Codebook Orgasmgap study - 138 items

January 2024

Overview of instruments:
- Demographic variables (6 items)
- Sexual feelings and behavior (12 items)
- Rosenberg Self-Esteem Scale – RSE (10 items) + 2 additional items
- Self-Compassion Scale – SCS (12 items)
- Shame Inventory Part 1 – SI (3 items) + 1 additional item
- Self-Rumination Scale – SRS (12 items)
- Sexual Distress Scale – SDS (5 items)
- Symptom Questionnaire short form - SQ-24-SF (24 items)
- Problematic Hypersexual Discriminant Screener short form - PHDS-11-SF (11 items)
- Sexual Inhibition Scales/Sexual Excitation Scale short form - SISSES-SF (14 items)
- Sex Positivity Scale – SPS (24 items + 2 open-ended questions)

Text 1 Thank you for your participation in this study.

Demographic variables

Text-2 We start with 6 questions about demographics (completion time 1 minute).

demo-1 I am a Woman (1)/Man (2)/Other (3)
demo-1a You answered "Other" in the gender question. Would you please specify this? (Open question.)
demo-2 What is your age? Number.
demo-3 What is your country of birth? The Netherlands (1)/Other country than the Netherlands (2)
demo-3a If not the Netherlands, which country is your country of birth? Open question.
demo-4 Are you currently in a relationship? (5) Not in a relationship (1)/ Less than 3 months (2)/ More than 3 months but less than a year (3)/ More than 1 year but less than 5 years (4)/ In a relationship for more than 5 years (5).
demo-5 What is the highest level of education you have completed? None (1)/Primary school (2)/Lower and secondary general education (e.g. VMBO, MAV0, MB0)) (3)/Higher general education (e.g. HAVO, VWO) (4)/Higher vocational education or master's degree (e.g. HBO, MSc) (5)
demo-6 Sexual orientation - Indicate, based on a self-assessment, where you see yourself on the continuum: Exclusively heterosexual and not homosexual (1) / Primarily heterosexual, only occasionally homosexual (2) / Primarily heterosexual, but more than occasionally homosexual (3) / Both heterosexual and homosexual (4) / Primarily homosexual, but more than occasionally heterosexual (5) / Primarily homosexual, only occasionally heterosexual (6) / Exclusively homosexual (7) / Asexual, no libido (8) / Other, namely ….

Sexual feelings and behavior
Text-3 The following 14 questions are about how you experience sexuality and gender (2 minutes) and whether you have ever needed help for hypersexual feelings or behavior.

base-1 How satisfied are you with your sex life? Very satisfied (1) / Fairly satisfied (2) / Not satisfied or dissatisfied (3) / Fairly dissatisfied (4) / Very dissatisfied (5) (5 response categories)
base-2 How often have you had an orgasm in the past six months? I haven't had an orgasm (1) / Once a month or less (2) / A few times a month (3) / About once a week (4) / A few times a week, but not every day (5) / About every day (6) / Two to four times a day (7) / More than four times a day (8) (8 response categories)
base-3 How many different people have you had sex with in the past six months? Number.
base-4a How often have you had sex with someone in the past six months? Not once (1) / One to five times (2) / Once a month or a little more (3) / About once a week (4) / A few times a week but not every day (5) / About once a day (6) / More than once a day (7) (7 response categories)

