THE SEX POSITIVITY-NEGATIVITY (SPN) SCALE

Sex positivity subscale

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **IN GENERAL, I feel that sex and sexuality are…** | Not at all | A little | Somewhat | Quite a bit | Very much | Extremely |
| Fun  | O | O | O | O | O | O |
| Pleasant | O | O | O | O | O | O |
| Positive | O | O | O | O | O | O |
| Invigorating | O | O | O | O | O | O |
| Good | O | O | O | O | O | O |
| Enjoyable | O | O | O | O | O | O |
| Exciting | O | O | O | O | O | O |
| Enriching | O | O | O | O | O | O |

Sex negativity subscale

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **IN GENERAL, I feel that sex and sexuality are…** | Not at all | A little | Somewhat | Quite a bit | Very much | Extremely |
| Miserable | O | O | O | O | O | O |
| Unpleasant | O | O | O | O | O | O |
| Negative | O | O | O | O | O | O |
| Upsetting | O | O | O | O | O | O |
| Draining | O | O | O | O | O | O |
| Bad | O | O | O | O | O | O |
| Annoying | O | O | O | O | O | O |
| Awkward | O | O | O | O | O | O |

|  |  |
| --- | --- |
|  | 4-item positive qualities subscale |
|  | Additional 4 items for the 8-item positive qualities subscale |
|  | 4-item negative qualities subscale |
|  | Additional 4 items for the 8-item negative qualities subscale |

**Scoring**: For all items, responses are given values on a 0 to 5 point scale with 0 = Not at all and 5 = Extremely. The items of the positive subscale are summed to create a total where higher scores indicate greater positive relationship qualities. The items of the negative subscale are summed separately to create a total where higher scores reflect greater negative relationship qualities.

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

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