

Chapter 2 | Theoretical Approaches to Studying Human Sexuality

Multiple Choice Questions

1. What issue arose from Sigmund Freud's ideas about sex?
 - a) His theories incorrectly identified psychosocial problems.
 - b) His theories caused sexual dysfunctions to be looked down on by the medical community.
 - c) His theories pathologized adults, especially females.
 - d) Sex became a more taboo topic.
2. What is one evolutionary explanation for homosexual behaviour?
 - a) Homosexuals are less likely to help biological relatives with their survival needs.
 - b) Homosexuals help biological relatives with their survival needs.
 - c) In the past, groups of people could not sustain large numbers of offspring so homosexuality was necessary.
 - d) Homosexuals adopt unrelated children who often times grow up to reproduce.
3. The early modern era was a time of great scientific breakthroughs related to sex and sexuality, particularly with the discoveries of sperm cells and eggs, as well as the studies of mate selection. What perspectives were the most important and scientifically rigorous in advancing knowledge about sexuality at this time?
 - a) Physical and environmental perspectives
 - b) Statistical and pathological perspectives
 - c) Biological and evolutionary perspectives
 - d) Sociological and cultural perspectives
4. According to Vasey and VanderLaan, what is a possible adaptive advantage of same-sex sexual orientation?
 - a) Fixation
 - b) Inclusive fitness
 - c) Self-efficacy
 - d) None of the above
5. Who was the first theorist to present a theory of human psychosexual development?
 - a) John Harvey Kellogg
 - b) William Masters
 - c) Alfred Kinsey
 - d) Sigmund Freud
6. Dr. Hamish is conducting an experiment to see if religious affiliation affects the frequency of

sex between married partners. What aspect of the research project is the prediction that religious affiliation affects the frequency of sexual encounters?

- a) The hypothesis
 - b) The conclusion
 - c) The psychodynamic theory
 - d) The theory
7. Which of the following is NOT a feature of scientific theory?
- a) Provide absolute truths about human sexual behaviour
 - b) Communicate about sexuality
 - c) Develop research ideas and methods
 - d) Organize, self-correct, and generate knowledge
8. Which theory is best for studying human sexuality?
- a) Sociobiology is grounded in empirical evidence and therefore provides the best insight into human sexual behaviour.
 - b) Human sexuality is complex and no one theory can capture all aspects.
 - c) Social constructionist views can predict human behaviour based on cultural norms and therefore offer the best scientific theory.
 - d) Evolutionary psychology has been proven to be the best theoretical orientation for capturing the wide range of sexual expression among humans.
9. Which of the following is NOT part of an individual's personality, according to Freud?
- a) Id
 - b) Libidinal energy
 - c) Superego
 - d) Ego
10. According to Freud's view of personality, which of the following would be responsible for sexual desire?
- a) The ego
 - b) The ego and the superego
 - c) The id
 - d) The id and the ego
11. Psychic energy associated with mental desires and drives is known as _____.
- a) motivational factors
 - b) libidinal energy
 - c) erogenous energy
 - d) castration anxiety

12. Which term was NOT coined by Sigmund Freud?
- a) Castration anxiety
 - b) Oedipus complex
 - c) Electra complex
 - d) Penis envy
13. Areas of the body that have heightened sensitivity associated with erotic touch are known as _____.
- a) erogenous zones
 - b) libidinal zones
 - c) phallic zones
 - d) fixation zones
14. According to Freud's psychodynamic theory, in what stage is a boy between the age of about six and puberty?
- a) Oral stage
 - b) Latency stage
 - c) Anal stage
 - d) Phallic stage
15. Freud's superego is most closely associated with which of the following?
- a) Social norms learned throughout a lifetime
 - b) Individual personality
 - c) The unconscious
 - d) Biological urges
16. Jimmy has trouble with delaying gratification. According to Freud's psychodynamic theory, in which stage did he have trouble developing?
- a) Oral stage
 - b) Genital stage
 - c) Phallic stage
 - d) Latency stage
17. What is one major criticism of Freud's psychodynamic theory?
- a) It is falsifiable.
 - b) It was developed by a man.
 - c) It was developed before any research on the physiology of sex had been conducted.
 - d) It is not falsifiable.
18. Which process is most associated with Ivan Pavlov's famous work with dogs?
- a) Biological theory