base-5a When you had sex with someone else, how often did you usually reach orgasm in a single encounter? (Think about the person you had sex with most regularly over the past six months.) I didn't have sex (1) / No orgasm (2) / Once (3) / Twice (4) / Three to five times (5) / More than five times (6) (6 response categories).
base-5b When you had sex with someone else, how often did your partner usually reach orgasm during intercourse? (Think about the person you had sex with most regularly over the past six months.) I didn't have sex (1) / No orgasm (2) / Once (3) / Twice (4) / Three to five times (5) / More than five times (6) (6 response categories).
base-6 How often do you watch porn? I don't watch porn (1) / Once a month or less (2) / A few times a month (3) / About once a week (4) / Between two and five times a week (5) / About once a day (6) / About twice a day (7) / More than twice a day (8) (8 response categories)
base-7a How often do you use sex toys during masturbation? Never (1) / Rarely (2) / Sometimes (3) / Often (4) / Always (5) - (5 response categories)
base-7b How often do you use sex toys during sex with a partner? Never (1) / Rarely (2) / Sometimes (3) / Often (4) / Always (5) - (5 response categories)
base-8 What sexual activities do you engage in (multiple answers possible)? Masturbation/Sex with one partner (unpaid)/Sex with multiple partners (unpaid)/Sexting (sending erotic selfies)/Unpaid webcam sex/Paid webcam sex/Prostitution (escort/street)/Sex clubs (brothel)/Sex clubs or swinging/Watching porn/Voyeurism, exhibitionism, sadomasochism, bondage and other fetishes/Sex with partners who could not consent/Sex in combination with drugs (chemsex)/Other/I have no sexual interest (15 response categories)
base-8a You answered "Other" in the previous question. Could you please explain this further? (Open-ended question).
base-9 Are any of these sexual activities problematic for you? (multiple answers possible – opportunity to explain why) I have no problem with my sexual activities/Masturbation/Sex with one partner (unpaid)/Sex with multiple partners (unpaid)/Sexting (sending erotic selfies)/Unpaid webcam sex/Paid webcam sex/Prostitution (escort/street)/Sex clubs (brothel)/Swingers' clubs or swinging/Watching porn/Voyeurism, exhibitionism, sadomasochism, bondage, and other fetishes/Sex with partners who could not consent/Sex in combination with drugs (chemsex)/Other (15 response categories)
base-9a You answered "Other" in the previous question. Could you please explain this further? (Open-ended question).
base-10a What usually happens to your sexual interest when you're feeling down? (slider 0 – 100, step length 2, anchors: Decreases sharply – --- - Increases sharply – in the middle (50): Stays the same)
base-10b What usually happens to your sexual interest when you feel anxious? (Slider 0-100, step length 2, anchors: Decreases sharply – --- - Increases sharply)
base-10c What usually happens to your sexual interest when you feel happy? (Slider 0-100, step length 2, anchors: Decreases sharply – --- - Increases sharply)
base-10d What usually happens to your sexual interest when you feel relaxed? (Slider 0-100, step length 2, anchors: Decreases sharply – --- - Increases sharply)
base-12a How non-binary do you generally feel? (slider 0 – 100, step length 2, anchors: Not at all – Very much).
base-12b How feminine do you feel generally? (slider 0 – 100, step length 2, anchors: Very feminine – not feminine).
base-12c How masculine do you feel generally? (slider 0 – 100, step length 2, anchors: Very masculine – not masculine)

text-4 Here are 12 items about your self-esteem. response the questions using the response categories and think about how you feel generally (2 minutes).

Rosenberg Self-Esteem scale (10 items) + 2 extra items concerning Self-Esteem

Response categories: Strongly disagree (0)/ Disagree (1)/ Agree (2)/ Strongly agree (3)

rse-1 On the whole, I am satisfied with myself.
rse-2 At times, I think that I am no good at all. (already recoded)
rse-3 I feel that I have a number of good qualities.
rse-4 I am able to do things as well as most other people.
rse-5 I feel that I do not have much to be proud of. (already recoded)
rse-6 I certainly feel useless at times. (already recoded)
rse-7 I feel that I am a person of worth, at least on an equal plane with others.
rse-8 I wish I could have more respect for myself. (already recoded)
rse-9 All in all, I am inclined to feel that I am a failure. (already recoded)
rse-10 I take a positive attitude toward myself.

