

WOMEN'S EROTIC RAPE FANTASIES

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This study evaluated the rape fantasies of a female undergraduate sample ($N = 355$) using a sexual fantasy checklist, a sexual fantasy log, a rape fantasy scenario presentation, and measures of personality. Results indicated that 62% of women have had a rape fantasy. For these women, the median rape fantasy frequency was about four times per year, with 14% of participants reporting that they had rape fantasies at least once a week. Further, rape fantasies exist on a continuum between erotic and aversive, with 9% completely aversive, 45% completely erotic, and 46% both erotic and aversive. Women who are more erotophilic, open to fantasy, and higher in self-esteem tended to have more frequent and erotic rape fantasies than other women. The major theories that have been proposed to explain why women have rape fantasies were tested. Results indicated that sexual blame avoidance and ovulation theories were not supported. Openness to sexuality, sexual desirability, and sympathetic activation theories received partial support.

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CHAPTER 1

INTRODUCTION

Sexual fantasies vary from brief thoughts or images to stories with detailed plotlines, and women who have the most sexual fantasies also report having the most active and satisfying sex lives (Leitenberg & Henning, 1995). For example, women with higher levels of sexual fantasy during masturbation are more aroused by erotic stimuli than are other women (Stock & Geer, 1982). In addition, sexual fantasies are recognized in the *Diagnostic and Statistical Manual of Mental Disorders-IV-TR* as a key aspect of sexuality. A defining characteristic of hypoactive sexual desire disorder is “recurrently deficient (or absent) sexual fantasies” (American Psychiatric Association, 2000, p.541). Sex therapists often view sexual fantasies as healthy and encourage women to initiate their own sexual fantasies (Maltz & Boss, 2008).

Sexual fantasies give women a context for actively exploring their sexuality in a manner that is relatively free from social consequence. In fantasy, there are limitless possibilities for what can be imagined, and because it takes place in the privacy of one’s own mind there is little reason for inhibition (Shulman & Horne, 2006). Further, fantasy allows for a submersion in one’s sexual interests, and it can demand an active stance toward one’s sexuality. Because the fantasy is made up or visualized, the fantasizer is put into a position to be aware of and to actively pursue her sexual interests.

In addition, although psychology has emphasized overt behavior, the study of fantasy may provide unique contributions to understanding psychological phenomena. Ellis and Symons (1990), for example, have argued that, since sexual fantasies are relatively unconstrained by social consequences, they may reveal underlying

psychological processes, predispositions, and motives more clearly than does overt behavior.

Rape Fantasies

Within the realm of sexual fantasies, the area that has almost certainly posed the greatest conceptual challenge for researchers is that of “rape fantasies.” Women’s rape fantasies exist as a psychological enigma. As Hazen (1983) articulated, “It does not seem normal that a person should want to imagine rape. The true mystery is why anyone does” (p. 23).

Although people often daydream about events that they don’t want to happen, rape fantasies differ in key respects. For example, one could fantasize an extra-marital affair. For some, an affair would be exciting and enjoyable, both as fantasy and as an actual sexual encounter, but they may not want to engage in actual infidelity because of negative consequences to the marital relationship. In contrast, rape would be avoided not only because of unpleasant consequences, such as pregnancy or disease, but, more importantly, because the experience of the rape itself would be abhorrent. Although people often fantasize about an unwanted event, such as a feared performance evaluation, such fantasies are not pleasurable. In contrast, rape fantasies are often exciting and sexually arousing (Kanin, 1982).

The Study of Rape Fantasy

Currently, women’s rape fantasies are not well understood. Responses of other professionals suggest that there is some apprehension about the study of women’s rape fantasies. Greater awareness that some women have erotic rape fantasies could reinforce the myth that women want to be forced into sex, and this might encourage

sexual aggression in men. Some psychoanalytic (Deutsch, 1944; Freud, 1933/1965) and feminist (Brownmiller, 1975; Russell, 1980) positions have argued that rape fantasies are masochistic and pathological, allowing the implication that there is something wrong with the women who have them.

By avoiding an area of study that is difficult to understand and perhaps uncomfortable for researchers to discuss, such as rape fantasy, knowledge is limited and ignorance perpetuated. Just as important, an avoidance of this topic sends the false and disturbing message that women's sexuality is something to be ashamed of. As Alfred Kinsey wrote in 1953, "We do not believe that the happiness of individual men, and the good of the total social organization, is ever furthered by the perpetuation of ignorance" (p.19).

From a wider perspective, Western culture's treatment of female sexuality, beginning with the story of Adam and Eve, is a history of suppression, incomprehension, suspicion, and denial. This history includes the male fear of women's insatiable sexual appetite, the myth of the *vagina dentata*, the presumed linkage between female witchcraft and wanton union with the Devil, and the Victorian counter-assumption that women are asexual beings (Allgeier & Allgeier, 2000; Baumeister & Twenge, 2002). The study of women's rape fantasies, precisely because they are so puzzling, may provide valuable clues toward a deeper and more balanced understanding of female sexuality.

Rape Fantasy Terminology

For the purposes of the present study, the term "rape fantasy" followed legal definitions of rape (*Corpus Juris Secundum*, 2002) and referred to women's fantasies

that involve the use of physical force, threat of force, or incapacitation through, for example, sleep or intoxication, to coerce a woman into sexual activity against her will, i.e., against the will of her self-character in the fantasy. Since individuals exert considerable control over the contents of their own fantasies, many rape fantasies involve sexual activities that take place consistent with the will and desire of the fantasizer, even though these activities are against the will of her self character. Thus, from the point of view of the self character, there is non-consent and these are rape fantasies. From the viewpoint of the fantasizer, a type of implicit consent has been given.

Some discussion of nomenclature is necessary. A variety of terms, none of which is fully adequate, have been used to refer to the specific type of sexual fantasy that will be examined. Studies have used the terms “rape fantasies” (Bond & Mosher, 1986; Brownmiller, 1975; Haskell, 1976; Hazen, 1983; Kanin, 1982; Kardener, 1975), “force fantasies” (Gold, Balzano, & Stamey, 1991; Hariton & Singer, 1974; Knafo & Jaffe, 1984; Strassberg & Lockerd, 1998), “forced sex” fantasies (Pelletier & Herold, 1988) “submission fantasies” (Hariton & Singer, 1974; Leitenberg & Henning, 1995; Zurbriggen & Yost, 2004), “surrender fantasies” (Fisher, 2004), “seduction fantasies” (Kanin, 1982), and “fear-terror fantasies” (Kanin, 1982). Many of these terms fail to identify one or more of the three key elements of these fantasies: the use of force to coerce sex against a woman’s will. “Force fantasy,” for example, does not distinguish rape from rough sex, does not specify the sexual aspect of these fantasies, and does not clearly indicate that force may include victim incapacitation.

“Rape fantasy” includes all three components and closely follows legal definitions of rape and sexual assault (*Corpus Juris Secundum*, 2002). At the same time, “rape fantasy” is also potentially misleading, as this term may connote realistic depictions of violent rape, with extensive pain and injury, committed by a predatory stranger. Most rape fantasies are not realistic depictions of actual rape. Instead, they are abstracted, eroticized portrayals that emphasize some aspects of rape and omit or distort other features (Kanin, 1982). Nevertheless, rape fantasies include the use of force to coerce sex against the will of the woman in the fantasy. With this clarification, the term rape fantasy was used because it provides the most accurate behavioral description of the contents of these fantasies. “Fantasy of forced sex” is also relatively accurate (even though it makes non-consent somewhat implicit), and it may carry fewer misleading connotations than rape fantasy. These two terms were used interchangeably.

The Content of Rape Fantasies

In order to better understand women’s rape fantasies, the content of these fantasies should first be explored. Rape fantasies are defined by some element of force being used to coerce sex against a woman’s will. Despite having this definition, it remains unclear what exactly transpires in these fantasies. For example, what type and how much force is used? What type and how much non-consent is offered? What is the emotional tone of the fantasy? Is it erotic or aversive? The current study explored the typical content of rape fantasies, which allowed for a more thorough understanding of the phenomenon.

Kanin (1982) has offered the most comprehensive assessment of rape fantasy content. He asked women if they had ever experienced a fantasy of being raped and

had them classify these fantasies as either sexual, fearful, or a combination of sexual and fearful. Results indicated that 50% of the women who had rape fantasies reported that their rape fantasies were completely fearful, 29% reported that their rape fantasies were completely sexual, and 21% reported that their rape fantasies were a combination of fearful and sexual. Participants also wrote detailed descriptions of their fantasies.

Based on an anecdotal analysis of the data, Kanin concluded that women's rape fantasies fall into two discrete categories. In the first type, he suggested that women are aggressively approached by a dominant and attractive male who is overcome with desire for her; she feels or expresses non-consent and presents minimal resistance; and he overpowers and penetrates her. Kanin suggested that this type of rape fantasy typically lasts 15-30 minutes. In the second type of fantasy, which lasts only a few minutes, Kanin suggested that the male is more likely to be older, unattractive, and a stranger. These fantasies contain coercive and painful violence and no sexual arousal. "Essentially, the fear fantasies consisted of an assailant with exposed genitalia, grabbing, throwing to the ground, ripping off clothing, while the victim is fighting to keep the aggressor from achieving penetration" (Kanin, 1982, p. 117).

The information gathered by Kanin is valuable, but his methodology may have led to some misleading conclusions. After inspecting the descriptions of the fantasies, Kanin reclassified the combination subjects into the sexual category, even though four of these cases were described as "too vague to classify" and the women themselves, reported that these fantasies involved both fear and sexual arousal. Further, 54% of fantasies that were characterized as exclusively fearful contained male rapists who were described as physically attractive. This suggests that some element of sexual

attraction may have operated in the fearful fantasies. Rather than conclude, “women’s fantasies are all negative or all positive” (Kanin, 1982, p. 116), it appears more accurate to describe these fantasies as existing on a continuum.

At one end of this continuum, the fantasies are more erotic and sexually exciting, with low levels of fear and no realistic violence. At the other end, are fantasies that come closer to representing a realistic depiction of rape. The more aversive rape fantasies appear to operate as attempts to deal with the fear of actual rape by gaining some sense of control over rape situations and rehearsing how one might deal with actual rape (Gold & Clegg, 1990; Gold et al., 1991). Kanin (1982) found that women with aversive rape fantasies were more apprehensive about actual rape and more likely to have dreams of rape than were other women.

Kanin (1982) found that 29% of his subjects reported having aversive, fearful rape fantasies. No other studies have attempted to classify rape fantasies in this way, and his methods were relatively unique. Rather than embedding a rape fantasy item within a sexual fantasy checklist, Kanin asked a lengthy solitary item on rape fantasy: “Since college entrance, did you ever have fantasies (daydreams) about being raped? More specifically, did you ever have thoughts where you put yourself in the place of a woman being raped so that you were able to visualize the rape situation and the rapist? Here we are not referring to those fleeting apprehensions of rape that occur when you find yourself walking alone at night or in strange neighborhoods” (p. 115). Several studies using more conventional methodologies have suggested that the typical content of a small proportion of rape fantasies is relatively aversive (Maltz, 1995), including those of some women who were sexually abused as children (Gold, 1991; Shulman &

Horne, 2006). It appeared that most of the current research on rape fantasies dealt with fantasies at the more erotic end of the continuum; however, this conclusion was tentative, given the limited information currently available.

Although other research studies have used a fantasy log format, which would allow for an investigation of rape fantasy content, most have reported minimal descriptions of typical rape fantasy content (Gold, 1991; Gold et al., 1991; Strassberg & Lockerd, 1998; Zurbriggen & Yost, 2004). The present study sought to more thoroughly and systematically characterize the content of women's rape fantasies.

The Prevalence of Women's Rape Fantasies

A number of studies have assessed the prevalence of women's rape fantasies. These studies include both community and college samples. Results indicate that estimates of how many women have had rape fantasies in their lives are comparable for the community and student samples. Community estimates ranged from 31% (Shulman & Horne, 2006) to 49% (Hariton & Singer, 1974), while student samples ranged from 31% (Person, Terestman, Myers, Goldberg, & Salvadori, 1989) to 57% (Kanin, 1982). Fantasy context refers to the setting in which the individual has the fantasy, such as during intercourse or masturbation. With regard to context for rape fantasies, estimates of ever having rape fantasies, i.e., with context unspecified, show a range of 31% (Person et al., 1989) to 57% (Kanin, 1982) while estimates for rape fantasies during intercourse or other sexual activities are comparable, ranging from 36% (Sue, 1979) to 49% (Hariton & Singer, 1974). Hunt (1974) only assessed rape fantasy occurring during masturbation and this yielded an unusually low prevalence, 19%. With the exception of

rape fantasy during masturbation, context for rape fantasy did not appear to be a major factor impacting rape fantasy prevalence.

With regard to the wording of the rape fantasy item, two main variants have appeared, those using “overpowered or forced” and those using the more explicit language of “rape.” Until now, research studies have not included multiple wordings for rape fantasy items within the same study, so wording differences are confounded with sample differences, making it difficult to draw any meaningful conclusions. However, according to the data that are available, the wording of the rape fantasy item does not appear to affect results. Studies that used a variation of “overpowered or forced” showed a range of 31% (Person et al., 1989) to 55% (Strassberg & Lockerd, 1998), while those that used more explicit wording, “rape” ranged from 42% (Crepault, Abraham, Porto, & Couture, 1977) to 57% (Kanin, 1982). The present study sought to clarify the impact of wording by including multiple rape items within the same study.

Overall, there are 9 reports of the percentage of women who have had rape fantasies, with these estimates ranging from 31% (Person et al., 1989) to 57% (Kanin, 1982). Estimates are evenly distributed, with a median of 42%. However, there are reasons to believe that current findings underestimate the actual prevalence. For example, past research only included one solitary item on rape fantasy within each study, yet, it is possible that women would respond differently to items using different wordings (i.e., “rape” vs. “overpowered or forced”). It is also possible that women’s fantasies discriminate among type of rape, such as, rape by a man, rape by a woman, forced oral sex, and forced anal sex.

Claims have been made within the academic and popular cultures that rape fantasies are unhealthy. Brownmiller (1975), in a book that had considerable impact on American culture, stated that women's rape fantasies reflect a cultural pathology and that these fantasies should be destroyed. Sentiments such as these suggest that many women may be ashamed of having rape fantasies, and this is supported by findings from Gold et al. (1991) who found that women tended to feel shame and disgust after writing out descriptions of their rape fantasies. Thus, it seems more likely that individuals would suppress or underreport rape fantasies than that they would over-report them. The percentage of women in the U.S. who have had rape fantasies may be somewhat higher than the range found in current research.

There may be important differences between women who have rape fantasies only occasionally and those who have them frequently. There are eight known estimates of the percentage of women for whom rape fantasies are frequently recurring or preferred sexual fantasies, and these range from 9% (Davidson & Hoffman, 1986) to 17% (Davidson, 1985), with a median of 14%. As with estimates of ever having had a rape fantasy, these may be underestimates.

The relative commonness, i.e., the comparison of how many women have had rape fantasies as compared to other sexual fantasies, indicates that rape fantasies are not the most common sexual fantasies, but they do show a median ranking in the top ten. With regard to the relative frequency of rape fantasies as compared to other sexual fantasies, again they are not the most frequent, but they show a median ranking within the three most frequently experienced sexual fantasies (Hariton & Singer, 1974; Knafo & Jaffe, 1984; Sue, 1979).

With regard to absolute frequencies of rape fantasies, Strassberg and Lockerd (1998) found that 55% of females have had rape fantasies, and these females estimated that their rape fantasies occurred an average of three times a month with a median of once a month. Shulman and Horne (2006), in an Internet survey, reported that 10% of women have rape fantasies once a month or more. Two studies (Person, Terestman, Myers, Goldberg, & Salvadori, 1989; Hsu, Kling, Kessler, Knapke, Diefenbach, & Elias, 1994, respectively) have estimated the percentage of women who have had rape fantasies within the last three months as 20% and 22%.

The current study provided a more definitive assessment of the prevalence and frequency of rape fantasies by using a detailed Sexual Fantasy Checklist. The checklist included multiple variations in wording and content of rape fantasy items. For example, items in the checklist include “being overpowered or forced by a man to surrender sexually against my will,” “being overpowered or forced by a woman to surrender sexually against my will,” “being overpowered or forced by a man to give him oral sex,” “being overpowered or forced by a woman to give her oral sex,” “being overpowered or forced to have anal sex,” “being forced into a sexual act against my will because I was incapacitated due to drugs, alcohol, or sleep,” “being raped by a man,” and “being raped by a woman.” Participants who gave a non-zero frequency response to any of the rape fantasy items were categorized as having had rape fantasies. Then, the following five items were used to calculate total frequency of rape fantasy: “being overpowered or forced by a man to surrender sexually against my will,” “being overpowered or forced by a woman to surrender sexually against my will,” “being forced into a sexual act against my will because I was incapacitated due to drugs, alcohol, or sleep,” “being

overpowered or forced by a man to give him oral sex,” and “being overpowered or forced by a woman to give her oral sex.” These five fantasy items were used to calculate frequency of rape fantasy because in combination they cover the range of variations in content which follow the legal definition of rape, and they appear to be non-overlapping in content. The wording “overpowered or forced” was used to calculate frequency because it is somewhat more neutral than “rape.”

The present investigation assessed the prevalence of rape fantasies with improved methodology, such as a more detailed, less ambiguous sexual fantasy checklist. Including items for both male and female perpetrators allowed for a determination of the percentage of heterosexual women who engage in lesbian rape fantasies, and the percentage of lesbian women who engage in heterosexual rape fantasies. Participant responses also resulted in a frequency estimate for each checklist item. These improvements in methodology provided a clearer basis from which to draw conclusions about rape fantasy frequency and prevalence.

Current Explanations for Rape Fantasies

Contemporary researchers, theorists, and clinicians have created several major theories to explain rape fantasies, and each of these theories was tested in the present investigation. It is unlikely that just one of these theories is right, valid, or useful, and all the others misguided. It is also unlikely that all women have rape fantasies for the same reason. Instead, a theory may provide a valid explanation for one dimension of rape fantasies, so that various theories would need to be integrated to form a comprehensive understanding.

An adequate explanation should be able to address the three defining aspects of rape fantasy: sex, use of force to obtain sex, and female non-consent. What role does each aspect play in the rape fantasy? In particular, given the repugnance that women feel toward actual rape, why would so many women actively engage in a rape fantasy for their own enjoyment and erotic arousal? Moreover, research indicates that nearly all women have consensual sexual fantasies (Leitenberg & Henning, 1995). Why then would women have rape fantasies, when they could just as easily initiate a consensual sexual fantasy?

Sexual Blame Avoidance

The most frequently cited explanation for why some women have rape fantasies is that these fantasies allow women to avoid blame for expressing their sexuality (Crepault et al., 1977; Crooks & Baur, 1993; Deutsch, 1944; Friday, 1973; Hawkins, 1974; Heiman et al., 1976; Hollender, 1970; Kanin, 1982; Knafo & Jaffe, 1984; Masters, Johnson, & Kolodny, 1982; Moreault & Follingstad, 1978). According to this explanation, women have been socialized to the importance of not being perceived as promiscuous or overly sexual. Powerful labels, such as “loose,” “easy,” “tramp,” and “slut” have been used to control and restrict women’s sexual behavior, and by extension, their sexual feelings. This theory suggests that, for some women, a sexual fantasy in which they participate or seek out consensual sex may cause feelings of self-blame, guilt, or anxiety, which would inhibit sexual gratification. By having the fantasy take the form of rape, the woman is being forced to do something she doesn’t want to do. Thus, she is not responsible for and cannot be blamed for what happens. The rape content allows

her to avoid blame, reduce guilt and shame, and therefore enhance sexual gratification as compared to engaging in a fantasy of consensual sex.

With regard to empirical evidence in support of this theory, it has been well documented that, across cultures, female sexuality has been suppressed (Allgeier & Allgeier, 2000; Baumeister & Twenge, 2002; Brownmiller, 1975). Thus, the condition that provides the context for this theory is sound.

Researchers have inferred from this theory that women who are raised in sexually repressive environments, women who are high in sex guilt, and women who have negative attitudes toward sexual stimuli would be more likely than other women to engage in rape fantasies. Several studies have produced conflicting evidence, with the majority of research showing results at odds with blame avoidance. In support of the theory, some studies have found that rape fantasies were more likely in women with high sex guilt (Moreault and Follingstad, 1978) and in women reared in a sexually repressive family environment (Hariton & Singer, 1974). One study found no relationship between rape fantasies and sex guilt (Pelletier & Herold, 1988).

In direct opposition to what would be expected by blame avoidance theory, women who had experienced rape fantasies scored lower than other women on sex guilt (Shulman & Horne, 2006; Strassberg & Lockerd, 1998), and they scored higher than other women on positive attitudes toward sexual stimuli (Gold et al., 1991; Shulman & Horne, 2006). Other research has also indicated that women with a history of childhood sexual abuse (CSA) tended to be higher in sex guilt than women without a history of CSA, but they were not more likely to have rape fantasies than other women (Howe-Martin, Bivona, & Murrell, 2006). Thus, studies that have provided the most

direct tests of the sexual blame avoidance theory, taken as a whole, do not support it as a general explanation for rape fantasies.

Other research on rape fantasy and personality, however, suggests that sexual blame avoidance may be applicable for some women. Hariton and Singer (1974), in a community sample of married women, found that, overall, rape fantasies were correlated with marital contentment and erotic arousal during intercourse leading to orgasm. Hariton (1976), in further qualitative analyses of these data, identified two different types of women who have rape fantasies and a third type that does not have any sexual fantasies during intercourse. The first type, comprising 14% of their sample, reported having rape fantasies during intercourse “very often.” These women described their rape fantasies as highly erotic, often leading to orgasm. Women in this category reported having positive relationships with their husbands and being relatively passive during intercourse. These women were described as dependent, unobtrusive, controlled, serious, inquisitive, and conformist.

Hariton’s (1976) second group experienced a wide variety of sexual fantasies during intercourse, including rape fantasies. This high fantasy group was described as impulsive, independent, aggressive, and nonconformist. This group engaged in rape fantasies, but not with the frequency of those in the first group. The high fantasy group showed an active, exploratory approach to sex, such as engaging in premarital and extramarital sex, suggesting that they were not sexually repressed.

According to Hariton, a third smaller group of women were also brought up in a background of sexual repression, as was Hariton’s group with frequent rape fantasies.

But these women reported no fantasies at all during intercourse, and they had difficulty with orgasm and sexual arousal.

Overall, the evidence for the sexual blame avoidance theory is not strong, but it would be premature to conclude that this theory is not helpful for understanding rape fantasies. Based on Hariton's (1976) analysis, it is possible that blame avoidance will have validity for women who use rape fantasies very often. However, research since the 1970s has failed to follow up on Hariton's findings. The current study investigated how frequency of rape fantasy was related to the personality characteristics of women who have rape fantasies.

Many studies have found that women with high sex guilt have fewer sexual fantasies in general (Leitenberg & Henning, 1995; Moreault & Follingstad, 1978; Pelletier & Herold, 1988). This creates a problem for the blame avoidance theory, since its predictions go against this general restriction on sexual fantasies for those with high sex guilt. It may be the case, for example, that those who are high on sex guilt do not differ from those who are low on sex guilt in frequency of rape fantasies, but, when they do have a sexual fantasy, it may be more likely to involve forced sex than would the fantasies of those with low sex guilt. Thus, individuals with high sex guilt may show a higher proportion of rape fantasies than those who are low in sex guilt. In other words, previous research may have used an inappropriate metric to test this theory.

Openness to Sexual Experience

In direct contrast to sexual blame avoidance is the openness to sexual experience theory. Instead of being driven by repressed sexuality, this theory states that rape fantasies may just be part of a woman's generally open and accepting attitude

toward sex (Gold et al., 1991; Pelletier & Herold, 1988; Strassberg & Lockerd, 1998). This theory is less inferential than the blame avoidance theory, as it identifies a pattern of empirical findings and describes what appear to be their direct implications.

Pelletier and Herold (1988) found that women who had experienced a greater variety of sex acts and those who had more sexual partners experienced a greater variety of sexual fantasies, fantasized more often about sex, and were more likely than other women to have rape fantasies. The researchers interpreted this finding to mean that as women have more sexual experiences, their diversity of fantasies also increases, including rape fantasies.

Gold et al. (1991) had subjects write out their three most frequently occurring sexual fantasies. Those who included forced sexual activity had also written fantasies with more themes of group sex and sex with strangers. These women also read more soft-core pornography and had seen more pornographic movies than those who did not include forced sex in their written fantasies. In a second sample within the same study, women who had written fantasies that included forced sex were more sexually experienced in terms of number of partners and variety of sexual acts, and they had more positive feelings toward sexual stimuli. Researchers concluded that women who have fantasies of forced sex are interested in a range of sexual stimuli and activities. On the other hand, it is possible that some women who have rape fantasies may have been too embarrassed to write out their rape fantasies. The exclusion of such subjects may have affected the results of this study, as these women might also be more likely to avoid pornography and sexual experimentation.

Strassberg and Lockerd (1998) found that women who had experienced rape fantasies and those who included forced sex in their written fantasies scored lower in sex guilt than did other females. Those who had experienced rape fantasies also scored higher in sexual experience, had more non-force sexual fantasies, and showed more positive feeling and expectations toward a variety of sexual stimuli than did other women. The authors concluded that rape fantasy “seems to be just one more expression of a generally open, positive, unrestrictive, and relatively guilt-free expression of one’s sexuality” (p. 413). However, this conclusion seems to be more of a description of the results rather than an explanation for why women would have rape fantasies.

The openness explanation appears to map onto Hariton’s (1976) descriptive system. Recall that one of the types of women that Hariton identified who have rape fantasies had a wide variety in their fantasies, with rape being only one of their many sexual fantasies. These women did not report having rape fantasies with high frequency (as did Hariton’s other rape fantasy group), and they were described as impulsive, independent, aggressive, and nonconformist. They also showed an exploratory approach to sex. Therefore, it is possible that the openness to sexuality theory could be viable for a subsample of women that exhibit the personality characteristics identified by Hariton.

Desirability

Another explanation for women’s use of rape fantasy considers its implications for a woman’s sense of sexual attractiveness and desirability. The essential idea here is that the rape fantasy portrays the woman as so attractive, seductive, and desirable that

the man loses control, breaking core expectations of civil decency in order to have her (Hariton, 1973; Heiman et al., 1976; Kanin, 1982; Knafo & Jaffe, 1984). In this way the rape becomes a testament to her sexual power. Kanin (1982) suggested that such a fantasy not only enhances the female's self-esteem, but it generates excitement as she feels the extent of the man's desire. Women often mention "feeling desired" by a partner as an excitatory factor in sexual relations (Graham, Sanders, Milhausen, & McBride, 2004).

Zurbriggen and Yost (2004) found that fantasies with forced sex were no more likely than other fantasies to include descriptions of the male's sexual desire. Although inconsistent with one implication of desirability theory, this study does not provide a direct enough test of the theory to place it in jeopardy.

It seems likely that desirability contributes to the occurrence of rape fantasies, but there are other fantasy themes that more directly focus on the woman's desirability. For example, Strassberg and Lockerd (1998) found the following themes to be as common or nearly as common as rape fantasies: "I imagine myself delighting many men," "I pretend that I am another irresistibly sexy female," and "I see myself as a striptease dancer, harem girl, or other performer." For women who have rape fantasies on an occasional basis, along with other sexual fantasies that express desirability, it is possible that rape is being used as another way to express one's sexual irresistibility (Hariton, 1973).

Sympathetic Activation Theory

Although theory and research on sympathetic physiological activation have not previously been linked to rape fantasies, this literature makes an important contribution

to understanding how rape fantasies may function. A growing body of evidence indicates that anxiety, fear, and anger, which activate sympathetic arousal, can enhance sexual arousal. Some of the fear-inducing stimuli that have been used include crossing an unstable bridge (Dutton & Aron, 1974) and threat of electric shock (Barlow, Sakheim, & Beck, 1983). Palace and Gorzalka (1990) found that, during an erotic video, female subjects with anxiety pre-exposure showed enhanced rate and magnitude of genital arousal (vaginal blood volume), as compared to those with neutral pre-exposure.

Recent work on the physiology of sexual arousal suggests that the interaction of both sympathetic and parasympathetic systems is crucial for sexual response (Motofei & Rowland, 2005). Palace and Gorzalka (1990) state that anxiety may enhance sexual arousal through the direct instigation of sympathetic activation (i.e., increased blood pressure, heart rate, respiration, and muscle tension), which prepares the way for vasocongestion. They explained that anxiety-evoking stimuli may lead to a “generalized sympathetic activation that directly provides a jump start or preparedness for sexual arousal. When sexual cues are provided, this enhanced sympathetic responsivity may activate specific genital responses” (Palace and Gorzalka, 1990, p. 410).

In a related line of research, a meta-analysis (Foster, Witcher, Campbell, & Green, 1998) concluded that sympathetic physiological activation, whether the source is aversive, such as fear or anger, or non-aversive, such as physical exercise, increases attraction to an attractive individual in the situation and decreases attraction to an unattractive person.

During erotic rape fantasies, women typically envision an attractive male overcome with passion, who uses mild to moderate force to overcome her non-consent.

The level of violence used is typically minimal, resulting in little pain. During the fantasy, the woman may experience some anticipational anxiety, fear, tension, and anger, along with a vicarious experience of struggling against the assailant. In addition, this fantasy is often experienced during consensual sex with a chosen, attractive partner. According to research on sympathetic activation, such a fantasy would be expected to increase sexual arousal and increase sexual attraction to an actual partner, and these effects would likely enhance the emotional quality and erotic intensity of the actual sexual experience. In other words, this theory provides a physiological basis for understanding how the rape fantasy may work to enhance sexual experience.

How would erotic and aversive rape fantasies function in other situations? In the case of masturbational rape fantasies, the fantasy itself would contribute to physiological sexual arousal, with the self-stimulation and choice of fantasy assailant providing a sexual context for interpreting that arousal. In the case of aversive rape fantasies, the presence of an unattractive fantasy rapist and the level of violence employed may produce reactions of disgust rather than erotic arousal. These factors would, of course, be exacerbated in cases of actual rape, where the female would have little control and high risk of pain and injury. This may produce levels of sympathetic activation that would disrupt the sexual response. Considerable research indicates that, whereas moderate levels of stimulus intensity may facilitate a response, high levels will disrupt that response (Anderson, 1990; Yerkes & Dodson, 1908).

Ovulation and Rape Fantasies

Ovulation has been linked to a variety of women's sexual processes, and research indicates that many aspects of woman's sexual preferences change across

the menstrual cycle. However, the findings are limited to women who are normally ovulating and are not taking oral contraceptives, which disrupt the normal cycle of ovulation. Women are the most fertile just before ovulation, and have been found to have significant changes in sexual preferences at this peak of fertility. Women report having increased sex drive and increased receptivity to sexual stimuli near the time of ovulation (Gangestad, Thornhill, & Garver-Apgar, 2005). With a committed partner, women tend to engage in sexual intercourse throughout the menstrual cycle, but there is an increase in frequency during the infertile phase of the menstrual cycle. In contrast, women show an increased likelihood of engaging in sexual intercourse with a partner outside of their committed relationships during the most fertile phase of the menstrual cycle (Baker & Bellis, 1995).

Some researchers have suggested that the changes in sexual preferences across the menstrual cycle are the result of evolutionary influences. In other words, women may seek out partners of higher genetic value when they are the most fertile because of the potential genetic benefits to offspring (Gangestad et al., 2005). There are a variety of potential indicators of a man's "genetic value." Gangestad and Thornhill have conducted a number of studies involving women's preferences for symmetrical partners. Across species, body symmetry is thought to be an indicator of healthy genes. Symmetrical men tend to have more sexual partners, and are more likely to be chosen as a sexual partner for extra-pair intercourse (Gangestad & Simpson, 2000). At the most fertile point of their menstrual cycle, women have a stronger preference for symmetrical men as sexual partners than at other times during the cycle (Gangestad & Thornhill, 1998; Thornhill & Gangestad, 1999; Thornhill et al., 2003).

Body symmetry has also been linked to facial masculinity. Facial masculinity is the degree to which a face reflects the typically male traits of a long face, large brow bones, and a pronounced jaw. For short-term sexual relationships, women at the peak stages of fertility have a clear preference for more masculine faces (Little, Jones, Penton-Voak, Burt, & Perret, 2002). At the peak stage of fertility, women also show an increased preference for sexual partners who are highly competitive, arrogant, muscular, and physically attractive (Gangestad et al., 2004).

