sexual fantasy questionnaires may have resulted in a

different instrument which was not sensitive to different patterns of sexual fantasizing.

Another possibility for the differences between this research and other studies may be in how fantasy items were categorized. While one might expect a degree of continuity in categorization for the active/passive categories between this research and Wilson's (1988) because the latter author was an independent rater for the current research, the other categories may not have shown such consistency were they likewise rated. Conversely, it may be the difference in subject population. The self-selected sample in this research may vary in composition from either the students of the research in Persons et al (1989) or Wilson's (1988) British newspaper subjects. At least in comparison to Persons et al. (1989), the present study may have elicited responses from people who were, overall, more generally interested in sex and sexual fantasy. Perhaps with greater interest in these topics, there are fewer sex differences in fantasy. Also without a predominantly heterosexual subject pool, differences in sexual experience between men and women emerged and were not merely the reflection of men and women being engaged in the same sexual acts as a function of being each other's sexual partners.

Another area of concern is the small sample size and the large age

range that this particular research encompassed. A much larger sample size with a more limited age range may show stronger results and perhaps different patterns of fantasy and behaviour than what was evidenced in this research.

Another possibility for the differences between this research and its predecessors may be a matter of degree and not kind. The present research used a measure which may have been less sensitive to variations in that it merely asked if subjects had fantasized about particular items within the past year during sexual activity. Persons et al (1989) subjects were asked to rate their fantasies on a 4 point scale reflecting a frequency of never, not in the last three months, less than five times in the last three months or more than five times in the last three months. They also asked for fantasies as experienced as daydreams while the present research focussed on fantasies during sexual activity. Wilson's (1988) subjects were asked to indicate on a five point scale between never and regularly how often they fantasized about particular fantasy themes. Thus, it may be that the differing results between the present research and the latter were a function of the number of times a fantasy was used in a discreet period of time rather than whether or not a fantasy was used at all.

One important consideration in comparing this research to others which examined fantasies in relation to sexual orientation is the way in which sexual orientation was measured. Unfortunately, previous studies (e.g., Hulbert & Apt, 1993; Price et al, 1985) did not specify how sexual orientation was measured but their recruitment procedures (contacting gay organizations for participation) suggest that they depended on self-definition as did the present research. There may be some problems in consistency of categorizations with this method, however, especially when including bisexual individuals in research. People define their sexual orientation as they do for many different reasons, including social, political and personal differences. Many people change their sexual orientation "label" over their lifetime. One group of researchers (Berkey, Perelman-Hall & Kurdek, 1990), by their assessment, found 9 different sexual orientations, including four different bisexual categories. Such research speaks to the legitimacy of the construct "sexual orientation" overall and at least causes one to pause when considering sexual orientation as a definite construct. Based on the above considerations, it is possible that concrete and precise definitions for inclusion in sexual orientation groups were needed and, in their absence, the groups did not become well enough defined to exhibit a true difference in sexual fantasy if indeed such a difference exists for those of varying sexual orientation. Using a

measurement as described above or as developed by Kinsey, Pomeroy & Martin (1948) to assess sexual orientation may create more uniform categories which may, in turn, affect the outcome of the results.

The notion of sexual orientation as a linear construct is certainly not supported by the results of this research. If it were, one would expect to see a pattern of fantasy and behaviour endorsement in which bisexuals endorsed a "middle ground" between heterosexual and gay/lesbian individuals. Not only did that not happen, but Bisexual men differed in many respects from Bisexual women. So if this research did accurately divide participants along lines of sexual orientation, then it is important to highlight that bisexuality cannot be assumed to rest in the middle of sexual orientation and its manifestations in people's realities. Where bisexuals ultimately fit also seems to depend on gender. Bisexual men in this study resembled Heterosexual men while Bisexual women in this study resembled Lesbian women.

Past research regarding the connection between experience and fantasy across the sexes was mixed. Hsu et al. (1994) found that women exhibited a stronger correlation between their fantasies and their experiences than did men while McCauley and Swann (1978) found that women fantasized more about imaginary, unexperienced events while

males fantasized themes more connected to their actual experiences. The present research may help to explain these contradictory results.