Five items are "(already recoded)" – meaning that a high score on these items represents more Self-Esteem. This means for these five items the Response categories – and meaning of the scores - are: Strongly agree (0)/ Agree (1)/ Disgree (2)/ Strongly disagree (3)

self-1 I feel good about myself.
self-2 I feel I'm a good person.

text-5 Below are 12 items about your sense of self compassion. response the questions using the response categories while you consider how you feel in general. (1 minute)

Self-Compassion Scale (12 items)

Response categories: Almost never (1) / Sometimes (2) / Regularly (3) / Often (4) / Almost always (5)

scs-1 When I fail at something important to me I become consumed by feelings of inadequacy.
scs-2 I try to be understanding and patient towards those aspects of my personality I don't like.
scs-3 When something painful happens I try to take a balanced view of the situation.
scs-4 When I'm feeling down, I tend to feel like most other people are probably happier than I am.
scs-5 I try to see my failings as part of the human condition.
scs-6 When I'm going through a very hard time, I give myself the caring and tenderness I need.
scs-7 When something upsets me I try to keep my emotions in balance.
scs-8 When I fail at something that's important to me, I tend to feel alone in my failure
scs-9 When I'm feeling down I tend to obsess and fixate on everything that's wrong.
scs-10 When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.
scs-11 I'm disapproving and judgmental about my own flaws and inadequacies.
scs-12 I'm intolerant and impatient towards those aspects of my personality I don't like.

text-6 Here are four items about Shame and ten items about Rumination and worrying. response the questions using the response categories and think about how you feel in general. (2 minutes)

Shame Inventory - 3 items + 1 extra item concerning Shame

shame-1 How often do you typically experience shame. Never (1) / Seldom (2) / Occasionally (3) /Often (4) /Always (5)

shame-2 How intense of severe are the feelings of shame that you typically experience. Not intense or severe (1) /Slightly (2) /Moderately (3) /Considerable (4) /Extremely intense or severe (5)
shame-3 To what extent does shame negatively affect the quality of your life? No Effect (1) /Slightly (2) /Moderately (3) /Considerably (4)/Extremely (5)

shame-4 I am ashamed of myself. Slider from 0 tot 100 – in stepps of 2. Anchors: 0 – Not at all to 100 – Very much

Self-Rumination Scale – 10 items

Antwoordcategorieën: Dit geldt altijd voor mij (6)/ Dit geldt heel vaak voor mij (5)/ Dit geldt vaak voor mij (4)/ Dit geldt soms voor mij (3)/ Dit geldt nauwelijks voor mij (2)/Dit geldt zeker niet voor mij (1).
Response categories: This always applies to me (6)/ This very often applies to me (5)/ This often applies to me (4)/ This sometimes applies to me (3)/ This hardly applies to me (2)/ This certainly does not apply to me (1).

srs-1 It is easy for me to put unwanted thoughts out of mind.
srs-2 I spend a great deal of time thinking back over my embarrassing or disappointing moments.
srs-3 My attention is often focused on aspects of myself I wish I'd stop thinking about.
srs-4 I tend to dwell over unpleasant things that happen to me for a long time afterwards.
srs-5 Long after an argument or disagreement is over, my thoughts keep going back to what happened.
srs-6 Often I'm playing back over in my mind how I acted in an embarrassing situation.
srs-7 I often analyse my mistakes.
srs-8 Sometimes it is hard for me to shut off thoughts about my faults.
srs-9 I often reflect on unfavourable outcomes in my life.
srs-10 I often find myself re-evaluating something I have done wrong.

text-7 Now follow five questions about feelings and problems you might have regarding sex (1 minute to complete). Read each question carefully and choose the question that best describes how often you experienced the problem in the past 30 days – including today.

Sexual Distress Scale-SF – 5 items

Response categories: Never (0) / Rarely (1) / Sometimes (2) / Often (3) / Very often (4)

sds-sf-1 How often in the last 30 days did you feel unhappy about your sexual relationship? (fsds-1)
sds-sf-2 How often in the last 30 days did you feel frustrated by your sexual problems? (fsds-4)
sds-sf-3 How often in the last 30 days did you feel distressed about your sex life? (fsds-5)
sds-sf-4 How often in the last 30 days did you feel worried about sex? (fsds-7)
sds-sf-5 How often in the last 30 days did you feel sexually inadequate? (fsds-8)

text-8 Here are 11 statements about your sexual feelings and behavior (2 minutes to complete). Please indicate how often each statement applies to you. Think about the past 6 months when answering. Sex is considered activities you engage in to experience sexual pleasure. Examples include: masturbation or solo sex, pornography use, intercourse, oral sex, anal sex. Sexual behavior can occur with or without partners.