There are other significant changes in women's behavior and sexual preferences across the menstrual cycle. During the most fertile stage of the menstrual cycle, women tend to dress more provocatively, showing more skin and wearing tighter clothes (Grammer et al., 1993). The content of women's sexual fantasies also changes across the menstrual cycle, with women fantasizing more often about men other than their primary partner at the peak stages of fertility (Gangestad, Thornhill, & Garver, 2002).

In sum, there is now a body of research showing that women's sexual preferences and behaviors are influenced by ovulation. Near the time of ovulation, women have an increased sex drive, dress more provocatively, and have a preference for sexual partners who have more masculine faces and for men who are highly competitive, arrogant, and muscular. Research has not previously investigated a connection between rape fantasies and ovulation; however, this research does suggest that women who are ovulating may show a more positive reaction to erotic rape fantasies than women who are not ovulating.

Other Rape Fantasy Theories

Deutsch's Psychoanalytic Theory

One of the earliest theories of rape fantasy, and one which now appears to be mainly of historical interest, is a psychoanalytic position developed by Deutsch (1944), that rape fantasies are an expression of women's innate masochism, i.e., their unconscious desire for suffering and pain.

Deutsch argued that, because of the biological reality that girls are physically weaker and more in need of help and protection than are boys, movements toward independence from the parents and the expression of natural aggressive impulses are more strongly inhibited in girls than they are in boys. To help induce this renunciation of independence and aggression, the parents offer their daughters the reward of being loved and cared for. "In this renunciation the aggressive forces that are not actively spent must find an outlet, and they do this by endowing the passive state of being loved with a masochistic character" (Deutsch, 1944, p. 251).

Deutsch speculates that the appeal of the rape fantasy involves two processes. In the first, the female's masochistic surrender to the male's use of physical force produces sexual tension. In the second process, the act of sex brings the delights of being loved and desired. These delights include the narcissistic pleasure of experiencing the man's intense desire for her. In addition, the pain of fantasized rape reduces the guilt generated by the woman's sexual desire, and the rape frees her from the responsibility and blame of engaging in a consensual sexual fantasy.

Although Deutsch's speculative account contains the seeds of several non-masochistic rape theories, the empirical evidence does not support her explanation of

rape fantasies. Kanin (1982) examined women's written descriptions of rape fantasies specifically to determine if, in the fantasy, women appeared to be deriving sexual pleasure from the pain and suffering of rape, and he found no evidence for masochism theory. Bond and Mosher (1986) presented women with either realistic depictions of rape containing pain and suffering or with depictions containing minimal discomfort and found that sexual arousal was much higher in the latter. Finally, a number of studies indicate that men's levels of masochism are actually greater than those of women (Baumeister, 1989; Breslow, Evans, & Langley, 1985), a finding that is strikingly inconsistent with masochism theory.

Based on past research findings, it appears that masochism does not provide a general explanation of female rape fantasies within non-clinical populations, but it may be relevant for a tiny percentage of cases, consistent with the under 1% of women who report that they would want to be raped (Laumann et al, 1994).

Modern Psychoanalytic Theory

Bader (2002) offers a more contemporary psychoanalytic perspective on rape fantasies. According to Bader, sexual fantasies are a way of "undoing" an intra-psychic conflict that interferes with sexual arousal. While this "undoing" can take many forms, the rape fantasy is often triggered by feelings of guilt. According to this perspective, "if someone is feeling guilty about feeling superior to others, then a fantasy about being inferior is arousing because it eliminates any trace of the crime. If someone feels guilty about being strong, then a fantasy about being weak and helpless might appease the conscious enough to allow sexual excitement to emerge" (p. 119). Therefore, the rape fantasy can eliminate feelings of guilt by having "others do unto you what you feel guilty

about doing unto others.” So, a woman who feels very dominant over men in other areas of her life may have rape fantasies as a way of “undoing” her guilt about this power/dominance leading to enhanced sexual gratification. Although the psychoanalytic perspectives offer an interesting view of rape fantasies, due to time and resource constraints, they were not tested in the current study.

Research Question and Hypotheses

Research Question: What is the Typical Content of Women’s Rape Fantasies?

The present study provided a more detailed and systematic description of the content of women’s rape fantasies than had been presented in previous research. In a highly structured fantasy log, women described a sexual fantasy they have had that involves some use of force, coercion, or aggression against them. This format asked for a description of fantasy content at three different points of the fantasy: beginning, middle, and end. At the beginning of the fantasy, participants were asked to describe how the fantasy begins and to give detailed descriptions of the characters. At all three points in the fantasy, participants described what the characters think and feel about each other and what they say and do to each other. Participants then rated the level of sexual arousal for the self character, the level of sexual arousal for themselves as the fantasizer, and the level of consent given by the self character. For overall reactions to the fantasy, the participants described the nature of consent or non-consent at the time of vaginal penetration, their own personal emotional reaction to the fantasy, and the types of resistance used by the self character in the fantasy. Participants rated the nature of the non-consent in the fantasy (true non-consent vs. feigned/token non-consent), the overall level of aggression in the fantasy, the physical attractiveness of the

aggressor in the fantasy, and the level of aversiveness or unpleasantness of the fantasy to the fantasizer.

This study's detailed assessment of rape fantasy content extends current knowledge of women's rape fantasies. The use of both self-report ratings and the ratings of narrative content by independent judges allowed for a more thorough analysis of these fantasies. In particular, it filled gaps in current knowledge of typical rape fantasy content by answering questions such as: to what extent is the "no" in the fantasy expressing genuine vs. feigned non-consent? Does the self character's level of non-consent change during the fantasy? What are the characters thinking and feeling throughout the fantasy? Is there a difference between the level of sexual arousal for the self character and for the fantasizer? What is the fantasizer's emotional reaction to the fantasy?

Hypothesis 1: Test of the Rape Fantasy Continuum

Hypothesis 1: Women's rape fantasies exist on a continuum, with sexually erotic rape fantasies at one end, aversive rape fantasies at the other end, and rape fantasies that contain both erotic and aversive elements lying in between the two extremes.

Kanin (1982) categorized the content of women's rape fantasies as being either completely erotic or completely aversive. In anecdotal analyses, erotic rape fantasies were characterized as having an attractive perpetrator and a positive change in the emotion of the characters with the victim being sexually aroused and offering little resistance and only mild non-consent. Aversive rape fantasies were characterized as having high levels of force with the victim suffering from pain, showing no sexual arousal, and offering a high degree of resistance and non-consent. After reviewing Kanin's methods, it seemed likely that instead of fitting into these two discrete

categories, rape fantasies exist on a continuum with the two different types (aversive and erotic) at each extreme. If so, it would be expected that women's descriptions of a rape fantasy they have had will provide evidence of this continuum, with some women describing completely sexually erotic rape fantasies, some women describing completely aversive rape fantasies, and some women describing rape fantasies that lie between these two extremes.

Hypothesis 2: Tests of Blame Avoidance Theory

Hypothesis 2a: According to blame avoidance theory, women who have rape fantasies will be more erotophobic than women who do not have rape fantasies.

The sexual blame avoidance theory suggests that women are socialized to avoid being perceived as promiscuous. Therefore, a fantasy that involves rape allows women to enjoy the sex without feeling guilty or anxious for engaging in sexual activity.

According to the sexual blame avoidance theory, women who have rape fantasies would anticipate more negative feelings from engaging in various sexual behaviors, which is characteristic of erotophobia.

Hypothesis 2b: According to blame avoidance theory, women who are more erotophobic will have a higher proportion of rape fantasies than women who are less erotophobic.

Many studies have found that women with high sex guilt have fewer sexual fantasies in general. This finding is inconsistent with the blame avoidance theory, which does not predict a general restriction of sexual fantasies for those who are erotophobic. In its strong form, blame avoidance predicts that erotophobic women are more likely to have rape fantasies than are other women. It may be the case, however, that women who are erotophobic do not differ from those who are erotophilic in overall frequency of rape fantasies, but, when they do have a sexual fantasy, they may be more likely to

have one that involves rape. Therefore, erotophobic women may show a higher proportion of rape fantasies than women who are not erotophobic.

Hypothesis 3: Tests of Openness Theory

Hypothesis 3a: According to openness theory, women who have rape fantasies will be more erotophilic and more receptive to fantasy experiences than women who do not have rape fantasies.

The openness to sexual experience theory suggests that instead of being driven by repressed sexuality, rape fantasies may just be part of a woman's generally open and accepting attitude toward sex and sexual fantasy. According to openness theory, women who have rape fantasies would anticipate more positive feelings from engaging in various sexual behaviors, which is characteristic of erotophilia. Further, they should also be more open to fantasy in general.

Hypothesis 3b: Women who are more erotophilic will report greater sexual arousal and physiological change in response to the presentation of a rape fantasy than women who are less erotophilic.

According to the openness theory, erotophilic women are more likely to have erotic rape fantasies and therefore should be more likely to respond positively with increased sexual arousal to the presentation of a rape fantasy.

Hypothesis 4: Tests of Hariton's Descriptive Theory

Hypothesis 4: As suggested by Hariton (1976), women who have high frequency rape fantasies will endorse more traditional gender roles, have lower levels of dominance, will be more erotophobic, less open to fantasy, and less sensation seeking than women who have less frequent rape fantasies.

Qualitative research by Hariton (1976) suggests that the frequency with which women have rape fantasies is important. Her results indicated that 14% of the women in her sample had rape fantasies during intercourse "very often." These women were described as being dependent, unobtrusive, controlled, serious, and conforming to a

traditional gender role. Based on these results, it would be expected that in the current study women who have rape fantasies with a high frequency will exhibit characteristics of a more traditional gender role, will be more erotophobic, and will be low in dominance as compared to women who have low frequency rape fantasies. Hariton also suggested that a second group of women experienced a wide variety of sexual fantasies during intercourse, including rape fantasies. These women were described as being impulsive, independent, and dominant. This group engaged in rape fantasies, but not with high frequency. This group showed an active, exploratory approach to sex, such as engaging in premarital and extramarital sex, suggesting that they were not sexually repressed and may have a sensation seeking personality style.

Hypothesis 5: Tests of Sympathetic Activation Theory

Hypothesis 5: Women who are more sensation seeking will report increased sexual arousal and physiological change in response to the presentation of a rape fantasy than women who are less sensation seeking.

Sympathetic activation may play a role in women's rape fantasies, and may operate in conjunction with a sensation seeking personality style. According to research on sympathetic activation, a rape fantasy would be expected to increase sexual arousal through the sympathetic activation which would enhance the erotic intensity of a sexual experience. Sensation seeking is characterized by a desire for novel and intense experiences. It would be expected that in response to the presentation of a rape fantasy scenario, women who are more sensation seeking will self-report higher levels of sexual arousal and physiological activation than women who are less sensation seeking.

Hypothesis 6: Tests of Desirability Theory

Hypothesis 6a: According to desirability theory, women who have rape fantasies may have more desirability themed fantasies than women who do not have rape fantasies.

Further, women who have high frequency rape fantasies may have other desirability themed fantasies more frequently than non-desirability fantasies.

Desirability theory suggests that a woman would have rape fantasies as a way to reassure herself of her attractiveness to men. According to this theory, women who have rape fantasies should be more likely than other women to also have other fantasies with a similar theme of reassuring the fantasizer of her sexual attractiveness. Also, women with high frequency rape fantasies should have desirability fantasies more frequently than non-desirability sexual fantasies.

Hypothesis 6b: Women who have rape fantasies will have lower self-esteem and perceive themselves as being less attractive than women who do not have rape fantasies. In addition, of the women who have rape fantasies, those with high frequency rape fantasies will have lower self-esteem and perceive themselves as being less attractive than women who have low frequency rape fantasies.

The desirability theory suggests that women would have a rape fantasy as a way to reassure themselves of their self-worth and attractiveness, and therefore women who have rape fantasies would have lower self-esteem and perceive themselves as being less attractive than other women. Taken one step further, an implication of this theory would be that women with high frequency rape fantasy would have lower self-esteem and perceive themselves as being less attractive than women who have low frequency rape fantasies.

Hypothesis 7: Tests of Ovulation Theory

Hypothesis 7: Women who are at the peak stage of fertility will report more sexual arousal and physiological change in response to the presentation of a rape fantasy than women who are not at the peak stage of fertility.

At the peak stage of fertility, women have a higher level of sexual desire, are more interested in sexual partners that are outside of their committed relationships, and are more interested in men who are arrogant, muscular, and have a masculine and

powerful looking face. This suggests that women who are at the peak stage of fertility may respond more positively and be more sexually aroused by a rape fantasy than women who are not at this stage of fertility.

CHAPTER 2

METHOD

Participants

Participants for this study were women over the age of 18 from either the University of North Texas (UNT) or Texas Woman's University. Participants were recruited through each university's psychology department research participation Web site. On the Web site, the study was identified as research on sexuality that would include material related to personality, sexual fantasy, and sexual aggression. Participants received research credit for their participation. Data collection took place over the fall 2006 semester, and a total of 358 women participated. Three cases were dropped from all analyses because they had greater than 20% missing data on 3 or more of the key variables. This left a total of 355 participants.

Demographic information on the participants in this sample is located in Table 1. Percentages listed in this table are rounded to the nearest tenth of a point, and percentages listed in text are rounded to the nearest whole number. Most participants were between the ages of 18 and 20 (68%) and were freshmen or sophomores (61%). The racial/ethnic composition of the sample included 59% Caucasian/White, 16% African American/Black, 13% Hispanic/Latina, 6% Biracial, 5% Asian, Asian American or Pacific Islander, and 1% American Indian or Alaskan Native participants. Most participants were single (90%), heterosexual (91%), and Christian (78%). The demographics form used for data collection is in Appendix A.

Procedures

This study was conducted in a small computer lab on the UNT campus that

provided a reasonably quiet and private location. Participants were seated at computers located within individual cubicles. Participants were only able to view their own computer screen. After arriving at the research lab, participants were asked for their informed consent. The informed consent document is located in Appendix B. All measures used in this study were put into a secure Internet site and participants completed the measures online while in the research lab. Participants completed a demographic information sheet, a Sexual Fantasy Checklist, and a Sexual Fantasy Log in which they described their most coercive sexual fantasy.

After completing these measures, each participant read instructions for the presentation of the rape fantasy scenario. These instructions explained that the participant would be listening to an audio presentation of a sexually explicit scenario that could involve sexual aggression. The scenario was presented as an auditory recording, and participants listened to the scenario over headphones. Participants were instructed to close their eyes while listening to the scenario, and to try to imagine themselves as the central female character in the scenario. After listening to the scenario, participants completed a self-report measure to assess their reactions to the scenario. Participants then completed the remaining self-report instruments, which included measures of: sensation seeking, self-esteem, erotophilia-erotophobia, body satisfaction, gender role stereotyping, dominance, openness to fantasy, and stage of ovulation. Finally, participants completed additional measures that were used for exploratory analyses. These measures were: history of sexual assault and current sexual functioning. After completing all of the measures, the participants were debriefed

and told more about the nature of the study. The debriefing form is located in Appendix C.

Measures

Sexual Fantasy Checklist

A Sexual Fantasy Checklist was adapted for this study from a checklist that was originally developed by Hariton and Singer (1974). The original items constructed by Hariton and Singer were based on interviews with women, as well as on clinical case studies and fictional literature (Hariton & Singer, 1974). This measure has continued to be adapted and used in sex research (Knafo & Jaffe, 1984; Moreault & Folingstad, 1978; Strassberg & Lockerd, 1998).

Three major changes were made to the scale. First, items were added to improve the assessment of rape fantasies. For example, items were added to assess the occurrence of forced sex by a man, forced sex by a woman, forced anal sex, forced oral sex, and forced sex by incapacitation due to drugs, alcohol, or sleep. The second major change to the scale included correcting ambiguous or confusing wording, removing redundant items, and separating out items that included multiple parts. For example, the item "I enjoy pretending that I am doing something wicked or forbidden" was changed to "Doing something sexual that is wicked or forbidden." In its original form, it was unclear who was pretending, the fantasizer or the character in the fantasy. It was also unclear if the item was referring to sexual activities. The item "I imagine I rape or humiliate a man" was changed to three different items, "Sexually humiliating someone," "Raping a man," and "Raping a woman." Additionally, to facilitate ease of response, scale items were

organized by theme. For example, similar coercive items appear together, and similar romantic items appear together.

This scale is composed of 80 items that participants responded to on a 7-point frequency scale: 0 = *never*, 1 = *less than once a year*, 2 = *a few times a year*, 3 = *about once a month*, 4 = *about once a week*, 5 = *four or five times a week*, 6 = *several times a day*. This frequency scale is the third important change that was made to this scale.

Most research using sexual fantasy checklists has asked participants to respond to a series of fantasy items using a Likert-type scale. For example, Hariton and Singer, (1974) asked participants to respond to a Likert-type scale indicating how often they had each fantasy during intercourse from 1 (*never*) to 5 (*every time I have intercourse*). Clearly, using a scale that only allows for an examination of fantasy during intercourse does not allow for an overall assessment of sexual fantasy frequency. In addition, there are other disadvantages to using Likert-type scales. For example, Sue (1979) had participants indicate how often they had each sexual fantasy on a scale with the following anchors: *never* (0), *sometimes* (3), and *almost always* (6). Although this type of response system is easy for a participant to respond to, it is unclear exactly what frequency would be represented by points between *never* and *almost always* or by markers such as *sometimes* and *almost always*. Each participant may interpret these anchors differently, and this type of scale fails to provide definitive information on fantasy frequency.

The scale used for the current study was based on the scale used by Shulman and Horne (2006): 1 = *never*, 2 = *once or twice*, 3 = *a few times*, 4 = *once a month*, 5 = *once a week*, 6 = *a few times a week*, and 7 = *daily*. Improvements to this scale

included altering ambiguous wordings to reflect a more specific time frame. For example, *once or twice* was changed to *less than once a year* and *a few times* was changed to *a few times a year*. Also, the 1 = *never* was changed to the more intuitive 0 = *never*. Although participants cannot be expected to remember perfectly how often they have each fantasy, this scale allowed them to give a reasonable estimate.

For the purposes of this study, the Sexual Fantasy Checklist was used to assess overall frequencies for 80 different sexual fantasies, including 8 different rape fantasy items. The frequencies for all 80 sexual fantasy items are presented in Table 2, and the frequencies for the 8 specific rape fantasy items are repeated in Table 3.

Sexual Fantasy Log

A sexual fantasy log was constructed for this study. Previous research studies have used sexual fantasy logs that asked participants to write out in detail one of their most frequent or favorite sexual fantasies. This format was modified for the current study because, given instructions to write a favorite or frequent sexual fantasy, some women who have rape fantasies may not have selected a rape fantasy for presentation in the log. This sexual fantasy log asked participants to write a sexual fantasy that they have experienced that involved a use of sexual aggression or sexual coercion against them. This highly structured log then asked participants to answer a series of questions for the beginning, middle, and end of the fantasy. The questions asked for a description of the characters in the fantasy, the interaction and sexual acts that took place between the characters, the thoughts, feelings, and motives of the characters, the level of sexual arousal for the characters in the fantasy and for the fantasizer, and the level of non-consent in the fantasy. For the beginning, middle, and end of the fantasy, participants

provided ratings on a scale of 0 to 4 for level of sexual arousal for themselves and the self-character in the fantasy (0 = *no sexual arousal*, 4 = *extreme sexual arousal*).

Participants also rated on a scale of 0 to 4 the level of consent at these three points in the fantasy (0 = *extremely strong non-consent*, 4 = *total consent*). Participants also provided overall ratings of the level of sexual aggression in the fantasy (0 = *no sexual aggression*, 4 = *extreme sexual aggression*), the level of perpetrator attractiveness (0 = *not at all attractive*, 4 = *extremely attractive*), and the level of aversiveness (0 = *not at all aversive*, 4 = *extremely aversive*). A copy of this measure is located in Appendix D.

Narrative ratings. In addition to the self-ratings, independent narrative ratings were coded for each fantasy log. A copy of the narrative ratings form is located in Appendix E. The narrative ratings included coding all fantasies for: the type of sexual interaction in the fantasy (heterosexual, lesbian, both, other), presence of a self character, presence of consensual and non-consensual sexual acts (including: kissing, breast stimulation, masturbation, oral sex, vaginal sex, and anal sex), presence of aggressive acts inflicted on the self character and on the perpetrator (including: slapping, hitting, biting, hair pulling, spanking, kicking, throwing). Fantasies were categorized as either a rape fantasy or a non-rape fantasy. To be categorized as a rape fantasy, the following criteria were required: non-consent (according to what was said and done by the self character in the fantasy) or incapacitation at time of vaginal, anal, or oral contact or penetration, regardless of any sex acts that may have taken place consensually. As with Kanin (1982), fantasies were also coded as rape fantasies if there was extreme non-consent at the time of attempted penetration. The following is an

example from a fantasy log containing extreme non-consent at the time of attempted penetration.

There is a girl lying in a bed and she is already scared because she is alone. The man is usually dressed all in black and you cannot see his face. I do not know or recognize the man. The girl (or myself) will cry and ask what he wants and she begs for him not to hurt her. The man does not say anything but puts the girl on her stomach so she can no longer see him. The girl is scared and she does not want the man to rape her. The man has no obvious thoughts or feelings his motivation is to rape, but it is not understood why. The main part is where he puts the girl on her stomach and unzips his pants. The girl is still crying and struggling but the man does not say anything. It seems that he is going to have sex with her but that is not in the fantasy. The girl is scared and does not want to be raped. The fantasy does not have an ending it is stopped due to unpleasantness. There is no interaction because the fantasy is stopped before the man actually rapes the girl.

In addition, all rape fantasies were coded for the presence of the following: type of non-consent (genuine, feigned/token), change in the self character's level of consent during the fantasy (willing to unwilling, unwilling to willing, resistant throughout), maximal level of force used by the perpetrator (verbal intimidation, abusive language, physical restraint, physical attack, presence of a weapon), maximal level of resistance used by the self character (verbal, physical), identity of perpetrator (partner, relative, acquaintance, stranger, authority figure, faceless individual, celebrity, other), perpetrators motives (to hurt/degrade the victim, physical attraction, romantic attraction), fantasizer's attitude at the end of the fantasy (positive, negative, both, neutral), perpetrator status at the end of the fantasy as described by the fantasizer in response to an open ended question (winner, loser, both, neither), and self character status at the end of the fantasy (winner, loser, both, neither). The perpetrator and self character status questions were not mutually exclusive, so both the perpetrator and self character could be rated as a winner, loser, both, or neither.

Interrater reliability. Three independent raters coded the fantasy content using pre-established scoring criteria for each content area. The scoring criteria are located in Appendix E. The ratings made by the two raters with the overall highest level of agreement were used. For ratings in which the two primary raters disagreed, ratings of the third rater were used to resolve the disagreement. Interrater reliabilities were computed using Cohen's kappa (k) and percent agreement. Table 4 contains the interrater reliability information for coercive sexual fantasies. Coercive sexual fantasies include rape and non-rape coercive sexual fantasies. Non-rape coercive sexual fantasies include rough sex fantasies and sex game fantasies in which the self character says "no" but both the self character *and* the partner know she is pretending to say "no". Fantasies that were identified as dreams, as only containing consensual sex, or fantasies in which the self character was the aggressor were not included in these analyses because they were not waking fantasies containing aggression against the self character. Table 5 contains the interrater reliability information for the categories specific to rape fantasies.

Cohen's kappa and percent agreement are consensus estimates of interrater reliability and work best with categorical data. In general, consensus estimates of 70% or greater are preferred for percent agreement. Percent agreement is calculated by adding up the number of agreements and dividing by the total number of observations. Cohen's kappa, however, is a chance-corrected measure of agreement and has different guidelines for interpretation (Stemler, 2004). In general, k values of .41 to .60 are considered moderate and values above .6 are considered substantial (Landis & Koch, 1977). Kappa is calculated by summing the number of observed agreements and

subtracting from that the sum of the expected agreements. This number is then divided by the total number of observations minus the sum of the expected agreements (Howell, 2002). Kappa has been criticized because it can be difficult to interpret. For example, kappa values vary depending on the number of participants that fall into each category (Stemler, 2004), and it is not always meaningful to compare kappa levels across items or studies unless base rates are the same (Uebersax, 1987).

Categories with a kappa below .4 and percent agreement below .7 were dropped from analysis. Categories with k below .4 or percent agreement below .7 were evaluated more closely. Most categories with k below .4 appear to be the result of very low or very high base rates. For example, the category of presence of a self character had a kappa of .36 and a percent agreement of .97. Upon closer examination it was found that the two raters agreed that 331 of the fantasies contained a self character and 3 of the fantasies did not contain a self character. They disagreed on whether 10 fantasies contained a self character. Thus, the low kappa is the result of the high base rate on presence of a self character. This pattern of results also appears to be true for other categories with a low kappa including: consensual self character masturbating self, non-consensual self character masturbating partner, self character pinched, self character extreme aggression, and perpetrator spanked.

However, other categories with lower kappa and percent agreement scores appear to be the result of raters using categories that required more subjective or interpretive judgments. For example, for rape fantasies, categories with low kappa included: physical restraint, verbal resistance (low vs. high), physical resistance (low vs. high), and self character's attitude at the end of the fantasy. These categories required

more interpretation on the part of the raters, which likely caused the reliabilities to be somewhat lower. For example, for the category “physical restraint” (which was defined as the perpetrator using restraint such as twisting of the arms or holding down the self character), one rater coded the following fantasy as containing physical restraint and the other rater did not: “She tries to “run away” but with his strong muscular hands he pulls her closer and tighter so that their breaths are mingled.” As a rater, it is unclear if this meets the criteria of physical restraint. One rater could interpret this as using physical restraint because the self character was trying to run away when she was pulled back by the perpetrator “closer and tighter.” Another rater may not interpret this as physical restraint because the perpetrator “pulled” her closer but it does not say that he twisted her arms or held her down.

The category of rough sex also appears to have a low kappa and percent agreement because it required more subjective judgments. This category was defined as a consensually sexually aggressive interaction, such as being tied up or spanked. For the following fantasy: “He begins to forcefully rip my clothes off and have sex with me as I give in to his desires” there is an implied “rough” nature to the sex; however, the decision to code this as a rough sex fantasy is somewhat subjective. For disagreements such as this, the third rater was used as a tie breaker. Although the rough sex category has questionable interrater reliability, with low percent agreement (.71) and low kappa (.23), rather than eliminate it, this category should be interpreted with caution.

Overall, interrater reliability as measured by percent agreement ranged from .71 to 1, and kappa ranged from .23 to 1. Most categories (78%) had a kappa above .50 and a percent agreement above .80. Table 7 contains the frequencies for the content

categories used for both coercive non-rape sexual fantasies and rape fantasies, and Table 8 contains the frequencies for the content categories that were only coded for rape fantasies.

Rape Fantasy Scenario

A rape fantasy scenario was presented to the participants. The scenario was constructed for this study based on similar scenarios found in women's romance novel literature. A transcript of the scenario appears in Appendix F.

A modified form of the Ratings of Sexual Arousal (Mosher, Barton-Henry, & Green, 1988) was used to assess the participant's reactions following the presentation of the rape fantasy scenario. This measure was originally composed of 5 items. Because this form did not adequately assess physiological arousal, items were added to the scale. For example, there were no items on the original scale that assessed general physiological activation. Therefore, two items were added to address this area ("How much change did you feel in your heartbeat during the experience;" "How much change did you notice in your breathing during the experience"). Further, some of the original item wordings were considered overly formal, and these items were modified. For example, the item "Sexual warmth – a subjective estimate of the amount of sexual warmth experienced in the genitals, breasts, and body as a function of increasing vasocongestion" was changed to "How much sexual warmth did you experience in your genitals, breasts, and body?" Participants rated the items on a scale from 0 to 4. The original scale was found to have an internal consistency reliability of .97, and it was positively correlated with other measures of subjective sexual arousal.

Scale reliability and item correlations were evaluated for the newly created measure. Items 1 (How much did you enjoy the experience?), 3 (How sexually aroused did you become during the experience?), 4 (How much sensation did you experience in your genitals during the experience?), and 5 (How much sexual warmth did you experience in your genitals, breasts, and body?) were highly correlated with each other ($r = .64$ to $.79$), and therefore were combined to form the sexual arousal subscale. This subscale had a Cronbach's alpha of $.92$. Items 6 (How much change did you feel in your heartbeat during the experience?) and 7 (How much change did you notice in your breathing during the experience?) were also highly correlated ($r = .70$) and were combined to form the physiological change subscale. This subscale had a Cronbach's alpha of $.82$. Item 2 ("How absorbed did you get in the experience?") was not highly correlated with any of the other items and was therefore not included in either of the subscales. It appears that Item 2 is evaluating a unique construct related to the participant's ability to become engaged in the scenario. Because this is an important part of the process and is necessary for the participant to experience sexual arousal and physiological change, participants who rated Item 2 as 0 (*No absorption*) were removed from the analyses with the 2 subscales. This resulted in the removal of 26 participants (7%). Because of an oversight during data collection, 41 people were missing data on Items 6 and 7 which make up the physiological change subscale. These participants were not included in the analyses with this subscale. This measure is located in Appendix G.

Personality Measures

Sensation Seeking Scale – Form V (Zuckerman, 1994). The Sensation Seeking

Scale was developed by Zuckerman in the 1960s to assess the personality trait associated with a propensity to seek out novel, intense, and varied experiences. This widely used scale is composed of 40 forced choice items. The scale consists of four subscales: thrill and adventure seeking, disinhibition, experience seeking, and boredom susceptibility. The measure yields a total score and 4 subscale scores. Internal consistency reliabilities of the total score range from .83 to .86 (Zuckerman, 1994). Form V of the scale has been found to be positively correlated with previous versions (Forms III and IV); however, Form V is shorter and the interscale correlations among the subscales have been reduced (Zuckerman, Eysenck, & Eysenck, 1978). This measure has been found to predict risky behaviors such as alcohol abuse, drug use, and risky sexual behaviors (Deditius-Island & Caruso, 2002). In the current study, this measure had an internal consistency reliability of .80. The total score (higher scores indicating higher levels of sensation seeking) was used for all analyses.

Rosenberg Self-esteem Scale (Rosenberg, 1989). The Rosenberg Self-esteem Scale was designed to measure an individual's assessment of their own worth as a person, including their positive or negative feelings toward the self. The scale is a widely used measure of self-esteem which is composed of 10 items rated on a scale of 1 to 4 (1 = *strongly agree*, 4 = *strongly disagree*), with higher total scores indicating higher levels of self-esteem. With previous samples, the scale has had test-retest reliabilities between .82 and .88 and Cronbach's alpha ranging from .77 to .88. In the current study, this measure had a Cronbach's alpha of .89. This measure has been found to be positively correlated with other measures of self-esteem (Robins, Hendin & Trzesniewski, 2001), optimism, and life satisfaction (Greenberger, Chuansheng,

Dmitrieva, & Farruggia, 2003), and it is negatively correlated with depressive symptoms (Greenberger et al., 2003).

Sexual Opinion Survey (Fisher, Byrne, White, & Kelly, 1988). This scale was designed to measure erotophilia-erotophobia, an individual's tendency to respond to sexual stimuli either positively (approach) or negatively (avoidance). Items reflect an anticipation of positive or negative feelings from engaging in various sexual behaviors. The scale is composed of 21 items rated on a scale of 1 (*I strongly agree*) to 7 (*I strongly disagree*). Total scores range from 0 to 126, with higher scores indicating more erotophilic or positive sexual attitudes. With a previous sample of women, this measure had a test-retest reliability (2-month delay) of .80. With undergraduate samples, Cronbach's alpha ranged from .82-.90. In the current study, this measure had a Cronbach's alpha of .80. A study that factor analyzed the scale concluded that the measure is made up of four factors: erotophilia (positive attitude toward sexuality), erotophobia (negative attitude toward sexuality), unconventional sex, and homosexual orientation (Rise, Traeen, & Kraft, 1993). With regard to construct validity, erotophobia has been correlated with engaging in less sexual behaviors, having more negative attitudes toward sexuality, and having fewer sexual fantasies.

For this study, a total score was first calculated for all items, and a second total was computed without the items related to homosexuality. This was done in order to determine if the homosexual items were overly influencing total erotophilia scores. A correlation was computed between the two total scores ($r = .97$). Because the two scores were so highly correlated only the standard measure total (which includes homosexual items) was used for subsequent analyses.