- b) Classical conditioning
 - c) The dual control model of sexuality
 - d) Operant conditioning
19. According to Freud's psychodynamic theory, at puberty, boys reach which stage?
- a) Oral stage
 - b) Genital stage
 - c) Anal stage
 - d) Phallic stage
20. Jessica is obsessed with cleaning her apartment and making sure that everything is always in order. She has great difficulty maintaining a romantic relationship because she gets frustrated that she cannot control her partner's behaviours. According to Freud's psychodynamic theory, Jessica likely did not successfully pass through which stage of development?
- a) Phallic
 - b) Anal
 - c) Latent
 - d) Oral
21. Jules is in sex therapy for his obsession with bananas in the bedroom. He has been instructed to imagine becoming sexually aroused by his unwanted or problematic fetish; when he actually becomes aroused, he is then instructed to smell ammonia salt capsules, which will make him feel extremely nauseated. Which approach is being used in this treatment?
- a) Mere exposure therapy
 - b) Classical conditioning
 - c) Aversion therapy
 - d) Conversion therapy
22. Which of the following was a major contribution attributed to Sigmund Freud?
- a) He discovered the importance of natural selection in determining one's mate preferences.
 - b) He presented one of the most egalitarian theories for men and women.
 - c) He was one of the first people to understand the role of womb development in relation to sexual development.
 - d) He was one of the first to highlight the importance of childhood sexuality in relation to personality development.
23. Which approach to human sexuality in Chapter 2 has been challenged for not being falsifiable, and therefore not actually a theory?
- a) Pavlov's classical conditioning
 - b) Freud's psychodynamic theory
 - c) Bandura's social learning theory

- d) Skinner's operant conditioning
24. Which of Freud's assertions has been completely refuted?
- a) Children between six years of age and puberty undergo the latency stage.
 - b) A child can experience fixation if his or her libidinal energy is blocked during development.
 - c) An individual's personality is divided into the id, the ego, and the superego.
 - d) In order to sexually mature, women must move from clitoral to vaginal orgasm.
25. In operant conditioning, sex is _____.
- a) a primary reinforcer
 - b) a punishment
 - c) paired stimulus
 - d) fun
26. Pavlov described his theory of classical conditioning when he paired a ringing bell (the _____) with his dogs' food (the unconditioned stimulus). Initially, the dogs would salivate at the sight of the food (the unconditioned response) but not in the response to the sound of the bell. However, with repeated presentation of both the bell and the food at the same time, the dogs began to salivate at the sound of the bell (_____), even when the food was not present.
- a) the conditioned stimulus; the unconditioned response
 - b) the conditioned stimulus; the neutral response
 - c) the neutral stimulus; the conditioned response
 - d) the positive reinforcement; the unconditioned stimulus
27. In Daryl Bem's "exotic becomes erotic" theory, same-sex sexual orientation can develop when children engage more in activities typical of the opposite gender, causing which of the following?
- a) The opposite-sex gender to be viewed as exotic, and therefore a source of non-specific arousal that would not be interpreted as romantic attraction
 - b) The opposite-sex gender to be viewed as exotic, and therefore no attraction would develop
 - c) The same-sex gender to be viewed as exotic, and children are attracted to their opposites
 - d) The same-sex gender to be viewed as exotic, and therefore a source of non-specific arousal that can be interpreted as romantic attraction
28. Operant conditioning may be related to sexual behaviour in which of the following ways?
- a) Sex is a primary reinforcer.
 - b) Sex is a secondary reinforcer.
 - c) Orgasm is an unconditioned response.

- d) People develop fetishes when items are associated with sexual arousal.
29. Which type of sex therapy often has a strong educational element and uses behavioural rehearsal to increase successful outcomes?
- a) Operant conditioning
 - b) Motivational therapy
 - c) Classical conditioning
 - d) Behavioural therapy
30. In Daryl Bem's (1996) theory of the origins of homosexual feelings, what is the term for non-specific arousal in the presence of a same-sex peer?
- a) A conditioned stimulus
 - b) An unconditioned stimulus
 - c) An unconditioned response
 - d) A conditioned response
31. When Paul Fedoroff first applied for ethics clearance for a study on the effect of masturbation frequency on sexual urges in convicted sex offenders, the ethics review board eliminated the part of the design that included which of the following?
- a) Asking sex offenders about their urges to reoffend
 - b) Keeping masturbation rates the same
 - c) Preventing masturbation altogether
 - d) Increasing masturbation frequency
32. What did Paul Fedoroff find when he studied the effect of manipulating masturbation frequency in convicted sex offenders?
- a) There was no difference in the self-reported "likelihood of reoffending" when sex offenders were prevented from masturbating than when they were not.
 - b) Some offenders thought that their risk of reoffending actually increased when they were prevented from masturbating.
 - c) Sex offenders reported they felt like they were more likely to reoffend when masturbation was allowed.
 - d) Offenders had fewer sexual urges after the "no masturbation" condition.
33. Which theory uses the principles of operant conditioning but also recognizes the importance of social context and environmental factors and posits that human behaviour is learned by observing other people's behaviours, attitudes, and outcomes?
- a) Social learning theory
 - b) Social exchange theory
 - c) Cognitive theory
 - d) Sociobiology theory

