Meanings of Sexual Behavior Inventory (MoSBI)

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| --- | --- | --- | --- | --- | --- | --- |
| **POSITIVE SUBSCALES** |  |  |  |  |  |  |
| To share pleasure |  |  |  |  |  |  |
| **In your relationship, how often do you use sexual activity…** | **Never** | **Rarely** | **Occasionally** | **About half of the time** | **Most of the time** | **All of the time** |
| To share pleasure | O | O | O | O | O | O |
| To have fun together | O | O | O | O | O | O |
| To satisfy our desires | O | O | O | O | O | O |
| To enjoy time together | O | O | O | O | O | O |
| To bond |  |  |  |  |  |  |
| **In your relationship, how often do you use sexual activity…** | **Never** | **Rarely** | **Occasionally** | **About half of the time** | **Most of the time** | **All of the time** |
| To show love | O | O | O | O | O | O |
| To bond | O | O | O | O | O | O |
| To stay connected | O | O | O | O | O | O |
| To strengthen our relationship | O | O | O | O | O | O |
| To build intimacy | O | O | O | O | O | O |
| To de-stress |  |  |  |  |  |  |
| **In your relationship, how often do you use sexual activity…** | **Never** | **Rarely** | **Occasionally** | **About half of the time** | **Most of the time** | **All of the time** |
| To de-stress | O | O | O | O | O | O |
| To relieve stress | O | O | O | O | O | O |
| To release tension | O | O | O | O | O | O |
| To unwind | O | O | O | O | O | O |
| To relax | O | O | O | O | O | O |
| To energize the relationship |  |  |  |  |  |  |
| **In your relationship, how often do you use sexual activity…** | **Never** | **Rarely** | **Occasionally** | **About half of the time** | **Most of the time** | **All of the time** |
| To liven things up | O | O | O | O | O | O |
| To spice things up | O | O | O | O | O | O |
| To keep things interesting | O | O | O | O | O | O |
| To keep your relationship exciting and new | O | O | O | O | O | O |
| To energize your relationship | O | O | O | O | O | O |
| To learn more about each other |  |  |  |  |  |  |
| **In your relationship, how often do you use sexual activity…** | **Never** | **Rarely** | **Occasionally** | **About half of the time** | **Most of the time** | **All of the time** |
| to find out more about each other | O | O | O | O | O | O |
| to discover new things about each other | O | O | O | O | O | O |
| to learn more about each other | O | O | O | O | O | O |
| to grow to know each other better | O | O | O | O | O | O |
| to understand each other better | O | O | O | O | O | O |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **NEGATIVE SUBSCALES** |  |  |  |  |  |  |
| To manage conflict |  |  |  |  |  |  |
| **In your relationship, how often do you use sexual activity…** | **Never** | **Rarely** | **Occasionally** | **About half of the time** | **Most of the time** | **All of the time** |
| To get over a fight | O | O | O | O | O | O |
| To patch things up after a fight | O | O | O | O | O | O |
| To make up | O | O | O | O | O | O |
| To stop fighting | O | O | O | O | O | O |
| To resolve conflict | O | O | O | O | O | O |
| As an incentive | | | | | | |
| **In your relationship, how often do you use sexual activity…** | **Never** | **Rarely** | **Occasionally** | **About half of the time** | **Most of the time** | **All of the time** |
| As an incentive to get something | O | O | O | O | O | O |
| To get something you want | O | O | O | O | O | O |
| As a bribe for your partner | O | O | O | O | O | O |
| As a bargaining chip | O | O | O | O | O | O |
| To get your partner to agree with you | O | O | O | O | O | O |
| To express anger | | | | | | |
| **In your relationship, how often do you use sexual activity (or withholding sexual activity)…** | **Never** | **Rarely** | **Occasionally** | **About half of the time** | **Most of the time** | **All of the time** |
| To make it clear that you’re mad | O | O | O | O | O | O |
| To show that you’re upset | O | O | O | O | O | O |
| To frustrate your partner | O | O | O | O | O | O |
| To punish | O | O | O | O | O | O |
| To get your partner to leave you alone | O | O | O | O | O | O |
| To control a partner | | | | | | |
| **In your relationship, how often do you use sexual activity (or withholding sexual activity)…** | **Never** | **Rarely** | **Occasionally** | **About half of the time** | **Most of the time** | **All of the time** |
| To dominate your partner | O | O | O | O | O | O |
| To show your partner who is boss | O | O | O | O | O | O |
| To show your power | O | O | O | O | O | O |
| To assert control | O | O | O | O | O | O |

PERMISSION FOR USE: We developed the MoSBI to be freely available for research and clinical use. No further permission is required beyond this form and the authors will not generate study-specific permission letters.

SCORING:

Subscales – To score the MoSBI subscales, you assign responses point values from 0 to 5 (left to right as presented above) and then sum the responses across the items of each scale so that higher scores reflect higher levels of the dimension being assessed by each set of items.

Global Composites – The totals of the 5 positive subscales can be totaled to create a composite representing global positive meanings of sex. Similarly, the totals of the 4 negative subscales can be averaged to create a global negative meanings of sex composite.

NOTE – When we present the scale to participants, we do not show them the titles of the subscales. Those were included above in the interest of clarity.

INTERPRETATION:

Normative Information – The research article developing the MoSBI (Shaw & Rogge, 2016; see citation below) presents basic normative data on its subscales (e.g., means and standard deviations by gender). That information will help to place individual scores into a larger context.

CITATION: If you are using this scale, then you should cite the research article validating it as follows:

Shaw, A. M., & Rogge, R. D. (2016). Symbolic Meanings of Sex in Relationships: Developing the Meanings of Sexual Behavior Inventory. *Psychological Assessment*. Advance online publication. http://dx.doi.org/10.1037/pas0000400