Body Parts Satisfaction Scale-Revised (Petrie, Tripp, & Harvey, 2002). This measure assesses satisfaction with specific parts of one's body. It centers on 14 body parts that tend to be points of concern for most women. The scale is composed of 14 items that are rated on a scale of 1 (*extremely dissatisfied*) to 6 (*extremely satisfied*). This measure is totaled by taking the average of the 14 items. In construct and concurrent validity, this measure has been correlated with the Bulimia Test Revised (Thelen et al., 1991), a measure of body image disturbance and disordered eating. Items related to the body have been found to have an internal consistency of .89 and items related to the face have been found to have an internal consistency of .74. In the current study, the measure had an overall internal consistency reliability of .86. For this study, it was planned to add two items to assess women's satisfaction with overall appearance and sexual attractiveness; however, because of an oversight during data collection these two items were never added to the measure. Therefore, the mean score of the 14 items was used for all analyses.

Sex Role Stereotyping (Burt, 1980). This scale, composed of 9 items, is used to assess agreement or disagreement with traditional sex role stereotypes. Responses are rated on a 7-point scale (1= *strongly disagree*, 7 = *strongly agree*). A total score is calculated from the 9 items, with higher scores indicating greater agreement with sex role stereotypes. This scale has been found to have an internal consistency reliability of .80. In the current study, this measure had an internal consistency reliability of .65. Sex role stereotyping has been found to be positively correlated with sexual conservatism and rape supportive beliefs (Burt, 1980).

NEO-PI-R: Assertiveness Subscale (Costa & McCrae, 1992). The NEO-PI-R is a personality inventory based on a five factor model of personality: neuroticism, extroversion, openness to experience, agreeableness, and conscientiousness. Each of these domains is composed of subscales or facets. The extroversion domain contains the assertiveness subscale or facet, which is made up of 8 items that are rated on a 5-point scale from *strongly disagree* to *strongly agree*. Individuals with high scores on this subscale can be described as dominant and forceful in social situations and they often become group leaders, while low scoring individuals prefer not to talk in social situations and they let others lead (Costa & McCrae, 1992).

The assertiveness subscale has been found to have a Coefficient alpha of .77, and the extroversion domain had a test-retest reliability of .91. This subscale has been positively correlated with the California Psychological Inventory dominance subscale ($r = .69$), and it was negatively correlated with the Myers Briggs introversion subscale ($r = -.59$). In the current study, this subscale had an internal consistency reliability of .80.

NEO-PI-R: Fantasy Subscale (Costa & McCrae, 1992). The openness to experience domain contains the fantasy subscale, which is made up of 8 items that are rated on a 5-point scale from *strongly disagree* to *strongly agree*. Individuals with high scores on this subscale can be described as imaginative, and as having an active fantasy life and elaborate fantasies. Low scoring individuals prefer not to fantasize and instead focus on reality (Costa & McCrae, 1992).

The fantasy subscale has been found to have a coefficient alpha of .76 and test-retest reliability of .86. In the current study, this subscale had an internal consistency of

.79. The fantasy subscale has been positively correlated with the Myers Briggs Intuition subscale ($r = .43$).

Sexuality Measures

Ovulation. Stage of ovulation was measured for normally ovulating women. Therefore the following women were excluded from analyses: women who were on birth control pills or other hormone altering contraceptives, women who had recently taken the morning after pill, women who did not have regular menses, and women who were postmenopausal. The stage of ovulation was estimated by asking participants to report the first day of their last menstruation, and an actuarial table provided by Baker and Bellis (1995) was used to estimate their stage of ovulation. Women were grouped into 3 different ovulation categories: low fertility risk (either currently menstruating or 17-30 days since last menstruation began), high fertility risk (6-7 or 15-16 days since last menstruation began), and very high fertility risk (8-14 days since last menstruation began). A copy of this measure is located in Appendix H.

Brief Index of Sexual Functioning in Women (Rosen, Taylor, & Leiblum, 1998). This is 22-item self-report measure of the general domain of women's level of sexual functioning. This measure is used to assess: sexual desire, sexual activity, sexual satisfaction (including orgasm frequency), and sexual orientation. This measure was found to have test-retest reliability (1 month delay) ranging from .68-.78 and internal consistency ranging from .39 on sexual desire to .83 on sexual activity. In previous analyses, concurrent validity was assessed by correlating the factors on this measure with similar factors on the Derogatis Sexual Function Inventory. All correlations were positive and ranged from .59 to .69.

Sexual Experiences Survey (Koss & Oros, 1982). This is a commonly used measure to identify people from the general population who have experienced sexual aggression or sexual victimization. The measure is composed of 13 items to which participants gave a yes/no response. It has been found to have an internal consistency of .74 and a two-week test-retest reliability of .93. The measure has been found to be positively correlated with women's level of victimization as obtained from interview data. In the current study, this measure had an internal consistency of .82.

CHAPTER 3

RESULTS

Descriptive Statistics

Sexual Fantasy Checklist

For the Sexual Fantasy Checklist, frequency percentages appear in Table 2. The frequency percentages for the 8 rape fantasy items on the checklist are also listed in Table 3. The checklist was used to assess the percentage of women who have rape fantasies and the frequency of these fantasies. Responses to all eight rape fantasy items on the checklist were evaluated to determine if the participant had ever had a rape fantasy. Women who gave a non-zero response to any of the eight items were categorized as having had a rape fantasy. Using this methodology, 62% of participants reported having a rape fantasy.

Responses to the items “Being overpowered or forced by a man to surrender sexually against my will,” “Being overpowered or forced by a woman to surrender sexually against my will,” “Being overpowered or forced into a sexual act against my will because I was incapacitated due to drugs, alcohol, or sleep,” “Being overpowered or forced by a man to give him oral sex,” and “Being overpowered or forced by a woman to give her oral sex” were combined to form an overall estimation of the frequency of rape fantasy. These five fantasy items were used to calculate frequency of rape fantasy because in combination they cover the range of variations in content found in the legal definition of rape. Further the combination of these specific items are non-overlapping in content (i.e., forced by a man and forced by a woman are separate items), and therefore a combined frequency of these items would be less likely to double-count the

same fantasy than would a combination of all eight items. The wording “overpowered or forced” was used to calculate frequency because it is somewhat more neutral than the word “rape.”

In order to determine the overall rape fantasy frequency, the frequency of each of the five items (e.g., a, b, c, d, e) were combined. Participant responses to each of the five rape fantasy items were converted to a scale reflecting number of times the participant had the fantasy per year. For example, 0 (*never*) equals 0 times per year, 1 (*less than once per year*) was set at 0.25 times per year, 2 (*a few times per year*) was set at 3 times per year, 3 (*about once a month*) was set at 12 times per year, 4 (*about once a week*) was set at 52 times per year, 5 (*four or five times a week*) was set at 234 times per year, and 6 (*several times a day*) was set at 1095 times per year. Using this conversion, responses of: 0, 2, 2, 1, 0, would be converted to 0, 3, 3, .25, and 0, and these responses would be added together for an estimated total of 6.25 times per year. Because 6.25 times per year is between 2 (3 times per year) and 3 (12 times per year), but is closer to 7.5 which is the half-way point between 3 and 12, the overall frequency would be 2.5 on the 7-point scale.

For another example, suppose that a participant gave responses of: 5, 5, 4, 0, 1. These responses would be converted to number of times per year of: 234, 234, 52, 0, and .25, which would be added together for a total of 520.25. Because 520 times per year is between 5 (234 times per year) and 6 (1095 times per year), but it is closer to 665 which is the half-way point between 234 and 1095, the overall frequency would be 5.5 on the 7-point scale. Using this methodology, the frequencies for women who have rape fantasies are as follows: 24.1% had a combined score of 1, 0.3% had a combined

score of 1.5, 9.6% had a combined score of 2, 3.1% had a combined score of 2.5, 7.1% had a combined score of 3, 4.2% had a combined score of 3.5, 6.8% had a combined score of 4, 1.7% had a combined score of 4.5, 4.2% had a combined score of 5, 0.8% had a combined score of 5.5, and 0.6% had a combined score of 6. See Figure 1. The mean for all participants was 1.52 ($SD = 1.62$), and the mean for women who had rape fantasies was 2.43 ($SD = 1.42$).

Participants were grouped as having either high frequency or low frequency rape fantasies based on the combined rape fantasy frequency score on the 7-point scale. This was done by grouping women with total combined frequency scores of 1 (*less than once a year*), 2 (*a few times a year*), or 3 (*about once a month*) into the low frequency category. Women with total combined frequency scores of 4 (*about once a week*), 5 (*four or five times a week*), and 6 (*several times a day*) were grouped into the high frequency category. Using this methodology, 38% of participants never had a rape fantasy, 49% have rape fantasies with low frequency (once a month or less), and 14% have rape fantasies with high frequency (at least once a week).

To calculate the proportion of rape fantasies for each participant, the participant's combined yearly frequency of rape fantasies was divided by the participant's yearly frequency of consensual fantasies, plus the yearly frequency of non-rape coercive sexual fantasies, plus the combined yearly frequency of rape fantasies. The frequency of consensual fantasies was obtained by using the participant's response to Item 3 on the Sexual Fantasy Checklist - "Engaging in sexual activities that are consensual." The frequency of non-rape coercive sexual fantasies was obtained by using the participant's response to Item 35 on the checklist - "Being forced to expose my body." These

specific items were used in the denominator because in combination they cover the range of sexual fantasy content – rape fantasies, consensual fantasies, and non-rape coercive fantasies. On the yearly scale, the mean frequency of rape fantasy for women who have had a rape fantasy was 49.81 ($SD = 136.18$) and the median was 3.50. The discrepancy between mean and median is due to the small number of women who had rape fantasies with very high frequency. The mean proportion of rape fantasies for women who have rape fantasies was .20 ($SD = .23$) and the median was .06. Thus, for women who have rape fantasies, about one-fifth of their sexual fantasies include forced sex.

The checklist was also used to evaluate sexual fantasies with a desirability theme. Fantasies that fit the following definition were categorized as desirability themed fantasies: the fantasy centers around the idea that the self character is extremely attractive, seductive, and desirable, including themes such as sexual partners being highly attracted to the self character or finding the self character irresistible. Four fantasies were found to fit this definition: Item 4 – “feeling my partner’s intense desire for me,” Item 67 – “others being highly physically attracted to me,” Item 71 – “being an irresistible, sexy woman,” and Item 73 – “performing as a stripper or topless dancer.” A total of the number of desirability fantasies (0, 1, 2, 3, or 4) that the participant has had was calculated. Within this sample, 0.6% had 0 of the fantasies, 1.4% had 1 of the fantasies, 5.9% had 2 of the fantasies, 31.3% had 3 of the fantasies, and 60.8% had all 4 of the fantasies. The average frequency of desirability fantasies was also calculated. Results indicated that the average desirability frequency for women who have rape

fantasies was 3.53 ($SD = 1.06$). The average desirability frequency for all participants was 3.32 ($SD = 1.11$).

Two additional items were added to the checklist to assess if participants felt pressured to over-report their sexual fantasies. In response to the question: “Because all of the questions on this measure deal with sexual fantasies, did you feel any pressure to report having sexual fantasies that you can’t actually remember having?” 9.3% said yes, and 90.7% said no. In response to the question: “Because all of the questions on this measure deal with sexual fantasies, did you feel any pressure to report having some sexual fantasies more frequently than you have actually had them?” 8.2% said yes, and 91.8% said no. In order to determine if the participants who answered yes to either of these questions were systematically different from the individuals who answered no to both of these questions on overall rape fantasy frequency, an independent samples t test was conducted. The independent variable was response to the questions (2 levels: yes to either question, no to both questions) and the dependent variable was rape fantasy frequency. Results were not significant, $t(353) = 0.60$, $p = .55$, indicating that there was not a systematic difference in frequency of rape fantasies between these two groups.

Sexual Fantasy Log

The Sexual Fantasy Log asked participants to “describe in as much detail as possible a sexual fantasy you have had that involves a use of sexual aggression or sexual coercion against you.” Multiple content areas were coded for each fantasy; see Tables 7 and 8 for the frequencies of fantasy content for coercive non-rape fantasies and rape fantasies. Fantasies were classified as either rape or non-rape fantasies using

the procedures previously described. Non-rape fantasies were classified as “coercive non-rape” sexual fantasies if they included either rough sex or a “sex game.” In “sex game” fantasies, the self character expresses non-consent, but *both* the self character and the partner in the fantasy know the non-consent is not genuine. Fantasy logs that were identified as sleeping dreams, only containing consensual sex, and fantasies in which the self character is the aggressor were not included in the content analyses. Using this methodology, 24% of the fantasy logs were rape fantasies, 41% were coercive non-rape fantasies, and 35% were non-coercive fantasies.

Fantasies that qualified as rape fantasies were then categorized as aversive, erotic, or erotic-aversive based on responses to the following two self-report items: the fantasizer’s highest level of sexual arousal in response to the fantasy (0 = *no sexual arousal*, 4 = *extreme sexual arousal*) and the level of aversiveness of the fantasy (0 = *not at all aversive*, 4 = *extremely aversive*). Rape fantasies that included a zero response on aversiveness and a non-zero response on sexual arousal were considered exclusively erotic rape fantasies. Rape fantasies that included a zero response on sexual arousal and a non-zero response on aversiveness were considered exclusively aversive rape fantasies. Rape fantasies that included a non-zero response on both sexual arousal and aversiveness were considered to have both erotic and aversive elements (erotic-aversive).

A continuum between exclusively aversive and exclusively erotic was formed by subtracting aversive scores from erotic scores. Using these guidelines, the points on the scale do not distinguish the relative intensity of the level of sexual arousal or aversiveness. For example, a participant may have rated their sexual arousal as a 0

and the aversiveness as a 3, which would be a completely aversive fantasy. Another participant may have rated their sexual arousal as 0 and the aversiveness as 2, and it would also be a completely aversive fantasy. In order to depict levels of aversiveness and erotic intensity, Figures 2 and 3 display the frequencies for overall ratings of these variables. Figure 4 displays the results of the continuum: 9% of the fantasies were exclusively aversive (aversive rape fantasies), 45% were exclusively erotic (erotic rape fantasies), and 46% had both erotic and aversive elements (erotic-aversive rape fantasies).

Self-ratings of aggression and perpetrator attractiveness. Participants also provided self ratings related to the overall level of sexual aggression in the fantasy and the aggressor's level of attractiveness. In 2.3% of rape fantasy logs there was *no sexual aggression* (0), 12.8% *slight sexual aggression* (1), 27.9% *moderate sexual aggression* (2), 32.6% *moderately strong sexual aggression* (3), and 24.4% *extreme sexual aggression* (4). The mean level of sexual aggression was 2.64 ($SD = 1.06$). In 21.2% of rape fantasy logs the aggressor was rated as *not at all attractive* (0), 3.5% *slightly attractive* (1), 12.9% *moderately attractive* (2), 29.4% *very attractive* (3), and 32.9% *extremely attractive* (4). The mean level of aggressor attractiveness was 2.49 ($SD = 1.51$)

Rape Fantasy Scenario

The sexual arousal and physiological change subscales were created using the methods previously described. The mean score on the sexual arousal subscale was 5.89 ($SD = 3.90$), and the mean score on the physiological change subscale was 3.08 ($SD = 2.09$).

Personality Measures

For the personality variables, the mean, standard deviation, skewness, kurtosis, and observed minimum/maximum values are presented in Table 6. Standard procedures for assuring normality were performed. For each variable, skewness was divided by standard error of skewness and kurtosis divided by standard error of kurtosis, which was evaluated as a z test of univariate normality. Distributions were also visually evaluated through the use of histograms with the normal curve overlay in order to further evaluate normality of the distributions (Tabachnick & Fidell, 2007). Based on these evaluations, departures from normality were minimal and therefore did not warrant transformation.

Sexuality Measures

Stage of ovulation was also evaluated. Of the women in this study, 175 were categorized as normally ovulating (i.e., did not meet exclusionary criteria such as taking birth control pills). Within these 175 participants, 64% were low fertility risk (17-30 days since last menstruation began or currently menstruating), 13.1% were high fertility risk (6-7 or 15-16 days since last menstruation began), and 22.9% were very high fertility risk (8-14 days since last menstruation began).

History of sexual aggression was evaluated using the Sexual Experiences Scale. Four different totals were calculated. First, a total of all 13 items was computed as an overall history of sexual coercion. Among the sample participants, 77.8% had some history of sexual coercion (answered yes to at least 1 of the 13 items on the scale). The mean total coercion score was 2.87 ($SD = 1.78$). Items 8 and 9 were combined to create an attempted rape score; 20.2% had experienced attempted rape. Items 10, 11, 12, and

13 were combined to create a rape score; 20.8% reported that they had been raped. Item 13 (“Have you ever been raped?”) was analyzed individually, and on this item 14.6% indicated that they had been raped.

Current sexual practices and sexual functioning was evaluated with the Brief Index of Sexual Functioning in Women measure. The items on this measure were individually evaluated to provide further information on sexual behavior. Results indicated that 65% of the women in the study had a current sex partner and were sexually active within the last month. In terms of initiating sexual activity, 45% indicated that both themselves and their partners equally initiated sexual activity, 21% indicated that their partner usually initiated, and 5% indicated they usually initiated. In frequency of sexual activity, 39% engaged in sexual activities as much as desired, 28% less than desired, and 6% more than desired. Within this sample, 86% of women were able to orgasm. Sexual orientation was also assessed using two items that asked participants to rate their level of sexual experience and sexual desires on a scale of 1 to 7 (1 = *entirely heterosexual*, 7 = *entirely homosexual*). In sexual experience, 78% had entirely heterosexual experience, 16% largely heterosexual and some homosexual, 3% largely heterosexual and considerable homosexual, 0.6% equal heterosexual and homosexual, 0.6% largely homosexual and considerable heterosexual, 0.6% largely homosexual and some heterosexual, and 1% entirely homosexual. In sexual desires, 63% had entirely heterosexual desires, 25% largely heterosexual and some homosexual, 6% largely heterosexual and considerable homosexual, 3% equal heterosexual and homosexual, 0.6% largely homosexual and considerable heterosexual, 2% largely homosexual and

some heterosexual, and 1% entirely homosexual. A total of these two items was created to measure bisexual tendencies. This variable had a mean of 2.97 ($SD = 1.85$).

Power Analyses

Power was computed according to guidelines from Cohen (1988). Power was acceptable due to the large sample size recruited for the study ($N = 355$). Power for a 2-tailed t test attempting to detect a moderate effect size was estimated to be .99, and power for a 2-tailed t test attempting to detect a small effect size was .73. Power for a correlation attempting to detect a moderate effect size was .99, while power for a small effect size was .76. Analyses related to ovulation, however, had a smaller sample size ($n = 175$) due to exclusionary criteria (such as taking birth control pills). Power for a 2-tailed t test attempting to detect a moderate effect size was .92 and power for a small effect size was .65.

Missing Data

Cases with missing data were analyzed to determine if they were systematically different from cases without missing data. A one-way multivariate analysis of variance (MANOVA) was conducted to determine the impact of missing data (2 levels: no missing data, 1 or more data elements missing) on the dependent variables that would be used for hypothesis testing (rape fantasy frequency, erotophilia, openness to fantasy, sensation seeking, body satisfaction, self-esteem, dominance, sexual arousal subscale, physiological change subscale, gender role stereotyping). No significant differences were found among the dependent variables, Wilks's $\Lambda = 0.52$, $F(9, 345) = 0.91$, $p = .52$. To further test for differences, exploratory multivariate independent samples t tests were conducted with presence/absence of missing data as the

independent variable and total scores on each of the dependent variables that would be used for hypothesis testing as the dependent variables. Only one statistically significant difference was found. The mean scores on the Sensation Seeking Scale tended to be lower for individuals with missing data ($M = 18.40$, $SD = 6.54$) than for individuals without missing data ($M = 20.01$, $SD = 6.17$), $t(353) = 2.31$, $p = .02$. Because the overall comparison was not significant and the only significant finding was the result of multiple analyses which may capitalize on chance, it does not appear that the individuals with missing data were different from individuals without missing data.

Three cases were dropped from all analyses because they had greater than 20% missing data on 3 or more of the key variables. For the remaining cases with missing data ($n = 127$) an imputation technique was used to replace the missing data. First, intercorrelations were computed for all items on each measure. Then, each missing value was replaced by the mean for that participant of the two items most highly correlated with the item that had missing data. Missing data on the Sexual Fantasy Checklist and the sexual experiences survey were not replaced.

Outliers

Each variable was assessed for the presence of outliers. According to Tabachnick and Fidell (2007), scores are generally considered to be outliers when they are more than three standard deviations above or below the mean. To assess for outliers, the distribution of scores was evaluated with histograms and boxplots, and cutoffs for three standard deviations above or below the mean were calculated. Only one variable was found to have a significant outlier (Openness to Fantasy scale). This score was changed from a total of 6 to a total of 7, allowing the score to retain its rank

as the lowest score in the distribution while being placed within three standard deviations of the mean.

Wording of Rape Fantasy Items

Previous research did not include multiple wordings of rape fantasy items within the same study, and therefore any attempt to evaluate the impact of wording on participant response was confounded by the sample differences, and no clear conclusions could be reached. This is the first study to systematically evaluate these differences. Systematic comparisons were made on item wording and content from the Sexual Fantasy Checklist (see Table 3).

The impact of item wording was evaluated using several items from the checklist. In response to the checklist item “being overpowered or forced by a man to surrender sexually against my will,” 52% of the participants reported they had the fantasy, while 32% reported they had the fantasy of “being raped by a man.” The 20% difference in response to the two items was significant, $z(353) = 7.50, p < .001$.

Item wording also impacted response to female perpetrator rape fantasies. In response to the item “being overpowered or forced by a woman to surrender sexually against my will,” 17.2% reported they had the fantasy, while 9.3% reported they had the fantasy of “being raped by a woman.” A z test comparing this difference was significant, $z(352) = 4.50, p < .001$.

In response to the question used by Kanin (1982) “Since college entrance, did you ever have fantasies (daydreams) about being raped? More specifically, did you ever have thoughts where you put yourself in the place of a woman being raped so that you were able to visualize the rape situation and the rapist? Here we are not referring to

those fleeting apprehensions of rape that occur when you find yourself walking alone at night or in strange neighborhoods,” 25% reported they had the fantasy. This is in contrast to 57% of the participants who reported having the fantasy in Kanin’s study.

Rape fantasy content was also evaluated using the checklist. Fantasies involving rape by a woman were less common (17%) than rape by a man (52%), $z(352) = 8.59, p < .001$. As would be expected, lesbian rape fantasies were more common for lesbian women ($M = 1.75, SD = 1.66$) than for heterosexual women ($M = 0.22, SD = 0.74$), $t(7) = 2.59, p < .05$. Nevertheless, 13% of women who described themselves as heterosexual reported having lesbian rape fantasies, and 63% (5 of 8) of women who described themselves as lesbian reported having heterosexual rape fantasies.

The Sexual Fantasy Checklist included several items on different types of forced sexual activities. Response to the checklist item “being overpowered or forced by a man to surrender sexually against my will,” which generally implies vaginal sex, indicated that this was the most common type of forced sex (52%). Fantasies about being forced to give a man oral sex (27%) appeared to be more common than fantasies about forced anal sex (16%).

Research Question: What is the Typical Content of Women’s Rape Fantasies?

As previous research on the content of women’s rape fantasies has been anecdotal, the present study’s detailed, quantitative assessment for multiple content dimensions extends current knowledge of women’s rape fantasies. In particular, the use of both self-report ratings and observational ratings of narrative content provide comprehensive information on these fantasies. Tables 7 and 8 contain the frequencies for rape fantasy content.

All Rape Fantasy Logs

Of all the sexual fantasy logs written, 24% were rape fantasies. All of the rape fantasies contained a self character, and almost all involved a heterosexual sexual interaction (95%). Unexpectedly, in 5% of rape fantasies the fantasizer described the self character as being in some way more attractive than she is in real life (i.e., thinner, clearer skin).

Rape fantasies contained both consensual and non-consensual sex acts. Half contained consensual vaginal sex (50%), and nearly one-third contained consensual kissing (30%). As for non-consensual acts, nearly two-thirds contained non-consensual vaginal sex (63%) and almost one-fourth contained non-consensual kissing (23%). Other non-consensual sex acts included: forced oral sex given by self character to partner (14%), forced masturbation of self character (12%), and forced anal sex (11%). In aggressive acts inflicted on the self character, 22% involved the self character being pushed, 15% clothes ripped off, and 12% thrown. In 24% of the rape fantasies, the self character pushed the perpetrator.

In a little over half of the rape fantasies the non-consent expressed by the self character was genuine (57%) and in a little under half it was feigned or token (43%). In about half of these fantasies there was a change in the self character's level of consent from initially resistant to later becoming willingly involved (49%); however, in over one-third the self character was resistant throughout the interaction (35%).

In about two-thirds of rape fantasies the self character was physically restrained during the sexual interaction (65%). Across the three types of rape fantasies physical

restraint was used in about equal proportions and was the major form of coercion used in rape fantasies. In about one-fourth of rape fantasies the self character was physically attacked in such a way that bodily damage could have been caused (24%).

In over half of all rape fantasies the self character offered either no verbal resistance (34%) or a low level of verbal resistance (48%), such as asking the perpetrator to stop, and in a majority of rape fantasies the self character offered either no physical resistance (31%) or a low level of physical resistance (57%), such as pushing or pulling away.

In nearly half of all rape fantasies the perpetrator was a partner or ex-partner (46%) and in nearly one-fourth a stranger (21%). In the majority of rape fantasy logs, the participant did not identify a clear perpetrator motive; however, 15% were described as motivated by a romantic attraction to the self character, 13% by a physical attraction to the self character, and 5% by a desire to hurt or degrade the self character.

Participants were prompted to describe their positive reactions to the fantasy (i.e., enjoyable, sexually arousing) and their negative reactions to the fantasy (i.e., guilt, shame, embarrassment). Over one-third described having a positive reaction (38%), one-third a negative reaction (33%), and over one-fourth both a positive and negative reaction (28%). Participants were also prompted to describe the perpetrator and self character's status at the end of the conflict. Perpetrator and self character status were not mutually exclusive (e.g., both characters could be labeled the winner). In over two-thirds, the perpetrator was the winner at the end of the fantasy (69%) and this pattern was consistent across the three fantasy types; however, there was more variability in the self character's status. In over one-third, the self character was the loser (37%), in

about one-third the self character was neither the winner nor the loser (31%), and in over one-fourth the self character was the winner (27%).

Aversive Rape Fantasies

Of all the rape fantasies written 9% were completely aversive, indicating that the fantasizer gave a non-zero response to level of aversiveness and a zero response to level of sexual arousal.

In all aversive rape fantasies self character non-consent was real, and in nearly all, the self character was resistant throughout the interaction (91%).

In nearly half (46%) the self character was physically attacked in such a way that bodily damage could have been caused. In nearly half of aversive rape fantasies, the self character offered a high level of verbal resistance, such as screaming or crying (46%), and in a majority of cases, there was a high level of physical resistance, such as scratching, biting, and kicking (55%).

In over one-third of these fantasies the perpetrator was a stranger (36%), and in over half the perpetrator was either a relative (18%), a “faceless” individual (18%), or a partner or ex-partner (18%). The only perpetrator motive identified in aversive rape fantasies was to hurt or degrade the self character (9%).

A large majority of these fantasies were a negative experience for the fantasizer (81%), and none were a positive experience. In nearly two-thirds of these fantasies, the perpetrator was described as being the winner at the end of the fantasy (64%), but in over one-fourth the perpetrator was described as the loser (27%). In over half the self character was described as being the loser at the end of the fantasy (55%).

Women who had been raped comprised 21% of the sample, and 5% of women who had been raped wrote a log that qualified as an aversive rape fantasy. Of the aversive rape fantasies, 36% were written by women who had been raped.

Erotic Rape Fantasies

Of all the rape fantasies written, 45% were completely erotic, indicating that the fantasizer gave a non-zero response to level of sexual arousal and a zero response to level of aversiveness.

In a large majority of these fantasies, the non-consent was feigned or token (85%), and in over three-fourths of these fantasies the self character's level of consent changed during the fantasy from initially resistant to later becoming willingly involved (77%).

In less than one-fifth the self character was physically attacked (17%). In all of these fantasies the self character offered either no verbal resistance (43%) or a low level of verbal resistance (57%), and in nearly all of these fantasies there was either no physical resistance by the self character (40%) or a low level of physical resistance (57%).

In nearly half of these fantasies the perpetrator was a partner or ex-partner (49%) and in one-fifth the perpetrator was an acquaintance (20%). In nearly half of these fantasies the perpetrator was described as either being driven by his physical attraction to the self character (20%) or by his romantic attraction toward the self character (20%). The perpetrator was not motivated by a desire to hurt or degrade the self character in any of these fantasies.

Two-thirds of these fantasies were a positive experience for the fantasizer (66%), and less than one-fourth were both a positive and negative experience (23%). In the majority of these fantasies the perpetrator was described as being the winner (69%) and in about half the self character was described as being neither the winner nor the loser (49%).

Erotic-aversive Rape Fantasies

Of all the rape fantasies written, 46% were erotic-aversive, indicating that the fantasizer gave a non-zero response to both the level of sexual arousal and the level of aversiveness.

A large majority of these fantasies contained genuine non-consent by the self character (80%). In over one-third the self character's level of consent changed from initial resistance to later becoming willingly involved (38%), in over one-third the self character was resistant throughout (38%), and in one-fourth the self character initially consented and later became resistant (25%).

In one-fourth of these fantasies the self character was physically attacked (25%). In three-fourths the self character gave either no verbal resistance (25%) or a low level of verbal resistance (50%), with one-fourth showing a high level of verbal resistance (25%). In nearly all of these fantasies, the self character offered either no physical resistance (28%) or low level physical resistance (63%).

In nearly half of these fantasies the perpetrator was a partner or ex-partner (48%) and in nearly one-fourth the perpetrator was a stranger (23%). In 10% of these fantasies the perpetrator was perceived as being driven by his physical attraction toward the self

character, in 15% by his romantic attraction toward the self character, and in 8% by his desire to hurt or degrade the self character.

A large majority of these fantasies were either a negative (40%) or both a positive and negative experience for the fantasizer (43%). In most of these fantasies the perpetrator was described as being the winner (70%), and in about half the self character was described as being the loser (48%).

Comparisons of Fantasy Content

To determine how the three types of rape fantasy (erotic, aversive, erotic-aversive) differed from each other, a series of chi squares were computed. Because multiple comparisons were made, the criterion for statistical significance was set at .01.

A chi square test was conducted to assess whether type of non-consent (real vs. feigned/token) was different for the erotic, aversive, and erotic-aversive groups. Type of non-consent and rape fantasy group were related, $\chi^2 (2, N = 86) = 39.97, p < .001$. Real non-consent was more typical of aversive rape fantasies than of erotic rape fantasies, with feigned or token non-consent more typical of erotic rape fantasies than of aversive or erotic-aversive fantasies.

A chi square test was conducted to assess whether change in self character level of consent (resistant-willing, willing-resistant, resistant throughout) differed for the three types of fantasy. Change in level of consent and rape fantasy group were related, $\chi^2 (4, N = 82) = 35.65, p < .001$. The change in consent from resistant to willing was more typical of the erotic rape fantasies than of the other two types, and the change in consent from willing to resistant was more typical of the erotic-aversive rape fantasies

than of the other two types. Being resistant throughout was more typical of the aversive rape fantasies than of the erotic rape fantasies.

A chi square test was conducted to assess whether self character level of verbal resistance (none, low, high) differed for the three types of rape fantasies. Level of verbal resistance and rape fantasy group were related, $\chi^2 (4, N = 85) = 17.46, p < .01$. As compared to aversive rape fantasies, no verbal resistance and low level verbal resistance were more typical of the erotic and erotic-aversive rape fantasies. High verbal resistance was more typical of aversive rape fantasies than of the erotic fantasies.

A chi square test was conducted to assess whether self character level of physical resistance (none, low, high) differed for the three types of rape fantasies. Level of physical resistance and rape fantasy group were related, $\chi^2 (4, N = 85) = 22.18, p < .001$. No physical resistance was more typical of the erotic rape fantasies than of aversive fantasies, and high level physical resistance was more typical of aversive rape fantasies than of erotic fantasies.

A chi square test was conducted to assess whether fantasizer's reaction to the fantasy (positive, negative, both positive and negative, neutral) differed for the three types of rape fantasies. Fantasizer reaction and rape fantasy group were related, $\chi^2 (4, N = 84) = 32.54, p < .001$. A positive reaction was more typical of the erotic rape fantasies than of the erotic-aversive or aversive rape fantasies, and a negative reaction was more typical of the aversive rape fantasies than of the erotic rape fantasies. A mixed positive and negative reaction was more typical of the erotic-aversive fantasies than of the other two types.

The chi squares that were computed with presence of abusive language, presence of physical attack, perpetrator identity, perpetrator motive, and self character/perpetrator status at the end of the fantasy did not reach the required level of significance.

