Psychology 350
Human Sexuality

September 9, 2009
History of Sex Research

Class logistics

• Content similar to that of FMST 316
• Textbook, Understanding human sexuality, 4th Can. Ed.
• Sexual content can evoke embarrassment
• Format: 2 ½ hr lectures, occasional guest speakers
• Notes available before class at www.psych.ubc.ca/~brotto
• Dr Brotto office hours – Wednesdays 3:45 – 4:45pm, Kenny Building Room 2524
  – “I am not at UBC any other days so if you cannot make this office hour and would like to meet with me, please email me

TAs and Office Hours

• Morag Yule
  – Office hours: TBA
  – Room

• Dominique Levesque
  – Office hours: Wednesdays 11-noon
  – Room 3512

Evaluation

• 2 exams:
  – Wed, Oct 14, 2009 worth 45%
    • 20 multiple choice questions, 20 fill in the blank, 4 short essays, 2 longer essays, 120 min
  – Final Exam worth 45%
    • Same format as midterm
• Term paper: Due Wed, Nov 18, 2009 (see “essay format” on website for details)
  – Worth 10%
  – Please do not plagiarize!
Evaluation cont.

- **Note on exams**: 50% of exams are based on lecture material (slides and discussions)
- 50% of exams are based on readings (textbook)

Course content

- History of sex research
- Sexual Anatomy, Physiology, and Hormones
- Conception and Pregnancy
- Contraception and Sex Education
- STIs, HIV/AIDS
- Culture and Sexuality
- Sexual attraction
- Sexual Orientation
- Prostitution, Pornography, and Legal Issues
- Sexual Dysfunction
- Paraphilias and Gender Identity Disorder
- Sexual coercion and abuse

Research

- There may be opportunities to participate in research
- This is not required, but you will be eligible to receive a maximum of **two** extra course credit towards your final grade

Opportunities for Research Participation

**Sex, Memory, and Culture**
- A study examining the relationships among acculturation, memory and various sexuality-related variables in Caucasian and Chinese women (2 extra credits)

**Acculturation and Sexual Arousal in Female University Students**
- A study looking at sexual arousal in Caucasian and Chinese women (2 extra credits)
Terminology

- Sex = sexual behaviour, anatomy
- Gender = being a man or a woman
- Sexual behaviour = includes genital and non-genital forms of sexual expression, may include arousal and orgasm, but may not

Early history of sex research

- Earliest teachings of sexuality were rooted in religion
- Greek mythology theory of homosexuality:
  - Split of double-males → gay man
  - Split of male-female → heterosexual
  - Split of double-female → lesbian woman
- 15th century Christianity:
  - Malleus Maleficarum (the Witch’s Hammer) linked wet dreams, sexual lust, and sexual dysfunction to witchcraft!

Scientific study of sexuality

- Began in the 19th century:
  - Biological advances
    - Discovery of sperm in semen
    - Observing fertilization of egg by sperm
  - Psychological advances
    - Sigmund Freud’s (1856-1939) theories on clitoral vs vaginal orgasm and psychosexual stages
    - 1st ever large-scale sex survey on 10,000 Germans by Magnus Hirschfeld (1868-1935); data destroyed by Nazis