34. Which term refers to a theory based on the idea that learning occurs through modelling of observed behaviour?
- a) Social learning theory
 - b) Operant conditioning
 - c) Social exchange theory
 - d) Psychodynamic theory
35. What was the finding of a 2010 study by Prentky that looked at Internet access (and thus access to pornography) and rates of known offences among known sex offenders in the US?
- a) Offenders with more access to the Internet were more likely to have known offences.
 - b) Offenders with more access to the Internet were less likely to have known offences.
 - c) Offenders with less access to the Internet were equally likely to have known offences.
 - d) The trends were inconsistent.
36. Why, according to research, is losing one's virginity a very influential event?
- a) It can affect one's sexual self-efficacy.
 - b) It often ends in unwanted pregnancy.
 - c) Sexually transmitted infections can never be fully cured.
 - d) The first sexual partner shapes one's view of who is sexually attractive.
37. Research by social learning theorists has found that a person's thoughts about losing their virginity can either increase or decrease their sense of what?
- a) Sexual self-efficacy
 - b) Sexual identity
 - c) Gender identity
 - d) Dyspareunia
38. After learning about condom use in sex education class, Marillia goes home and practices using a condom. Practicing using a condom increases Marillia's confidence until it is used in a real-life situation. After using condoms successfully a number of times, Marillia feels very confident in her ability to use condoms and could potentially teach others about them. Marilla's belief that she can use condoms is best described as _____.
- a) self-proclaimed ability
 - b) self-efficacy
 - c) self-loathing
 - d) self-reliance
39. In a coupled relationship, one partner feels as though they are contributing more to the relationship and the other partner is reaping all the benefits. The partner who feels they are contributing more becomes unhappy and seeks additional rewards outside of the relationship

in an attempt to re-establish a balance. This is an example of _____.

- a) social mores
- b) social learning theory
- c) social exchange theory
- d) social cultural influences

40. Cognitive theories are associated with a number of researchers who describe how our thinking affects how we feel and behave. These theories recognize that our thoughts are subject to a number of misconceptions, distortions, false assumptions, and errors in evaluating situations or information. These errors can result in _____.

- a) inappropriate or harmful behaviours
- b) psychological disorders
- c) distress
- d) All of the above

41. Social exchange theories explain behaviour in sexual relationships by suggesting partners consider which of the following?

- a) Costs and benefits
- b) The social status of their partner and trying to maximize it
- c) What other people do in relationships and copying it
- d) The self-efficacy of their partner

42. What is dyspareunia?

- a) A common cause of premature ejaculation in men
- b) The word for when a person is disappointed with the loss of their virginity
- c) Pelvic pain during intercourse experienced by some women
- d) The experience of feeling that the costs in a relationship outweigh the benefits

43. Dr. Maruk is a sex therapist who tries to uncover her clients' misconceptions in the hopes that correcting misconceptions can help them. To which perspective is Dr. Maruk most likely to ascribe?

- a) Social exchange
- b) Social learning
- c) Psychoanalytic
- d) Cognitive theory

44. According to social exchange theory, when is an individual more likely to stay in a relationship?

- a) When the comparison levels are low
- b) When the comparison levels for alternatives are high
- c) When the comparison levels are high

- d) When the comparison levels for alternatives are low
45. Ruoshan has been in a relationship with Kevin for several years, but Kevin recently lost his job and hasn't been actively searching for new employment. He also hasn't helped out more around the house. Ruoshan is considering ending the relationship. Which theory is coming into play here?
- a) Social script theory
 - b) Social exchange theory
 - c) Sociobiological theory
 - d) Sociological theory
46. Katelyn has trouble reaching orgasm when she has sexual intercourse. She perceives this as a failure on her part, and becomes less and less interested in having sex. Which theory might help to explain this?
- a) Cognitive theory
 - b) Self-efficacy
 - c) Sociobiological theory
 - d) Social-learning theory
47. Joanne experiences pain in her vagina during every sexual intercourse. What might she be suffering from?
- a) Dyspareunia
 - b) Amenorrhea
 - c) Endometriosis
 - d) Mucosa
48. Timothy has sparse body hair, a lanky build, and is infertile. Which of the following theories is most likely to explain his infertility?
- a) Evolutionary theory
 - b) Genetic theory
 - c) Sociobiological theory
 - d) Cognitive theory
49. Studies examining genetic factors related to sexuality have found what trend in the concordance rate of same-sex sexual attraction between identical twins and fraternal twins?
- a) The concordance rate for identical twins was about 20 per cent higher than for fraternal twins.
 - b) The concordance rate for identical twins was about 10 per cent lower than for fraternal twins.
 - c) The concordance rate for identical twins was about 30 per cent higher than for fraternal twins.