A one-way univariate ANOVA was conducted to evaluate the relationship between the three types of rape fantasies and the perpetrator's level of attractiveness. The independent variable, type of rape fantasy, had three levels: erotic, erotic-aversive, and aversive. The dependent variable was the level of perpetrator attractiveness. The ANOVA was significant, $F(2, 82) = 28.62, p < .001$. The strength of the relationship between rape fantasy group and perpetrator level of attractiveness, as assessed by η^2 , was strong, with continuum group accounting for 41% of the variance in perpetrator attractiveness.

Follow up tests were conducted to evaluate pairwise differences among the means. Because the variances among the three groups were not equal, post hoc comparisons were made using Dunnett's C test, a test that does not assume equal variances among the three groups. The erotic ($M = 3.14, SD = 1.09$) and erotic-aversive groups ($M = 2.59, SD = 1.37$) included a more attractive partner than did the aversive group ($M = 0.9, SD = .30$), $p_s < .05$.

Predicting Rape Fantasy Continuum Scores

A hierarchical regression was conducted to predict erotic-aversive continuum scores (range = -4 to +4) from fantasizer personality, fantasy frequency, and rape history. Erotophilia, self-esteem, openness to fantasy, and body satisfaction were entered in the first block. Erotophilia ($t = 3.58, p < .01$), self-esteem ($t = 2.16, p < .05$),

openness to fantasy ($t = 2.36, p < .05$), and body satisfaction ($t = -.82, p = .42$) accounted for a significant amount of the continuum variability, $R^2 = .35, F(4, 78) = 10.40, p < .001$, indicating that women who were more erotophilic, more open to fantasy, and higher in self-esteem tended to have more erotic rape fantasies.

The second block included rape fantasy frequency and desirability fantasy frequency. This block predicted erotic rape fantasies over and above block 1. Results indicated that rape fantasy frequency ($t = 2.50, p < .01$) and desirability fantasy frequency ($t = -0.10, p = .92$) were related to a higher level of erotic rape fantasies, R^2 change = .05, $F(2, 76) = 3.38, p < .05$.

The third block included history of being raped. This block predicted continuum scores over and above block 2. History of rape ($t = -2.25, p < .05$) was related to lower scores, R^2 change = .04, $F(1, 75) = 5.06, p < .05$, indicating that women who had been raped tended to have more aversive rape fantasies.

The simultaneous regression for the full model showed $R^2 = .44, F(7, 75) = 8.39, p < .01$. The standardized regression coefficients and zero-order correlations were as follows: erotophilia ($\beta = .31, p < .01; r = .48, p < .01$), self-esteem ($\beta = .24, p < .05; r = .26, p < .01$), openness to fantasy ($\beta = .19, p = .06; r = .40, p < .01$), body satisfaction ($\beta = -.04, p = .68; r = -.20, p < .05$), rape fantasy frequency ($\beta = .16, p < .05; r = .42, p < .01$), desirability fantasy frequency ($\beta = .01, p = .89; r = .29, p < .01$), and history of rape ($\beta = -.20, p < .05; r = -.25, p < .01$).

Results of the regression analysis indicated that women who had more frequent rape fantasies and who were higher in erotophilia, openness to fantasy, and self-esteem

tended to have more erotic rape fantasies, while women who had a history of rape tended to have more aversive rape fantasies.

Sexual Arousal for Fantasizer and Self Character

The Sexual Fantasy Log was also used to assess for any differences between the level of sexual arousal for the self character and the fantasizer. When participants responded to the log they rated the level of sexual arousal for themselves as the fantasizer and for their identified self character in the fantasy at three different points (beginning, middle, end). The distinction was made between the fantasizer and self character because this has not been previously assessed and it seemed possible that these levels may not be the same. For example, the self character might have a low level of sexual arousal during a violent rape fantasy, while the fantasizer could experience a high level of sexual arousal. Results indicated that in 82.6% of the rape fantasies the self character was rated as having a higher level of sexual arousal than the fantasizer, and about 70% of the time this constituted a one-point difference on a 5-point scale of sexual arousal.

A paired-samples *t* test was conducted to further evaluate the difference between the fantasizer's and self character's highest level of sexual arousal. The results indicated that the mean for the self character's level of sexual arousal ($M = 3.76$, $SD = 1.50$) was significantly greater than the mean for the fantasizer's level of sexual arousal ($M = 2.84$, $SD = 1.41$), $t(85) = 10.28$, $p < .001$. The standardized effect size index, $d = .63$, indicated a moderate effect. The fantasizer's highest level of sexual arousal and the self character's highest level of sexual arousal were significantly correlated, $r = .84$, p

=.01. These results suggest a moderate but consistent difference in sexual arousal between the fantasizer and self character.

The self character's level of sexual arousal was examined for aversive rape fantasies. By definition aversive rape fantasies were rated as being not at all sexually arousing for the fantasizer. Within the aversive rape fantasies ($n = 11$), two were found to have a rating of 1 on sexual arousal for the self character, with the other 9 having a rating of 0.

Hypothesis 1: Test of the Rape Fantasy Continuum

Hypothesis 1: Women's rape fantasies exist on a continuum, with sexually erotic rape fantasies at one end, aversive rape fantasies at the other end, and rape fantasies that contain both erotic and aversive elements lying in between the two extremes.

Kanin (1982) categorized the content of women's rape fantasies as being either completely erotic or completely aversive. He characterized erotic rape fantasies as having an attractive perpetrator and a positive change in the emotion of the characters, with the victim being sexually aroused and offering little resistance and only token non-consent. He characterized aversive rape fantasies as having high levels of force with the victim suffering from pain, showing no sexual arousal, and offering a high degree of resistance and non-consent. After reviewing Kanin's methods, it was hypothesized that instead of fitting into two discrete categories, rape fantasies exist on a continuum with the two different types (aversive and erotic) at each extreme. According to this hypothesis, it was expected that women's descriptions of a rape fantasy they have had would provide evidence of this continuum, with some women describing completely erotic rape fantasies, some women describing completely aversive rape fantasies, and some women describing rape fantasies that lie between these two extremes.

Hypothesis 1 was tested by evaluating responses to the fantasy log and plotting the distribution of scores on a graph that shows the percent of rape fantasies that were rated as completely aversive at one end, the percent of rape fantasies that were rated as completely erotic at the other end, and the percent of rape fantasies that were rated as having both aversive and erotic elements in between these two extremes. This graph is located in Figure 4. Results indicate that 9% of the fantasies were aversive, 45% of the fantasies were erotic, and 46% of the fantasies had both erotic and aversive elements (erotic-aversive). These results support the conclusion that women's rape fantasies exist on a continuum, rather than in two discrete categories.

Three items on the Sexual Fantasy Checklist also reflect the relationship between erotic and aversive fantasy content. In response to the fantasy item, "Sexual feelings or acts that are erotic, pleasurable, and sexually arousing," 95% of participants indicated they have had this fantasy. One-fourth have experienced the fantasy, "Sexual feelings or acts that are aversive, fearful, or unpleasant and not sexually arousing." In response to the item, "Sexual feelings or acts that are aversive, fearful, or unpleasant and sexually arousing," 39% of participants indicated they have had this fantasy. These findings suggest that while most women have had completely erotic sexual fantasies (95%), many have also had fantasies that contain both erotic and aversive elements (39%), while a smaller percentage have had fantasies that are completely aversive (25%). Thus, data from the checklist also supported the erotic-aversive continuum, with a large minority of participants (39%) reporting that they had sexual fantasies that contained both aversive and sexually arousing elements.

Hypothesis 2: Tests of Blame Avoidance Theory

Hypothesis 2a: According to blame avoidance theory, women who have rape fantasies will be more erotophobic than women who do not have rape fantasies.

The sexual blame avoidance theory suggests that women are socialized to avoid being perceived as promiscuous. Therefore, a fantasy that involves rape allows women to enjoy the sex without feeling guilty or anxious for engaging in sexual activity.

According to the sexual blame avoidance theory, women who have rape fantasies may anticipate more negative feelings from engaging in various sexual behaviors than do other women, which is characteristic of erotophobia.

To test this hypothesis, first it was determined which women have had a rape fantasy using the Sexual Fantasy Checklist according to the procedures previously described. An independent samples 2-tailed t test was conducted with presence of rape fantasy as the independent variable (2 levels: yes, no) and erotophobia scores as the dependent variable. The test was significant, $t(353) = 3.88, p < .01$, but not in the direction that blame avoidance theory predicted. Women who had rape fantasies were higher in erotophilia ($M = 79.91, SD = 20.85$) than women who did not have rape fantasies ($M = 70.87, SD = 21.95$). The effect size d of .42 indicated a small to medium effect size. Combined rape fantasy frequency was also significantly correlated with erotophilia, $r = .18, p = .01$, indicating that those scoring higher on erotophilia had more frequent rape fantasies.

An exploratory analysis using an independent samples t test was conducted by breaking the erotophilia scores into quartiles and comparing the quartile of women who were the most erotophobic to the rest of the sample (2 levels: high erotophobia, low erotophobia) on frequency of rape fantasy. This was done in order to examine if there

was a smaller group of highly erotophobic women who had frequent rape fantasies. Results were significant $t(352) = 4.61, p < .01$, but not in the direction that blame avoidance theory would predict. Women who were highly erotophobic had lower frequency rape fantasies ($M = 0.92, SD = 1.20$) than less erotophobic women ($M = 1.83, SD = 1.70$). The effect size d of .61 indicated a medium effect size.

Hypothesis 2b: According to blame avoidance theory, women who are more erotophobic will have a higher proportion of rape fantasies than women who are less erotophobic.

Several studies have found that women with high sex guilt have fewer sexual fantasies in general than do other women, and sex guilt and erotophobia are correlated (Fisher et al., 1988). The negative correlation between sex guilt and frequency of sexual fantasy is somewhat inconsistent with blame avoidance theory, which predicts more frequent sexual fantasies of one type, rape fantasies, for those who are erotophobic. In its strong form, blame avoidance predicts that erotophobic women are more likely to have rape fantasies than other women. However, blame avoidance theory may be interpreted as suggesting that women who are erotophobic would not necessarily differ from women who were erotophilic in overall frequency of rape fantasies. Instead, when they do have a sexual fantasy, erotophobic women may be more likely than other women to have a fantasy that involves rape. Therefore, it was predicted, in accordance with blame avoidance theory, that erotophobic women would show a higher proportion of rape fantasies than women who are not erotophobic.

The frequency of rape fantasies was determined using the Sexual Fantasy Checklist according to procedures previously described. In order to determine the proportion of rape fantasies, the combined yearly frequency of rape fantasies was

divided by the combined yearly frequency of rape fantasies, plus the yearly frequency of consensual sexual fantasies, plus the yearly frequency of non-rape coercive sexual fantasies. A Pearson product-moment correlation was computed between erotophobia and the newly created proportion. The two variables were not significantly correlated, $r = .06$.

Other exploratory analyses were conducted to further test blame avoidance theory. An independent samples t test was conducted with presence of rape fantasy as the independent variable (2 levels: no, yes) and the frequency of consensual sexual fantasies as the dependent variable. Women who had rape fantasies also had consensual sexual fantasies more frequently ($M = 4.10$, $SD = 1.28$) than women who did not have rape fantasies ($M = 3.67$, $SD = 1.53$), $t(243) = 2.72$, $p < .01$. This finding is in direct contrast to what blame avoidance theory would predict.

Blame avoidance theory also suggests that women in sexually repressive environments should have more frequent rape fantasies than other women; however, in the current study women who attended church more frequently tended to have rape fantasies less frequently than did other women, $r = -.13$, $p < .05$.

Results from the tests conducted to evaluate the blame avoidance theory are not supportive and are, in fact, contradictory to this theory. The present results indicate that blame avoidance theory is not viable.

Hypothesis 3: Tests of Openness Theory

Hypothesis 3a: According to openness theory, women who have rape fantasies will be more erotophilic and generally more receptive to fantasy experiences than women who do not have rape fantasies.

The openness to sexual experience theory suggests that instead of being driven

by repressed sexuality, rape fantasies function as another way of expressing a woman's generally open and accepting attitude toward sex and sexual fantasy. According to openness theory, women who have rape fantasies should anticipate more positive feelings from engaging in various sexual behaviors, which is characteristic of erotophilia. Further, they should also be more open to fantasy in general.

To test this theory, two independent samples 2-tailed t tests were conducted. For the first, the presence of rape fantasy was the independent variable (2 levels: yes, no) and erotophilia scores were the dependent variable. As was reported for Hypothesis 2a, results indicated that women who had rape fantasies were significantly higher in erotophilia ($M = 79.91$, $SD = 20.85$) than women who do not have rape fantasies ($M = 70.87$, $SD = 21.95$), which supports openness theory. An independent samples 2-tailed t test was also conducted with the presence of rape fantasy as the independent variable and openness to fantasy scores as the dependent variable. Results were significant, $t(353) = 2.02$, $p < .05$, with an effect size d of .24, indicating a small effect size. Women who had rape fantasies were generally more open to fantasy experiences ($M = 22.47$, $SD = 5.00$) than women who did not have rape fantasies ($M = 21.37$, $SD = 3.95$). These results also support openness theory.

An exploratory analysis was conducted to further test openness theory. A one-way univariate ANOVA was conducted to evaluate the relationship between sexual orientation and rape fantasy frequency. The independent variable, sexual orientation, had three levels: heterosexual, bisexual, and lesbian. The dependent variable was rape fantasy frequency. The ANOVA was significant, $F(2, 350) = 5.26$, $p < .05$. The strength of the relationship between sexual orientation and rape fantasy frequency, as assessed

by η^2 , was weak, with sexual orientation accounting for 3% of the variance of the dependent variable. Follow up tests were conducted to evaluate pairwise differences among the means using Dunnett's C test. Results indicated that bisexual women ($M = 2.50$, $SD = 1.67$) had rape fantasies more frequently than heterosexual women ($M = 1.43$, $SD = 1.61$), $p < .05$. Although this was not predicted, it is consistent with openness theory given that bisexual women would be expected to have broader sexual interests than do heterosexual women. Therefore, according to openness theory they would also be more open to a variety of sexual fantasies, including rape fantasies.

To further evaluate openness theory, the Sexual Fantasy Checklist items that were most highly correlated with rape fantasy frequency were evaluated. The results are presented in Table 9. Results indicated that rape fantasy frequency was significantly correlated with each of the other 72 items on the Sexual Fantasy Checklist, many of which were not coercive in character, and rape fantasy frequency was highly correlated with the fantasy of "overpowering or forcing a man to surrender sexually," $r = .57$. These results suggest that women who have frequent rape fantasies are likely to also have frequent non-rape sexual fantasies, and they are also likely to have frequent fantasies about overpowering a man to surrender sexually. This suggests that having rape fantasies reflects a general interest and openness to sexual fantasies, including more violent and intense sexual fantasies, rather than a specific emphasis on being the victim of sexual violence.

Hypothesis 3b: Women who are more erotophilic will report greater sexual arousal and physiological activation in response to the presentation of a rape fantasy than women who are less erotophilic.

According to the openness theory, erotophilic women are more likely to have

erotic rape fantasies and therefore should be more likely to respond positively to the presentation of a rape fantasy.

Response to the scenario presentation was assessed using the sexual arousal subscale and the physiological change subscale. In order to test this hypothesis, Pearson product-moment correlations were computed between erotophilia and each of these variables. Erotophilia was positively correlated with the sexual arousal subscale ($r = .31, p < .01$) and with the physiological change subscale ($r = .17, p < .01$). Results of hypotheses 3a, 3b, and the exploratory analyses all support openness theory.

Hypothesis 4: Tests of Hariton's Descriptive Theory

Hypothesis 4: As suggested by Hariton (1976), women who have high frequency rape fantasies will endorse more traditional gender roles, have lower levels of dominance, will be more erotophobic, less open to fantasy, and less sensation seeking than women who have less frequent rape fantasies.

Qualitative research by Hariton (1976) suggested that the frequency with which women have rape fantasies is important. Her results indicated that 14% of the women in her sample had rape fantasies during intercourse "very often." These women were described as being dependent, unobtrusive, controlled, serious, and conforming to a traditional gender role more than women who have less frequent rape fantasies. Based on these results, Hariton's descriptive theory suggests that in the current study women who have rape fantasies with a high frequency will exhibit characteristics of a more traditional gender role, be more erotophobic, and be low in dominance as compared to women who have low frequency rape fantasies. Hariton also suggested that some women experienced a wide variety of sexual fantasies during intercourse, including rape fantasies. These women were described as being impulsive, independent, and dominant. This group engaged in rape fantasies, but not with high frequency. This group

showed an active, exploratory approach to sex, such as engaging in premarital and extramarital sex, suggesting that they were not sexually repressed and may have a sensation seeking personality style.

To test this hypothesis, a one-way multivariate analysis of variance (MANOVA) was conducted to determine the effect of level of rape fantasy frequency (none, low, and high) on the dependent variables: gender role stereotyping, erotophilia, dominance, openness to fantasy, and sensation seeking. A significant difference was found among the three rape fantasy frequency groups on the dependent variables, Wilks's $\Lambda = .86$, $F(5, 349) = 5.44$, $p < .01$. The multivariate η^2 based on Wilks's Λ was small at .07.

ANOVAs on each dependent variable were conducted as follow-up tests to the MANOVA. Several of these ANOVAs were significant. The ANOVA with erotophilia was significant, $F(2, 352) = 16.62$, $p < .001$, $\eta^2 = .08$. Post hoc analyses consisted of conducting pairwise comparisons using Dunnett's C test. The high frequency rape fantasy group ($M = 89.80$, $SD = 16.60$) and the low frequency rape fantasy group ($M = 76.65$, $SD = 21.63$) had higher levels of erotophilia than the no rape fantasy group ($M = 71.32$, $SD = 21.43$), $p_s < .05$. The high frequency rape fantasy group also had higher levels of erotophilia than the low frequency rape fantasy group, $p < .05$.

The ANOVA with openness to fantasy was significant, $F(2, 352) = 16.62$, $p < .001$, $\eta^2 = .09$. The high frequency rape fantasy group ($M = 25.68$, $SD = 4.83$) had a higher level of openness to fantasy than either the low frequency rape fantasy ($M = 21.45$, $SD = 4.89$) group or the no rape fantasy group ($M = 21.47$, $SD = 4.83$), $p_s < .05$.

The ANOVA with sensation seeking was significant, $F(2, 352) = 6.01$, $p < .01$, $\eta^2 = .03$. The high frequency rape fantasy group ($M = 21.12$, $SD = 5.60$) and the low

frequency rape fantasy group ($M = 20.04$, $SD = 6.51$) had higher levels of sensation seeking than the no rape fantasy group ($M = 18.02$, $SD = 6.15$), $p_s < .05$.

The ANOVAs with gender role stereotyping, $F(2, 352) = 1.80$, $p = .17$, $\eta^2 = .01$, and dominance, $F(2, 352) = 0.41$, $p = .66$, $\eta^2 = .002$, were not significant.

The results of hypothesis 4 show that none of Hariton's predictions were supported.

Hypothesis 5: Tests of Sympathetic Activation Theory

Hypothesis 5: Women who are more sensation seeking will report increased sexual arousal and physiological activation in response to the presentation of a rape fantasy than women who are less sensation seeking.

It was hypothesized that sympathetic activation would play a role in women's rape fantasies and therefore operate in conjunction with a sensation seeking personality style. According to research on sympathetic activation, a rape fantasy would be expected to increase sexual arousal through sympathetic activation, which would enhance the erotic intensity of a sexual experience. Sensation seeking is characterized by a desire for novel and intense experiences. It would be expected that in response to the presentation of a rape fantasy scenario, women who were more sensation seeking would report higher levels of sexual arousal and physiological change than women who were less sensation seeking.

To test this hypothesis, Pearson product-moment correlations were computed between sensation seeking and each of these variables. The correlation between sensation seeking and physiological change was not significant, $r = .07$; however, the correlation between sensation seeking and sexual arousal was, $r = .17$, $p < .01$. In

partial support, it appears there is a weak connection between sensation seeking and reported sexual arousal in response to a rape fantasy presentation.

As a further evaluation of sensation seeking and rape fantasies, the total score and each of the sensation seeking subscales was correlated with rape fantasy frequency. The correlations were as follows: rape fantasy frequency and total sensation seeking, $r = .18, p < .01$; rape fantasy frequency and experience seeking, $r = .16, p < .01$; rape fantasy frequency and boredom susceptibility, $r = .14, p < .05$; rape fantasy frequency and disinhibition, $r = .15, p < .05$; rape fantasy frequency and thrill and adventure seeking, $r = .06, p > .05$.

Exploratory analyses. Several exploratory analyses were conducted to provide further information related to the sympathetic activation theory. According to a strong form of this theory, the aversiveness of a rape fantasy (which could trigger sympathetic activation) would not be expected to diminish the level of sexual arousal. To further assess this relationship, a correlation was computed between self-rated level of sexual arousal and level of aversiveness. The correlation was significant, $r = -.70, p < .01$, suggesting that an increase in the level of aversiveness or unpleasantness in the rape fantasy was strongly associated with decreased sexual arousal from the fantasy.

To further test these relationships, a correlation was conducted between the self-rated level of sexual arousal and the self-rated level of sexual aggression in rape fantasies. This correlation was not significant, $r = -.10$, which suggests that the level of violence within rape fantasies does not diminish sexual arousal. A correlation was also computed between aversiveness scores and sexual aggression scores, and this correlation was not significant, $r = .19$, which suggests that the level of aversiveness or

unpleasantness of the fantasy did not reflect the level of sexual aggression depicted in the fantasy.

In further analysis, a one way univariate ANOVA was conducted to evaluate the relationship between aversiveness scores and the erotic intensity rating (fantasizer's highest level of sexual arousal). According to sympathetic activation theory, low to moderate levels of aversiveness should not decrease sexual arousal. The independent variable, level of aversiveness had five levels: not at all aversive, slightly aversive, moderately aversive, strongly aversive, and extremely aversive. The dependent variable was the level of erotic intensity. The ANOVA was significant, $F(4, 81) = 20.45, p < .001$. The strength of the relationship between aversiveness and level of erotic intensity, as assessed by η^2 , was strong, with aversiveness group accounting for 50% of the variance of the dependent variable.

Follow up tests were conducted to evaluate pairwise differences among the means. Post hoc comparisons were made using Dunnett's C test. The means on sexual arousal for each of the groups was as follows: not at all aversive ($M = 3.68, SD = 0.78$), slightly aversive ($M = 3.00, SD = 1.04$), moderately aversive ($M = 2.71, SD = 0.95$), strongly aversive ($M = 1.11, SD = 1.17$), and extremely aversive ($M = 1.00, SD = 1.63$). The not at all aversive group and slightly aversive group showed higher levels of sexual arousal than the strongly aversive and extremely aversive groups, $p_s < .05$. In contrast to what activation theory would predict, the basic pattern of these findings suggests that as aversiveness increased, sexual arousal decreased. Although aversiveness of the fantasy did not contribute to sexual arousal, some support for activation theory is provided by the rape fantasy continuum, which is composed of 46% erotic-aversive

fantasies. The inclusion of aversive elements in such a large proportion of rape fantasies is consistent with activation theory.

Taken in combination, there appears to be mixed support for the sympathetic activation theory. The hypotheses related to sensation seeking and sympathetic activation in response to the rape fantasy scenario presentation were partially supported. Exploratory analyses were minimally supportive.

Hypothesis 6: Tests of Desirability Theory

Hypothesis 6a: According to desirability theory, women who have rape fantasies will have more desirability themed fantasies than women who do not have rape fantasies. Further, women who have high frequency rape fantasies will have other desirability themed fantasies more frequently than non-desirability fantasies.

Desirability theory suggested that a woman would have rape fantasies as a way to reassure herself of her attractiveness to men. According to this theory, women who have rape fantasies should be more likely than other women to also have other fantasies with a similar theme of reassuring the fantasizer of her sexual attractiveness.

To test this hypothesis, sexual fantasies were classified according to presence of a desirability theme using the procedures previously described. An independent samples *t* test was computed with presence of rape fantasy as the independent variable (2 levels: yes, no) and the number of desirability fantasies they have had as the dependent variable. Results were significant, $t(353) = 4.94, p < .01$; women who had rape fantasies also had more desirability themed fantasies ($M = 3.65, SD = 0.62$) than women who did not have rape fantasies ($M = 3.27, SD = 0.82$). The effect size *d* of .61 indicated a medium effect size.

To further test the significance of this relationship, a one-way analysis of covariance (ANCOVA) was conducted. The independent variable was presence of a

rape fantasy (2 levels: yes, no), and the dependent variable was the average frequency of desirability fantasies. The covariate was the participant's frequency response to Item 80 on the Sexual Fantasy Checklist – “sexual feelings or activities of any type.” This test was performed in order to determine if the relationship between the presence of rape fantasy and the frequency of desirability fantasies was the result of a general tendency of some individuals to have more frequent sexual fantasies. A preliminary analysis evaluating the homogeneity of slopes assumption indicated that the relationship between the covariate and the dependent variable did not differ significantly as a function of the independent variable, $F(1, 348) = 0.28, p = .60, \text{partial } \eta^2 = .001$. The ANCOVA was significant, $F(1, 349) = 9.09, p < .01$. The strength of the relationship between presence of rape fantasy and average desirability frequency was weak, as assessed by partial η^2 , with the presence of rape fantasy accounting for 3% of the variance of the dependent variable, holding constant the overall frequency of sexual fantasies.

To further test the relationship among these variables, a correlation between rape fantasy frequency and desirability fantasy frequency was conducted. The correlation was significant, $r = .32, p < .01$. A second correlation was computed between rape fantasy frequency and desirability fantasy frequency with the frequency of sexual fantasies held constant (response to checklist item -“sexual feelings or activities of any type”). The correlation remained significant, $r = .20, p < .01$; however, the relationship was less strong. The relationship between the frequency of rape fantasies and desirability fantasies supported desirability theory, but the overall strength of the relationship was not strong.

It was also hypothesized that according to desirability theory, women with high frequency rape fantasies would have desirability fantasies more frequently than non-desirability sexual fantasies. In order to test this hypothesis a paired samples *t* test was conducted with the group of women who had high frequency rape fantasies. Their average frequency of desirability fantasies was compared to their average frequency of non-desirability fantasies. In order to assess the average frequency of non-desirability fantasies, a mathematical average was computed from all of the items on the checklist that did not include rape content, coercive content, or desirability content. Once all of those items were removed from the checklist, the average of the remaining 55 items was computed. Results of the paired samples *t* test indicated that women with high frequency rape fantasies had a higher mean frequency of desirability themed fantasies ($M = 4.00, SD = 0.96$) than non-desirability themed fantasies ($M = 2.79, SD = 0.57$), $t(45) = 11.74, p < .01$. The effect size *d* of 1.53 indicated a large effect size.

Further exploratory analyses were conducted to assess for differences between the high and low frequency rape fantasy groups on frequency of desirability fantasies. An independent samples *t* test was computed with level of rape fantasy frequency as the independent variable (2 levels: high, low) and average frequency of desirability fantasies as the dependent variable. Results were significant, $t(220) = 3.59, p < .01$; women who had high frequency rape fantasies also had desirability themed fantasies more frequently ($M = 3.99, SD = 0.94$) than women who had low frequency rape fantasies ($M = 3.39, SD = 1.07$). The effect size *d* of .60 indicated a medium effect size.

In order to determine if the connection between rape fantasy and desirability fantasy is specific to desirability fantasy or if it reflects a general tendency of those who

have frequent rape fantasies to have any type of sexual fantasy more frequently, further testing was conducted. An independent samples t test was computed with rape fantasy frequency as the independent variable (2 levels: high, low) and a new variable (calculated by subtracting the average frequency of non-desirability fantasies from the average frequency of desirability fantasies) as the dependent variable. By comparing the high and low rape fantasy frequency groups on the difference between desirability and non-desirability sexual fantasies, this test assessed whether the effect applies specifically to desirability fantasies. Results were not significant, $t(202) = 1.19, p = .24$, indicating that when a more stringent test was used to evaluate the differences between the low and high frequency rape fantasy groups on desirability fantasy frequency, the relationship was not upheld.

Hypothesis 6b: Women who have rape fantasies will have lower self-esteem and perceive themselves as being less attractive than women who do not have rape fantasies. In addition, of the women who have rape fantasies, those with high frequency rape fantasy will have lower self-esteem and perceive themselves as being less attractive than women who have low frequency rape fantasies.

The desirability theory suggests that women who have rape fantasies will have low self-esteem and perceive themselves as being less attractive, and therefore have a rape fantasies as a way to reassure themselves of their self-worth and attractiveness.

To test this hypothesis, Pearson product-moment correlations were computed between frequency of rape fantasy and self-esteem, and between frequency of rape fantasy and average satisfaction with the parts of one's body. Contrary to what was hypothesized, frequency of rape fantasy was not significantly correlated with body satisfaction, $r = -.04$, and frequency of rape fantasy was *positively* correlated with self-esteem, $r = .19, p = .01$.

Additional exploratory analyses were conducted using responses to the Sexual Fantasy Log. Rape fantasy logs were coded for the presence of a self character that the fantasizer (without prompting) described as being more attractive than she is in real life. Correlations were computed among the variables: presence of a more attractive self character, self-esteem, body satisfaction, frequency of rape fantasies, and number and frequency of desirability fantasies. In contrast to desirability theory, the point-biserial correlation between more attractive self character and self-esteem was positive, $r = .36$, $p < .01$. In support of desirability theory, presence of a more attractive self character and body satisfaction were negatively correlated, $r = -.29$, $p < .01$. The correlations between more attractive self character and frequency of rape fantasies ($r = .04$), number of desirability fantasies ($r = -.05$), and frequency of desirability fantasies ($r = -.08$) were not significant.

Desirability theory was tested in a number of ways in the current study, with some results supporting the theory and other results failing to support the theory. Although results did not support the hypotheses related to self-esteem and body satisfaction, there was support for the preliminary analyses related to rape fantasy frequency and desirability fantasy frequency. Rape fantasy frequency and desirability fantasy frequency were significantly related, and even when overall frequency of sexual fantasy was held constant. However, when a more stringent test was used to evaluate high and low rape fantasy frequency groups on the difference between desirability and non-desirability sexual fantasies, results were not significant. Overall, desirability theory received mixed support.

Hypothesis 7: Tests of Ovulation Theory

Hypothesis 7: Women who are at the peak stage of fertility will report more sexual arousal and physiological change in response to the presentation of a rape fantasy than women who are not at the peak stage of fertility.

At the peak stage of fertility, women have a higher level of sexual desire (Gangestad et al., 2005), are more interested in sexual partners that are outside of their committed relationships (Baker & Bellis, 1995), and are more interested in men who are arrogant, muscular (Gangestad et al., 2004), and have a masculine and powerful looking face (Little et al., 2002). This suggests that women who are at their peak stage of fertility may respond more positively and be more sexually aroused by the presentation of a rape fantasy than women who are not at this stage of fertility.

A one-way multivariate analysis of variance (MANOVA) was conducted with stage of fertility as the independent variable (2 levels: low fertility risk, high fertility risk) and sexual arousal and physiological change as the dependent variables. Results were not significant, Wilks's $\Lambda = .98$, $F(2, 146) = 1.81$, $p = 0.17$. Although these results were not significant, there was a trend in the expected direction for sexual arousal; high fertility risk women tended to have a higher level of sexual arousal ($M = 6.31$, $SD = 4.01$) than low fertility risk women ($M = 5.72$, $SD = 3.91$). However, on level of physiological change, low fertility risk women tended to have a higher level ($M = 3.22$, $SD = 2.01$) than high fertility risk women ($M = 2.90$, $SD = 2.11$). The present results do not support an ovulation effect.

Predicting Rape Fantasy Outcomes

Predicting Rape Fantasy Frequency

To better understand the factors related to frequency of rape fantasy, a

hierarchical regression was conducted to predict rape fantasy frequency. Sensation seeking, self-esteem, openness to fantasy, and erotophilia were entered in the first block. Sensation seeking ($t = 0.57, p = .57$), self-esteem ($t = 3.40, p < .01$), openness to fantasy ($t = 3.12, p < .01$), and erotophilia ($t = 3.08, p < .01$) accounted for a significant amount of the rape fantasy frequency variability, $R^2 = .15, F(4, 345) = 14.60, p < .001$, indicating that women who are more open to fantasy, erotophilic, and higher in self-esteem tend to have a higher rape fantasy frequency.

The second block included bisexual tendencies. This block predicted rape fantasy frequency over and above block 1. For bisexual tendency, $t = 2.20, p < .05, R^2$ change = .01, $F(1, 344) = 4.85, p < .05$.

