

Effect of Self Esteem on Homophobia in Heterosexual Males

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Abstract

There is little research on the relationship between homophobia and self esteem. The current study explored this relationship in American heterosexual males. Eighty-eight heterosexual male participants completed a survey on www.surveymonkey.com that consisted of five demographic questions, Rosenberg's Self Esteem Scale (1965; 1989), a gender self esteem scale developed by Falomir-Pichastor (2009), The subscales for Anti-femininity and Toughness from the Male Role Norms Scale (Thompson & Pleck, 1986), the Sexuality Scale (Snell & Papini, 1989), and the Attitudes Toward Gay Males Scale (Herek, 1984; 1988). It was hypothesized that homophobic males would report higher sexual and gender self esteem and would follow traditional gender norms of masculinity. It was also hypothesized that less homophobic males would report higher personal self esteem. The findings showed a significant relationship between homophobia and traditional gender norms. However, there was no significant relationship between homophobia and personal, gender, or sexual self esteem.

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Homophobia is defined as a negative attitude toward individuals because of their sexual orientation (Herek, 2000). Homophobia is an important topic to study because it can lead to violent behaviors against homosexuals and/or can lead to severe depression and even suicide of homosexuals. Homosexuality is a topic that should be approached with great sensitivity in today's culture. Homosexuals in the United States are five times more likely to miss school because of feeling unsafe and they are almost 30% more likely to drop out of school (Jayakumar, 2009). Twenty-six percent of homosexuals have reported being threatened with physical assault and 23% have reported being victims of assault (Whitley, 2001). Additionally, homosexuals are also four times more likely to commit suicide (Jayakumar, 2009). Moreover, Garofalo, Wolf, Wissow, Woods, and Goodman (1999) reported that sexual orientation of homosexual, bisexual, or undecided in males was a strong predictor of suicide attempts. Understanding homophobia (and what may lead to homophobia) may help to reduce homophobia and improve life for the gay community.

Homosexuality has been a serious point of conflict in society for many decades. Weininger (1906) described the common beliefs of homosexuals in the early 1900s as having exhibited characteristics of the opposite sex (homosexual males had feminine characteristics and homosexual females had masculine characteristics). Talmey (1933) suggested that homosexual practice was a result of malformed sexual instincts or, when the individual seemed normal in other respects, perversions. Talmey also noted that homosexual incidences were temporarily due to not being able to have sexual intercourse with the "correct" sex. The American Medical Association stated that homosexuality was a medical disorder that had become an epidemic in the 1970s (Socarides, 1970). The AMA noted that the "condition" was not inborn or innate but

acquired in the early stages of the homosexuals' lives. Socarides (1970) went even further by stating that "only massive childhood fears can damage and disrupt the standard male-female pattern" (p. 1200).

After the political movement in support of homosexuals in the late 1960s, many began to question the beliefs that homosexuality was immoral, criminal, or a mental illness (Herek, 2000). After the American Psychiatric Association dropped the psychiatric diagnosis of homosexuality in 1973, researchers began to look at why heterosexuals held negative attitudes towards homosexuals and homosexuality (Herek, 2000). The term "homophobia" became popularized in 1972 by Weinberg (as cited in Hudson & Ricketts, 1980).

Homophobia Research

Between 1971 and 1978, over 30 studies explored "homophobia" (Hudson & Ricketts, 1980). Many of these looked at demographics, such as age, sex, social status, etc. (Hudson & Ricketts, 1980). Herek (1994) showed that there were distinct demographic characteristics that were likely predictors of homophobia. There were higher levels of homophobia among individuals living in the U.S. South, in the Midwest, or in rural areas. Additionally, individuals who were older and/or less educated were also found to be more homophobic than individuals who were younger and/or more educated. Furthermore, past research shows that heterosexuals who scored high on authoritarianism had higher levels of homophobia (Herek, 2000), and Caucasians showed significantly less homophobia than did Hispanics, African Americans, Native Americans, and Asians (Jayakumar, 2009).

Rhoads (1995) interviewed members of college fraternities and found that open acknowledgement of being a homosexual resulted in torment and physical assault. Moreover, even remote acceptance of another brother's homosexuality was found to be unacceptable. Most

of the fraternity brothers that were interviewed stated that it was better for the homosexual brother to keep his homosexuality a secret because it would result in harassment, torment, or physical assault.

Previous research has also shown that heterosexual males are more likely to have homophobic attitudes towards homosexual males than do heterosexual females (D'Augelli & Rose, 1990; Keiller, 2010). D'Augelli and Rose (1990) asked a random sample of 249 college freshmen to complete a survey that included questions about demographic information, seven items from the Attitudes Toward Lesbians and Gay Males Scale (Herek, 1988), and several additional questions created by the experimenters about their personal experience with homosexuals. Their findings suggested that both heterosexual males and heterosexual females had more hostile and negative attitudes towards homosexual males than homosexual females. Moreover, heterosexual males were found to harbor significantly more negative attitudes towards homosexual males than were heterosexual females, and more negative attitudes towards homosexual males than homosexual females.

