

Methods Supplement 2- Measures

Perceived Locus of Causality-Sex

People usually have many different reasons for engaging in sexual activity. Listed below are several statements that describe reasons you might have for engaging in sexual activity. For this task, we would like you to think about **the most recent time** you engaged in sexual activity with a partner(s). Use the scale below to indicate the extent to which each of the following statements reflects why you engaged in sexual activity with your partner(s). Please use the following scale:

0	1	2	3	4
Not at all for this reason	A little for this reason	Somewhat for this reason	Quite a bit for this reason	Very much for this reason

The last time I had sex, I engaged in sexual activity with my sexual partner(s)...

- _____ 1. Because I expected it to be interesting and exciting.
- _____ 2. For the pleasure of sharing a special and intimate experience.
- _____ 3. Because I value sex as part of a full life.
- _____ 4. Because my sex drive was high, and I felt like I needed to have sex.
- _____ 5. Because I felt pressured
- _____ 6. Because I want sex to be a celebration of the feelings I share with a partner(s)
- _____ 7. Because I expect the pleasure of physical satisfaction.
- _____ 8. Because I thought my partner(s) would like me better, or be happier with me.
- _____ 9. Because I wanted to feel more powerful or dominant.
- _____ 10. Because it feels good.
- _____ 11. Because it is exciting to be sexually intimate with my partner(s).
- _____ 12. But I did not feel like I was in control of my own behavior.
- _____ 13. Because it is stimulating and enjoyable.
- _____ 14. Because my body ached to have sex.
- _____ 15. Because I would feel anxious or guilty if I didn't go along.
- _____ 16. Because it helped me relax or get to sleep.
- _____ 17. Because sex is an important part of my relationship(s).
- _____ 18. Because I didn't want to say no
- _____ 19. Because I expect a satisfyingly deep connection with my partner(s) during sex
- _____ 20. Because I needed to relieve myself of the tension and stress of the day.
- _____ 21. Because I see sex as a healthy activity.
- _____ 22. Because I wanted to enjoy the physical sensations.
- _____ 23. Because I wanted to show that I am capable of performing.
- _____ 24. Because I enjoy knowing my partner(s) this way.
- _____ 25. Because I see sex as an important part of who I am.
- _____ 26. Because I worry I will be punished or neglected if I don't.
- _____ 27. Because I felt driven to have sex.
- _____ 28. Because the proposition made me feel more attractive.

- ____ 29. Because I wanted a fun experience.
- ____ 30. Because I thought having sex would get me something I wanted later.
- ____ 31. But I don't know why. It just happened.
- ____ 32. Because I wanted to share a mutually pleasurable activity
- ____ 33. Because I think it is a healthy aspect of my relationship(s).
- ____ 34. Because I want another person to be under my control.
- ____ 35. Because I think sex is an enjoyable way to share our feelings.
- ____ 36. Because I worried my partner(s) might reject me if I didn't.
- ____ 37. Because I would feel bad to withhold sex
- ____ 38. Because I wanted to enjoy being close to my partner(s).
- ____ 39. Because I needed to orgasm.
- ____ 40. Because I enjoy being sexual.
- ____ 41. Because I value sex as an important part of maintaining a good relationship.
- ____ 42. Because I thought my partner(s) would treat me better afterward.
- ____ 43. Because I want to enjoy the closeness of being physically joined with my sexual partner(s).
- ____ 44. Because sex makes me feel better about myself.
- ____ 45. Because I wanted to show how good I am in bed.
- ____ 46. Because I think saying no will start a conflict
- ____ 47. Because alcohol makes me lose control.
- ____ 48. Because I thought sex will make me feel more secure.
- ____ 49. Because I value how sex can bring me closer to another person(s).
- ____ 50. Because my sexual desire was high.
- ____ 51. Because I needed to relieve myself of sexual tension.
- ____ 52. But I have no idea why I did.

Subscales

Personal Intrinsic Motivation: Sex is fun and enjoyable.