The simultaneous regression for the full model showed, $R^2 = .16, F(5, 344) = 12.78, p < .01$. The standardized regression coefficients and zero-order correlations were as follows: sensation seeking ($\beta = .02, p = .72; r = .18, p < .05$), self-esteem ($\beta = .16, p < .01; r = .20, p < .05$), openness to fantasy ($\beta = .18, p < .01; r = .29, p < .01$), erotophilia ($\beta = .15, p < .01; r = .29, p < .01$), and bisexual tendency ($\beta = .12, p < .05; r = .22, p < .01$). Thus, sensation seeking did not make significant unique contributions to the prediction of rape fantasy, even though the zero order correlation with rape fantasy frequency was statistically significant. These results suggest that taken in combination, sensation seeking, self-esteem, openness to fantasy, erotophilia, and bisexual tendency only accounted for a relatively small amount of the variance in rape fantasy frequency ($R^2 = .16$).

Predicting Sexual Arousal

As an exploratory analysis, a hierarchical regression analysis was conducted to

predict sexual arousal response to the rape fantasy scenario presentation. Sensation seeking, openness to fantasy, and erotophilia were entered in the first block. Sensation seeking ($t = 0.59, p = .56$), openness to fantasy ($t = 1.90, p = .06$), and erotophilia ($t = 3.72, p < .01$) accounted for a significant amount of the sexual arousal variability, $R^2 = .11, F(3, 323) = 12.76, p < .01$, indicating that women who were more erotophilic tended to have higher sexual arousal to the rape fantasy presentation.

The second block included rape fantasy frequency. This block predicted sexual arousal over and above block 1. For rape fantasy frequency, $t = 3.87, p < .01$, indicating that participants who had more frequent rape fantasies showed a higher level of sexual arousal, R^2 change = .04, $F(1, 322) = 14.94, p < .01$.

The simultaneous regression for the full model showed, $R^2 = .15, F(4, 322) = 13.72, p < .01$. The standardized regression coefficients and zero-order correlations were as follows: sensation seeking ($\beta = .02, p = .39; r = .17, p < .05$), openness to fantasy ($\beta = .07, p = .23; r = .23, p < .01$), erotophilia ($\beta = .21, p < .01; r = .31, p < .01$), and rape fantasy frequency ($\beta = .21, p < .01; r = .29, p < .01$). These results indicate that, although correlated with level of sexual arousal to the scenario, sensation seeking and openness to fantasy did not make unique contributions to the prediction of sexual arousal when the effects of other predictors were held constant. The combination of erotophilia and frequency of rape fantasy did significantly predict sexual arousal to the scenario, but at a weak level.

Predicting Physiological Change

A hierarchical regression analysis was also conducted to predict physiological change to the rape fantasy scenario presentation. Erotophilia was entered in the first

block. Erotophilia ($t = 3.01, p < .01$) accounted for a significant amount of the physiological change variability, $R^2 = .03, F(1, 286) = 9.06, p < .01$, indicating that women who were more erotophilic tended to have a higher level of reported physiological reaction to a rape fantasy presentation.

The second block included history of being raped. This block predicted physiological change over and above block 1. For history of rape, $t = 3.33, p < .01$, indicating that participants who had been raped showed a higher level of physiological change, $R^2 \text{ change} = .04, F(1, 285) = 11.07, p < .01$.

The simultaneous regression for the full model showed, $R^2 = .07, F(2, 285) = 10.22, p < .01$. The standardized regression coefficients and zero-order correlations were as follows: erotophilia ($\beta = .18, p < .01; r = .18, p < .01$) and history of rape ($\beta = .19, p < .01; r = .21, p < .01$). These results indicate that the combination of erotophilia and history of rape did significantly predict physiological change, but at a weak level.

Three Measurements of Rape Fantasy

Rape fantasies were measured in three distinct ways in the current study: the Sexual Fantasy Checklist, the Sexual Fantasy Log, and the rape fantasy scenario presentation. Each of these methods for assessing rape fantasies provided a unique and valuable contribution to understanding women's rape fantasies. The Sexual Fantasy Checklist allowed for an overall assessment of rape fantasy prevalence and frequency. The Sexual Fantasy Log, which instructed participants to write a sexual fantasy they have experienced that involved a use of sexual aggression or sexual coercion against them, allowed for a thorough examination of rape fantasy content. The rape fantasy scenario presentation allowed for an evaluation of self-reported

physiological and sexual arousal response to a rape fantasy. Because rape fantasies were measured in three distinct ways, some analyses were computed in order to make comparisons across methods.

To assess if frequency of rape fantasy (from the Sexual Fantasy Checklist) was related to writing a rape fantasy in the fantasy log, an independent samples *t* test was computed with presence of rape fantasy in the Sexual Fantasy Log as the independent variable (2 levels: no rape fantasy log, rape fantasy log present) and frequency of rape fantasy as the dependent variable. The test was significant, $t(124) = 6.12, p < .001$. Women who wrote rape fantasies in the log ($M = 2.47, SD = 1.75$) had higher frequency rape fantasies than women who did not write rape fantasies in the log ($M = 1.18, SD = 1.75$). The effect size *d* of .74 indicated a medium effect size.

Correlations were computed between rape fantasy frequency and the response to the sexual fantasy scenario subscales. Frequency of rape fantasy was significantly correlated with the sexual arousal subscale, $r = .29, p < .01$, and with the physiological change subscale, $r = .19, p < .01$.

Results indicated that the women who had rape fantasies most frequently (according to the fantasy checklist) were also more likely to write a rape fantasy log and to feel more sexual arousal and physiological change in response to the rape fantasy scenario.

Coercive Non-rape Sexual Fantasy Content

Descriptive information regarding fantasy log content was evaluated for all coercive non-rape sexual fantasies (see Table 7). The category “coercive non-rape” sexual fantasies includes rough sex fantasies and “sex game” fantasies in which the self

character expresses non-consent, but *both* the self character and the partner in the fantasy know the non-consent is not genuine. In total, there were 146 coercive non-rape sexual fantasies.

Within the coercive non-rape sexual fantasy category, 89% were rough sex fantasies, and 11% were sex game fantasies. Almost all of these fantasies contained a self character (97%) and involved a heterosexual sexual interaction (95%).

Unexpectedly, in 10% of these fantasies the fantasizer described the self character as being in some way more attractive than she is in real life (i.e., thinner, clearer skin).

The coercive non-rape sexual fantasies contained both consensual and non-consensual sex acts. Nearly all contained consensual vaginal sex (92%), and the majority contained consensual kissing (60%). Over one-fourth involved consensual oral sex received from the partner (28%), and about one-fourth involved consensual oral sex given to the partner (24%). Only 6% contained non-consensual kissing.

Some coercive non-rape sexual fantasies contained aggressive acts inflicted on the self character. In 16% of these fantasies the self character was thrown, 14% pushed, and 14% clothes ripped off. In a small proportion, aggressive acts were also inflicted upon the partner. For example, in 6% the partner was bitten.

CHAPTER 4

DISCUSSION

Measurement

Sexual fantasy checklists have been the most common method for evaluating prevalence of rape fantasies, and the checklist used in the current study is the next step in the development of this format. Items were added to include the full range of forced sexual acts generally considered to constitute rape/sexual assault. For example, items were added to assess the occurrence of forced sex by a man, forced sex by a woman, forced anal sex, forced oral sex, and forced sex by incapacitation due to drugs, alcohol, or sleep. In the previous literature, which did not include multiple wordings for rape fantasy items within the same study, comparisons between item wordings were confounded with sample differences, and no conclusions could be drawn regarding the effects of rape fantasy item wording. Further, this is the first study to distinguish between a male and female perpetrator. The measure was also improved by correcting ambiguous wording, removing redundant items, and separating out the contents of items with multiple parts.

Finally, perhaps the most important improvement in measurement was made by having participants respond to a frequency scale with specific quantitative markers and a true zero. Most research using sexual fantasy checklists has used Likert-type scales. For example, Hariton and Singer (1974) asked participants to respond to a Likert-type scale indicating how often they had each fantasy during intercourse from 1 (*never*) to 5 (*every time I have intercourse*), and Sue (1979) had participants use a scale of: *never* (0), *sometimes* (3), and *almost always* (6). While these types of scales are easy for a

participant to respond to, it is unclear exactly what frequency would be represented by points between *never* and *almost always* or by markers such as *sometimes* and *almost always*.

The scale used for the current study was based on the scale used by Shulman and Horne (2006): 1 = *never*, 2 = *once or twice*, 3 = *a few times*, 4 = *once a month*, 5 = *once a week*, 6 = *a few times a week*, and 7 = *daily*. Improvements to this scale included altering ambiguous wordings to reflect a more specific time frame. For example, *once or twice* was changed to *less than once a year*, and *a few times* was changed to *a few times a year*. Before these changes were made, time period was not clearly and consistently identified, resulting in a loss of accuracy. Also, the 1 = *never* was changed to the more intuitive 0 = *never*.

With the above improvements in measurement structure, it now appears that wording of rape fantasy items does make a difference. In the current study, 52% of the sample had the fantasy “being overpowered or forced by a man to surrender sexually against my will,” while 32% had the fantasy “being raped by a man.” This 20% difference was statistically significant. Some of this difference could be due to the stigma related to the word “rape,” with some women being less likely to want to put their fantasy into this category even if it technically fit the criteria. The term “rape” may also suggest stranger rape to a greater extent than does the phrasing “overpowered or forced to surrender sexually.” At this time, it seems that using the term “rape” to assess rape fantasies inappropriately suppresses the prevalence estimates of these fantasies, so it is more accurate to use the “overpowered or forced” wording.

This is also the first study to make a distinction between fantasies involving rape by a man and rape by a woman. Fantasies involving rape by a woman were less common (17%) than rape by a man (52%). As expected, lesbian rape fantasies were more common for lesbian women than for heterosexual women. Nevertheless, it is interesting to note that 13% of women who described themselves as heterosexual reported having lesbian rape fantasies.

The present results indicated that 62% of women have had a rape fantasy, which is higher than any previous estimate, and about 20 percentage points higher than the median of previous estimates. For women who have had rape fantasies, their median frequency was about four times per year, with about 14% of participants reporting that they had rape fantasies at least once a week. This relatively high prevalence estimate for rape fantasies is likely the result of the more comprehensive assessment of rape fantasies in the current study. The current study included eight separate items on rape fantasy covering the range of sexual acts that met the legal definition of rape, whereas previous studies used only one item.

Interestingly, results also indicated that for women who have had rape fantasies, 20% of their sexual fantasies involved forced sex. While this percentage may sound somewhat high, it should be noted that many of the fantasies that legally met the definition of rape because they involved a forced sex act, also involved consensual sexual acts and many times the forced sex act was not the only emphasized element of the fantasy. While a label such as “rape fantasy” may be accurate in stating that the fantasy included a depiction of rape, it would be misleading to conclude that the whole fantasy was only concerned with the act of rape. Further, the emotional tone of these

fantasies was usually either completely erotic or both erotic and aversive. However, even fantasies that have both erotic and aversive elements were characterized by fear *and* excitement. Thus, the large majority of these fantasies did not represent the emotional tone of an actual rape.

Rape Fantasy Content

Previous research on rape fantasy has used logs that asked participants to write out in detail one of their most frequent or favorite sexual fantasies. This format was modified for the current study because, given instructions to write a frequent sexual fantasy, some women who have rape fantasies may not have selected a rape fantasy for presentation in the log. The present log instructed participants to write a sexual fantasy that they have experienced that involved a use of sexual aggression or sexual coercion against them.

Prior to this study, research by Kanin (1982) provided the most detailed information regarding rape fantasy content. Based on an anecdotal analysis of the data, Kanin concluded that women's rape fantasies fall into two discrete categories – completely aversive and completely erotic. Although Kanin provided the most information to date through his qualitative descriptions of these two types of rape fantasies, his methodology was questionable. For example, Kanin's data were anecdotal, and he categorized women's rape fantasies into discrete aversive or erotic rape fantasy groups despite the fact that 21% of his sample indicated that their rape fantasies were both aversive and erotic. Regardless of these problems, his findings have remained unquestioned in the sexual fantasy literature.

The current study is the first to use the fantasy log format to systematically evaluate rape fantasy content. As previously described, a detailed rating system was used to code for a variety of fantasy contents (see Appendix E). Overall, interrater reliability as measured by percent agreement ranged from .71 to 1, and kappa ranged from .23 to 1. Categories with a kappa below .40 *and* percent agreement below .70 were dropped from analyses. Categories with *k* below .40 *or* percent agreement below .70 were evaluated more closely. A closer examination of the categories with kappa scores below .40 revealed this was likely due to extremely high/low base rates within the categories. However, some categories had low kappa and percent agreement scores because of the subjective nature of the fantasy content, such as the rough sex category. Rough sex had both the lowest percent agreement (.71) and kappa (.23), and therefore this category should be interpreted with caution. Most categories (78%) had a kappa above .50 and a percent agreement above .80.

In addition to the use of a quantitative rating system, the Sexual Fantasy Log itself was also more systematic and comprehensive than those used in previous research. Participants were asked to provide a detailed description of the fantasy interaction, with responses to both open ended prompts and to scaled self-ratings at three different points in the fantasy – the beginning, middle, and end (see Appendix D).

Sexual fantasies were categorized as being non-coercive fantasies, coercive non-rape fantasies, and rape fantasies. The category “coercive non-rape” included rough sex fantasies and “sex game” fantasies (the self character expressed non-consent, but *both* the self character and the partner in the fantasy know the non-consent is not genuine). Of all the logs written, 24% ($n = 86$) were rape fantasies, 41% ($n = 146$)

were coercive non-rape sexual fantasies and 35% ($n = 123$) were non-coercive fantasies.

Although Kanin (1982) categorized the content of women's rape fantasies as being either completely erotic or completely aversive, the results of the current study indicate that this conclusion is inaccurate. Rape fantasies that included a zero self-rated response on aversiveness and a non-zero self-rated response on sexual arousal were considered exclusively erotic rape fantasies. Rape fantasies that included a zero response on sexual arousal and a non-zero response on aversiveness were considered exclusively aversive rape fantasies. Rape fantasies that included a non-zero response on both sexual arousal and aversiveness were considered to have both erotic and aversive elements. The distribution of these scores (see Figure 4) showed that rape fantasies vary on a continuum between aversive and erotic, with many fantasies falling between these two extremes. In the current study, 9% of rape fantasies were completely aversive, 45% were completely erotic, and 46% were both erotic and aversive.

Kanin's (1982) previous research also suggested that the non-consent in rape fantasies was always a "token no." In the current study, participants were prompted to explain the nature of the self character's non-consent. Results indicated that in 57% of the rape fantasies the "no" was real for the self character and in 43% it was feigned or token. It now appears that Kanin's conclusions were inaccurate. In the current study, a majority of the rape fantasies included genuine non-consent by the self character.

Aversive Rape Fantasies

Although previous research based on anecdotal records (Kanin, 1982) suggested

otherwise, the present results indicate that aversive rape fantasies make up only a small proportion of the overall occurrence of rape fantasies (< 10%). Descriptive information on the aversive rape fantasies suggests that these fantasies have a different tone and quality than the erotic and erotic-aversive rape fantasies. By definition, these fantasies were rated as producing no sexual arousal for the fantasizer.

In all aversive rape fantasies, the self character's expression of non-consent was genuine, which is in sharp contrast to the erotic rape fantasies. In nearly all aversive rape fantasies, the self character remained resistant throughout the fantasy, which again was more common in aversive than in erotic rape fantasies.

In nearly two-thirds of the aversive rape fantasies the self character was physically restrained during the sexual interaction and this proportion was consistent for the three types of rape fantasies. In nearly half of aversive rape fantasies the self character was physically attacked in such a way that bodily damage could have been caused. In nearly half the self character offered a high level of verbal resistance, such as screaming or crying, and in a majority of cases, there was a high level of physical resistance, such as scratching, biting, and kicking. The high levels of verbal and physical resistance were more common in aversive than in erotic rape fantasies.

In over half of aversive rape fantasies, the perpetrator was either a stranger or "faceless," and in nearly one-fifth the perpetrator was a relative. The perpetrator was never a relative in the other two types of rape fantasy. The perpetrator in aversive fantasies was less attractive than the perpetrator in the other rape fantasies. The only perpetrator motive identified in aversive rape fantasies was to hurt or degrade the self character.

For the fantasizer, the large majority of aversive rape fantasies generated negative feelings of guilt, shame, and embarrassment. Having negative feelings in response to the rape fantasy was more common for aversive than for erotic rape fantasies. In nearly two-thirds of these fantasies, the perpetrator was described as being the winner at the end of the fantasy, and in over half the self character was described as the loser.

Women who had been raped comprised 21% of the sample. Of the aversive rape fantasies, 36% were written by women who had been raped. Women who had been raped tended to rate their rape fantasies as more aversive than did other participants. Thus, there appears to be a connection between being raped and having aversive rape fantasies. A number of previous studies have failed to find a relationship between rape fantasies and history of rape, perhaps as a result of not distinguishing between aversive and other types of rape fantasies.

After the systematic evaluation of aversive rape fantasy content, the fantasies were evaluated a second time in a less formal way to look for overall patterns. First, aversive rape fantasy logs were unusually brief. The other rape fantasies were two to three times longer than the aversive rape fantasies. This is consistent with Kanin's (1982) finding that more aversive fantasies were shorter in duration than more erotic fantasies.

A closer evaluation of the aversive fantasies revealed two fantasy scenario prototypes that occurred with some frequency. One type of aversive rape fantasy that came up several times was what could be called the "dark alley" scenario. Here, the fantasizer imagined a scene in which the self character was attacked and raped while

she was in a vulnerable situation, such as walking alone to her car at night or while sleeping alone in her apartment. These fantasies did not appear to be a reliving of a traumatic situation. Rather, they appeared to be the result of thinking about “what if something bad happens to me?” The following is an example. (Minor spelling and grammatical errors were corrected for ease of reading.)

I am always out with my friends walking somewhere or going to a party when it is really dark outside. My character becomes intoxicated and a strange man runs up behind me and covers my mouth and tells me not to say anything. I can just remember thinking that I am going to get raped and all I see are tears. My character wants to leave but the mysterious man will not let her because he wants to rape her. My character begins to get raped and abused by this mysterious person and all I remember is a lot of crying and sadness. There is not much said except for my character telling the man to stop. I have never actually seen what happens it always goes blank or to a different scenario. My character feels used, disgusting, and sad. The male character always leaves my character in tears. My character is left alone in the rain and has to walk home. My emotional reaction to it was that I became fearful of going places alone and at night. My self-character used different kinds of resistance like hitting, kicking, screaming, and pleading with the attacker.

Another scenario that often came up in the aversive rape fantasies was what seemed to be a reliving of past sexual trauma and therefore will be called the “past abuse” scenario. Several participants described a fantasy scenario that they identified as being similar to a traumatic sexual situation they had previously experienced. The following is an excerpt from this type of fantasy.

It begins with what happened and me remembering it. It is always my brother’s friend. He is tall and has dark hair. I just imagine what really happened over and over again and how I did not want it. I was scared and just stared at the doorknob. I just ignore what he does and stare at the door. At first I kept saying “no” and “stop” but he didn’t listen, so I zoned out and tried to forget it while it was happening. In my fantasy, I just imagine what really happened nothing else. I don’t want to do it, but he does, so he does it even without my permission. He stops and tells me not to tell and threatens me then walks out. I cry. When it first started I pushed him away and screamed and more people walked in and just watched and did nothing to help me.

The aversive rape fantasy appears to be fundamentally different from other rape fantasies. These fantasies were not at all arousing for the fantasizer and they appeared to be either an attempt to cope with anxiety related to a fear of being raped or anxiety about having been sexually traumatized in the past. Because these fantasies are so different from the rest of the rape fantasies, and they made up less than 10% of all rape fantasies, overall conclusions generated about rape fantasies should not be generalized to this group.

Although labeled “aversive rape fantasies,” the word “fantasy” is not a good descriptor for this phenomenon. While the definition of the word “fantasy” is neutral and therefore includes both positive and negative mental images, connotatively this term is often associated with positive imagery. The “past abuse” aversive rape fantasies appear to be a type of intrusive thought related to a re-experiencing of the trauma, and they could be symptoms of Posttraumatic Stress Disorder.

Erotic Rape Fantasies

Erotic rape fantasies, which comprised 45% of the rape fantasy logs, are highly erotic fantasies that included forced sex at some point in the story. By definition, fantasies within this group were not at all aversive to the fantasizer.

In a large majority of erotic rape fantasies the non-consent was feigned or token (i.e., not a real attempt to end the sexual interaction in the fantasy), and feigned or token non-consent was more common in these fantasies than in the other types of rape fantasy. In about three-fourths of erotic rape fantasies, the self character’s level of consent changed from being initially resistant to willing, and this type of change in

consent was also more common in erotic rape fantasies than in the other two types of rape fantasy.

In a majority of erotic rape fantasies, the self character was physically restrained during the sexual interaction, and in less than one-fifth the self character was physically attacked. In all of these fantasies, the self character offered either no verbal resistance or a low level of verbal resistance, and in nearly all there was either no physical resistance by the self character or a low level of physical resistance. Having little to no verbal or physical resistance was more common in erotic rape fantasies than in aversive rape fantasies.

In nearly half of these fantasies the perpetrator was a partner or ex-partner and in one-fifth the perpetrator was an acquaintance. The perpetrator in these fantasies was self-rated as highly physically attractive, more attractive than the perpetrator in the other types of rape fantasy. In nearly half of the erotic rape fantasies the perpetrator was perceived as being driven by either his physical or romantic attraction toward the self character.

A majority of these fantasies were a positive experience for the fantasizer, and having a positive reaction to the rape fantasy was more common for erotic rape fantasies than for the other types of rape fantasy. In over two-thirds the perpetrator was described as being the winner of the conflict. At the same time, in a large majority of cases, the self character was described as being either the winner or as being neither the winner nor the loser. In other words, in erotic rape fantasies the perpetrator is typically the winner, but the self character is not usually the loser.

An informal evaluation of the erotic rape fantasies revealed that there were two scenarios that came up frequently. In the first, which could be called “not right now,” the self character was excited by the idea of the potential sexual interaction but expressed non-consent for reasons such as a fear of getting caught or not wanting to have a sexual interaction with a forbidden partner (i.e., ex-boyfriend, friend’s boyfriend). This scenario was the most common type of erotic rape fantasy. The following is an example.

This friend of mine comes over and immediately shoves me against the wall pinning my hands over my head and kisses me passionately. The guy in my fantasy is my current boyfriend but I started having this dream last year when we were good friends but both dating other people. But he doesn’t look as sweet as he normally does; he looks hungry for me. He does all the initiating. I tell him to stop that it’s wrong and we can’t do this. He says he doesn’t care; he cannot wait another minute. He’s thinking that he has to have me immediately. His motivation is satisfying his own sexual hunger. I am thinking that this is wrong but it feels so good. While my hands are still pinned over my head he uses his other hand to tear off my clothes not caring if they rip. He undresses himself and shoves his body against mine shoving his tongue into my mouth. He tells me he finds me irresistible and that he doesn’t care if we are both with other people. I tell him it’s wrong and we can’t do this. He tells me he knows I want him; he can tell from the way I look at him and touch him when we’re together. We’re both naked and he kisses me all over my body. He is still only motivated with fulfilling his desire. I am begging him to stop telling him it’s wrong and that we can get caught any minute. He picks me up and screws me against the wall. At first it hurts but it feels so good that I can’t help but enjoy it. When we’re done he leaves because he knows my boyfriend is going to be over soon. He tells me how much he loves my body and how I please him like no woman ever has before and that he would give anything to be with me. I am torn between the pleasure and knowing that it’s morally wrong.

Another scenario that emerged within the erotic rape fantasies was the use of minimal resistance to build excitement, the “win me over” scenario. Here, the self character appeared to say “no” as a way of making her partner want her more. The self character wants the partner to prove his attraction to her by “overpowering” her attempt to say no. The following is an example.

There is a man very who is attracted to me, and I'm attracted to him but acting like I am not. My self character is confident and beautiful and very strong (a bit my opposite). The man is totally hot and can be someone I know in real life (specifically, an ex boyfriend who is really attractive). He notices me and follows me and begs. I act uninterested until he takes over and urges me to be with him. I say no, but I am not sure if I mean it. He feels desperate, and I feel wanted. He's driven by desire and I am fueled by it. He takes over and pretty much forces me to be with him. He is forceful and almost desperate about her, and she is unwanting of him, which drives him even more. My character is held down, not too aggressively, but firm enough. I resist and resist until I am able to let go and allow it. Well, by the end of everything they are both pleased and proud of themselves. They now both feel strong, confident, empowered, and motivated by desire and attraction for one another. My non consent was in a teasing prolonging sort of way. My positive emotions are derived from the feeling of being desperately wanted beyond reasonable limitations. The only resistance was meant to tease and make the male character more aggressively want me.

The erotic rape fantasy has an emotional tone similar to what would be expected in a consensual sexual fantasy. The sexual interaction appears to be desired by the self character, and she is expressing non-consent for reasons unrelated to a desire to stop the sexual interaction. In the "not right now" scenario, the non-consent appears to be related to external factors such as the partner being someone she "shouldn't" have sex with. In the "win me over" scenario, the non-consent appears to be a function of the self character wanting the partner to "prove" his attraction toward her. It is important to note how different the emotional tone is between the aversive rape fantasies and the erotic rape fantasies.

Erotic-aversive Rape Fantasies.

The rape fantasies containing both erotic and aversive elements made up 46% of the rape fantasy logs. Descriptive information related to these rape fantasies characterizes them as a mixture of fear/excitement and sexual arousal. By definition, fantasies within this group were not completely aversive or completely erotic for the fantasizer, and were therefore both sexually arousing and somewhat unpleasant.

In a large majority of erotic-aversive rape fantasies, the non-consent was real for the self character. These fantasies showed a broad pattern of changes in consent. In over one-third, the self character's level of consent changed from non-consent to consent, in over one-third the self character was resistant throughout, and in less than one-fourth the self character initially consented and later became resistant. The change in self character consent from willing to later becoming resistant was more common in erotic-aversive fantasies than in other types of rape fantasy.

In over two-thirds of erotic-aversive rape fantasies the self character was physically restrained during the sexual interaction, and in one-fourth the self character was physically attacked in such a way that bodily damage could have been caused. In about one-fourth, there was either verbal intimidation by the perpetrator or abusive language toward the self character. A majority also contained either no self character verbal resistance or a low level of verbal resistance, and either no physical resistance or a low level of physical resistance. The presence of little to no verbal resistance was more common in erotic-aversive rape fantasies than in aversive rape fantasies.

In nearly half of these fantasies the perpetrator was a partner or ex-partner, and in nearly one-fourth the perpetrator was a stranger. The perpetrator in these fantasies was typically rated as moderately attractive. In one-fourth the perpetrator was perceived as being driven either by his physical or romantic attraction toward the self character, and in less than 10%, the perpetrator was perceived as wanting to hurt or degrade the self character.

In a large majority of cases, either the fantasizer had both a positive and a negative emotional reaction to the fantasy (enjoyable and guilt/shame) or a negative

emotional reaction. The mixed positive and negative reaction was more common in erotic-aversive rape fantasies than the other types of rape fantasy. In over two-thirds of these fantasies the perpetrator was described as being the winner of the conflict, and in about half the self character was described as being the loser.

An informal inspection of the fantasies in the erotic-aversive category revealed two prototype scenarios. In the first, the fantasizer describes feeling “fear and pleasure.” These fantasies may contain elements such as being tied up or being in a fearful situation, but the fantasizer appears to become aroused by the presence of these seemingly aversive elements. The following is an example.

I am sitting at home when a man enters my room and forces me to the bed with physical restraint, slapping me or pulling my hair. The character is always my boyfriend. He initiates the action. He is forceful and dominating. I am weak and submissive while still trying to fight back. I think he has all of the power and I will do anything he tells me in fear of getting hurt. His motivation is to get as much pleasure from me as possible - to use me if you will. He rips off my clothes and forces me to have sex with him. He continues to have all of the power, and I give in to appease him and not get hurt again. We have sex until we both orgasm. He continues to slap me while intercourse is taking place but I am very submissive and consent to any position he wishes. He doesn't care if he hurts me or how uncomfortable I am, as long as he gets off. This fantasy makes me happy and turned on.

The second type of fantasy that commonly occurred within the erotic-aversive category was the “partner goes too far” scenario. In this fantasy, the self character initially consented and seemed to enjoy the sexual interaction. Then, the partner wanted to engage in a sexual behavior (such as anal sex) that the self character did not want, and the interaction became non-consensual. Until the point of non-consent, this fantasy appeared to be a typical consensual sexual fantasy. The following is an example.

The fantasy begins with both characters in bed looking at each other as though they are in love. Both characters are sexually attractive. The male character is dominating and the female character is passive. The two characters are in the

bed about to engage in sexual intercourse. The male begins to kiss on the female's neck. He climbs on top of her as she opens her legs so he can fit in between them. He begins to kiss her all the way to her navel. Then he begins to give her oral sex. He puts his penis in her and begins to penetrate. He then turns her over and continues to have sex with her from behind. He then whispers in her ear that he wants to try new things with her. She already knows that he wants anal sex but she is not ready for that. She tells him no. He whispers again that it won't hurt, "I'll go slow and take my time." She still says no. He then takes his penis out of her vagina and forces it in her anus anyway. She screams in pain and he continues despite her discomfort. As he reaches his climax he pulls out and tells her, "See I told you it wouldn't hurt." She cries herself to sleep. The female character is wondering if she was just raped.

The erotic-aversive fantasies had more variability in emotional tone and content than either the erotic or aversive rape fantasies. Some of these fantasies appeared to be more toward the aversive end of the continuum, and others appeared to be more toward the erotic end. Within the two prototypes, the "fear and pleasure" fantasy involved aversive elements, such as pain and force, which the fantasizer interpreted as contributing to the sexual interaction and to her arousal, resulting in a fantasy that was more toward the erotic end of the continuum. In the "partner goes too far" prototype, the interaction appeared to be highly desired, until the partner forced an unwanted sex act on the self character. The forced sex was quite aversive for the fantasizer, resulting in a fantasy that was more toward the aversive end of the continuum. It is notable that both of the prototypes examples contained considerable aversive and erotic elements, yet they resulted in strikingly different outcomes for the self character – one in orgasm, the other in crying herself to sleep.

Three Measurements of Rape Fantasy

Rape fantasies were measured in three distinct ways in the current study: the Sexual Fantasy Checklist, the Sexual Fantasy Log, and the rape fantasy scenario presentation. Each of these methods for assessing rape fantasies provided unique and

valuable information, and contributed to a better overall understanding of women's rape fantasies.

According to responses on the Sexual Fantasy Checklist, 62% of women have had a rape fantasy, but on the fantasy log only 25% wrote a fantasy that met the criteria for rape fantasy. There are several possibilities for this apparent discrepancy. First, a set of stringent criteria were used to categorize rape fantasies from the log, while participants were able to decide on the checklist if their fantasy fit into any of the rape fantasy categories, including the category "being overpowered or forced to surrender sexually by a man." Although the "overpowered or forced" fantasy would include rape fantasies, it is possible that some women may have included fantasies in this category that would not meet the criteria used for the log. For example, a fantasy involving the use of strong verbal pressure to induce reluctant consent might have been considered "overpowered or forced" on the checklist, but it would not meet criteria for rape fantasy in the log. A second possibility is that women who have low frequency rape fantasies may not have been able to remember their rape fantasies in detail and therefore may not have chosen this fantasy for presentation in the log. A third possibility is that some of the women who have rape fantasies may have felt embarrassed about these fantasies (Gold et al., 1991), and may not have chosen to present that fantasy in the log.

Testing of Theories

Blame Avoidance Theory

The sexual blame avoidance theory is the most frequently cited explanation for why some women have rape fantasies. According to this explanation, women have

been socialized to avoid being perceived as promiscuous, and therefore some women may feel guilty for having consensual sexual fantasies. In a rape fantasy, the woman is being forced to do something she doesn't want to do, which allows her to avoid blame and guilt and therefore enhance sexual gratification. Previous research in the 1970s indicated there was some support for this theory. Moreault and Folingstad (1978) found that rape fantasies were more likely in women with high sex guilt, and Hariton and Singer (1974) found that rape fantasies were more likely in women reared in a sexually repressive family environment. However, Pelletier and Herold (1988) found no relationship between rape fantasies and sex guilt. In direct contrast to blame avoidance, Shulman and Horn (2006) and Strassberg and Lockerd (1998) found that women who had rape fantasies scored lower than other women on sex guilt.

