

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)

Sigmund Freud

- 1905 publishes "Three essays on the theory of sex"
- Research collected through psychoanalysis
- Proposed that libido goes through a process of maturation over the life span; important because libido is our driving force
- Neurosis is *entirely* caused by sexual motives
- 3 components of our personality:
 - ID → basic part of personality that includes libido
 - EGO → operates on reality principle
 - SUPEREGO → conscience; contains values and ideals

Criticisms of Freud's theory

- Psychoanalytic concepts have never been tested
- Based entirely on clinical sample using psychoanalysis
- He assumed women were biological inferior to men
- Psychosexual stages never empirically tested
- Distinguished vaginal (superior) from clitoral (inferior) orgasm
- **Advantages:** he took sex out of the closet during the Victorian era



Alfred Kinsey

- He spent 18 years teaching biology and researching the gall wasp at IU.
- 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.
- He discovered just how little the students knew, and concluded that a survey was needed.

Kinsey's research

- n = 5300 men and n = 5940 women (American) for 1st 2 books → *goal was to do 100,000!*
- Individual interviews (Kinsey did at least 50% of them)
- Focused on establishing rapport
- Used "100% sampling technique"
 - Went into a corporation and interviewed everyone there (through coercion)
- Used coding scheme known only to his team of researchers to assure confidentiality

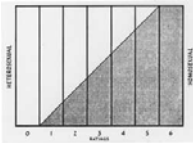
Kinsey cont.

- 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



"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).

- 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

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 Insitute. 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

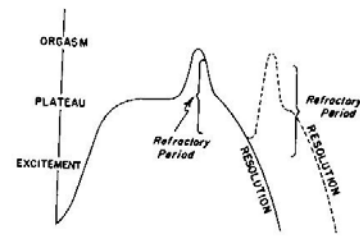


FIGURE 1-1
The male sexual response cycle.

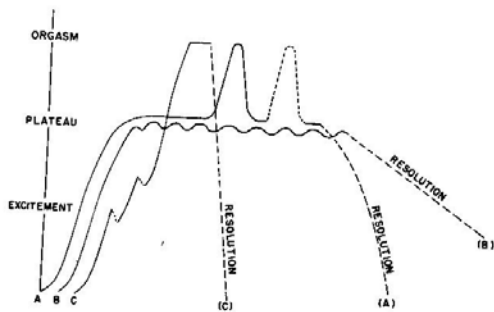


FIGURE 1-2
The female sexual response cycle.

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 white 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?



1955 American psychologist
John Money (1921-2006)

- published almost 400 papers and 40 books
- introduced the now well-known distinction between sex and gender
- also came up with the term "gender identity".
- Considered an expert in gender identity, sexual orientation, transsexualism, treatment of hermaphroditic children, and the causes and treatment of "paraphilias"
- His views continue to be challenged today by those who view maleness as being solely the result of early testosterone exposure.
- He initially argued entirely for social and learning factors but since had said you can't separate biological from environmental factors

Money's contributions

- pioneer for introducing the term gender and establishing transsexualism as diagnostic category
- also introduced the term paraphilia to describe pervers, 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



As Nature Made Him: The Boy who was raised a Girl, by John Colapinto (2000)

- 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 he as she

Brenda Reimer



David Reimer
1965 - 2004

- 12 yr program of hormones, social, and mental conditioning
- 6 yrs post surgery Money reported "excellent results" in 'Man & Woman, Boy & Girl'
- 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

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

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

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

	USA NHLS	Canada The Bibby Report
Among singles:		
% not having sex	22-30%	17%
At least 2/week	20-26%	42%
Few times/month	25-26%	16%
Few times/year	23-26%	25%
Among married couples		
% not having sex	1-3%	3%
At least 2/week	39-43%	60%
Few times/month	43-47%	27%
Few times/year	12-13%	10%

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

	Men	Women
Usually or always	93%	61%
Occasionally	3%	23%
Rarely or never	4%	16%

Janus & Janus, 1993

How many sexual partners have you had?

%	Men	Women
None	1	3
1-10	28	42
11-30	32	39
31-60	21	9
61-100	8	3
101+	10	4

Janus & Janus, 1993

Masturbation practices

	Men	Women
Kinsey, 1948, 1953	93% by age 25	40% by age 25
Story, 1982	84% in 1974 92% in 1980	57% in 1974 64% in 1980
NHLS, 1994	62% in past year	42% in past year

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

	Men	Women
Preadolescence	30	22.8
During age 13*	45.5	25.1
During age 14*	59.2	25.7
During age 15*	67.3	29.8

Leitenberg, 1993, n = 300 students

masturbating frequency in adolescence

	Men	Women
Preadolescence	-	-
During age 13*	Once/week	Once/month
During age 14*	Once/week	Once/month
During age 15*	1-2/week	Once/month

Leitenberg, 1993, n = 300 students

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

	Did not masturbate in A	Masturbated in early A	Masturbated in pre-A and early A
Age at 1 st intercourse	16.72	16.38	16.87
# lifetime partners	3.4	3.64	4.95
Longest relationship involving IC	18.83	19.67	15.79
Sexual dissatisfaction	2.61	2.69	2.74
Sexual difficulties	1.99	1.73	1.95
Sexual arousability**	2.82	3.23	3.25

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