Emotie Dysregulation-PH - 4 items
Negative Effectx-PH - 7 items

Response categories: Not applicable to me (1) / Hardly applicable to me (2) / Sometimes applicable to me (3) / Often applicable to me (4) / Almost always applicable to me (5)

Emotie Dysregulatie-PH - 4 items

edph-sf1 I use sex to escape feelings of despair.
edph-sf2 I start thinking about sex when I'm feeling down.
edph-sf3 I turn to sex when I'm feeling anxious.
edph-sf4 I use sex to cope with my problems.

Negatieve Effecten-PH - 7 items

neph-sf1 Even though I promised myself I would not repeat a sexual behavior, I find myself returning to it over and over again.
neph-sf2 My attempts to change my sexual behavior fail.
neph-sf3 I feel like my sexual behavior is taking me in a direction I don't want to go.
neph-sf4 my sexual behavior controls my life.
neph-sf5 My sexual cravings and desires are stronger than my self-discipline.
neph-sf6 I was only able to control my sexual urges for a short time before I gave in to them again.
neph-sf7 My sexual urges and impulses changed me in a negative way.

text-9 The following 14 statements are about how easily you become sexually aroused (2 minutes to complete). The first thing that comes to mind is often the most accurate, so don't overthink your response too much.

Sexual Inhibition Scale / Sexual Excitation Scale – Short Form / SIS/SES-SF (sisses)

Response categories: This is very true for me (4)/This is sometimes true for me (3)/This is hardly true for me (2)/This is certainly not true for me (1).

sisses-1 When a sexually attractive stranger accidentally touches me, I easily become aroused
sisses-2 If I am having sex in a secluded, outdoor place and I think that someone is nearby, I am not likely to get very aroused
sisses-3 When I talk to someone on the telephone who has a sexy voice, I become sexually aroused
sisses-4 I cannot get aroused unless I focus exclusively on sexual stimulation
sisses-5 If I am masturbating on my own and I realize that someone is likely to come into the room at any moment, I will lose my erection/my sexual arousal
sisses-6 If I realize there is a risk of catching a sexually transmitted disease, I am unlikely to stay sexually aroused
sisses-7 If I can be seen by others while having sex, I am unlikely to stay sexually aroused
sisses-8 When I think of a very attractive person, I easily become sexually aroused
sisses-9 Once I have an erection, I want to start intercourse right away before I lose my erection/Once I am sexually aroused, I want to start intercourse right away before I lose my arousal (men/women)
sisses-10 When I start fantasizing about sex, I quickly become sexually aroused
sisses-11 When I see others engaged in sexual activities, I feel like having sex myself.
sisses-12 When I have a distracting thought, I easily lose my erection/my arousal

sisses-13 If I am distracted by hearing music, television, or a conversation, I am unlikely to stay aroused.
sisses-14 When an attractive person flirts with me, I easily become sexually aroused

text-10 The following 24 statements are about your general mental state. Please response each statement honestly and accurately. Indicate what applies to you. There are no right or wrong answers. Please give the response that best describes how often you have felt this way in the past week, including today. The first thing that comes to mind is often the best.