- d) The concordance rate for identical twins was about 50 per cent higher than for fraternal twins.
50. Individuals with Klinefelter's syndrome, which is characterized by sparse body hair and broader than average hips, have which combination of sex-linked chromosomes?
- a) YY
 - b) XO
 - c) XXY
 - d) XYY
51. Which theory of human sexuality would use a study of twins to determine the concordance rates of same-sex sexual orientation?
- a) Social learning theory
 - b) Dual control model of sexuality
 - c) Genetic theory
 - d) Sociobiological theory
52. Sociobiological theory is the application of which of the following to explain social behaviours?
- a) Brain structures
 - b) Evolutionary biology
 - c) Morphology
 - d) Biochemistry
53. Which term refers to a specific evolutionary process favouring traits that allow a member of a sex to out-perform another member of the same sex for sexual partners?
- a) Sexual strategy
 - b) Intersexual selection
 - c) Sexual selection
 - d) Intrasexual selection
54. Which process is at work when a female peacock picks the most colourful male to mate with?
- a) Intersexual selection
 - b) Sexual strategy
 - c) Mating assessment
 - d) Intrasexual selection
55. Theorists who support the dual control model of sexuality suggest that which of the following are the best predictors of current and lifetime sexual satisfaction in women?
- a) Excitatory factors

- b) Inhibitory factors
 - c) Religious beliefs
 - d) Olfactory issues
56. Competition between members of the same sex for access to breeding with a member of the opposite sex is known as _____.
- a) sexual selection
 - b) natural selection
 - c) intrasexual competition
 - d) interpersonal selection
57. In sociobiology theory, who invests more time in the reproductive process?
- a) Males
 - b) Females
 - c) Both males and females equally
 - d) Neither males nor females invest time in this phenomena.
58. What is the application of evolutionary theories to understand emotional and psychological processes, mainly in human beings?
- a) Sociological theory
 - b) Psychological theory
 - c) Genetic theory
 - d) Evolutionary psychology
59. Which term refers to a specific evolutionary process favouring traits that make a member of one sex more likely to attract a member of the opposite sex?
- a) Sexual selection
 - b) Sexual strategy
 - c) Intrasexual selection
 - d) Intersexual selection
60. In a species of bird where there are significant physical differences between males and females, which of the following is true?
- a) Males only help rear male offspring.
 - b) Both the males and females participate equally in rearing offspring.
 - c) Males guard the offspring of multiple female partners.
 - d) Males are rarely or never involved in rearing offspring.
61. Which theory of human sexuality would determine mate selection based on sexual strategies such as the likelihood of a mate to produce healthy offspring?
- a) Psychodynamic theory

- b) Social exchange theory
 - c) Dual control model of sexuality
 - d) Sociobiological theory
62. Which of the following would most likely be stated by a proponent of the dual control model of sexuality?
- a) Oliver likes relationships with multiple partners, while his brother Brad has chosen to raise his kids.
 - b) Greg and Stacey started kissing, then began touching, then eventually had intercourse.
 - c) Hailey is attractive to one type of men for one-night stands and to a different type of men for long-term relationships.
 - d) Luke's sexual responses are influenced by the balance between neurobiological, environmental, and cultural processes that activate and suppress sexual responses.
63. Why do male peacocks have vibrant plumage?
- a) For flight
 - b) Because of intrasexual selection
 - c) Because of intersexual selection
 - d) To scare away rival birds
64. Which theory of human sexuality suggests that each person's sexual responses involve an interaction between sexual excitatory and sexual inhibitory neurobiological processes?
- a) Dual control model of sexuality
 - b) Psychodynamic theory
 - c) Sociobiological theory
 - d) Social exchange theory
65. What does the evolutionary theory, applied in the dual control model of sexuality, say about gender and sexual inhibition?
- a) Women and men exhibit equal propensity toward sexual excitation and inhibition.
 - b) Women exhibit a greater propensity toward sexual inhibition and men towards excitation.
 - c) Women exhibit a greater propensity toward sexual excitation and men towards inhibition.
 - d) Women exhibit a greater propensity toward sexual excitation during menstruation, but their male partners experience inhibition at those times.
66. Abby is concerned that her family religion is different from her current partner's. Her family and their religious background are very important to her, and she believes that she may not be able to commit to her partner because of their differing religious beliefs. Which theory of human sexuality best explains Abby's situation?
- a) Psychodynamic theory
 - b) Dual control model of human sexuality