Trends across categories

Heterosexual men, in all but the Romantic category, showed a significant relationship between fantasy and their desire to experience these fantasies in reality. For these men, fantasy is strongly connected to their desires. No other group was so consistent in this regard. Lesbian women and Bisexual Men, for example, showed no connection between fantasy and desire for any of the categories. In fact, Lesbian women did not show significant correlations for fantasy with either experiences or desire while Bisexual men did not show any significant relationship except for fantasy and experience in one category: voyeuristic/group, and this was a negative correlation. Heterosexual women showed a significant relationship only for fantasy and desire within the Active category. Gay men showed a significant correlation for fantasy and behaviour in the Passive category and for both fantasy and experience and fantasy and desire for the Exhibitionistic category. Bisexual women were the only group which showed a variety of significantly correlations similar to those of Heterosexual men. They showed significant correlations between fantasy and experience for Active and Experimental categories while they

showed significant correlations between fantasy and desire for Passive, Active and Experimental categories.

Clinical implications

These differences need to be examined and replicated in future research as their implications are far reaching; for example, the value of being able to predict people's behaviours based on their fantasies takes on great significance when clinicians are attempting to identify dangerous offenders but as this research shows, the predictive value of fantasy depends on both the sex and sexual orientation of the person being assessed as well as the category of fantasy itself. Using fantasy as a predictor for possible future behaviour would likely be relevant for Heterosexual men but misleading for Bisexual men or Lesbian women. For Heterosexual women, fantasy would only be a potential predictor for Active behaviours while for Gay men it would only be a potential predictor for Exhibitionistic behaviour.

As another example, if it were clinically desirable to understand how experience informs fantasy, knowing the experience of Heterosexual men in Active or Exhibitionistic behaviours would assist greatly in predicting their use of fantasies in these categories while the same could only be said of Bisexual men in the Voyeuristic category. If one was looking to

fantasy as evidence of sexual dissatisfaction, one may get a lead from examining the correlation between fantasy and desire for Heterosexual women for Active themes or Bisexual women for Passive themes.

If a clinician were looking for a kind of fantasy that would be appealing and enhance the sexual satisfaction of, say, Lesbian women, they would use fantasies outside of the client's experiences since no correlation was found between fantasy and behaviour or desire for this group. Clearly, it is novel imaginary stimuli which seems to be arousing for Lesbian women. For other groups, it would depend on the category.

Ideally it would be useful to expand on the present structure of the SFBQ; for example, it would be interesting to add a predatory category to such research in the future and assess these patterns across sex and sexual orientation groups. This may provide an informative lead in understanding which individuals are likely to behave in a predatory fashion as a result of having predatory fantasies.

The present research clearly shows that correlation among fantasy, experience and desire depends not only on the sex of the fantasizer but also their sexual orientation and the thematic nature of their fantasies. Whether other variables are also involved remains for future research to uncover. Certainly, the gender role hypothesis was not a clear influence

in that it was not supported for sexual fantasies at all while differences in sexual experience showed only some modest reflection of gender role affecting men and women. Such a hypothesis may be too simplistic in nature to uncover the reasons for the different trends across sexual orientation and sex groups. While gender role does tend to vary between sexual orientation and sex groups, there is also much variation in sex typed and cross sex typed behaviours *within* these groups. Direct questioning of specific populations on the purpose of sexual fantasies would be a useful next step in sexual fantasy research. It would also be useful to see if the results of this particular study would be replicated if this research were replicated with a more sensitive version of this questionnaire which assesses the number of times within a discreet time period that particular fantasies and behaviours are used by various groups.

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APPENDIX A: Ethics Approval Form



University of Regina

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Faculty of Graduate Studies and Research*

Regina, Saskatchewan
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Tel: (306) 585-4161

Fax: (306) 585-4893
INTERNET: urgrad@max.cc.uregina.ca

TO: Jan Tkachuk

FROM: Dr. D. Alfano, Acting Chair,
Research Ethics Review Committee

DATE: September 22, 1992

Re: Nature of sexual fantasies related to sex and sexual
orientation.