20th century study of sexuality

- Sigmund Freud (Austrian physician)
- Alfred Kinsey (American biologist)
- William Masters and Virginia Johnson (American gynaecologist and psychologist)
- John Money (American psychologist)
<table>
<thead>
<tr>
<th>Sigmund Freud</th>
<th>Criticisms of Freud's theory</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1905 publishes “Three essays on the theory of sex”</td>
<td>• Psychoanalytic concepts have never been tested</td>
</tr>
<tr>
<td>• Research collected through psychoanalysis</td>
<td>• Based entirely on clinical sample using psychoanalysis</td>
</tr>
<tr>
<td>• Proposed that libido goes through a process of maturation over the life span; important because libido is our driving force</td>
<td>• He assumed women were biological inferior to men</td>
</tr>
<tr>
<td>• Neurosis is entirely caused by sexual motives</td>
<td>• Psychosexual stages never empirically tested</td>
</tr>
<tr>
<td>• 3 components of our personality:</td>
<td>• Distinguished vaginal (superior) from clitoral (inferior) orgasm</td>
</tr>
<tr>
<td>– ID → basic part of personality that includes libido</td>
<td>• <strong>Advantages:</strong> he took sex out of the closet during the Victorian era</td>
</tr>
<tr>
<td>– EGO → operates on reality principle</td>
<td></td>
</tr>
<tr>
<td>– SUPEREGO → conscience; contains values and ideals</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Alfred Kinsey</th>
<th>Kinsey's research</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Kinsey" /></td>
<td>• n = 5300 men and n = 5940 women (American) for 1st 2 books → goal was to do 100,000!</td>
</tr>
<tr>
<td>• He spent 18 years teaching biology and researching the gall wasp at IU.</td>
<td>• Individual interviews (Kinsey did at least 50% of them)</td>
</tr>
<tr>
<td>• In 1938 Indiana U asked him to teach a non-credit summer marriage course for students about to marry. It included lecture plus face to face meetings with students.</td>
<td>• Focused on establishing rapport</td>
</tr>
<tr>
<td>• He discovered just how little the students knew, and concluded that a survey was needed.</td>
<td>• Used “100% sampling technique”</td>
</tr>
<tr>
<td></td>
<td>– Went into a corporation and interviewed everyone there (through coercion)</td>
</tr>
<tr>
<td></td>
<td>• Used coding scheme known only to his team of researchers to assure confidentiality</td>
</tr>
</tbody>
</table>
Kinsey cont.
• founded the Institute for Sex Research funded by the Rockefeller Foundation (1947)
• 1948 Kinsey published *Sexual Behavior in the Human Male*
• 1953 Publication of *Sexual Behavior in the Human Female*
• Funding eventually pulled in the early 1950s. Senator Joseph McCarthy suggested that Kinsey’s research was weakening American morality.

Kinsey’s findings
• 37% of males and 13% of females had at least some overt homosexual experience to orgasm;
• 10% of males were more or less exclusively homosexual and 8% of males were exclusively homosexual for at least three years between the ages of 16 and 55.
• Women: range of 2-6% for more or less exclusively homosexual experience/response.
• 4% of males and 1-3% of females had been exclusively homosexual after the onset of adolescence up to the time of the interview.
• 50% of males and 26% of females had extramarital sex.
• 14% of women reported multiple orgasms; 15-20% of males reported multiple orgasms but most men lost this capacity by age 30.

Kinsey Scale
0- Exclusively heterosexual with no homosexual
1- Predominantly heterosexual, only incidentally homosexual
2- Predominantly heterosexual, but more than incidentally homosexual
3- Equally heterosexual and homosexual
4- Predominantly homosexual, but more than incidentally heterosexual
5- Predominantly homosexual, only incidentally heterosexual
6- Exclusively homosexual

“Males do not represent two discrete populations, heterosexual and homosexual. The world is not to be divided into sheep and goats. It is a fundamental of taxonomy that nature rarely deals with discrete categories... The living world is a continuum in each and every one of its aspects” (p 639).

Were Kinsey’s findings accurate?
• subjects reported very high levels of sexual activity
• very high levels of masturbation and homosexual behaviour
• may be because he found people willing to answer questions regarding sex
• difficult to know today how accurate his findings are.
Methodological issues in Kinsey’s research

• Not random or probability sampling
• Limited information available in the texts on sampling technique (esp for female edition)
• Volunteer bias
• How reliable are in-depth interviews vs questionnaires?

Kinsey cont.

• 1956 - took the last 2 subjects, personally doing 7985 of the approx 18000 interviews
• died, at age of 62, of a heart attack
• 1957 - Senator McCarthy had been discredited and Rockefeller returned grant funds to the Institute. New director was Gebhard, an anthropologist.
• 1981- renamed "The Kinsey Institute for Sex Research, Inc." at a conference commemorating the 25th anniversary of Kinsey’s death

Kinsey Institute today

• 1995 - Establishment of the Kinsey Institute clinics for sexual health and for menstrual cycle problems.
  – Public controversy over some aspects of Alfred Kinsey’s research.
• 2004 New Director Dr Julia Heiman.
• KI now hosts a number of symposia, training seminars, and institutes in addition to its sex therapy centre.
• The Kinsey Institute Sexuality Information Service for Students, KISISS, an online Q & A service targeted to Indiana University students.

  * www.kinseyinstitute.org

1966 Masters and Johnson

• Began physiological research in 1954
• looked at almost 700 people men aged 21-89, and women aged 18-78
• electrocardiograph to measure HR, electromyography to measure muscle tone, and a pH meter to measure acidity of vagina during sexual arousal
• Recruited normal healthy volunteers to engage in sexual behaviour in his lab
Masters and Johnson (cont.)