- c) Sociological theory
 - d) Social exchange theory
67. The influence of kinship and religion on sexual behaviour can be explained by which theory?
- a) Sociological theory
 - b) Psychodynamic theory
 - c) Sociobiological theory
 - d) Dual process theory
68. Despite its being a relatively new theory, what is one key feature of the dual control model of sexuality?
- a) It contradicts years of research aimed at the influence of sociocultural factors on sexual behaviour.
 - b) It attempts to combine biological and psychological theories in one unified theory of sexual behaviour.
 - c) It is rarely useful in the clinical setting and can therefore be applied to a theoretically-driven approach to human sexuality.
 - d) It builds on Freud's notion of psychosocial sexual development to bring to light new information about childhood sexuality.
69. Which of the following may be a sexual inhibitory factor for a woman?
- a) Agreeable sexual power dynamics
 - b) Olfactory factors
 - c) Worries over sexual functioning
 - d) Agreeable situational factors
70. In Quebec, common-law marriage is more commonly viewed as an acceptable institution for regulating sexuality than other parts of Canada. Which theory may help to explain this phenomenon?
- a) Sociological theory
 - b) Sexual strategies theory
 - c) Social exchange theory
 - d) Sexual script theory
71. Which of the following would most likely be stated by someone applying the social script theory of sexual behaviour?
- a) Ulrich prefers multiple sexual partners in order to increase the likelihood that his genes will be passed on.
 - b) Juan's preference for submissive women in sexual relationships is the result of a history where heterosexual men controlled what developed into a cultural norm.
 - c) Tim's erectile dysfunction is the result of anxiety about not performing sexually.

- d) Paige's dissatisfaction with her sex life is the result of rigid sexual conventions.
72. Which theory would suggest that women in China are at a distinct advantage in selecting a mate because they are underrepresented and can therefore choose the mate that best fits their optimal partner?
- a) Sociobiological theory
 - b) Dual control model of sexuality
 - c) Sexual strategies theory
 - d) Social exchange theory
73. What did Wentland and Reissing find when they studied attitudes about casual sexual relationships among university aged men and women?
- a) Men and women had different definitions of casual relationships.
 - b) Women would consider a long-term relationship with men they had had casual sex with repeatedly while men would not.
 - c) What women considered an attempt at assessing a mate for a long-term relationship men considered a "booty call."
 - d) Men and women had similar definitions for all types of casual sexual encounters.
74. Based on results of Wentland and Reissing's 2011 study of the sexual strategies theory in casual sexual interactions, what would young women most likely look for in their male one-night-stand partners?
- a) The ability to satisfy them sexually
 - b) Their suitability as a father of their children
 - c) The ability to defend them from other men
 - d) The ability to pay for dinner and buy them gifts
75. Which of the following is NOT a tenet of a sexual strategies theory?
- a) Men and women choose partners based on values of institutions such as family and religion.
 - b) Men and women pursue short-term mating and long-term mating when reproduction benefits outweigh costs.
 - c) The adaptive problems that men must solve are different from those that women must solve because of differences in reproduction opportunities and constraints.
 - d) Men and women evolved specific psychological mechanisms to solve problems associated with short-term and long-term mating.
76. Sexual theorists believe that the low birth rate in Quebec compared to the rest of Canada is the result of what?
- a) Better job security for women of childbearing ages
 - b) Inability of women in Quebec to demand the same amount of support from the father of a

- child born out of wedlock as women in other parts of Canada
- c) A rejection of the culture of the Catholic Church following the “Quiet Revolution” that took place in the 1960s
 - d) Quebecers’ concerns about having children with someone to whom they may be related
77. In which Canadian province are common-law unions most common?
- a) Quebec
 - b) Alberta
 - c) British Columbia
 - d) Ontario
78. Raelyn and Abbas were out on their first date. About halfway through their date at an ice skating rink, Raelyn leaned over and kissed Abbas on the cheek and I said “I love you.” Abbas was taken aback and did not know how to respond. Abbas ended the date as quickly as possible and never spoke to Raelyn again. Which theory best explains Abbas’ reaction?
- a) Dual control model of human sexuality
 - b) Psychodynamic theory
 - c) Social exchange theory
 - d) Social script theory
79. The province of Quebec has the highest rate of common-law unions in Canada. What reason does the textbook suggest for this rate?
- a) Rejection of traditional Catholic values
 - b) Different tax laws for married and common-law couples
 - c) Attempt to differentiate themselves from the rest of Canada
 - d) Influence of the republican movement in France
80. What is one potential drawback of rigid sexual scripts in long-term relationships?
- a) Difficulties with arousal and desire
 - b) Boredom
 - c) Low satisfaction
 - d) All of the above
81. Ardene has gone on a few dates with Ravi, but after a date he suddenly tries to touch her crotch through her jeans, and they haven’t even kissed yet. Why might Ardene be put off by this?
- a) It is invasive.
 - b) They should have discussed it first.
 - c) It doesn’t follow a typical sexual script.
 - d) She didn’t indicate in any way that she was interested in having sex yet.