The current study tested blame avoidance theory in a number of different ways. First, women who had rape fantasies were compared to women who did not have rape fantasies on erotophilia-erotophobia. Blame avoidance theory predicted that women who had rape fantasies would be more erotophobic than women who did not have rape fantasies. Results indicated that in contrast to blame avoidance theory, the women who had rape fantasies were more *erotophilic* than women who did not have rape fantasies, with a small to medium effect size ($d = .42$). To further test this theory an exploratory analysis was conducted by breaking the erotophilia scores into quartiles and comparing the quartile of women who were the most erotophobic to the rest of the sample on frequency of rape fantasy. This was done to examine if there was a smaller group of highly erotophobic women who had frequent rape fantasies. Results were opposite of what blame avoidance theory would predict. Women who were highly erotophobic had

lower frequency rape fantasies than less erotophobic women, with a medium effect size ($d = .61$).

Blame avoidance theory also predicted that erotophobic women would show a higher proportion of rape fantasies within their sexual fantasies than women who were not erotophobic. Results indicated that erotophobia and the proportion of rape fantasies were not related.

Additional findings that were not directly predicted are also at odds with blame avoidance theory. For example, nearly all the women who had rape fantasies also had consensual sexual fantasies, and the women who had rape fantasies had consensual sexual fantasies more frequently than women who did not have rape fantasies. If blame avoidance theory were true, the women who had rape fantasies should have felt guilty for having consensual sexual fantasies and therefore should have had fewer of them. Blame avoidance theory also suggests that women who are in sexually repressive environments should have more rape fantasies; however, in the current study, women who attended church more frequently tended to have rape fantasies less frequently than did other women.

Also in contrast to blame avoidance theory, rape fantasy frequency was significantly correlated with all of the items on the sexual fantasy checklist, and it was moderately correlated with the item "being a slut." In addition, it was highly correlated with the fantasy of "overpowering or forcing a man to surrender sexually," ($r = .57$). If blame avoidance theory were true, women having rape fantasies would feel guilty for even having a consensual sexual fantasy, therefore they should be very unlikely to have

a fantasy that would directly place the “blame” on her for initiating any sexual interaction, such as the “slut” fantasy or the “overpowering a man” fantasy.

A spin off of the blame avoidance theory was also tested with predictions based on research by Hariton (1976). Hariton suggested that women who had high frequency rape fantasies would endorse more traditional gender roles, would be more erotophobic, and would have lower levels of dominance, openness to fantasy, and sensation seeking than women who had less frequent rape fantasies. None of these predictions was supported.

As earlier research did show some support for blame avoidance theory, it is possible that it held some partial validity for some women in the 1970s. Current research, however, is strongly against this theory. It is noted, however, that the current study used a college sample, and therefore conclusions cannot be drawn regarding the cohort of women that would have been included in studies in the 1970s. Therefore, it is possible this theory may have some validity with a different generation of women. Nevertheless, this theory appears to be strongly disproven for the women in the current 18-30 year old age group.

Results from this study showed no support for blame avoidance as a viable theory for explaining the existence of women’s rape fantasies. At times, significant results are not detected and a theory is unsupported due to a failure to detect an effect that does actually exist, as can be the case when power is low. However, this was not the case in the current study. Significant results were found, and these results were contradictory to blame avoidance theory.

It is of some interest to note that blame avoidance theory is the most commonly cited theory for explaining women's rape fantasies. Perhaps this is because it has some intuitive appeal (people sometimes do things to avoid blame), it is not offensive to women, and it seems to be a politically correct way to explain a phenomenon that has potential to be misinterpreted, reflect negatively on women, and indirectly encourage male sexual aggression. Even so, this theory does not currently appear to have valid empirical support, and therefore it needs to be removed from the literature as an explanation for rape fantasies.

Openness to Sexual Experience

The openness to sexual experience theory states that rape fantasies are a part of a woman's generally open and accepting attitude toward sex. Previous research indicated that women who had experienced a greater variety of sex acts and those who had more sexual partners also experienced a greater variety of sexual fantasies, fantasized more often about sex, and were more likely than other women to have rape fantasies (Pelletier & Herold, 1988). Strassberg and Lockerd (1998) found that women who had experienced rape fantasies and those who included forced sex in written fantasies scored lower on sex guilt than did other women. Women who had rape fantasies also had more sexual experience, had more non-force sexual fantasies, and showed more positive feeling and expectations toward a variety of sexual stimuli than did other women. Strassberg and Lockerd concluded that rape fantasy is part of an open and accepting attitude toward sexuality.

The current study tested openness theory in a number of ways. First, women who had rape fantasies were compared to women who did not have rape fantasies on

erotophilia-erotophobia. Openness theory predicted that women who had rape fantasies would be more erotophilic than women who did not have rape fantasies, and the current study confirmed this pattern, with a small to medium effect size ($d = .42$). Openness theory also predicted that women who had rape fantasies would be more open to fantasy experiences in general than women who did not have rape fantasies, and results also confirmed this prediction, with a small effect size ($d = .24$).

In an extension of openness theory it was predicted that erotophilic women would be more likely to respond positively to the presentation of a rape fantasy scenario than would other women. Results confirmed this prediction for both self ratings of sexual arousal and physiological change, with small effect sizes.

Additional findings that were not directly predicted also supported openness theory. Women who had rape fantasies also had consensual sexual fantasies more frequently than women who did not have rape fantasies. Results also indicated that rape fantasy frequency was significantly correlated with all of the items on the Sexual Fantasy Checklist, many of which were not coercive in character, and it was correlated with the fantasy of “being a slut” and highly correlated with the fantasy of “overpowering or forcing a man to surrender sexually.” This suggests that having rape fantasies reflects a general interest in sexual fantasies, including more violent sexual fantasies, rather than a specific emphasis on being a victim of sexual violence.

Other results also support openness theory. Women who frequently fantasized about rape (once a week or more) were more erotophilic and more open to fantasy in general than either low frequency rape fantasy women or women who do not have rape fantasies.

Results also indicated that bisexual women have rape fantasies more frequently than heterosexual women. Although this was not predicted, it appears to fit with openness theory, given that bisexual women would appear to have more broadly defined sexual interests than would heterosexual women. Therefore, according to openness theory, they would also be more open to a variety of sexual fantasies, including rape fantasies.

Taken in combination, it appears there is considerable support for the openness to sexuality theory. Women who have rape fantasies are generally more interested in sexual stimuli, and the women who are the most interested in sexuality also tend to respond to the presentation of a rape fantasy with increased levels of physiological change and sexual arousal. All hypotheses related to openness theory were confirmed, and further exploratory analyses also provided substantial support for the theory.

Although this theory has considerable support in its ability to predict who would be more likely to have rape fantasies, it does not currently provide an adequate explanation for why the elements of force and non-consent are included in these fantasies when the same sex acts could be represented as consensual. For example, this theory obviously does not take the position that women who are more open to sexuality would naturally want to experience actual rape. Why then would the experience of a fantasy of rape be so desirable for women who are more open to their sexuality? In order for this theory to advance, this deficiency needs to be addressed. Further, the effect sizes for the analyses were small to moderate indicating that, although openness plays a role in the occurrence of rape fantasies, it does not fully account for the phenomenon.

Desirability Theory

Desirability theory is based on the idea that the rape fantasy portrays the woman as so attractive, seductive, and desirable that the man loses control, breaking core expectations of civil decency in order to have her, and therefore the rape becomes a testament to her sexual power (Hariton, 1973; Heiman et al., 1976; Kanin, 1982; Knafo & Jaffe, 1984). The only previous study to evaluate this theory was by Zurbriggen and Yost (2004). Although their study was not designed to test this theory, the results indicated that fantasies with forced sex were no more likely than other fantasies to include descriptions of the male's sexual desire for the female. Although these results are inconsistent with one implication of desirability theory, the data did not provide a direct enough test to draw any firm conclusions regarding the viability of desirability theory.

Desirability theory was tested in a number of ways in the current study, with some results supporting the theory and other results failing to support the theory. It was hypothesized that women who had rape fantasies would be more likely than other women to have other fantasies with a similar theme of reassuring the fantasizer of her sexual attractiveness. Results indicated that women who had rape fantasies had also experienced a greater number of desirability themed fantasies than women who did not have rape fantasies, with a medium effect size ($d = .61$). Women who had high frequency rape fantasies also had desirability themed fantasies more frequently than women who had low frequency rape fantasies, with a medium effect size ($d = .60$).

More stringent tests of this theory were conducted by examining the correlation between frequency of rape fantasy and frequency of desirability fantasy while holding

constant the overall frequency of sexual fantasies. Although not as strong as the zero-order correlation, the partial correlation was still statistically significant with a small effect size.

Some comparisons were also made by distinguishing between high and low frequency rape fantasy women. It was hypothesized that women with high frequency rape fantasies would have desirability fantasies more frequently than non-desirability sexual fantasies. Although this cannot be considered a stringent test of desirability theory, results were significant and the effect size was large.

High and low rape fantasy frequency groups were also compared on the difference between desirability and non-desirability sexual fantasies, but results were not significant. Although somewhat more complicated and difficult to interpret, this would be a more stringent test that was not able to support desirability theory.

Anecdotal support for this theory came from the rape fantasy logs. Some of the logs showed a clear depiction of the desirability theme, as was the case in the “win me over” prototype within the erotic rape fantasies.

Although results of these analyses lend some support for the desirability theory, other hypotheses based on implications of this theory were not supported. One hypothesis predicted that women who had rape fantasies would have lower self-esteem and perceive themselves as being less attractive to men than women who do not have rape fantasies. Results indicated that frequency of rape fantasy was not significantly correlated with body satisfaction, and in contrast to what was predicted, frequency of rape fantasy was positively correlated with self-esteem.

Exploratory analyses with the rape fantasy logs were conducted by evaluating the relationships among presence of a self character that the fantasizer spontaneously reported as being in some way more attractive than she is in real life, self-esteem, body satisfaction, and number and frequency of desirability fantasies. According to desirability theory, women who included this content in their fantasy logs should have had lower self-esteem, lower body satisfaction, and a higher rate of desirability fantasies. In support of desirability theory, presence of a more attractive self character and body satisfaction were inversely correlated, with a weak effect size. However, in contrast to desirability theory, presence of a more attractive self character and self-esteem were positively related, with a moderate effect size, and there was no relationship between attractive self character and number of desirability fantasies.

Although the results of the self-esteem hypotheses were not supported and body satisfaction was only marginally supported, it should be noted that these hypotheses were based on a somewhat extended or peripheral interpretation of desirability theory, and therefore may not have functioned as direct tests of the theory. As previously discussed, the author's intentions were to add questions to the Body Parts Satisfaction Scale specifically addressing the participants overall satisfaction with her levels of physical and sexual attractiveness, but over the course of data collection this did not take place. Further, an overall measure of self-esteem may not have been the most accurate measure of how a woman feels about herself in sexual situations. It is possible for a woman to have a high overall level of self-esteem, but still feel inadequate sexually. For these reasons, further research related to sexual self-esteem and overall body satisfaction should be conducted before drawing conclusions.

Despite the lack of support related to self-esteem and body satisfaction, there was support for the preliminary analyses related to rape fantasy frequency and frequency of desirability fantasies. Rape fantasy frequency and desirability fantasy frequency were significantly correlated, and even when overall frequency of sexual fantasy was held constant, the correlation, although weaker, remained significant. Although it does not appear that desirability theory can fully explain why some women have rape fantasies, desirability theory appears to function as a contributing factor in explaining rape fantasies. It is possible that being a desirable sex partner, which is overtly demonstrated in the rape fantasy, is part of the appeal of the rape fantasy. It may also be the case that for some individuals, such as in the “win me over” prototype, desirability theory could play a primary role.

Sympathetic Activation Theory

Although sympathetic physiological activation has not previously been used as an explanation for rape fantasies, research indicates that anxiety, fear, and anger, which activate sympathetic arousal, can enhance sexual arousal (Barlow, Sakheim, & Beck, 1983; Dutton & Aron, 1974; Palace and Gorzalka, 1990). According to research on sympathetic activation, a rape fantasy may increase sexual arousal through sympathetic activation, which would enhance the fantasy experience.

This theory was tested in multiple ways. First, it was hypothesized that sensation seeking, which is characterized by a desire for novel and intense experiences, would be related to women’s responses to the rape fantasy scenario presentation. It was predicted that women who were more sensation seeking would report higher levels of sexual arousal and physiological change in response to the scenario than women who

were less sensation seeking. In partial support of this theory, results indicated that the relationship between sensation seeking and reported sexual arousal was significant with a small effect size, although this was not the case for reported physiological change.

Additional findings that were not directly predicted also offered some support for this theory. For example, sensation seeking was higher for women who had rape fantasies than for women who did not have rape fantasies, and sensation seeking was positively correlated with rape fantasy frequency, with a weak effect size. Findings from the Sexual Fantasy Checklist indicated rape fantasy frequency was highly correlated with the fantasy “overpowering or forcing a man to surrender sexually.” These results suggest that the women who had rape fantasies had more of an interest in novel, intense, and sexually aggressive experiences than did other women. For these women, the rape and sexual aggression within a sexual fantasy may help to provide the intensity that triggers sympathetic activation and enhances sexual arousal.

Perhaps the strongest support for activation theory comes from the rape fantasy logs. The erotic-aversive category, which made up 46% of the rape fantasies were defined as being both sexually arousing and aversive/unpleasant for the fantasizer. Therefore, by definition these fantasies contained aversive elements which could lead to increased sympathetic arousal. Informal inspection of fantasies within this category revealed that phrases about being “scared and excited” and descriptions about violence that sounded aversive were often interpreted by the fantasizer as being arousing, such as: “My fantasy begins me lying in the bed. Someone breaks into my room and it is dark. They tie me to the bed posts and cover my eyes with a blind fold. They threaten

me that if I scream that they would hurt me. It is intense. I listen and take the pain, but at the same time there is pleasure.”

Perhaps the presence of sexually aggressive or violent content in the rape fantasies provided a dramatic tension which enhanced sympathetic activation and created a more psychologically interesting fantasy storyline by providing sexual conflict and delayed gratification. For example, the rape theme occurs in many women’s romance novels (Thurston, 1987). According to Hazen (1983), when rape is used in the romance novel, it operates as a means for creating excitement and dramatic tension. In romance fiction, the focus is frequently on the heroine’s subjective experience of the male’s passion for her and, often, of her pain from male abuse, which heightens the emotional intensity of the story. It is possible that the aversive elements within rape fantasies function as a way to create a physiological tension that enhances sexual gratification.

Other analyses investigated the relationships among self-rated aversiveness, sexual arousal, and level of sexual aggression. Unexpectedly, participants made a key distinction between aversiveness or unpleasantness of the fantasy and its perceived level of sexual aggression. Sexual aggression level was unrelated to either aversiveness or to sexual arousal, whereas aversiveness was negatively related to sexual arousal. One might expect that higher levels of sexual aggression and violence would be more aversive and unpleasant to the fantasizer, but this was not the case. The finding that even low levels of aversiveness were not associated with greater sexual arousal is not consistent with activation theory. On the other hand, higher levels of

violence in the rape fantasies did not reduce sexual arousal, as might ordinarily be expected, and this finding may provide indirect support for activation theory.

It may be the case that participants reacted differently to separable aspects of the rape fantasy. For example, a “danger, struggle, conflict, and violence” factor may be reflected in the sexual aggression ratings, which were unrelated to sexual arousal. While a “disturbing, unpleasant, and repulsive” factor may be represented in the aversiveness ratings, which were negatively related to sexual arousal. If so, these two factors would appear to have different effects on sexual arousal. It seems likely that a fantasy could include considerable elements of danger, struggle, and conflict without diminishing sexual arousal, while fantasy elements perceived as being repulsive, disgusting, or unpleasant would lower the level of sexual arousal. The aversive rape fantasies were rated as having the least attractive perpetrator in comparison to the other two types of rape fantasies (with a strong effect size), which provides further evidence that the perpetrator in aversive fantasies may have been repulsive to the fantasizer. Perhaps ratings of the fantasy’s level of “aversiveness” did not adequately capture the elements that are most likely to trigger sympathetic activation, such as feelings of danger, excitement, and struggle. It is possible that sexual aggression ratings were a better reflection of the elements most likely to increase sympathetic activation. Nevertheless, there was not a positive relationship between sexual aggression ratings and level of sexual arousal, as activation theory might predict.

This is the first study to test activation theory with regard to rape fantasies, and it appears that this theory currently has partial support. The hypotheses related to sensation seeking and sympathetic activation in response to the rape fantasy

presentation were partly supported, but with small effect size. There was a connection between sensation seeking and reported sexual arousal, but not between sensation seeking and non-specific physiological change. It is possible that the connection with non-specific physiological change (i.e., change in breathing rate and heart rate) was not seen because the fantasy scenario may not have had a strong enough impact on this type of non-specific arousal. It is also possible that the changes it provoked in these areas were not strong enough for the participant to consciously detect, although these changes were detected by those with high erotophilia. In support of activation theory, sensation seeking was positively correlated with rape fantasy frequency. Further, the 46% of rape fantasy logs that contained erotic and aversive elements appear to fit with this theory. It should be noted that activation theory refers to the physiological aspect of sexual arousal, but the present investigation did not include a physiological measurement. Thus, current findings provide indirect tests of this theory.

Sympathetic activation theory appears to have partial validity; however, the current pattern of findings seems to suggest that sympathetic activation may be more of a contributing factor related to the occurrence of women's rape fantasies rather than a driving force. Although sexual arousal is not always caused by something aversive, this theory suggests that sometimes anxiety and/or fear provoking situations can lead to sympathetic arousal and subsequently enhance sexual arousal. Unlike openness theory, sympathetic activation theory does address the question of why women would want to have rape fantasies. Further, it is the only theory that directly addresses the presence of aversive elements within rape fantasies, which, according to the current study, are found in almost half of all rape fantasies. Nevertheless, with only modest

empirical support, it does not appear that activation theory plays a central role in the occurrence of rape fantasies.

Ovulation

It has been shown that at the peak stage of fertility, women have a higher level of sexual desire (Gangestad et al., 2005), are more interested in sexual partners that are outside of their committed relationships (Baker & Bellis, 1995), and are more interested in men who are arrogant, muscular (Gangestad et al., 2004), and have a masculine and powerful looking face (Little et al., 2002). Therefore it was hypothesized that women who were at their peak stage of fertility would respond more positively and be more sexually aroused by a rape fantasy than women who were not at this stage of fertility. The connection between ovulation and sexual arousal in response to a rape fantasy scenario presentation had never been previously tested.

Results of all analyses looking at this connection were not significant. Although not supported, it would be premature to conclude that ovulation does not play a role in women's sexual arousal in response to a rape fantasy scenario presentation. It is possible that results were not significant due to low power resulting from a small effect size. Further, the current study could have been enhanced in a number of ways to better assess this phenomenon. For example, the current study used a retrospective self-report method of assessing stage of fertility. This method has been used in other studies due to the relative ease of data collection; however, the most accurate methods of assessing stage of fertility involve a direct physiological evaluation, using methods such as drawing blood samples to measure hormone levels or measuring changes in body temperature over a number of weeks. Further, asking participants to report the day

of their last menstruation can be quite a burden on the memory and may not result in the most accurate responses. Clearly, physiological evaluation of ovulation is a much more invasive process; however, the results would be more precise. Measurement could also be improved by assessing the participant's response to the scenario presentation through direct physiological measurement of changes in heart rate, breathing rate, skin temperature, and vaginal blood volume. Previous studies have shown that physiological assessment of women's sexual arousal is often at odds with their self reports of sexual arousal (Brody, 2007). Therefore, it may prove important to measure sexual arousal through both self-report and physiological methods.

Limitations and Suggestions for Future Research

While the current study was a step forward in the study of women's sexual fantasies, limitations did exist. For example, the participants in the current study were recruited from a college population, and therefore the age range of the sample was restricted. Also, the women in the sample were likely better educated than the general population. Therefore, the findings in this study may not generalize to all women in the US.

The study was also limited in terms of physiological measurement. The study could have been enhanced by the use of physiological measurement of stage of fertility and physiological change (i.e., heart rate, breathing rate) and sexual arousal response to the rape fantasy scenario presentation. Although these measurements are considerably more invasive than self report, they would yield more accurate results.

Future studies evaluating women's rape fantasies would also benefit from the inclusion of measures related to sexual self-esteem and overall body satisfaction in

order to more thoroughly test desirability theory. In the future, it may also be helpful to include a measure of masochism. Although, masochism does not appear to be an adequate explanation for most women's rape fantasies, it is possible that it could play a role for the less than 1% of the general population that subscribes to masochistic beliefs (Baumeister & Butler, 1997).

Future studies would also benefit from the inclusion of a measure to assess history of childhood sexual abuse. Some researchers have previously identified a connection between childhood sexual abuse and adult rape fantasies (Briere, Smiljanich & Henschel, 1994; Gold, 1991), and this relationship should be further investigated.

Summary and Conclusions

As the result of several methodological improvements, the findings of the present study appear to provide wide-ranging changes to the previous understanding of women's rape fantasies. These methodological advances include the measurement of rape fantasy frequency based on an assessment of the various acts that would constitute actual rape; measuring rape fantasies on a frequency scale with a true zero and specific quantitative frequency markers; using systematic prompts, self ratings, and comprehensive quantitative observational ratings of narrative content in fantasy logs; and measuring sexual arousal to a guided imagery presentation of a rape fantasy scenario. Changes to the previous understanding of rape fantasy include a re-evaluation of the number of women who have rape fantasies, the emergence of a quantitative description of the contents of these fantasies, the identification of meaningful types of rape fantasies, the rejection of the previously dominant theory of

why women have rape fantasies, and the outline of an integrative model which includes theories that have shown promise for explaining rape fantasies.

The present results indicate that 62% of women have had a rape fantasy, which is higher than any previous estimate and considerably higher than the median from previous rape fantasy research. For women who have had rape fantasies, the median frequency of rape fantasies was about four times per year, with about 14% of participants reporting that they had rape fantasies at least once a week. Further, for women who have had rape fantasies, 20% of their sexual fantasies involved forced sex. It should be noted, however, that the results regarding rape fantasy prevalence and frequency from the Sexual Fantasy Checklist are the participant's estimates of fleeting non-observable fantasy events.

The use of a coercive sexual fantasy log allowed for a systematic evaluation of rape fantasy content. Of all the logs written, 24% qualified as rape fantasies. Of the rape fantasies, 9% were completely aversive, 45% were completely erotic, and 46% were both erotic and aversive. The pattern of typical content elements for each type of rape fantasy was identified and prototypes for each category were derived.

The major theories that attempt to explain the occurrence of rape fantasies were evaluated, and some received stronger support than others. Sexual blame avoidance theory, which states that rape fantasies result from women feeling guilty for having consensual sexual fantasies, does not currently appear to have any empirical support, and therefore it needs to be removed from the literature as an explanation for rape fantasies.

Openness to sexuality theory, which states that rape fantasies are a part of a woman's generally open and accepting attitude toward sex, was the most strongly supported theory in the current study; however, a closer examination of this theory reveals that, on its own, this theory is conceptually deficient. Although this theory helps to predict who would be more likely to have rape fantasies (e.g., women who are erotophilic, open to fantasy), it does not currently explain why they have rape fantasies. Further, the effect sizes for findings in support of this theory were small to moderate, indicating that although openness does play a role in the occurrence of rape fantasies, it does not fully account for the phenomenon.

Desirability theory, which states that the rape fantasy portrays the woman as so desirable that the man loses control in order to possess her sexually, received moderate support. Although hypotheses related to self-esteem and body satisfaction were not supported, there was support for the analyses related to rape fantasy frequency and desirability fantasy frequency. It appears that desirability theory functions as a contributing factor in rape fantasies. It may be the case that for some types of rape fantasy, desirability theory could play a primary role (e.g., the "win me over" prototype).

Sympathetic activation theory, which is based on the idea that a rape fantasy could increase sexual arousal through sympathetic activation, appears to have partial validity. Unlike the other major theories of rape fantasy, the central idea of activation theory has received strong support with regard to women's sexual arousal outside the domain of rape fantasy (Barlow, Sakheim, & Beck, 1983; Dutton & Aron, 1974; Palace and Gorzalka, 1990). However, the current pattern of findings suggests that sympathetic activation may be more of a contributing factor in women's rape fantasies rather than

the driving force. Unlike openness theory, sympathetic activation theory does address the question of why women would want to have rape fantasies. Further, it addresses the presence and role of aversive elements within rape fantasies, which, according to the current study, are found in almost half of all rape fantasies.

Of the theories tested in the present investigation, openness theory was most strongly supported. Desirability and sympathetic activation theories each have also shown some promise for explaining women's rape fantasies. Interestingly, each of these theories addresses a different aspect of rape fantasies and provides a unique contribution to understanding this phenomenon. For example, openness theory is a relatively strong predictor of who had rape fantasies. It identifies components of personality, such as erotophilia, openness to fantasy, and frequency of sexual fantasies, that provide an important description of who the women are that are most likely to have rape fantasies. These findings taken in combination with openness theory suggest that having rape fantasies reflects a general interest in sexuality and in more intense sexual experiences. However, openness theory by itself does not explain the appeal of a rape fantasy.

Conversely, both desirability theory and sympathetic activation theory offer relevant explanations for why women have rape fantasies, but they were relatively weak in predicting who has these fantasies. It may be the case that desirability theory applies more to erotic rape fantasies, while activation theory applies more to erotic-aversive rape fantasies.

Interestingly, the strengths of openness theory may counterbalance the weaknesses of the desirability and activation theories, and vice versa. While each of

these theories offers a component that may be a primary explanation for some women, it also appears that each may play a role in all rape fantasies that are not entirely aversive. Although these three theories do not currently appear to converge to form one integrated explanation of rape fantasies, it does appear that these theories form the beginnings of a viable model for understanding this complex and enigmatic phenomenon.

Table 1

Participant Demographic Characteristics

Descriptive Information	<i>n</i>
Age (<i>M</i> = 20.04, <i>SD</i> = 2.41, range = 18 - 33)	
18 – 20	241 (67.9%)
21 – 24	94 (26.5%)
25 – 29	13 (3.7%)
30 – 33	5 (1.4%)
Race/Ethnicity	
Caucasian/White	211 (59.4%)
Non-Caucasian/Non-White	144 (40.6%)
African American/Black	58 (16.3%)
Hispanic/Latina	45 (12.7%)
Biracial	20 (5.6%)
Asian	19 (5.4%)
American Indian/Alaskan Native	2 (0.6%)
Education	
Freshman	135 (38.0%)
Sophomore	82 (23.1%)
Junior	76 (21.4%)
Senior	58 (16.3%)
Post-Bachelor's degree	3 (1.2%)

(table continues)

Table 1 (*continued*).

Descriptive Information	<i>n</i>
Marital Status	
Single	314 (88.5%)
Married	17 (4.8%)
Divorced	1 (0.3%)
Other	19 (5.4%)
Sexual Orientation	
Heterosexual	324 (91.3%)
Bisexual	20 (5.6%)
Lesbian	8 (2.3%)
Other	3 (0.8%)
Religious Affiliation	
Christian	278 (78.3%)
Non-Christian*	10 (2.9%)
Non-religious	50 (14.1%)
Other	17 (4.8%)

Note. *N* = 355

*Non-Christian category includes: Hindu, Muslim, Buddhist, and Jewish participants.

Table 2

Sexual Fantasy Checklist

How often do you fantasize about each of the following?	Frequencies							<i>M, SD</i>
	0 Never	1 Less than once/yr	2 A few times/yr	3 About once/mo	4 About once/wk	5 4 or 5 times/ wk	6 Several times/day	
1. Reliving a previous sexual experience.	12.1%	7.0%	18.0%	17.2%	30.4%	13.2%	2.0%	<i>M</i> = 2.94 <i>SD</i> = 1.60
2. Having sexual intercourse.	3.1%	1.4%	5.6%	13.0%	33.8%	36.1%	7.0%	<i>M</i> = 4.09 <i>SD</i> = 1.27
3. Engaging in sexual activities that are consensual.	4.8%	1.7%	6.8%	15.6%	29.5%	35.5%	6.0%	<i>M</i> = 3.94 <i>SD</i> = 1.39
4. Feeling my partner's intense desire for me.	2.5%	1.4%	5.6%	9.6%	27.0%	39.4%	14.4%	<i>M</i> = 4.33 <i>SD</i> = 1.31
5. Having sex with an imaginary lover.	36.9%	12.4%	14.9%	19.4%	10.7%	5.1%	0.6%	<i>M</i> = 1.72 <i>SD</i> = 1.64
6. Having sex with my actual sexual partner.	10.2%	1.7%	5.1%	8.8%	27.0%	35.8%	11.4%	<i>M</i> = 3.93 <i>SD</i> = 1.70

(table continues)

Table 2 (continued)

	Frequencies							<i>M, SD</i>
	0 Never	1 Less than once/yr	2 A few times/yr	3 About once/mo	4 About once/wk	5 4 or 5 times/ wk	6 Several times/day	
7. Having sex with a friend or acquaintance with whom I have never had actual sex.	22.3%	13.5%	25.9%	21.1%	14.1%	2.8%	0.3%	<i>M</i> = 2.01 <i>SD</i> = 1.45
8. Giving sexual pleasure to many men.	60.5%	14.7%	11.0%	6.8%	4.0%	2.8%	0.3%	<i>M</i> = 0.89 <i>SD</i> = 1.36
9. Being made love to by more than one man at a time.	61.1%	12.7%	14.4%	7.6%	3.1%	0.8%	0.3%	<i>M</i> = 0.83 <i>SD</i> = 1.23
10. Having sex with animals.	96.6%	2.0%	1.1%	0.3%	0%	0%	0%	<i>M</i> = 0.05 <i>SD</i> = 0.29
11. Participating in a group sex orgy.	64.4%	15.3%	11.9%	6.8%	1.4%	0.3%	0%	<i>M</i> = 0.66 <i>SD</i> = 1.05
12. Having lesbian sexual experiences.	47.0%	16.3%	14.9%	10.7%	6.8%	2.5%	1.7%	<i>M</i> = 1.28 <i>SD</i> = 1.55
13. Having sex with an experienced, older lover.	32.8%	19.2%	21.5%	15.8%	5.9%	3.1%	1.7%	<i>M</i> = 1.59 <i>SD</i> = 1.51
14. Having sex with a much younger partner.	76.3%	12.7%	6.8%	2.3%	1.7%	0%	0.3%	<i>M</i> = 0.42 <i>SD</i> = 0.89

(table continues)

Table 2 (continued)

	Frequencies							<i>M, SD</i>
	0 Never	1 Less than once/yr	2 A few times/yr	3 About once/mo	4 About once/wk	5 4 or 5 times/ wk	6 Several times/day	
15. Having sex with a famous person.	26.5%	23.9%	30.4%	11.3%	4.5%	2.3%	1.1%	<i>M</i> = 1.55 <i>SD</i> = 1.33
16. Having sex with someone of a different race.	31.1%	20.3%	21.5%	10.7%	8.5%	5.9%	2.0%	<i>M</i> = 1.71 <i>SD</i> = 1.63
17. Having sex with a man with a very large penis.	27.1%	14.4%	22.0%	17.2%	12.4%	5.4%	1.4%	<i>M</i> = 1.95 <i>SD</i> = 1.62
18. Having sex with a man with a very small penis.	72.0%	17.2%	4.2%	3.1%	2.8%	0.6%	0%	<i>M</i> = 0.49 <i>SD</i> = 0.98
19. Having sex with a man who is highly physically attractive.	5.7%	4.2%	21.2%	26.1%	17.6%	19.5%	5.7%	<i>M</i> = 3.27 <i>SD</i> = 1.52
20. Having sex with a man who is physically unattractive.	64.5%	21.7%	9.3%	2.5%	0.6%	0.8%	0.6%	<i>M</i> = 0.58 <i>SD</i> = 0.99
21. Having sex with a faceless lover.	54.1%	9.9%	14.6%	12.4%	7.6%	1.1%	0.3%	<i>M</i> = 1.14 <i>SD</i> = 1.45
22. Being with a partner who is physically dominating.	17.5%	10.1%	20.0%	19.2%	18.0%	12.4%	2.8%	<i>M</i> = 2.59 <i>SD</i> = 1.72

(table continues)

Table 2 (continued)