Symptom Questionnaire-24-short form - 24 items (sq-sf: SQ-24 – short form)

Response categories: Never (0) / Rarely (1) / Sometimes (2) / Often (3) / Very often (4)

sq-sf-1 I felt stressed at my work or study. (Als je niet werkt of studeert: Ik voelde stress bij m'n dagelijkse verplichtingen). (sq-9/work-1)
sq-sf-2 I felt chest pain (or pressure). (sq-11/soma-3)
sq-sf-3 I did not dare to travel on my own using public transport. (sq-14/agor-3)
sq-sf-4 I was hot-tempered without good reason. (sq-16/aggr-2)
sq-sf-5 I felt like doing things. (sq-18/vita-2)
sq-sf-6 I did not want to live anymore. (sq-19/mood-4)
sq-sf-7 I had trouble with controlling my anger. (sq-21/aggr-3)
sq-sf-8 I did not dare to go alone to a crowded shop. (sq-25/agor-4
sq-sf-9 I was shaking or trembling. (sq-26/soma-6)
sq-sf-10 I was afraid of rejection by others. (sq-27/soph-2)
sq-sf-11 I felt shaky or I had shivers. (sq-31/soma-7)
sq-sf-12 I had the feeling that I did not do well with my work or study. (If you don't work or study: I had the feeling that I did not perform my duties well.) (sq-35/work-5)
sq-sf-13 I felt uncomfortable when other people looked at me. (sq-36/soph-4)
sq-sf-14 I took interest in things. (sq-37/vita-5)
sq-sf-15 I felt hopeless. (sq-38/mood-5)
sq-sf-16 I was forgetful. (sq-39/cogn-3)
sq-sf-17 I felt down or depressed. (sq-40/mood-6)
sq-sf-18 I felt restless. (sq-41/anxi-4)
sq-sf-19 I felt energetic and high-spirited. (sq-42/vita-6)
sq-sf-20 I struggled to get the day started. (sq-44/cogn-4)
sq-sf-21 I felt insecure in the company of others. (sq-45/soph-5)
sq-sf-22 I felt tense. (sq-46/anxi-5)
sq-sf-23 Ik could not concentrate. (sq-47/cogn-5)
sq-sf-24 I worried. (sq-48/anxi-6)

text-11 With the following 24 items we attempt to measure the degree of sex positivity. We are not providing a definition of sex positivity yet, but we ask you to review the statements and indicate to what extent they apply to you. We conclude these statements with two open-ended questions—the final questions of the questionnaire—where you can express your own ideas about what sex positivity is.

SexPositivity scale – 24 items

Response categories: Not applicable to me (1) / Applies to me a little (2) / Applies to me quite well (3) / Applies to me to a great extent (4)

sp-1 I feel happy when I think about sex.
sp-2 I can talk freely about sex with strangers.
sp-3 I don't feel ashamed about sex.
sp-4 I don't feel guilty after I masturbate.
sp-5 I enjoy talking about sex.
sp-6 I feel sexually free.
sp-7 I allow myself to fully enjoy sex.
sp-8 I can talk openly about sex with friends.
sp-9 I can talk openly about sex with my sexual partner(s).
sp-10 I don't feel uncomfortable when I'm stimulated during sex.
sp-11 I enjoy giving my sexual partner sexual pleasure.
sp-12 I enjoy my sexual fantasies.
sp-13 Sex enriches my life.
sp-14 I experience sex in a positive way.
sp-15 I can surrender to having sex.
sp-16 I don't regret sexual acts afterward.
sp-17 I masturbate more often than I'd like.
sp-18 I think about sex more than is good for me.
sp-19 I feel relaxed about how I handle sex.
sp-20 I can shamelessly enjoy a lot of sex.
sp-21 I don't trust my sexual feelings.
sp-22 I think about sex in fixed patterns.
sp-23 I find secret sexual desires exciting.
sp-24 I can really enjoy to be seduced to sex.

sp-extra-1 Could you please indicate what sex positivity means to you and whether your perception of it is reflected in the items? Feel free to fill in whatever you like—there's no right or wrong answer—and we're especially interested in your own thoughts on the matter.

sp-extra-2 Do you think there are items missing in the above list of 24 items we used to measure sex positivity?

text-12 Thank you for your participation and we would like to give you here the opportunity to add any comments or suggestions you might have. For more information about this study, please contact the researcher