Please be advised that the committee has considered this proposal and has agreed that it is:

1. Acceptable as submitted.
(Note: Only those applications designated in this way have ethical approval for the research on which they are based to proceed).
2. Acceptable subject to the following changes and precautions:
(Note: These changes must be resubmitted to the Committee and deemed acceptable by it prior to the initiation of the research. Once the changes are regarded as acceptable a new approval form will be sent out indicating it is acceptable as submitted.)
3. Unacceptable to the Committee as submitted. Please contact the Chair for advise on whether or how the project proposal might be revised to become acceptable (ext. 4161/5186).

**APPENDIX B:
Advertisement for Participants**

The following advertisement was placed in **NOW** magazine for the period of a month to elicit participation in the research.

Sexual Fantasies: A Master's student in Clinical Psychology from the University of Regina is conducting research on sexual fantasies for her Master's thesis. Individuals of varying sexual orientations (homosexual, bisexual and heterosexual) are needed to complete a mail-in questionnaire pertaining to their sexual fantasy experience. Postage for return mailing of the questionnaire will be paid by the researcher. Please reply to: **J. Tkachuk, Department of Psychology, University of Regina, Regina, Sask. S4S 0A2**

APPENDIX C: The Sexual Fantasy and Behaviour Questionnaire (SFBQ)**SEXUAL FANTASY AND BEHAVIOUR QUESTIONNAIRE**

In order to assess the information you provide, we ask that you take the time to answer the following questions:

How old are you? _____ Male ____ Female ____

If you had to describe your sexual orientation using one of the labels below, how would you define yourself (please check one only)?

GAY OR LESBIAN ____

BISEXUAL ____

HETEROSEXUAL ____

ASEXUAL ____

During the day (a 24 hour period), how many times, on average, would you have a sexual fantasy (i.e., a daydream/thoughts about sex)? Don't try to count up the number of times that you fantasize but rather indicate a number that seems like a reasonable estimate....

Please check the following statements as they apply to both your experience and fantasy. Although all of these statements are common both in the sexual behaviour and fantasies of people, some may not apply to you. Try to respond to all questions by indicating with a check mark if you have fantasized about the themes below within the past year while engaging in sexual acts with yourself or others, if you actually have experienced these behaviours in life, and if you would like to do them if given the opportunity.

Description of Behaviour or Fantasy	Fantasized during sexual activity	Experienced in reality	Would like to experience
1. Having more than one sexual partner at the same time			
2. Having intercourse in unusual positions			
3. Exhibiting your body in public			
4. Having sexual relations with animals			
5. Whipping or beating your sexual partner			
6. Being whipped or beaten by your sexual partner			
7. Forcing a partner to submit to sexual acts			

Description of Behaviour or Fantasy	Fantasized during sexual activity	Experienced in reality	Would like to experience
8. Dressing in clothes of the opposite sex			
9. Using dildos, vibrators etc. for artificial sexual stimulation			
10. Forbidden lover in sexual adventures			
11. Being tortured by a sexual partner			
12. Torturing a sexual partner			
13. Being paid for sex			
14. Dressing in special costumes			
15. Homosexual fantasies (if heterosexual)			
16. Heterosexual fantasies (if homosexual)			
17. Being involved in a sexual orgy (4+)			
18. Being tied up or bound during sexual activities			
19. Degrading a sex partner			

Description of Behaviour or Fantasy	Fantasized during sexual activity	Experienced in reality	Would like to experience
20. Being sexually degraded			
21. Seeing pictures or films of yourself having sex			
22. Vaginal penetration with fingers (doing)			
23. Vaginal penetration with fingers (receiving)			
24. Watching someone else make love to your partner			
25. Having sex in different or unusual locations			
26. Having partner watch you make love to another			
27. Mateswapping			
28. Anal intercourse			
29. Having your partner masturbate you			
30. Hearing your partner groan/scream with pleasure			
31. Dressing in erotic garments			
32. Hearing your partner groan/scream with pain			
33. Naked caressing and embracing			