- Items 1, 7, 10, 13, 22, 29, 40, 50

Relational Intrinsic Motivation: The intimacy of sex is fun and enjoyable.

- 2, 6, 11, 19, 24, 32, 35, 38, 43, 49

Integrated-Identified Regulation: Sex is a valuable activity or part of a larger scheme of values.

- 3, 17, 21, 25, 33, 41

Introjected Regulation: Motivated by guilt, shame, anxiety, pride, or grandiosity.

- 8, 9, 15, 18, 23, 28, 34, 37, 44, 45, 48

Extrinsic Regulation: Motivated by desire for rewards or fear of punishment

- 5, 16, 26, 30, 36, 42, 46

Amotivation: No autonomy of sexual engagement.

- 12, 31, 47, 52

*Drive Motivation: Compelled by urges in the body

- 4, 14, 20, 27, 39, 51

*The drive scale has not been included in the weighted scale discussed on page 14. We have followed previous research that recommends including only the personal intrinsic, relational intrinsic, integrated-identified, introjected, extrinsic and amotives subscales when creating a

scale of self-determined motives (e.g., Blais, Sabourin, Boucher, & Vallerand, 1990; Brunell & Webster, 2013). It seems that “drive” has not been included as it focuses primarily on physiological responses rather than intentionality and social context (which SDT primarily focuses on), making it difficult to place on an SDT continuum (e.g., some research has found that drive is conceptually related to personal intrinsic motives, but acts similarly to extrinsic motives when examined in models). We believe this is debatable, however, as we wanted to directly relate our findings to previous research using SDT scales, we followed the same procedure. As we included the full measure (including the drive scale) in our study we felt it was important to report these findings regarding the similarities and differences of reported motives

Dyadic Adjustment Scale-4

The next set of questions will ask you about your satisfaction within your current relationship. Please answer the following questions thinking of your primary partnership. Responses are anchored on the following scale: 1 = *never*, 2 = *rarely*, 3 = *occasionally*, 4 = *more often than not*, 5 = *most of the time*, and 6 = *all of the time*.

1. How often do you discuss or have you considered divorce, separation, or terminating your relationship?
2. In general, how often do you think that things between you and your partner are going well?
3. Do you confide in your partner?
4. The following represents different degrees of happiness in your relationship.

Please select the choice which best describes the degree of happiness, all things considered, of your relationship:

- i. Extremely unhappy
- ii. Fairly unhappy
- iii. A little unhappy
- iv. Happy
- v. Very happy
- vi. Extremely happy
- vii. Perfect

New Sexual Satisfaction Scale

Thinking about your sex life with your (primary) partner during the last six months, please rate your satisfaction with the following aspects:

Responses are anchored on the following scale: 1 = *not at all satisfied*, 2 = *a little satisfied*, 3 = *moderately satisfied*, 4 = *very satisfied*, 5 = *extremely satisfied*.

1. The quality of my orgasms
2. My “letting go” and surrender to sexual pleasure during sex
3. The way I sexually react to my partner
4. My body’s sexual functioning
5. My mood after sexual activity
6. The pleasure I provide to my partner
7. The balance between what I give and receive in sex
8. My partner’s emotional opening up during sex
9. My partner’s ability to orgasm
10. My partner’s sexual creativity
11. The variety of my sexual activities
12. The frequency of my sexual activity

Need Satisfaction Scale

Please respond to each statement by indicating how true it is for you. Use the following scale.

1 2 3 4 5 6 7

Not at all true

Somewhat True

Very True

When I have sex with my (primary) partner.....

1. I feel free to be who I am.
2. I feel like a competent person.
3. I feel loved and cared about.
4. I often feel inadequate or incompetent.
5. I have a say in what happens, and I can voice my opinion.
6. I often feel a lot of distance in our relationship.
7. I feel very capable and effective.
8. I feel a lot of closeness and intimacy.
9. I feel controlled and pressured to be certain ways.