	Frequencies							<i>M, SD</i>
	0 Never	1 Less than once/yr	2 A few times/yr	3 About once/mo	4 About once/wk	5 4 or 5 times/ wk	6 Several times/day	
23. Having sex with a child.	99.2%	0.6%	0%	0%	0%	0%	0.3%	<i>M</i> = 0.02 <i>SD</i> = 0.33
24. Having sex with an elderly person.	96.6%	2.5%	0.3%	0.3%	0%	0%	0.3%	<i>M</i> = 0.06 <i>SD</i> = 0.40
25. Having sex in a different place like a car, hotel, beach, woods, etc.	4.8%	6.5%	16.6%	27.6%	25.6%	16.1%	2.8%	<i>M</i> = 3.22 <i>SD</i> = 1.40
26. Engaging in sexual activities in front of a mirror.	32.1%	14.1%	16.3%	22.3%	9.0%	4.8%	1.4%	<i>M</i> = 1.82 <i>SD</i> = 1.63
27. Having sex in a public place where we might be discovered.	20.8%	14.1%	23.7%	21.1%	13.5%	5.4%	1.4%	<i>M</i> = 2.14 <i>SD</i> = 1.56
28. Being overpowered or forced by a man to surrender sexually against my will.	48.2%	17.2%	13.5%	10.4%	5.9%	4.5%	0.3%	<i>M</i> = 1.23 <i>SD</i> = 1.52
29. Being overpowered or forced by a woman to surrender sexually against my will.	82.8%	10.2%	1.7%	2.8%	1.7%	0.6%	0.3%	<i>M</i> = 0.33 <i>SD</i> = 0.91

(table continues)

Table 2 (continued)

	Frequencies							<i>M, SD</i>
	0 Never	1 Less than once/yr	2 A few times/yr	3 About once/mo	4 About once/wk	5 4 or 5 times/ wk	6 Several times/day	
30. Being overpowered or forced into a sexual act against my will because I was incapacitated due to drugs, alcohol, or sleep.	75.8%	13.2%	5.9%	2.8%	1.4%	0.8%	0%	<i>M</i> = 0.43 <i>SD</i> = 0.94
31. Being overpowered or forced by a man to give him oral sex.	72.6%	12.4%	5.1%	6.5%	3.1%	0.3%	0%	<i>M</i> = 0.56 <i>SD</i> = 1.08
32. Being overpowered or forced by a woman to give her oral sex.	90.9%	3.4%	4.0%	1.4%	0.3%	0%	0%	<i>M</i> = 0.17 <i>SD</i> = 0.58
33. Being overpowered or forced to have anal sex.	83.9%	5.6%	7.3%	1.7%	1.4%	0%	0%	<i>M</i> = 0.31 <i>SD</i> = 0.80
34. Being tied up during sexual activities.	29.4%	17.8%	19.5%	19.2%	8.2%	4.2%	1.7%	<i>M</i> = 1.78 <i>SD</i> = 1.58
35. Being forced to expose my body.	57.2%	17.7%	11.3%	7.9%	4.2%	1.7%	0%	<i>M</i> = 0.89 <i>SD</i> = 1.28
36. Overpowering or forcing a man to surrender sexually against his will.	59.5%	12.5%	11.9%	8.5%	4.8%	2.8%	0%	<i>M</i> = 0.95 <i>SD</i> = 1.39

(table continues)

Table 2 (continued)

	Frequencies							<i>M, SD</i>
	0 Never	1 Less than once/yr	2 A few times/yr	3 About once/mo	4 About once/wk	5 4 or 5 times/ wk	6 Several times/day	
37. Overpowering or forcing a woman to surrender sexually against her will.	87.3%	5.1%	2.8%	2.3%	2.5%	0%	0%	<i>M</i> = 0.28 <i>SD</i> = 0.84
38. Being tortured by a sexual partner.	81.9%	7.9%	4.8%	3.7%	0.8%	0.8%	0%	<i>M</i> = 0.36 <i>SD</i> = 0.91
39. Watching others have sex.	36.9%	21.1%	23.4%	10.1%	5.1%	3.1%	0.3%	<i>M</i> = 1.36 <i>SD</i> = 1.38
40. Being watched by others while I have sex.	53.2%	20.3%	14.6%	7.9%	2.5%	1.4%	0%	<i>M</i> = 0.90 <i>SD</i> = 1.20
41. Having rough sex.	9.0%	10.4%	20.0%	25.4%	19.7%	12.7%	2.8%	<i>M</i> = 2.86 <i>SD</i> = 1.54
42. Pretending to struggle and resist before being aroused to surrender sexually.	25.2%	15.3%	19.5%	18.7%	11.0%	8.8%	1.4%	<i>M</i> = 2.07 <i>SD</i> = 1.68
43. Sexually humiliating someone.	91.0%	4.2%	1.7%	1.4%	1.4%	0.3%	0%	<i>M</i> = 0.19 <i>SD</i> = 0.71

(table continues)

Table 2 (continued)

	Frequencies							<i>M, SD</i>
	0 Never	1 Less than once/yr	2 A few times/yr	3 About once/mo	4 About once/wk	5 4 or 5 times/ wk	6 Several times/day	
44. Urinating or defecating as part of sexual activities.	95.2%	2.5%	1.1%	1.1%	0%	0%	0%	<i>M</i> = 0.08 <i>SD</i> = 0.41
45. My sexual partner saying dirty words to me.	19.2%	9.3%	15.2%	22.5%	20.8%	10.1%	2.8%	<i>M</i> = 2.58 <i>SD</i> = 1.72
46. My sexual partner making abusive or obscene comments to me.	78.8%	8.2%	6.2%	3.4%	2.8%	0.6%	0%	<i>M</i> = 0.45 <i>SD</i> = 1.02
47. Sensuous kissing and touching.	1.1%	0.8%	5.1%	10.7%	22.5%	40.3%	19.4%	<i>M</i> = 4.51 <i>SD</i> = 1.21
48. Having a partner kiss and suck my breasts.	5.1%	2.8%	10.7%	12.7%	26.8%	32.7%	9.3%	<i>M</i> = 3.88 <i>SD</i> = 1.52
49. Giving oral sex to a partner.	10.2%	7.9%	16.4%	21.0%	26.9%	13.6%	4.0%	<i>M</i> = 3.03 <i>SD</i> = 1.61
50. Receiving oral sex.	10.7%	7.0%	11.8%	14.9%	30.7%	19.4%	5.4%	<i>M</i> = 3.28 <i>SD</i> = 1.69
51. Having anal sex.	62.9%	11.6%	11.3%	7.4%	5.9%	0.8%	0%	<i>M</i> = 0.84 <i>SD</i> = 1.30

(table continues)

Table 2 (continued)

	Frequencies							<i>M</i> , <i>SD</i>
	0 Never	1 Less than once/yr	2 A few times/yr	3 About once/mo	4 About once/wk	5 4 or 5 times/ wk	6 Several times/day	
52. Having intercourse in an unusual position.	9.6%	6.2%	16.1%	29.6%	23.7%	13.8%	1.1%	<i>M</i> = 2.97 <i>SD</i> = 1.47
53. Having a partner masturbate me.	11.3%	8.8%	12.7%	23.7%	24.3%	16.4%	2.8%	<i>M</i> = 3.01 <i>SD</i> = 1.63
54. Masturbating a partner.	10.1%	11.0%	16.6%	21.1%	21.7%	17.2%	2.3%	<i>M</i> = 2.94 <i>SD</i> = 1.62
55. Undressing a sexual partner.	4.8%	5.4%	11.9%	20.1%	26.8%	23.4%	7.6%	<i>M</i> = 3.60 <i>SD</i> = 1.52
56. Being undressed by a sexual partner.	4.5%	3.4%	12.7%	16.1%	28.5%	25.9%	9.0%	<i>M</i> = 3.74 <i>SD</i> = 1.50
57. Having a partner watch me masturbate.	38.6%	15.2%	12.7%	15.2%	13.0%	5.1%	0.3%	<i>M</i> = 1.65 <i>SD</i> = 1.66
58. Visualizing erotic pictures or parts of erotic movies that I have seen.	20.8%	14.6%	14.4%	19.2%	16.1%	13.0%	2.0%	<i>M</i> = 2.42 <i>SD</i> = 1.77
59. Being spanked by someone.	35.0%	16.9%	11.0%	14.7%	13.0%	7.6%	1.7%	<i>M</i> = 1.83 <i>SD</i> = 1.78

(table continues)

Table 2 (continued)

	Frequencies							<i>M, SD</i>
	0 Never	1 Less than once/yr	2 A few times/yr	3 About once/mo	4 About once/wk	5 4 or 5 times/ wk	6 Several times/day	
60. Using an object such as a dildo or vibrator for sexual stimulation.	35.5%	14.4%	14.6%	15.8%	10.7%	7.3%	1.7%	<i>M</i> = 1.81 <i>SD</i> = 1.75
61. Doing something sexual that is wicked or forbidden.	44.6%	16.7%	11.9%	14.4%	8.5%	3.1%	0.8%	<i>M</i> = 1.38 <i>SD</i> = 1.57
62. Having sex with a forbidden lover, such as a friend's boyfriend or husband.	45.6%	17.7%	16.6%	11.8%	5.4%	2.3%	0.6%	<i>M</i> = 1.23 <i>SD</i> = 1.43
63. Sexual activities that result in me having an orgasm in my fantasy and in my real life.	25.4%	10.4%	18.6%	13.8%	17.7%	11.5%	2.5%	<i>M</i> = 2.33 <i>SD</i> = 1.82
64. Sexual activities that result in me having an orgasm in my fantasy, but not in my real life.	27.1%	15.8%	17.2%	20.1%	11.3%	7.3%	1.1%	<i>M</i> = 1.99 <i>SD</i> = 1.66
65. Sexual activities that result in me having an orgasm in my real life, but not in my fantasy.	38.0%	11.9%	13.3%	13.9%	14.2%	7.1%	1.7%	<i>M</i> = 1.82 <i>SD</i> = 1.80

(table continues)

Table 2 (continued)

	Frequencies							<i>M, SD</i>
	0 Never	1 Less than once/yr	2 A few times/yr	3 About once/mo	4 About once/wk	5 4 or 5 times/ wk	6 Several times/day	
66. Sexual activities that do not result in me having an orgasm either in my fantasy or my real life.	34.0%	15.9%	16.1%	15.0%	9.9%	7.4%	1.7%	<i>M</i> = 1.80 <i>SD</i> = 1.72
67. Others being highly sexually attracted to me.	4.8%	5.6%	14.1%	19.2%	24.6%	22.0%	9.6%	<i>M</i> = 3.58 <i>SD</i> = 1.57
68. Getting a partner highly sexually excited.	2.5%	2.8%	8.7%	14.4%	28.7%	31.8%	11.0%	<i>M</i> = 4.03 <i>SD</i> = 1.38
69. Being raped by a man.	67.8%	14.1%	8.2%	6.5%	2.3%	1.1%	0%	<i>M</i> = 0.65 <i>SD</i> = 1.13
70. Being raped by a woman.	90.7%	4.8%	2.8%	1.4%	0%	0.3%	0%	<i>M</i> = 0.16 <i>SD</i> = 0.58
71. Being an irresistible, sexy woman.	3.7%	4.0%	11.6%	12.7%	22.6%	27.4%	18.1%	<i>M</i> = 4.01 <i>SD</i> = 1.59
72. Being a whore, prostitute, or call girl.	66.3%	12.5%	11.0%	7.9%	1.7%	0.6%	0%	<i>M</i> = 0.68 <i>SD</i> = 1.11
73. Performing as a stripper or topless dancer.	38.1%	17.8%	24.0%	13.3%	4.2%	2.5%	0%	<i>M</i> = 1.35 <i>SD</i> = 1.35

(table continues)

Table 2 (continued)

	Frequencies							<i>M, SD</i>
	0 Never	1 Less than once/yr	2 A few times/yr	3 About once/mo	4 About once/wk	5 4 or 5 times/ wk	6 Several times/day	
74. Being a slut.	64.8%	12.7%	13.2%	5.6%	2.5%	0.8%	0.3%	<i>M</i> = 0.72 <i>SD</i> = 1.17
75. Being a virgin.	45.2%	15.5%	16.4%	8.8%	6.5%	2.3%	5.4%	<i>M</i> = 1.44 <i>SD</i> = 1.75
76. Being uninhibited and doing sexually whatever I want to.	16.7%	9.9%	20.3%	21.8%	13.8%	13.8%	3.7%	<i>M</i> = 2.62 <i>SD</i> = 1.73
77. Sexual feelings or acts that are erotic, pleasurable, and sexually arousing.	5.1%	3.7%	11.8%	16.1%	25.9%	27.3%	10.1%	<i>M</i> = 3.77 <i>SD</i> = 1.55
78. Sexual feelings or acts that are aversive, fearful, or unpleasant and <u>not</u> sexually arousing.	75.5%	12.4%	6.2%	3.9%	1.7%	0.3%	0%	<i>M</i> = 0.45 <i>SD</i> = 0.93
79. Sexual feelings or acts that are aversive, fearful, or unpleasant and <u>and</u> sexually arousing.	61.0%	15.5%	12.1%	7.1%	2.0%	2.3%	0%	<i>M</i> = 0.80 <i>SD</i> = 1.23
80. Sexual feelings or activities of any type.	3.9%	3.1%	9.0%	11.3%	19.4%	34.4%	18.9%	<i>M</i> = 4.18 <i>SD</i> = 1.57

Note. *N* = 355.

Table 3

Sexual Fantasy Checklist: Rape Fantasy Items

How often do you fantasize about each of the following?	Frequencies							<i>M*</i> , <i>SD*</i>
	0 Never	1 Less than once/yr	2 A few times/ yr	3 About once/mo	4 About once/wk	5 4 or 5 times/wk	6 Several times/day	
Being overpowered or forced by a man to surrender sexually against my will. (Item 28)	48.2%	17.2%	13.5%	10.4%	5.9%	4.5%	0.3%	<i>M</i> = 1.98 <i>SD</i> = 1.49
Being overpowered or forced by a woman to surrender sexually against my will. (Item 29)	82.8%	10.2%	1.7%	2.8%	1.7%	0.6%	0.3%	<i>M</i> = 0.54 <i>SD</i> = 1.11
Being overpowered or forced into a sexual act against my will because I was incapacitated due to drugs, alcohol, or sleep. (Item 30)	75.8%	13.2%	5.9%	2.8%	1.4%	0.8%	0%	<i>M</i> = 0.70 <i>SD</i> = 1.11
Being overpowered or forced by a man to give him oral sex. (Item 31)	72.6%	12.4%	5.1%	6.5%	3.1%	0.3%	0%	<i>M</i> = 0.90 <i>SD</i> = 1.26

(table continues)

Table 3 (continued)

	Frequencies							<i>M</i> [*] , <i>SD</i> [*]
	0 Never	1 Less than once/yr	2 A few times/ yr	3 About once/mo	4 About once/wk	5 4 or 5 times/wk	6 Several times/day	
Being overpowered or forced by a woman to give her oral sex. (Item 32)	90.9%	3.4%	4.0%	1.4%	0.3%	0%	0%	<i>M</i> = 0.27 <i>SD</i> = 0.72
Being overpowered or forced to have anal sex. (Item 33)	83.9%	5.6%	7.3%	1.7%	1.4%	0%	0%	<i>M</i> = 0.50 <i>SD</i> = 0.96
Being raped by a man. (Item 69)	67.8%	14.1%	8.2%	6.5%	2.3%	1.1%	0%	<i>M</i> = 1.04 <i>SD</i> = 1.29
Being raped by a woman. (Item 70)	90.7%	4.8%	2.8%	1.4%	0%	0.3%	0%	<i>M</i> = 0.26 <i>SD</i> = 0.72

Note. *N* = 355.

*Means and standard deviations for women who have had the fantasy.

Table 4

Sexual Fantasy Log: Interrater Reliabilities for Coercive Non-rape Fantasies and Rape Fantasies

Item	Kappa	% agreement
Rape fantasy	.78	.91
Coercive non-rape fantasy		
Rough sex with consent	.23	.71
Sex game	.40	.88
Type of sexual interaction (heterosexual, lesbian, both, other)	.82	.97
Presence of a self character	.36	.97
Presence of a self character that the fantasizer describes as being more attractive than she is in real life	.81	.97
Consensual sexual acts ¹ :		
Kissing	.81	.91
Breast stimulation	.92	.98
Self character masturbating partner	.56	.95
Partner masturbating the self character	.72	.94
Oral sex given by self character to partner	.86	.96
Oral sex received by self character from partner	.85	.95

(table continues)

Table 4 (continued)

Item	Kappa	% agreement
Consensual sexual acts ¹ :		
Oral sex other (not specified)	.82	.96
Vaginal sex	.72	.90
Anal sex	.85	.99
Non-consensual sexual acts ¹ :		
Kissing	.58	.93
Breast stimulation	.85	.99
Self character masturbating partner	.24	.98
Partner masturbating the self character	.74	.98
Oral sex given by self character to partner	.80	.98
Oral sex received by self character from partner	.71	.98
Vaginal sex	.75	.92
Anal sex	.94	.99
Aggressive acts inflicted upon self character ¹ :		
Slap	.73	.99
Hit	.72	.99

(table continues)

Table 4 (continued)

Item	Kappa	% agreement
Aggressive acts inflicted upon self character ¹ :		
Bite	.94	.99
Hair pull	.92	.99
Spank	.80	.98
Kick	1.00	1.00
Throw	.80	.96
Push	.70	.94
Pinch	.40	.99
Clothes ripped off	.83	.97
Mild aggression - other	.57	.79
Extreme aggression - other	.42	.96
Aggressive acts inflicted upon perpetrator ¹ :		
Slap	1.00	1.00
Hit	.54	.99
Bite	.71	.98
Hair pull	.66	.99
Spank	.33	.99
Kick	.72	.99
Throw	1.00	1.00

(table continues)

Table 4 (continued)

Item	Kappa	% agreement
Aggressive acts inflicted upon perpetrator ¹ :		
Push	.86	.98
Pinch	1.00	1.00
Clothes ripped off	.75	.99

Note. ¹Non-mutually exclusive category. All other categories are mutually exclusive.

Table 5

Sexual Fantasy Log: Interrater Reliabilities for Categories Applying Only to Rape Fantasies

Item	Kappa	% agreement
Nature of non-consent (real or feigned)	.80	.90
Type of force used by the perpetrator ¹ :		
Verbal intimidation	.71	.93
Abusive language	.71	.96
Physical restraint	.40	.71
Physical attack	.50	.80
Weapon present	.80	.99
Perpetrator's motives ¹ :		
To hurt/degrade the victim	.52	.94
Physical attraction	.62	.91
Romantic attraction	.53	.84
Maximal verbal resistance used by self character (none, low, high)	.65	.77
Maximal physical resistance used by self character (none, low, high)	.54	.71
Fantasizer's attitude at end of fantasy (positive, negative, both, neutral)	.65	.75
Perpetrator's identity (partner, relative, stranger, acquaintance, authority figure, faceless, celebrity, other)	.64	.73

(table continues)

Table 5 (continued)

Item	Kappa	% agreement
Change in self character's level of consent during the fantasy (resistant to willing, willing to resistant, resistant throughout, other)	.91	.94
Perpetrator status at end of fantasy (winner, loser, both, neither)	.89	.95
Self character status at end of fantasy (winner, loser, both, neither)	.88	.92

Note. ¹Non-mutually exclusive category. All other categories are mutually exclusive.

Table 6

Descriptive Statistics for the Personality Variables

	Mean	SD	Skewness ⁸	Kurtosis ⁹	Minimum	Maximum
Erotophilia-Erotophobia ¹	76.50	21.69	-.35	-.28	12	125
Openness to Fantasy ²	22.05	5.02	-.46	-.03	7	32
Gender Role Stereotyping ³	30.93	8.88	.07	-.30	10	57
Dominance ⁴	17.92	5.00	-.11	-.13	3	32
Sensation Seeking ⁵	19.44	6.34	-.02	-.52	5	35
Self-esteem ⁶	18.04	5.06	.36	-.42	10	33
Body Satisfaction ⁷	4.12	0.79	-.14	-.14	1.93	6

¹Sexual Opinion Scale²NEO-PI-R: Fantasy Subscale³Sex Role Stereotyping⁴NEO-PI-R: Assertiveness Subscale⁵Sensation Seeking Scale⁶Rosenberg Self-Esteem Scale⁷Body Parts Satisfaction Scale⁸Standard error of skewness = .13⁹Standard error of kurtosis = .26

Table 7

Content of Sexual Fantasy Logs for Coercive Non-rape Fantasies and Rape Fantasies

Content	% of coercive non-rape fantasy logs containing this content (n = 146)	% of rape fantasy logs containing this content (n = 86)
Type of sexual fantasy:		
Rough sex with consent	89%	
Sex game	11%	
Orientation of sexual interaction:		
Heterosexual	95%	95%
Lesbian	2%	0%
Both hetero and lesbian	3%	5%
Other ²	1%	0%
Presence of a self character	97%	100%
Presence of a self character the fantasizer described as being more attractive than in real life	10%	5%
Consensual sexual acts ¹ :		
Kissing	60%	30%
Breast stimulation	18%	7%

(table continues)

Table 7 (continued)

Content	% of coercive non-rape fantasy logs	% of rape fantasy logs
Consensual sexual acts ¹ :		
Self character masturbating partner	8%	6%
Partner masturbating the self character	17%	9%
Oral sex given by self character to partner	25%	6%
Oral sex received by self character from partner	28%	13%
Vaginal sex	92%	50%
Anal sex	6%	5%
Non-consensual sexual acts ¹ :		
Kissing	6%	23%
Breast stimulation	0%	13%
Self character masturbating partner	0%	2%
Partner masturbating the self character	0%	12%
Oral sex given by self character to partner	0%	14%

(table continues)

Table 7 (continued)

Content	% of coercive non-rape fantasy logs	% of rape fantasy logs
Non-consensual sexual acts ¹ :		
Oral sex received by self character from partner	0%	12%
Vaginal sex	0%	63%
Anal sex	0%	11%
Aggressive acts inflicted upon self character ¹ :		
Slapped	3%	6%
Hit	1%	6%
Bitten	8%	8%
Hair pulled	11%	11%
Spanked	11%	2%
Kicked	0%	0%
Thrown	16%	12%
Pushed	14%	22%
Pinched	1%	2%
Clothes ripped off	14%	15%
Aggressive acts inflicted upon perpetrator ¹ :		
Slapped	0%	1%

(table continues)

Table 7 (continued)

Content	% of coercive non-rape fantasy logs	% of rape fantasy logs
Aggressive acts inflicted upon perpetrator ¹ :		
Hit	1%	5%
Bitten	6%	6%
Hair pulled	3%	0%
Spanked	1%	0%
Kicked	1%	5%
Thrown	1%	0%
Pushed	4%	24%
Pinched	0%	0%
Clothes ripped off	3%	0%

Note. ¹Non-mutually exclusive category. All other categories are mutually exclusive.
²Unclear what type of sexual interaction is taking place. For example, a female pretending in her fantasy to be a male having sex with a female.

Table 8

Content of Sexual Fantasy Logs for Categories Applying Only to Rape Fantasies

Content	% of all rape fantasy logs containing this type of content (n = 86)	% of erotic rape fantasy logs (n = 35)	% of erotic-aversive rape fantasy logs (n = 40)	% of aversive rape fantasy logs (n = 11)
Nature of non-consent:				
Real for self character	57%	15%	80%	100%
Feigned or token for self character	43%	85%	20%	0%
Change in self character's level of consent during the fantasy:				
Initially resistant, later willing	49%	77%	38%	0%
Initially willing, later resistant	12%	0%	25%	0%
Resistant throughout	35%	14%	38%	91%
Other	4%	9%	0%	9%

(table continues)

Table 8 (continued)

Content	% of all rape fantasy logs containing this type of content	% of erotic rape fantasy logs	% of erotic-aversive rape fantasy logs	% of aversive rape fantasy logs
Type of force used by the perpetrator ¹ :				
Verbal intimidation	13%	11%	15%	9%
Abusive language	8%	9%	10%	0%
Physical restraint	65%	63%	68%	64%
Physical attack	24%	17%	25%	46%
Weapon present	2%	0%	5%	0%
Maximal verbal resistance used by self character:				
No verbal resistance	34%	43%	25%	46%
Low level verbal resistance	48%	57%	50%	9%
High level verbal resistance	18%	0%	25%	46%

(table continues)

Table 8 (continued)

Content	% of all rape fantasy logs containing this type of content	% of erotic rape fantasy logs	% of erotic-aversive rape fantasy logs	% of aversive rape fantasy logs
Maximal physical resistance used by self character:				
No physical resistance	31%	40%	28%	18%
Low level physical resistance	57%	57%	63%	27%
High level physical resistance	13%	3%	10%	55%
Perpetrator's identity:				
Partner/ex-partner	46%	49%	48%	18%
Stranger	21%	11%	23%	36%
Acquaintance	14%	20%	15%	9%
Authority figure	7%	9%	8%	0%
Faceless individual	7%	3%	8%	18%

(table continues)

Table 8 (continued)

Content	% of all rape fantasy logs containing this type of content	% of erotic rape fantasy logs	% of erotic-aversive rape fantasy logs	% of aversive rape fantasy logs
Perpetrator's identity:				
Relative	3%	0%	0%	18%
A celebrity	1%	3%	0%	0%
Other	1%	6%	0%	0%
Perpetrators motives ¹ :				
To hurt/degrade self character	5%	0%	8%	9%
Physical attraction to self character	13%	20%	10%	0%
Romantic attraction to self character	15%	20%	15%	0%

(table continues)

Table 8 (continued)

Content	% of all rape fantasy logs containing this type of content	% of erotic rape fantasy logs	% of erotic-aversive rape fantasy logs	% of aversive rape fantasy logs
Fantasizer's attitude at end of fantasy:				
Positive (i.e., Feeling wanted, loved, fulfilled, satisfied)	38%	66%	18%	0%
Negative (i.e., feeling used, degraded, guilty, shameful, angry)	33%	6%	40%	81%
Both positive and negative	28%	23%	43%	18%
Neutral	1%	3%	0%	0%
Perpetrator status at end of fantasy:				
Winner	69%	69%	70%	64%
Loser	8%	3%	8%	27%

(table continues)

Table 8 (continued)

Content	% of all rape fantasy logs containing this type of content	% of erotic rape fantasy logs	% of erotic-aversive rape fantasy logs	% of aversive rape fantasy logs
Perpetrator status at end of fantasy:				
Neither winner nor loser	23%	29%	23%	9%
Both winner and loser	0%	0%	0%	0%
Self character status at end of fantasy:				
Winner	27%	26%	28%	27%
Loser	37%	20%	48%	55%
Neither winner nor loser	31%	49%	23%	9%
Both winner and loser	5%	6%	3%	9%

Note. $n = 86$. ¹Non-mutually exclusive category, all other categories are mutually exclusive.

Table 9

Sexual Fantasy Checklist Items Most Highly Correlated with Frequency of Rape Fantasies

Checklist Item	Correlation
Overpowering or forcing a man to surrender.	.57
Pretending to struggle and resist before being aroused to surrender sexually.	.55
Being forced to expose my body.	.55
Being tied up during sex.	.53
Being tortured by a sex partner.	.49
Being with a partner who is physically dominating.	.47
Doing something sexual that is wicked or forbidden.	.45
Being a whore, prostitute, or call girl.	.42
My partner saying abusive or obscene comments to me.	.41
Having rough sex.	.41

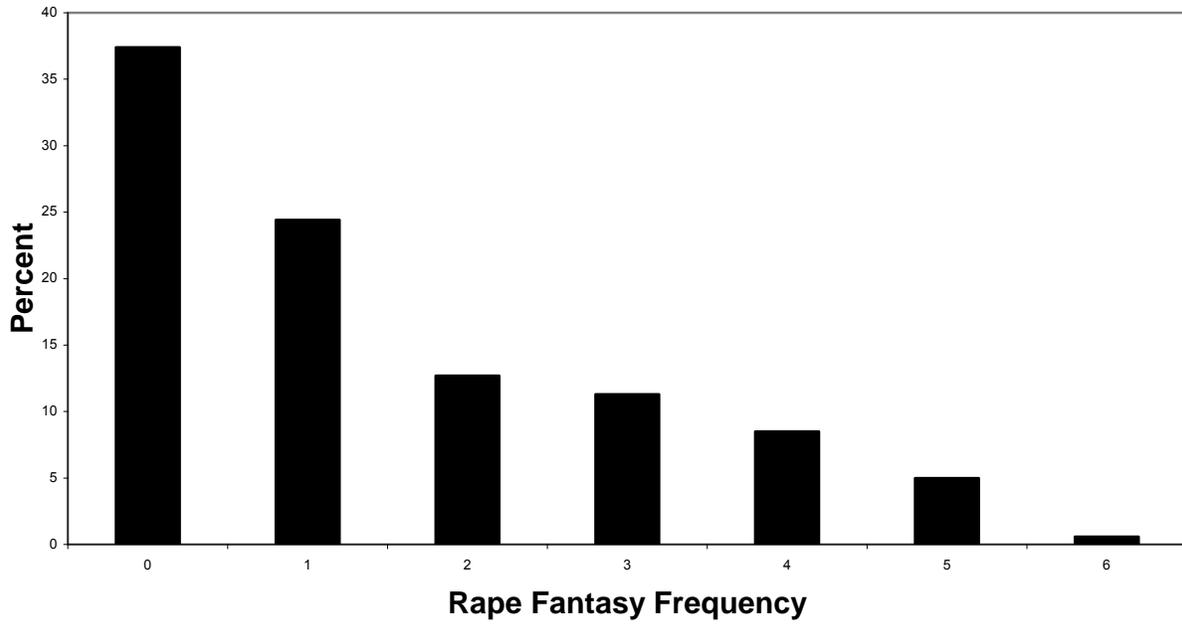


Figure 1. The frequency of women's rape fantasies ($N = 355$). Scale: 0 = never, 1 = less than once a year, 2 = a few times a year, 3 = about once a month, 4 = about once a week, 5 = four or five times a week, 6 = several times a day.

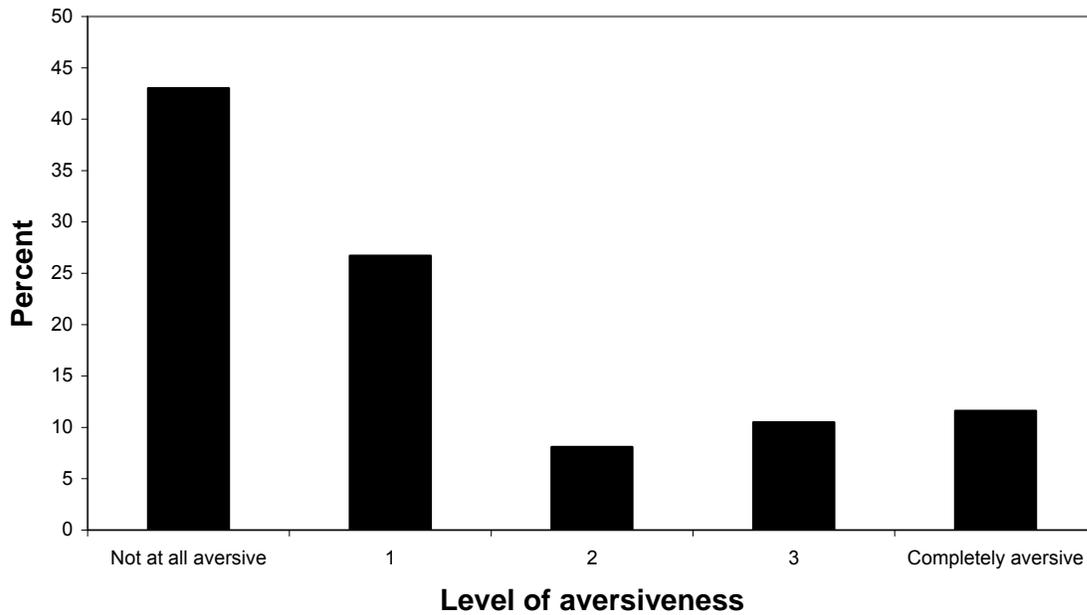


Figure 2. Rape fantasy log: Aversiveness ratings ($n = 86$).