Description of Behaviour or Fantasy	Fantasized during sexual activity	Experienced in reality	Would like to experience
34. Sexual intercourse			
35. Rubbing genitals against part of partner's body			
36. Having partner rub genitals against your body			
37. Having sensuous areas of your body touched or kissed			
38. Being the opposite sex			
39. Touching or kissing sensuous areas of your partner's body			
40. Performing sexual acts for an audience			
41. Masturbating your sexual partner			
42. Mutual oral stimulation of genitals			
43. Being forced to submit to sexual acts			
44. Having sex with (a) famous person(s)			
45. Being seduced			
46. Making love with the possibility of being discovered			

Description of Behaviour or Fantasy	Fantasized during sexual activity	Experienced in reality	Would like to experience
47. Having sex that lasts for hours _____			
48. Watching your partner masturbate _____			
49. Watching your partner undress _____			
50. Sex with a close relative _____			
51. Watching other people make love _____			
52. Performing sexual acts in front of a mirror _____			
53. Having your partner watch you masturbate _____			
54. Using dirty language _____			
55. Sex with a mysterious stranger _____			
56. Seducing a sexual partner _____			
57. Having your genitals orally stimulated _____			
58. Having sex with an innocent partner (virgin) _____			
59. Oral stimulation of your partner's genitals _____			

Description of Behaviour or Fantasy	Fantasized during sexual activity	Experienced in reality	Would like to experience
60. Walking hand in hand			
61. Lying prone on top of partner			
62. Partner lying prone on top of you			
63. Stroking and petting your partner's genitals			
64. Erotic embrace (clothed)			
65. Intercourse-penetratee superior position			
66. Intercourse-penetrator superior position			
67. Mutual undressing of each other			
68. Deep kissing			
69. Reading or watching erotic material			
70. Breast petting			
71. Using food during sex			
72. Intercourse-vaginal entry from rear			
73. Having genitals caressed by your sexual partner			

Description of Behaviour or Fantasy	Fantasized during sexual activity	Experienced in reality	Would like to experience
74. Intercourse side by side _____			
75. Intercourse - sitting position _____			
76. Having anal area caressed _____			
77. Masturbating alone _____			
78. Caressing partner's anal area _____			
79. Kissing nude breasts _____			
80. Mutual petting of genitals to orgasm _____			
81. Sex with someone you know but have not had sex with _____			
82. Sex with someone you know but would <u>not</u> like to have sex with in reality _____			

APPENDIX D:

Category Definitions and Origins for the Sexual Fantasy and Behaviour Questionnaire (SFBQ)

The 6 Category Definitions

Exhibitionistic: Showing off one's body for oneself or others; exploiting body or self for profit, attention, sexual gratification

Items:

Exhibiting body in public
 Being paid for sex
 Seeing pictures of yourself having sex
 Having partner watch you make love to another
 Dressing in erotic garments
 Performing sexual acts for an audience
 Performing sexual acts in front of a mirror

Group/Voyeuristic: Being sexually involved (watching or participating) with more than one person at the same time; watching others (live or on film) and reading about others in sexual situations.

Items:

Having more than one sexual partner at the same time
 Being involved in a sexual orgy (4+)
 Watching someone else make love to your partner
 Having partner watch you make love to another
 Watching your partner masturbate
 Watching your partner undress
 Watching other people make love
 Reading or watching erotic material

Experimental: Adventurous, novel, unusual or uncommon sexual practices and fantasies either generally in society or to the sexual routine of the individual or couple.