82. People grounded in feminist theories are most likely to raise objections to what practice in Western societies?
- a) Cosmetic vulvar surgery
 - b) The missionary position
 - c) Evolutionary theories of mate selection
 - d) Male circumcision
83. Overreliance on Viagra for treating male erectile dysfunction could be an example of which trend that feminist researchers and clinicians warn about?
- a) The Oedipus complex
 - b) Penis envy
 - c) The medicalization of sexuality
 - d) The sterilization of sexuality
84. Which of the following would most likely be stated by someone applying feminist theory to sexual behaviour?
- a) Kate's avoidance of sexual activity is the result of her false assumptions about what is "normal."
 - b) Mark and Amy's relationship is largely influenced by predefined, culturally recognizable sequences of behaviours.
 - c) Jake's sexual behaviour is the result of mating problems faced by his ancestors.
 - d) Jane's beliefs about sexual roles are the result of the sexual preferences of heterosexual males.
85. Which theoretical perspective would approach the treatment of premature ejaculation by focussing on the pleasure of pleasing a partner to reinforce learning techniques to control and/or delay ejaculation?
- a) Social learning theory
 - b) Feminist theory
 - c) Operant conditioning
 - d) Classical conditioning
86. Which theoretical perspective would approach the treatment of premature ejaculation by increasing sexual self-efficacy by exploring sexuality in general and expectancies about erectile performance in particular?
- a) The biological perspective
 - b) The cognitive perspective
 - c) The social learning perspective
 - d) The dual process perspective
87. Which perspective would argue that premature ejaculation is the result of a problem in the

power relationship between the man and his female partner(s)?

- a) The sexual script perspective
- b) The evolutionary perspective
- c) The social learning perspective
- d) The feminist perspective

88. In a clinical setting, how might a practitioner who is grounded in feminist theory treat an individual who has problems with the power dynamic of a relationship between a man and woman?

- a) By expanding the couple's sexual repertoire
- b) By prescribing serotonin re-uptake inhibitors or other antidepressants
- c) By focusing on sexuality beyond intercourse; examining and resolving power issues in the relationship
- d) By increasing sexual self-efficacy through exploring sexuality in general and expectancies about the relationship

89. In a clinical setting, how would a therapist grounded in a classical conditioning framework treat someone with ejaculatory delay issues?

- a) By learning techniques to control and delay for ejaculation
- b) By expanding the sexual repertoire
- c) By examining thoughts that bring about the progression of arousal; identifying which cognitive processes are involved in the early ejaculation
- d) By engaging in psychoanalysis to bring to consciousness the source of underlying problem

90. A sexual script theorist who believed that premature ejaculation was the result of a fixation on vaginal penetration may recommend which of the following as the best way to approach the problem?

- a) Exploring other sexual activities other than penetration
- b) Focusing on pleasing the partner and not worrying about performance
- c) Learning to delay ejaculation
- d) Prescribing Viagra

91. John has problems with premature ejaculation. His therapist believes it is because John cares only for his orgasm and not his partner's. Which theoretical orientation is this therapist using?

- a) Operant conditioning
- b) Cognitive
- c) Classical conditioning
- d) Social learning

92. Which of the following is NOT a reason why theories are important in the study of sexuality?
- a) Theories help us communicate about topics that are often considered private, sensitive, and value-laden.
 - b) Theories provide easy, fixed solutions for sexual therapists to quickly classify all patients' problems.
 - c) Theories help researchers come up with predictions.
 - d) Theories can be tested, refuted, and built upon.

Short Answer Questions

1. Dr. Glick has a patient who is bothered by a sexual fetish related to women's shoes. Dr. Glick asks the patient to imagine the shoes until the patient is aroused and then presents the patient with ammonia (smelling salts). Dr. Glick is using _____ to treat the client.
2. Maya is in a relationship with Jake and although she doesn't like that he plays a lot of video games, she enjoys their sexual relationship, doesn't like being single, and doesn't know many other single men. According to social exchange theory, Maya is staying in the relationship because her comparison level for alternatives is _____.
3. Social exchange theories that explain sexual behaviour use the term _____ to refer to what a person expects to get out of the relationship versus what they put into it.
4. According to sexual strategies theory, the two reproductive constraints on women when considering short-term mates are extracting resources immediately and assessing prospective long-term _____.
5. Research suggests that one way to help sex offenders adopt normal, healthy sexual preferences is to provide them with _____.
6. _____ selection can account for male deer having antlers.
7. _____ theory explains sexual behaviour as being tied to self-efficacy.
8. In the province of _____, common-law marriages are the most prevalent.
9. According to Sigmund Freud, boys have castration anxiety, and girls have _____, now called the Electra complex.
10. Genital and/or pelvic pain during or after sexual activity is known as _____.
11. A person who identifies with the gender they were assigned at birth can be described as _____.
12. Amy thinks that her research study will show that men are more accepting of casual sex than women. Amy's prediction is her research _____.
13. According to Freud, children who are gaining bowel and bladder control are in the _____ stage of psychosexual development.
14. The theory that dreams contain repressed memories is problematic because it is not _____.
15. Social learning theory posits that sexual behaviour develops from _____ others.
16. Dr. Mann believes that dyspareunia results from a woman thinking she is an inadequate lover. Dr. Mann supports a _____ theory of dyspareunia.