- Eliminated those during a 1st interview who were sexually inexperienced or anxious
- Participants engaged in intercourse, masturbation, and artificial coitus (with plastic penis)
- Controversial research at the time
- They suggest a 4-phase model of sexual response: excitement, plateau, orgasm, and resolution.
- Publish the book, *Human Sexual Response*, their study of physiological sexual response during actual sexual activity

Methodological issues in Masters and Johnson's research

**Study advantages**
- No problem of purposeful distortion
- Avoids inaccurate memory
- Inability of people to estimate correctly or describe certain aspects of their behaviour is avoided
- Can answer more detailed questions regarding physiology than self-reports can

**Study disadvantages**
- Omitted people not sexually experienced, and those unwilling to have their sexual response measured in the lab
- Not a random sample
- More educated and was mostly while with only a few ethnic minority persons
- Costly and time consuming
- Can't answer some of the "how many people engage in...?" questions
- Do people respond the same in the lab as they do at home?
Money's contributions

- pioneer for introducing the term gender and establishing transsexualism as diagnostic category
- also introduced the term paraphilia to describe perverts, deviants, and pathologicals
- paraphilia then made its way into the DSM-III

Money's theory

- Gender identity involves social situational and intrauterine biological forces and the existence of other factors
- Critical periods before 18 months can change gender identity
- How else could we explain transsexuality, homosexuality, or transvestism?
- Problem: how does one gather evidence to support this assumption?

– The John-Joan Case

John/Joan Case

- 1967 – twin brothers from Winnipeg circumcised
- One had ablated penis
- At 17mos parents sought Dr Money's help
- He recommended complete surgery, hormones, and rearing

As Nature Made Him: The Boy who was raised a Girl, by John Colapinto (2000)
• He also stated in this publication that the transition would only work if the adults in the boy's life delivered clear and unambiguous messages about being a girl.
• The book was very influential for physicians treating intersex conditions; they adopted the belief that infants are psychosexually malleable at birth.
• Milton Diamond disagreed with Money arguing that he de-emphasized the importance of nature.
• So what happened?

### Methodological issues in Money’s research

- Ethical issues:
  - Free and informed consent not necessarily given by the twins to be studied
  - Protection from harm not ensured
  - Not controlled, but rather quasi-experimental approach

### Recent approaches to understanding sexuality

1. Large scale probability studies on sexual behaviour and epidemiology of sexual problems
2. Psychophysiological techniques
3. Combining quantitative and qualitative methods

### Sex Research today

- Several dozen journals devoted to the topic
- Several dozen international, and many more national and local organizations
- Sexual Medicine units opening up worldwide
- But… still as controversial today as in Kinsey’s day
National Health and Social Life Survey

- 3,432 American men and women aged 19-59
- 1600 variables during interviews
- No large-scale Canadian data collected, but among available data, significant US-Canada differences:

Frequency of sexual intercourse

<table>
<thead>
<tr>
<th></th>
<th>USA NHSLS</th>
<th>Canada The Bibby Report</th>
</tr>
</thead>
<tbody>
<tr>
<td>Among singles:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% not having sex</td>
<td></td>
<td></td>
</tr>
<tr>
<td>At least 2/week</td>
<td>22-30%</td>
<td>17%</td>
</tr>
<tr>
<td>Few times/month</td>
<td>20-26%</td>
<td>42%</td>
</tr>
<tr>
<td>Few times/year</td>
<td>25-26%</td>
<td>16%</td>
</tr>
<tr>
<td>Few times/year</td>
<td>23-26%</td>
<td>25%</td>
</tr>
<tr>
<td>Among married couples</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% not having sex</td>
<td>1-3%</td>
<td>3%</td>
</tr>
<tr>
<td>At least 2/week</td>
<td>39-43%</td>
<td>60%</td>
</tr>
<tr>
<td>Few times/month</td>
<td>43-47%</td>
<td>21%</td>
</tr>
<tr>
<td>Few times/year</td>
<td>12-13%</td>
<td>10%</td>
</tr>
</tbody>
</table>

The Janus Report

- 1993: In response to AIDS rate rising and the need for more representativeness across all states
- Age 18-65
- N = 2,800 questionnaires
- N = 125 interviews
- Non-random sampling

Orgasms during intercourse

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Usually or always</td>
<td>93%</td>
<td>61%</td>
</tr>
<tr>
<td>Occasionally</td>
<td>3%</td>
<td>23%</td>
</tr>
<tr>
<td>Rarely or never</td>
<td>4%</td>
<td>16%</td>
</tr>
</tbody>
</table>

Janus & Janus, 1993
How many sexual partners have you had?