Items:

Having more than one sexual partner at the same time
 Having intercourse in unusual positions
 Having sexual relations with animals
 Whipping or beating your sexual partner

Being shipped or beaten by your sexual partner
 Forcing partner to submit to sexual acts
 Dressing in clothes of the opposite sex
 Forbidden lover in sexual adventures
 Being tortured by a sexual partner
 Torturing a sexual partner
 Dressing in special costumes
 Homosexual fantasy (if heterosexual)
 Heterosexual fantasy (if homosexual)
 Being involved in an orgy (4+)
 Being tied up or bound during sexual activities
 Degrading sex partner
 Being sexually degraded
 Watching someone else make love to your partner
 Having sex in different or unusual locations
 Having partner watch you make love to another
 Mateswapping
 Dressing in erotic garments
 Being the opposite sex
 Being forced to submit to sexual acts
 Making love with the possibility of being discovered
 Watching other people make love
 Using food during sex
 Sex with someone that you know but have not had sex with
 Sex with someone that you know but would not like to have sex with in reality

Romantic: Plausible or implausible sexual situations focusing on idyllic partners, behaviours, settings; sexual activities involving emotional intimacy, foreplay and sexual mystique.

Items:

Touching or kissing sensuous areas of your partner's body
 Having sex with (a) famous person(s)
 Being seduced
 Having sex that lasts for hours
 Sex with a mysterious stranger
 Seducing a sexual partner
 Walking hand in hand
 Erotic embrace (clothed)
 Mutual undressing of each other
 Deep kissing

Sex with someone you know but have not had sex with

Active: involving a behaviour considered to be primarily initiated/maintained by the person responding to the item.

Items:

Whipping or beating your sexual partner
 Forcing a partner to submit to sexual acts
 Torturing a sexual partner
 Degrading a sexual partner
 Vaginal penetration with fingers (doing)
 Having partner watch you make love to another
 Hearing your partner groan/scream with pleasure
 Hearing your partner groan/scream with pain
 Rubbing genitals against part of partner's body
 Touching or kissing sensuous areas of your partner's body
 Performing sexual acts for an audience
 Masturbating your partner
 Having your partner watch you masturbate
 Seducing a sexual partner
 Having sex with an innocent partner (virgin)
 Oral stimulation of your partner's genitals
 Stroking and petting your partner's genitals
 Breast petting
 Intercourse - vaginal entry from rear
 Caressing partner's anal area
 Kissing nude breasts

Passive: Involving a behaviour considered to be primarily initiated/maintained by a person other than the one responding to the item.

Being whipped or beaten by your sexual partner
 Being tortured by a sexual partner
 Being tied up or bound during sexual activity
 Being sexually degraded
 Vaginal penetrations with fingers (receiving)
 Watching someone else make love to your partner
 Having your partner masturbate you
 Having partner rub genitals against your body
 Having sensuous areas of your body touched or kissed

Being forced to submit to sexual acts
 Being seduced
 Watching your partner masturbate
 Watching your partner undress
 Watching other people make love
 Having your genitals orally stimulated
 Having genitals caressed by your sexual partner
 Having anal area caressed

Questionnaire items divided by researcher

Taken from Persons et al. (1989)

2,3,4,5,6,7,8,10,11,12,14,15,16,18,19,20,24,27,28,29,31,33,34,37,39,40,41,42, 43,44,45,46,47,48,49,51,52,53,54,55,56,57,59,60,63,64,67,68, 69,70,72,73,74,75,76,77,78,79,80

Modified from Persons et al (1989)

13,17,21,25,61,62,65,66

Taken from Wilson (1988)