17. Female birds' preference for mates with the brightest plumage is an example of _____ selection.
18. The dual control model of sexuality proposes that sexual responses result from an interaction between excitatory and _____ neurobiological processes.
19. The _____ model is a framework used to understand how personal, relationship, and environmental factors interact and influence each other.
20. According to the ecological model, a relationship partner is part of an individual's _____.

Essay Questions

1. Compare and contrast the timelines of the legal status of homosexual individuals in Canada and the United States.
2. How can classical conditioning be used to treat people with unwanted sexual fetishes?
3. Describe Daryl Bem's hypothesis about the cause of sexual orientation.
4. Describe each of the two sexual strategies available to males according to evolutionary psychology.
5. Why do some researchers believe that providing sex offenders with access to pornography may reduce the likelihood that they will reoffend? Reference the results from at least two research studies in your explanation.
6. Discuss the results of Wentland and Reissing's (2011) research into the nature of short-term sexual behaviour in males compared to females and the implications of these results on sexual strategies theory (SST).
7. Why is scientific theory important for studying human sexuality?
8. What is social exchange theory and what are the four components?
9. What is the dual control model of sexuality and why is it promising to sexuality researchers?
10. What is a social script theory? Provide one example other than a first date.

Answer Key

Multiple Choice Questions

- | | | |
|--------------------|--------------------|-------------------|
| 1. c (p. 33) | 32. b (p. 36) | 63. b (p. 39) |
| 2. b (p. 30) | 33. a (p. 35) | 64. a (p. 39) |
| 3. c (p. 31) | 34. a (p. 35) | 65. b (pp. 39-40) |
| 4. b (p. 30) | 35. b (p. 36) | 66. c (p. 38) |
| 5. d (p. 32) | 36. a (p. 35) | 67. a (p. 40) |
| 6. a (p. 31) | 37. a (p. 35) | 68. b (p. 40) |
| 7. a (p. 31) | 38. b (p. 35) | 69. c (p. 39) |
| 8. b (p. 31) | 39. c (p. 37) | 70. a (p. 40) |
| 9. b (p. 32) | 40. d (p. 37) | 71. d (p. 40) |
| 10. c (p. 32) | 41. a (p. 37) | 72. c (p. 42) |
| 11. b (p. 33) | 42. c (p. 37) | 73. d (p. 42) |
| 12. c (p. 32) | 43. d (p. 37) | 74. a (p. 43) |
| 13. a (pp. 32, 33) | 44. d (p. 37) | 75. a (pp. 42-43) |
| 14. b (pp. 32, 33) | 45. b (p. 37) | 76. c (p. 44) |
| 15. a (p. 33) | 46. a (p. 37) | 77. a (p. 44) |
| 16. c (p. 32) | 47. a (p. 37) | 78. d (p. 40) |
| 17. d (p. 33) | 48. b (p. 38) | 79. a (p. 44) |
| 18. b (p. 33) | 49. c (p. 38) | 80. d (pp. 40-41) |
| 19. b (pp. 32, 33) | 50. c (p. 38) | 81. c (pp. 40-41) |
| 20. b (p. 32) | 51. c (p. 38) | 82. a (pp. 44-45) |
| 21. b (p. 33) | 52. b (p. 38) | 83. c (p. 45) |
| 22. d (p. 33) | 53. d (pp. 38, 39) | 84. d (p. 44) |
| 23. b (p. 33) | 54. a (p. 38) | 85. c (p. 46) |
| 24. d (p. 33) | 55. b (p. 39) | 86. c (p. 46) |
| 25. a (pp. 34-35) | 56. c (p. 38) | 87. d (p. 46) |
| 26. c (p. 33) | 57. b (p. 38) | 88. c (p. 46) |
| 27. d (p. 34) | 58. d (p. 38) | 89. a (p. 46) |
| 28. a (pp. 34-35) | 59. d (p. 38) | 90. a (p. 46) |
| 29. a (pp. 34-35) | 60. d (p. 39) | 91. a (p. 46) |
| 30. c (p. 34) | 61. d (p. 38) | 92. b (pp. 47-48) |
| 31. d (p. 36) | 62. d (p. 39) | |

Short Answer Questions

- | | |
|-----------------------------------|----------------------------|
| 1. classical conditioning (p. 33) | 6. Intrasexual (p. 38) |
| 2. low (p. 37) | 7. Social learning (p. 35) |
| 3. comparison level (p. 37) | 8. Quebec (p. 44) |
| 4. mates (p. 42) | 9. penis envy (p. 32) |
| 5. pornography (p. 36) | 10. dyspareunia (p. 37) |

11. cisgender (p. 30)
12. hypothesis (p. 31)
13. anal (p. 32)
14. falsifiable (p. 33)
15. observing (p. 35)

16. cognitive (p. 37)
17. intersexual (p. 38)
18. inhibitory (p. 39-40)
19. ecological (p. 41)
20. microsystem (p. 41)