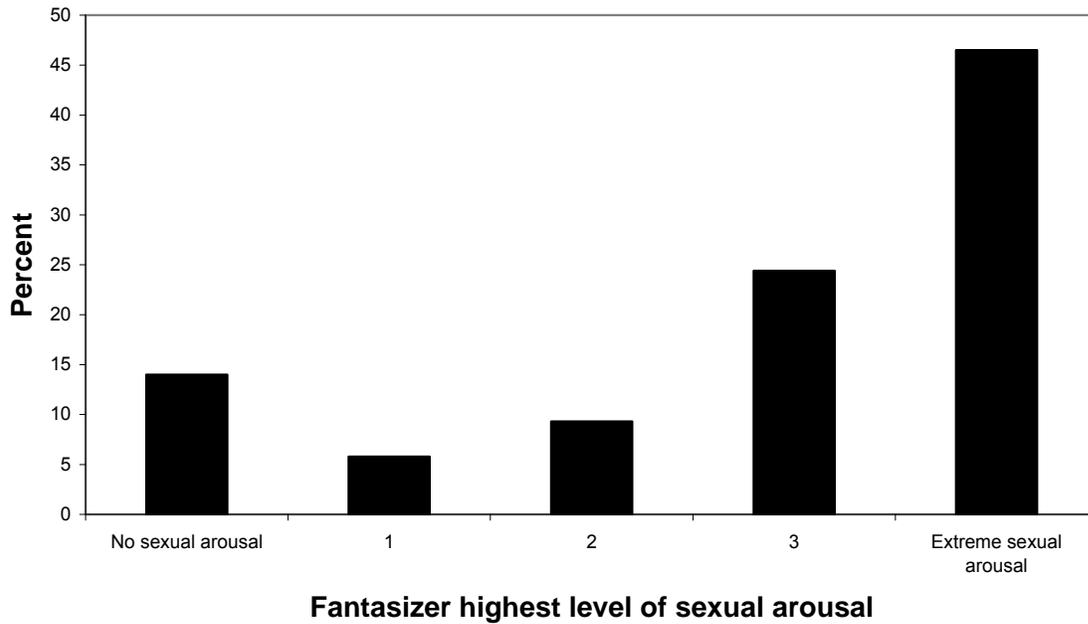


Figure 3. Rape fantasy log: Sexual arousal ratings ($n = 86$).

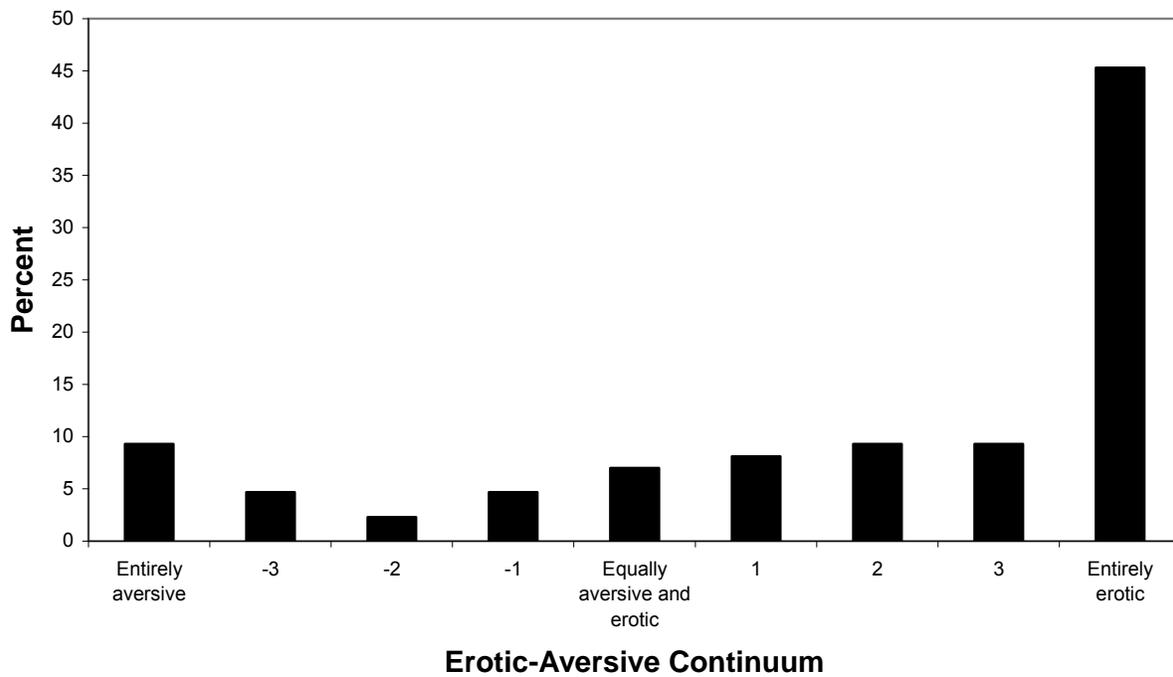


Figure 4. Women's rape fantasies: The erotic-aversive continuum ($n = 86$).

APPENDIX A
DEMOGRAPHIC QUESTIONNAIRE

Demographic Questionnaire

1. How old are you? _____

2. What is your current level of education (please circle)?.....

Freshman Sophomore Junior Senior Post-Bachelor's degree

Other (please specify)_____

3. What is your marital status (please circle)?.....

Single Married Separated Divorced Widowed

Other (please specify)_____

4. How would you describe your sexual orientation (please circle)?.....

Heterosexual Bisexual Homosexual

Other (please specify)_____

5. What is your race/ethnicity (please circle all that apply)?

American Indian or Alaskan Native

Asian, Asian American or Pacific Islander

African American/Black

Hispanic/Latino

Caucasian/White

Other (please specify)_____

6. What religion do you most identify with (please circle)?

Catholicism Christianity Non-denominational Christianity

Judaism Buddhism Hinduism Muslim None

Other (please specify)_____

7. What religion were you raised practicing (please circle)?

Catholicism

Christianity

Non-denominational Christianity

Judaism

Buddhism

Hinduism

Muslim

None

Other (please specify)_____

8. Do you currently practice the religion you identify with (please circle)?

Yes

No

9. If yes, how often do you attend services (please circle)?

More than once a week

Once a week

Once or twice a month

A few times a year

APPENDIX B
INFORMED CONSENT FORM

University of North Texas Institutional Review Board

Informed Consent Form

Before agreeing to participate in this research study, it is important that you read and understand the following explanation of the purpose and benefits of the study and how it will be conducted.

Title of Study: Personality Characteristics and Sexual Fantasy

Principal Investigator: Jenny Bivona, a graduate student in the University of North Texas (UNT) Department of Psychology.

Purpose of the Study:

You are being asked to participate in a research study about sexuality, sexual fantasy, personality characteristics, and sexual aggression. We hope to learn more about how sexual fantasy is related to personality.

Study Procedures:

You will be asked to answer questions about your personality characteristics and sexual fantasies. Some of the questions will also involve sexual aggression. You will also listen to a recording of a fantasy scenario that may involve some elements of sexual aggression, and you will be asked to answer questions in response to the scenario. This study will take about 1 ½ hours of your time.

Foreseeable Risks:

If you are uncomfortable answering questions or being exposed to material related to sexuality and sexual aggression, you may experience some distress during the study. In addition, discomfort may arise while answering questions that assess history of sexual trauma. If disturbing thoughts, images or emotions upset you, please, tell the researcher that you wish to stop participating. You will still receive your full research credit. If you appear to be upset, or state that you are feeling upset, you will be provided information for mental health services on campus. If you require or desire immediate psychological services, you will be immediately referred to the UNT Counseling and Testing Center. If the Counseling and Testing Center is closed, you will be assisted in making a call to the emergency service associated with the Denton County Mental Health and Mental Retardation (MHMR) Center.

Benefits to the Subjects or Others:

There will not be any direct benefits of this research to you other than the experience of being involved in a study. There is a potential benefit to society, in that the research may advance our understanding of human sexuality.

Compensation for Participants:

You will receive 1 ½ hours of research credit for your participation in this study. You may also gain knowledge about experiments in human learning and about experimental procedures. No other compensation is offered.

Procedures for Maintaining Confidentiality of Research Records:

Your name will not be attached to any materials used except for this consent form. Your informed consent, and the data from this experiment (which will not be connected in anyway with your name), will be kept in a locked file cabinet in a locked room in Dr. Joseph Critelli's research lab in Terrill Hall. Your participation in this study will not be disclosed to any unauthorized person.

Questions about the Study

If you have any questions about the study, you may contact Jenny Bivona at (940) 565-2671 or Dr. Critelli of the UNT Department of Psychology at (940) 565-2682.

Review for the Protection of Participants:

This research study has been reviewed and approved by the UNT Institutional Review Board (IRB). The UNT IRB can be contacted at (940) 565-3940 with any questions regarding the rights of research participants.

Research Participants' Rights:

Your signature below indicates that you have read or have had read to you all of the above and that you confirm all of the following:

- Jenny Bivona or a research assistant has explained the study to you and answered all of your questions. You have been told the possible benefits and the potential risks and/or discomforts of the study.
- You understand that you do not have to take part in this study, and your refusal to participate or your decision to withdraw will involve no penalty or loss of rights or benefits. The study personnel may choose to stop your participation at any time.
- You understand why the study is being conducted and how it will be performed.
- You understand your rights as a research participant and you voluntarily consent to participate in this study.
- You have been told you will receive a copy of this form.

Psychological Services:

If you have any psychological or emotional concerns related to this study, there is help available. Every UNT student can attend 8 free therapy sessions at the UNT Counseling and Testing Center (Union 321). You can call to schedule an appointment at (940) 565-2741.

Psychological services are also available at the UNT Psychology Clinic, which is located in Terrill Hall. Services at the UNT Psychology Clinic are open to both UNT students and community members, and are offered on a sliding scale fee. If you feel that you would need or want psychological services from the Psychology Clinic, call to schedule and appointment at (940) 565-2631.

If you need emergency psychological services during an after hours time, Denton County MHMR offers a 24-hour hotline at 1-800-762-0157.

Printed Name of Participant

Signature of Participant

Date

For the Principal Investigator or Designee:

I certify that I have reviewed the contents of this form with the participant signing above. I have explained the possible benefits and the potential risks and/or discomforts of the study. It is my opinion that the participant understood the explanation.

Signature of Principal Investigator or Designee

Date

APPENDIX C
DEBRIEFING INFORMATION

Debriefing Information:

Thank you for participating in this study. In this experiment, we are looking at how personality characteristics are related to the occurrence and frequency of sexual fantasies.

One area of interest is sexual fantasies that involve the use of sexual force or aggression. There is currently little research on these specific types of sexual fantasies, so this study will provide more information on the prevalence, frequency, and function of these fantasies. We believe that examining these types of sexual fantasies can lead to a more thorough understanding of women's sexuality.

Please do not talk about this experiment with anyone else. They might participate too and you might change their performance by talking about it.

Thank you for helping us. If you have questions, please, ask the experimenter. You can also call Jenny Bivona at (940) 565-2671 or Dr. Critelli at (940) 565-2682.

Your research credits should be posted on Sona by the end of this week. If you have any questions, please contact Jenny Bivona at jmm0028@unt.edu

APPENDIX D
SEXUAL FANTASY LOG

Fantasy Log

Sexual fantasies are a normal part of life for most people, and there are many variations in the types of sexual fantasies that people have.

Your task is to describe in as much detail as possible the sexual fantasy you have had that involves a use of sexual aggression or sexual coercion against you.

If you have not had a sexual fantasy that involves force or aggression used against you, describe the sexual fantasy you have had that is the closest to this type of fantasy. Sexual aggression or sexual coercion may occur at many levels: physical force, threat of force, intimidation, rough sexual behavior, or any sexual behavior to which you did not give complete consent.

It is important for you to be as detailed as possible in your description. Your responses will be kept completely confidential.

Now, think back and identify a waking sexual fantasy that you have had that involves a use of sexual aggression or sexual coercion used against you. We will consider the beginning, the middle, and the end of the fantasy.

The beginning of the fantasy:

How does your fantasy begin? What is the first thing you remember about your fantasy?

Describe the characters. What do they look like? Are they people you know in real life? Is there a self-character (i.e. character you most identify with) in the fantasy?

Describe the interaction between the characters. Who initiates the interaction? What is said and done, and how does each character react to the other(s)?

What are the characters thinking and feeling? What are each character's motivations?

What emotions is each of the characters feeling?

Describe the level of sexual arousal of your self-character at this point in the fantasy:

0	1	2	3	4
No sexual arousal	Slight sexual arousal	Moderate sexual arousal	Moderately high sexual arousal	Extreme sexual arousal

Describe the level of sexual arousal for *you*, the fantasizer, at this point in the fantasy:

0	1	2	3	4
No sexual arousal	Slight sexual arousal	Moderate sexual arousal	Moderately high sexual arousal	Extreme sexual arousal

Please indicate the extent to which your self-character in the fantasy consents or does not consent to the sexual activities that are taking place at this point in the fantasy:

1	2	3	4	5
Total consent	Slight non-consent	Moderate non-consent	Moderately strong non-consent	Extreme non-consent

The middle or main part of the fantasy:

What happens next in the main part of the fantasy?

Describe the interaction between the characters. What is said and done, and how does each character react to the other(s)?

Describe the sex acts that may have taken place at this point in the fantasy.

What are the characters thinking and feeling? What are each character's motivations?

What emotions is each of the characters feeling?

Describe the level of sexual arousal of your self-character at this point in the fantasy:

0	1	2	3	4
No sexual arousal	Slight sexual arousal	Moderate sexual arousal	Moderately high sexual arousal	Extreme sexual arousal

Describe the level of sexual arousal for *you*, the fantasizer, at this point in the fantasy:

0	1	2	3	4
No sexual arousal	Slight sexual arousal	Moderate sexual arousal	Moderately high sexual arousal	Extreme sexual arousal

Please indicate the extent to which your self-character in the fantasy consents or does not consent to the sexual activities that are taking place at this point in the fantasy:

1	2	3	4	5
Total consent	Slight non-consent	Moderate non-consent	Moderately strong non-consent	Extreme non-consent

The end of the fantasy:

What happens at the end of the fantasy, and how does the fantasy end?

Describe the interaction between the characters. What is said and done, and how does each character react to the other(s)?

Describe the attitude of the aggressor toward the self-character.

What are the characters thinking and feeling? What are each character's motivations?

What emotions is each of the characters feeling?

Describe the level of sexual arousal of your self-character at this point in the fantasy:

0	1	2	3	4
No sexual arousal	Slight sexual arousal	Moderate sexual arousal	Moderately high sexual arousal	Extreme sexual arousal

Describe the level of sexual arousal for *you*, the fantasizer, at this point in the fantasy:

0	1	2	3	4
No sexual arousal	Slight sexual arousal	Moderate sexual arousal	Moderately high sexual arousal	Extreme sexual arousal

Please indicate the extent to which your self-character in the fantasy consents or does not consent to the sexual activities that are taking place at this point in the fantasy:

1	2	3	4	5
Total consent	Slight non-consent	Moderate non-consent	Moderately strong non-consent	Extreme non-consent

Overall reactions to the fantasy:

If vaginal penetration occurred in the fantasy, was it consensual or non-consensual at the time of penetration? Describe the nature of the consent or non-consent at the time of penetration.

If there was non-consent expressed in the fantasy, please indicate the nature of the non-consent (please mark your response with an X).

_____ True non-consent. The fantasy character genuinely did not want to engage in the sexual activities.

_____ Non-consent was “token,” teasing, or serving some function other than wanting to stop the sexual interaction.

_____ The fantasy was consensual throughout.

Please indicate the level of sexual aggression that took place in the fantasy.

0	1	2	3	4
No sexual aggression	Slight sexual aggression	Moderate sexual aggression	Moderately strong sexual aggression	Extreme sexual aggression

When you have had the fantasy, what was your emotional reaction to it? What, if any, positive or negative emotions did you have as a result of having had the fantasy?

Please indicate how aversive or unpleasant the fantasy was to *you* as the fantasizer.

0	1	2	3	4
Not at all aversive	Slightly aversive	Moderately aversive	Strongly aversive	Extremely aversive

If there was any resistance used by your self-character in the fantasy, describe what types of resistance were used and when it was used.

Does the aggressor in the fantasy remind you of anyone? If so, whom?

Describe the level of physical attractiveness of the aggressor:

0	1	2	3	4
Not at all attractive	Slightly attractive	Moderately attractive	Very attractive	Extremely attractive

Was the aggressor male or female?

If there was any type of conflict in the fantasy, was the aggressor a “winner,” “loser,” or neither in the fantasy? Please explain.

If there was any type of conflict in the fantasy, was your self-character a “winner,” “loser,” or neither in the fantasy? Please explain.

Is there anything else about the fantasy that you would like to mention?

APPENDIX E
NARRATIVE RATINGS FOR SEXUAL FANTASY LOG

Narrative ratings for Sexual Fantasy Log

For each SF log, code each of the following characteristics.

Code the following for all fantasies:

Sexual interaction in the fantasy is (1 = heterosexual, 2 = lesbian/homosexual, 3 = both, 4 = other):

_____ *Heterosexual (1)*

_____ *Lesbian/homosexual (2)*

_____ *Both heterosexual and lesbian/homosexual (3)*

_____ *Other – unclear or ambiguous/not enough info (4)*

Does the fantasy contain a self character (1 = self character, 2 = no self character)?

_____ *A self character (1)*

- A character in the fantasy that the participant identifies as herself

_____ *No self character (2)*

If there is a self character, is she? (0 = not more attractive, 1 = more attractive)

_____ *A self character that is in some way more attractive than the fantasizer views herself in real life – thinner, better skin, better hair, etc. (0, 1)*

Which of the following consensual sexual acts took place in the fantasy (0 = absent, 1 = present)?

_____ *Kissing (0, 1)*

_____ *Breast stimulation (0, 1)*

_____ *Masturbation of the partner (0, 1)*

_____ *Masturbation of self (0, 1)*

_____ *Partner masturbating self character (0, 1)*

_____ *Oral sex- given to partner (0, 1)*

_____ *Oral sex- received by self character (0, 1)*

_____ *Oral sex – other, unspecified who is giving/receiving, watching someone perform oral sex, etc. (0, 1)*

_____ *Vaginal sex (0, 1)*

_____ *Anal sex (0, 1)*

_____ *Touching, unspecified – vague description of “foreplay,” groping, touching, etc (0, 1)*

Which of the following non-consensual sexual acts took place in the fantasy (0 = absent, 1 = present)?

- Kissing (0, 1)*
- Breast stimulation (0, 1)*
- Masturbation of the partner (0, 1)*
- Masturbation of self (0, 1)*
- Partner masturbating self character (0, 1)*
- Oral sex- given to partner (0, 1)*
- Oral sex- received by self character (0, 1)*
- Oral sex – other, unspecified who is giving/receiving, watching someone perform oral sex, etc. (0, 1)*
- Vaginal sex (0, 1)*
- Anal sex (0, 1)*
- Touching, unspecified – vague description of “foreplay,” groping, touching, etc (0, 1)*

Which of the following aggressive acts were inflicted upon the self character by the perpetrator (0 = absent, 1 = present)?

- Slapping (0, 1)*
- Punching/hitting (0, 1)*
- Biting (0, 1)*
- Hair pulling (0, 1)*
- Spanking (0, 1)*
- Kicking (0, 1)*
- Throwing/slamming against something (0, 1)*
- Pushing (0, 1)*
- Pinching (0, 1)*
- Ripping clothes (0, 1)*
- Other – mild aggression (0, 1)*
 - Not likely to cause physical damage
- Other – extreme aggression (0, 1)*
 - Would cause physical damage

Which of the following aggressive acts were inflicted upon the perpetrator by the self character (0 = absent, 1 = present)?

- Slapping (0, 1)*
- Punching/hitting (0, 1)*
- Biting (0, 1)*
- Hair pulling (0, 1)*
- Spanking (0, 1)*
- Kicking (0, 1)*
- Throwing/slamming against something (0, 1)*
- Pushing (0, 1)*

- _____ *Pinching (0,1)*
- _____ *Ripping clothes (0,1)*
- _____ *Other – mild aggression (0, 1)*
 - Not likely to cause physical damage
- _____ *Other – extreme aggression (0, 1)*
 - Would cause physical damage

This a rape fantasy if either of the following criteria (A or B) are present (0 = absent, 1 = present):

- A** _____ *Non-consent (according to what is said and done) or incapacitation at time of vaginal, anal, or oral (given or received) contact or penetration. This includes any of these behaviors that occur with non-consent, regardless of any sex acts that may have taken place consensually or before non-consent was expressed.*
- Non-consensual when oral sex is performed on the self-character, after oral sex she becomes willing and has consensual vaginal sex – still classified as a rape fantasy
 - Consensual vaginal penetration followed by non-consensual anal penetration
 - Victim says the word “no” but wants it to happen
 - Participant identifies fantasy as “somewhat non-consensual” and there is a non consensual sex act
- B** _____ *Extreme non-consent at the point of attempted vaginal, anal, or oral (given or received) contact or penetration.*
- Disturbing struggle with the perpetrator attempting to penetrate the victim, but penetration did not occur.

If it is a rape fantasy (1 = non-consent was real, 2 = non-consent was feigned or token):

- _____ *Non- consent was real for the self character (1)*
- Self character expressed a genuine wish for the sexual activity to stop
- _____ *Non-consent was feigned or token – the self character said “no” even though she wanted to engage in the sexual behavior (2)*
- Self character pretended not to consent, said ‘no’, but really wanted the sexual activity to continue
 - Self character puts up a weak struggle, while enjoying the sexual interaction

If it is not a rape fantasy, does the fantasy involve (1 = dream, 2 = rough sex, 3 = self character is aggressor, 4 = sex game, 5 = consensual/not rough sex):

- _____ *A dream (1)*
- Participant identifies what they have written as a (sleeping) dream

_____ *Rough sex with consent (2)*

- Spanking, being tied up
- A consensually aggressive sexual interaction

_____ *Self character is the aggressor (3)*

_____ *Non-consent was part of a “sex game” – the self character said “no” and both the perpetrator and the self-character know that the self-character is pretending to say no. (4)*

_____ *Consensual fantasy – completely consensual throughout the fantasy with no rough sex or aggression of any type (5)*

If it is a rape fantasy, proceed with coding (if not, stop here).

Force Used by Perpetrator (0 = absent, 1 = present):

_____ *Verbal intimidation - threats, coercive verbal force (0, 1)*

- He tells self character not to yell or scream and to quit crying
- He tells self character to be quiet or he will hurt her

_____ *Abusive language - name calling, etc. (0, 1)*

- Calling names – “bitch” “slut”

_____ *Physical restraint- twisting of arms, holding down (0, 1)*

- Tied to bed post
- Pins arms behind her

_____ *Physical attack - hitting, kicking, etc.(0, 1)*

- Throws self character down and forces himself on her
- Forces head into the pillow
- He pulls self character’s hair
- Ripped off clothes and thrown against the wall
- He pulls and yanks self character
- Slapping
- Biting
- Hand around the self-character’s throat

_____ *Presence of a weapon - gun, knife, etc. (0, 1)*

Maximal Level of Verbal Resistance Used by Victim (0 = none, 1 = low, 2 = high, 3 = other):

_____ *Low level verbal resistance (1)*

- asking the perpetrator to stop

_____ *High level verbal resistance (2)*

- screaming, crying

_____ *Other - verbal resistance present, but unable to determine level of verbal resistance -not enough information (3)*

Maximal Level of Physical Resistance Used by Victim (0 = none, 1 = low, 2 = high, 3 = other):

_____ *Low level physical resistance (1)*

- pushing, pulling away

_____ *High level physical resistance (2)*

- Fighting perpetrator off
- Scratching, biting, kicking, etc.

_____ *Other - physical resistance present, but unable to determine level of physical resistance - not enough information (3)*

What are the motives of the perpetrator (0 = absent, 1 = present)?

_____ *Perpetrator wants to hurt, humiliate, or degrade the victim (0, 1)*

_____ *Perpetrator finds the self character highly physically attractive (0, 1)*

_____ *Perpetrator has a personal and romantic attraction toward the self-character (0, 1)*

At the end of the fantasy, what is the self character's attitude toward the perpetrator (1 = positive, 2 = negative, 3 = both, 4 = neutral)?

_____ *Positive (1)*

- Feeling wanted, loved, fulfilled, satisfied

_____ *Negative (2)*

- Feeling used, degraded, dirty, guilt, shame, anger

_____ *Both positive and negative (3)*

_____ *Neutral (4)*

At the end of the fantasy, what is the fantasizer's attitude about having the fantasy (1 = positive, 2 = negative, 3 = both)?

_____ *Positive (1)*

- Enjoyable, glad to have the fantasy

_____ *Negative (2)*

- Guilt, shame, embarrassment, “dirty”

_____ *Both positive and negative (3)*

Who does the perpetrator remind the fantasizer of (1 = partner, 2 = relative, 3 = acquaintance, 4 = stranger, 5 = authority figure, 6 = faceless, 7 = celebrity, 8 = other)?

_____ *A partner or ex-partner (1)*

_____ *A relative (2)*

_____ *An acquaintance (3)*

_____ *A stranger (4)*

_____ *Authority figure – boss, supervisor, etc. (5)*

_____ *A “faceless” individual (6)*

_____ *A celebrity (7)*

_____ *Other – not enough info (8)*

Was the aggressor (1 = winner, 2 = loser, 3 = neither, 4 = both)?

_____ *A winner (1)*

_____ *A loser (2)*

_____ *Neither a winner nor a loser (3)*

_____ *Both a winner and a loser (4)*

Was the self character (1 = winner, 2 = loser, 3 = neither, 4 = both)?

_____ *A winner (1)*

_____ *A loser (2)*

_____ *Neither a winner nor a loser (3)*

_____ *Both a winner and a loser (4)*

Was there a change in the self character’s level of consent (1 = from resistant to willing, 2 = from willing to resistant, 3 = no change, 4 = other)?

_____ *Self character was initially resistant and later became willing (1)*

_____ *Self character was initially willing and later became resistant (2)*

_____ *Self character was resistant throughout – no change (3)*

_____ *Other – not enough information(4)*

APPENDIX F
RAPE FANTASY SCENARIO

Fantasy Scenario

Instructions: In the next few minutes you will be listening to a fantasy interaction that takes place between a man and a woman. This fantasy is similar to those that many women have had, and it is also similar to many fantasies that have appeared in popular women's fiction. This fantasy may involve some level of sexual aggression. After you listen to the interaction, you will complete a questionnaire.

Raise your hand, and wait until the experimenter tells you to proceed to the next section.

Please adjust the volume of your headphones so that they are comfortable for you. Read along with the following introduction as it is read aloud to you.

The woman in this scene, Nicole, has just let Brandon into her apartment. Brandon is the boyfriend of a woman Nicole has known for a long time. He came to her door and said that he had to talk to her about something important. Brandon is tall, confident, athletic, and strikingly handsome. As might be expected, he is a man who is used to getting what he wants. More than once, Nicole had wondered what it would be like to be with Brandon, but she does not really know him very well. She let him in thinking that her friend might be in some sort of trouble.

Now, imagine that you are the woman in this interaction, that you are Nicole. Listen to what Brandon and Nicole say and do. As you listen, try to picture what is happening. As much as possible, try to put yourself into Nicole's place. See what is happening to her and feel what she is feeling.

Relax, close your eyes, and listen to the interaction between Nicole and Brandon.

The Interaction:

Nicole closes the door and says, "Brandon, you seem a little upset. Come on in and have a seat. Can I get you some water or a soda?"

Brandon remains standing and steps closer to Nicole. "Listen, Nicole, I know this is sudden, but I've been thinking about you, and the truth is I can't stop thinking about you. Lindsey and I are over. Over. I know this sounds weird, but it is not. I know now that you and I were meant to be together."

Nicole is taken aback. She thinks, Why is he saying these things? And why is he standing so close? She says, "Please don't talk that way. You need to settle down. You're making me a little uncomfortable."

Brandon steps closer and touches Nicole's arm. "I didn't mean to blurt it all out this way, but I guess I can't help myself. It's just that I suddenly realized that you are so special.

There is something about you that has really gotten to me. And there's no reason to deny it. I know that you have feelings for me too."

Alarm bells go off in Nicole's head. She becomes frightened, thinking, He's not the same person I thought I knew. Why did I let him into the apartment? What was I thinking? She says, "All I want is for us to be friends and for you to go home."

Brandon's facial expression becomes intense and his face darkens. He pulls her closer and says, "We are a lot more than friends. You know that there is a chemistry between us, and if you don't believe it, I can prove it to you."

All Nicole can say is, "No! This makes no sense." Anger surges through her body. She turns away quickly and reaches for the phone.

Brandon realizes what is happening and removes the phone from her grasp, saying, "No Nicole, that will not do. This is private. It is only between you and me. Once you see that my feelings are true, everything will be fine."

Nicole turns to get away, but Brandon pushes her down on the couch. He says, "Listen, just let me kiss you. All I want is one kiss and then you'll know. I want to make you happy." Brandon grabs hold of both her arms and pulls her closer.

Nicole tries to reason with him. "Brandon, this is not what I want. I want you to stop this minute and go home. Do what I say or, I promise, I will call the police."

"I'm sorry, but I want you so much. I told you that I can't stop thinking about you. And I can't accept 'No' for an answer. Nicole, I know I can make you change your mind." Then he forcefully pushes Nicole onto the couch. He restrains her arms and uses his knee to control her legs.

Nicole fights to release her arms and says, "No, Brandon. This is all wrong. It is not what I want."

Brandon takes both of her hands and forces them into the grip of his left hand. Suddenly, Nicole realizes Brandon's other hand is beneath her skirt, moving up her inner thigh.

"Stop, Brandon! I don't want to do this," Nicole says. "I don't want you." She gets one hand free and forcefully pushes Brandon's hand away. But she soon realizes that, behind her back, the fingers of his other hand have already unfastened her bra.

"Brandon!" She twists and forces his arm aside. Nicole tries to push him away, but he is too strong and too determined. Finally she catches both of his hands and pulls them tightly against her in an effort to keep them still. One second later, Nicole notices that during the struggle, her skirt has been pulled from beneath her, and her near-bare

buttocks are resting full against his loins. Beneath his jeans, Brandon's hardness is full against her.

As Nicole's body startles, Brandon presses himself against her. "Don't!" she gasps. "Don't do that!"

"Okay, Nicole, now I'm starting to think that you want it rough." Then he kisses her on the cheek. "As I said before, I'm the man for you."

"No! Please just let me go!" she pants, still trying to pry his hands away.

Brandon laughs softly, his breath caressing her throat. "I know what you want, Nicole, and I'm gonna make you like it good."

Nicole fights to reach for the phone again, but her wrist is caught and held to her side. She struggles with renewed energy. Then his hand is hot upon her naked breast, and he touches it gently and plays with it and then he sucks on her hardened nipple, exploring every crevice with his tongue. All the while, Nicole is twisting and fighting against his overpowering strength.

Nicole frees one hand and claws his shoulder, drawing blood. Brandon is undisturbed. With ease, he tightens his hold and clasps both her wrists behind the small of her back. Nicole draws a breath to shriek in anger, but his mouth smothers her outcry. Her head spins as she struggles against his warm, probing, and dominating kiss.

As their lips part, Nicole gasps, "Brandon! Wait! Don't do this." His fingers are unbuttoning the rest of her shirt, freeing her other breast.

"Yes, Nicole. You know you want this." And he kisses her neck with unmistakable hunger. Then he lowers his face. His mouth is scalding upon her breast. Waves of tingling, electric sensation radiate through her breast and beyond, followed by a warmth that envelopes every part of her body.

"No, Brandon," she whispers. "Oh, don't—please—" She cannot draw a deeper breath. "Brandon—stop—"

Brandon slowly spreads her legs, reaches and rips her panties, and then he gently strokes her wetness. Nicole, shocked and embarrassed, begins to realize that there is little she can do. She feels his hardness between her thighs and tries to shield herself from the probing staff, but she cannot push him away. He is too strong, too powerful. "No, no, no..."

His mouth is upon hers again, and his tongue insistent. He positions himself above her. Suddenly she feels his body driving down, deep and demandingly. As he enters the center of her body, there is a momentary piercing pain. She shivers and gasps. And then the flowing movement starts. Before long, Nicole is hypnotized by the rocking,

driving, grinding of their bodies. The flood of sensation rises, and it is more than she has ever known with the men she thought she loved. In his arms, she is overcome by the surging waves of electric warmth.

Now, please fill out the questionnaire.

APPENDIX G
RESPONSE TO SCENARIO PRESENTATION

6. How much change did you feel in your heartbeat during the experience?

0	1	2	3	4
No change at all				Extreme change

7. How much change did you notice in your breathing during the experience?

0	1	2	3	4
No change at all				Extreme change

Please describe any other reactions or feelings that you had in response to the scenario presentation:

APPENDIX H
OVULATION MEASURE

Ovulation

Instructions: It is important that you are as accurate as possible when answering the following questions.

1. Do you currently take birth control pills (please circle)?

Yes

No

2. If you do not take the birth control pill, do you use any other type of contraception? If so, please list all methods:

3. Have you taken the morning after pill within the last 3 months (please circle)?

Yes

No

4. Do you have regular menstrual cycles?

Yes

No

5. If you don't have regular menstrual cycles, is this caused by a medical condition?

Yes

No

6. Are you post-menopausal?

Yes

No

7. Are you pregnant?

Yes

No

8. How many days ago was your last menstrual period? _____

9. Today's date is: _____(Month) _____(Day), _____(Year)

10. When was the *first* day of your last menstrual period?

_____ (Month) _____ (Day), _____ (Year)

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