none

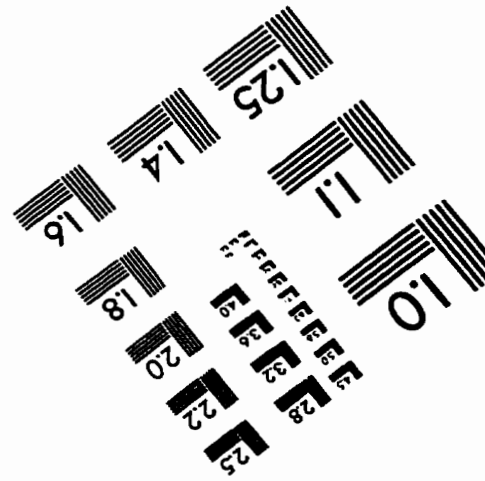
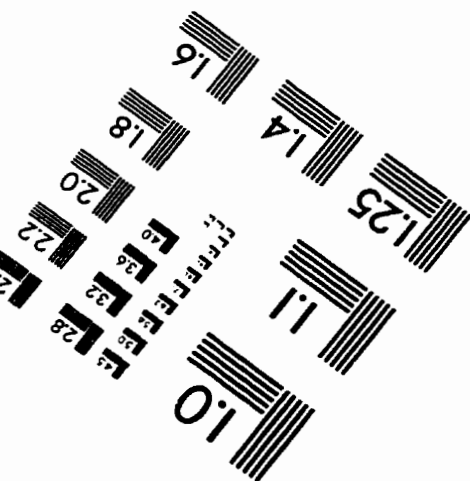
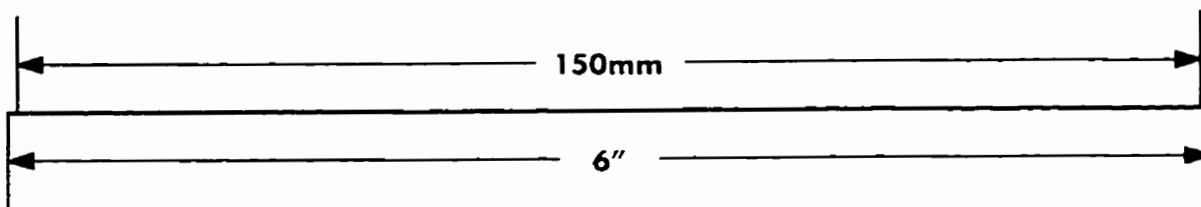
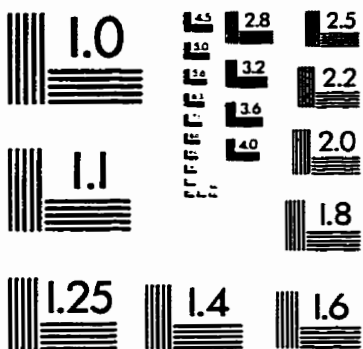
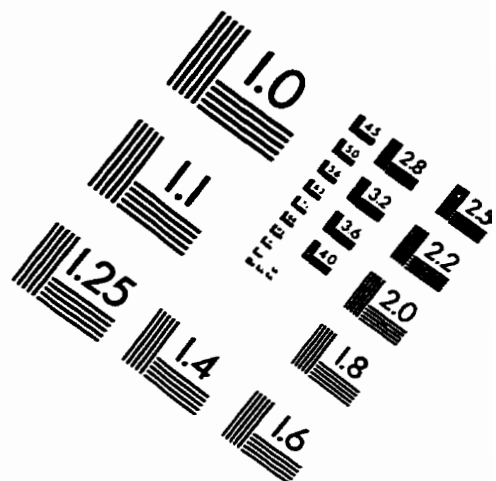
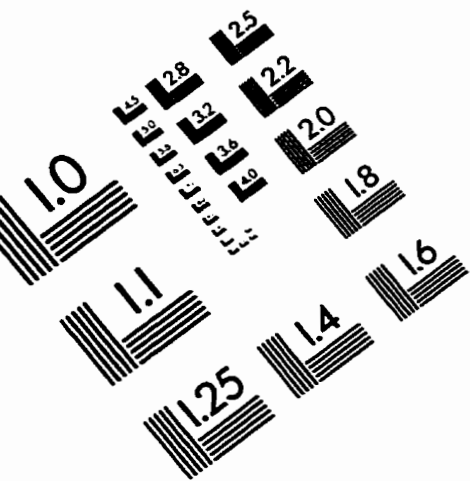
Modified from Wilson (1988)

1,9,50,58,81

Added by Tkachuk

22,23,26,30,32,35,36,38,71,82

IMAGE EVALUATION TEST TARGET (QA-3)



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