Essay Questions

1. In Canada, homosexuality has been legal since 1969 and individuals have been permitted to be openly gay while serving in the military. In 2003 the Supreme Court decided that homosexual couples in Canada share the same legal rights as common-law couples concerning their property, pensions, and employer benefits. In 2005 homosexual couples are deemed free to marry and divorce. In 1996 the federal Defense of Marriage Act (DOMA) is enacted; it defines marriage as a legal union between one man and one woman, preventing the federal government from recognizing the validity of same-sex marriages. In the United States, homosexuality was still a crime until 2003 and openly gay people were not allowed to serve in the military until 2011. In 2012 President Obama insisted that there be a review of DOMA. Same-sex marriage was legalized nationwide on 26 June 2015. (pp. 21-25)
2. A therapist can ask an individual to think about the unwanted fetish until he or she becomes sexually aroused, and then, once the individual is aroused, present him or her with an unpleasant stimulus (e.g., ammonia) or encourage him or her to think about unpleasant consequences such as incarceration. Ideally the individual will learn to associate the fetish with unpleasant emotions and the urge to seek out the fetish item will be reduced. (p. 34)
3. Bem's hypothesis is known as "exotic becomes erotic." In his hypothesis, some children choose to play with children of the opposite sex, making children of the same sex seem "exotic" and unfamiliar. These exotic same-sex peers become a source of non-specific arousal, which is then interpreted as erotic and/or romantic attraction. The non-specific arousal is linked to the same-sex peer and through the process of classical conditioning, the same-sex peer eventually becomes a source of sexual arousal. (p. 34)
4. Males do not need to invest much energy to pass on their genes. However, there are two different ways to ensure that those genes are passed on to future generations. A male can either reproduce with many females, knowing there is a high probability that at least some offspring will survive, or a male can produce fewer offspring but participate in protecting those offspring, ensuring that his genes are passed on that way. (pp. 38-39)
5. One research study found that sex offenders who were allowed to masturbate also reported fewer urges to reoffend. Another study found that access to the Internet, and pornography, resulted in sex offenders with fewer known recent offences. This research, taken together with the common goal of all treatment of sex offenders to have them adopt normal sexual practices, has led some to argue that access to pornography depicting healthy sex acts may reduce the likelihood that a sex offenders will reoffend. (p. 36)
6. The only gender difference that the researchers observed was in the terminology that (some) men used to refer to various sexual relationships. Men in the male-only group mentioned terms

like *dick 'em and dump 'em*, *hit it and quit it*, and *use 'em and lose 'em*, whereas these terms were not mentioned by participants in the female-only group or the coed groups. In regard to the themes that were identified, there were no gender differences, and both genders identified the specific components that differentiate these casual sexual relationships—namely, frequency of contact, type of contact (sexual and/or social), personal disclosure, discussion of the relationship, and friendship. According to SST, one would expect that women view casual sex differently than men do. Yet Wentland and Reissing's study found that both male and female participants in all four groups were able to discuss the various scripts associated with each type of casual sexual relationship. Thus, women may not be assessing their casual sexual partners based on the immediate resources they supply (as predicted by SST), such as payment for dinner or tangible gifts; rather, they are more likely to assess these partners for their ability to engage in satisfactory sexual activity. (pp. 42-43)

7. Theory makes it possible for us to formally talk about sexuality and explain otherwise intensely personal or even secret physical and emotional events. Thanks to theory, things that are often considered taboo and that may elicit uncomfortable laughter can actually be researched and discussed in an academic manner. Theory also guides how researchers examine a topic, facilitates researchers' interpretation of results, and helps researchers come up with predictions, or hypotheses, that can then be tested through experimentation. Human sexual development, sexual identity, and sexual behaviours are very complex, universal human phenomena that are affected by biology, culture, thinking, learning, feeling, and an individual's particular history and circumstance. (pp. 30-31)
8. Social exchange theory describes how, in any relationship, people try to maximize rewards and minimize costs. The theory is based on four components: the balance of costs and rewards, equity/equality, comparison level, and comparison level for alternatives (Byers & Wang, 2004). Within this theory, comparison level refers to what a person expects to get out of the relationship in comparison to what she or he puts into it, and comparison level for alternatives refers to how a person feels about the current relationship compared to other available options. (p. 37)
9. The dual control model of sexuality, developed by John Bancroft and Erick Janssen (2000) at the Kinsey Institute, suggests that each person's sexual responses involve an interaction between sexual excitatory and sexual inhibitory neurobiological processes. These processes have developed in human beings in response to evolutionarily adaptive pressures. It is a promising attempt to combine biological and psychological factors in a unified theory of sexuality. Researchers and clinicians are beginning to explore the clinical usefulness of the theory in relation to a variety of sexual problems (Bancroft, 2009). (pp. 39-40)
10. A theory based on the idea that our social interactions tend to follow, or are at least heavily influenced by, predefined, culturally recognizable sequences of behaviours. Examples will vary. (pp. 40-41)