<table>
<thead>
<tr>
<th>%</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>1-10</td>
<td>28</td>
<td>42</td>
</tr>
<tr>
<td>11-30</td>
<td>32</td>
<td>39</td>
</tr>
<tr>
<td>31-60</td>
<td>21</td>
<td>9</td>
</tr>
<tr>
<td>61-100</td>
<td>8</td>
<td>3</td>
</tr>
<tr>
<td>101+</td>
<td>10</td>
<td>4</td>
</tr>
</tbody>
</table>

Janus & Janus, 1993

Masturbation practices

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kinsey, 1948,</td>
<td>93% by age 25</td>
<td>40% by age 25</td>
</tr>
<tr>
<td>1953</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Story, 1982</td>
<td>84% in 1974</td>
<td>57% in 1974</td>
</tr>
<tr>
<td></td>
<td>92% in 1980</td>
<td>64% in 1980</td>
</tr>
<tr>
<td>NHSLS, 1994</td>
<td>62% in past year</td>
<td>42% in past year</td>
</tr>
</tbody>
</table>

Why are there gender differences in masturbation frequency?

• Leitenberg, 1993

• What are the long-term effects of early masturbation?

(Kinsey suggested premarital masturbation → increased orgasm during intercourse)

% of men and women who reported masturbating in adolescence

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preadolescence</td>
<td>30</td>
<td>22.8</td>
</tr>
<tr>
<td>During age 13†</td>
<td>45.5</td>
<td>25.1</td>
</tr>
<tr>
<td>During age 14†</td>
<td>59.2</td>
<td>25.7</td>
</tr>
<tr>
<td>During age 15†</td>
<td>67.3</td>
<td>29.8</td>
</tr>
</tbody>
</table>

Leitenberg, 1993, n = 300 students
masturbating frequency in adolescence

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preadolescence</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>During age 13*</td>
<td>Once/week</td>
<td>Once/month</td>
</tr>
<tr>
<td>During age 14*</td>
<td>Once/week</td>
<td>Once/month</td>
</tr>
<tr>
<td>During age 15*</td>
<td>1-2/week</td>
<td>Once/month</td>
</tr>
</tbody>
</table>

Leitenberg, 1993, n = 300 students

Relationship between adolescent (A) masturbation and sexual health later on

<table>
<thead>
<tr>
<th></th>
<th>Did not masturbate in A</th>
<th>Masturbated in early A</th>
<th>Masturbated in pre-A and early A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age at 1st intercourse</td>
<td>16.72</td>
<td>16.38</td>
<td>16.87</td>
</tr>
<tr>
<td># lifetime partners</td>
<td>3.4</td>
<td>3.64</td>
<td>4.95</td>
</tr>
<tr>
<td>Longest relationship involving IC</td>
<td>18.83</td>
<td>19.67</td>
<td>15.79</td>
</tr>
<tr>
<td>Sexual dissatisfaction</td>
<td>2.61</td>
<td>2.69</td>
<td>2.74</td>
</tr>
<tr>
<td>Sexual difficulties</td>
<td>1.99</td>
<td>1.73</td>
<td>1.95</td>
</tr>
<tr>
<td>Sexual arousability**</td>
<td>2.62</td>
<td>3.23</td>
<td>3.25</td>
</tr>
</tbody>
</table>

Leitenberg, 1993

Effects of masturbation on intercourse at time of survey

- no early masturbation: 68% had intercourse
- early adolescence masturbation: 78% “ “
- preadolescence and early adolescence masturbation: 75%
- no significant group differences

Conclusions from Leitenberg, 1993:

- women don’t find masturbation as acceptable or as pleasurable as young men
- efforts to increase empowerment for women are not paying off
- biological mechanisms?
  - Hormonal
  - Anatomic – greater accidental friction in men
- Early masturbation is NOT harmful to sexual development later on
Laumann (2005)

- N = 29 countries
- Sample: n=13,882 women; n=13,618 men
- During the last 12 months have you ever experienced any of the following for a period of 2 months or more when you:
  - Lacked interest in having sex; Were unable to reach climax (experience orgasm); Reached climax (experienced orgasm) too quickly; etc.
- Severity assessed with: “for each of these experiences, how often would you say this has occurred during the last 12 months?” Occasionally / sometimes / frequently
- Looked at correlates (predictors) of problems

Other recent trends in sex research

- Psychophysiological research
  - Vaginal photoplethysmograph
  - Penile plethysmograph
  - fMRI
- Qualitative research/participant-observer
- Computer assisted self-interview method