Gender Roles

Psychoanalytical theory viewed the traditional, masculine gender beliefs of heterosexual males to be an unconscious fear of finding femininity in the self (Kilianski, 2003). Social psychologists have looked at gender roles and developmental psychologists have examined the gender differences in adherence to gender roles (Kilianski, 2003). Most have discovered that negative attitudes towards femininity can be the result of traditional masculine gender roles (Kilianski, 2003). Herek (1987) argues that many heterosexuals view homosexuals as a threat to their own self-identities as male or female. He also states that society's expectations to adhere to traditional gender roles were especially strong for males. Additionally, their anxiety about not

meeting society's expectations was the primary cause of their rejection of homosexual males so that they can confirm their own masculinity. Furthermore, homosexual males have been stereotyped as being more feminine than heterosexual males, and thus researchers hypothesized that adherence to traditional gender roles would result in prejudice against homosexual males (Kilianski, 2003).

Kilianski (2003) surveyed 150 undergraduate males from introductory psychology classes ranging from 17-45 years ($M = 19.3$ years). They completed the My Multiple Selves Questionnaire, the hostile sexism subscale of the Ambivalent Sexism Inventory, a Right-Wing Authoritarianism Scale, the Social Dominance Orientation Scale, the Attitudes Toward Lesbians and Gays Scale, the Attitudes Toward Women Scale, and the Male Role Norms Scale. Kilianski found that ideal self-masculinization and unwanted self-feminization scores were positively correlated ($r = .53$). Kilianski also found that there were significant correlations between the participants' sexism and their homophobia toward homosexual males ($r = .32$) and participants' homophobia toward homosexual males and their negative attitudes toward women ($r = .53$). Additionally, Kilianski found that the participants' scores on the Right-Wing Authoritarianism Scale were significantly correlated with the participants' attitudes towards homosexual males ($r = .44$) and the participants' sexism ($r = .21$).

The literature has also suggested that aggression from heterosexual males toward homosexual males is used to enforce traditional gender norms as well as showcase their own masculinity (Keiller, 2010; Kite & Whitley, 1998; Parrott, 2009). Parrott (2009) had 164 self-identified heterosexual males complete several questionnaires that recorded their demographics, and they used the Kinsey Heterosexual-Homosexual Rating Scale to assess the participants' sexual orientation, Male Role Norms Scale to measure their adherence to male role norms,

Attitudes Toward Gay Males Scale to measure their attitudes toward homosexual males, the Masculine Gender Role Stress Scale, and a modified version of the Taylor Aggression Paradigm. Their results showed that heterosexual males had significantly higher levels of homophobia and higher expressions of anger and aggression toward gay males who did not adhere to the anti-femininity norm (i.e., they showed feminine characteristics).

Research on gender roles has also shown an interesting connection between traditional gender roles and heterosexual males. Keiller (2010) wanted to look at how the heterosexual male participants' gender role beliefs were associated with negative views of homosexual males and homosexual females separately. To do so, Keiller looked at the male gender role conformity measures by using the Conformity to Masculine Role Norms Inventory (CMNI). The researcher used the CMNI to assess the specific masculine ideology that is dominant in the United States. Additionally, the researcher measured Religious Fundamentalism and they measured homophobia using a five-item version of Herek's Attitudes Toward Gay Males Scale and a five-item version of Herek's Attitudes Toward Lesbian Women Scale (1989). Their findings supported the hypothesis that conformity to traditional masculine norms was significantly associated with homophobia towards gay males. Conformity to the norms of power over women and disdain for homosexuals were significantly associated with homophobia towards gay males. Conformity to the masculine norm of objectification of women also was significantly associated with being less prejudice towards lesbian women.

Esteem

There appear to be three forms of esteem relevant to the current study: personal self esteem, gender self esteem, and sexual self esteem. Personal self esteem refers to one's overall positive or negative evaluation of oneself (Ferris, Lian, Brown, Pang, & Keeping, 2010). Gender

self esteem refers to the level of confidence and pride one has in his/her identity as male or female (Falomir-Pichastor & Mugny, 2009). And, sexual self esteem refers to the level of confidence in one's sexual abilities (Hulbert & Apt, 1991).

Personal Self Esteem

Weinberg (1972) was one of the first to consider the relationship between homophobia and personal self esteem in students (as cited in Wells, 1991). Weinberg's theory states that individuals who are able to overcome their homophobia would have improved feelings about themselves (as cited in Wells, 1991). Morin (1974) also found that the students who had more positive self-concepts had significantly less homophobia (as cited in Wells, 1991).

Theodore and Basow (2000) predicted that self esteem and homophobia would be negatively correlated in males. They used the Attitudes Towards Homosexuality Scale and the Texas Social Behavior Inventory to measure personal self esteem. Their hypothesis was that personal self esteem and homophobia would be negatively associated, but it was not supported ($r = 0.03$). However, this may be because the homophobia scale that they used did not disclose the target gender (Basow & Johnson, 2000). Research has shown that homophobic males have greater homophobia towards homosexual males than towards homosexual females. Another problem is that the researchers never asked the participants about their own sexuality. However, one could assume that most of the participants were heterosexual. A third problem noted by Theodore and Basow (2000) was the distribution of the personal self esteem scores, which were irregular and ultimately led to the omission of the personal self esteem variable. This may have rendered the personal self esteem measure invalid and could account for the correlation of .03.

Wells (1991) had male and female participants attend 27 class sessions that focused on sexuality and homophobia. The participants completed the Index of Homophobia, the Homosexual Behaviors Inventory, and the Self-Esteem Scale five times throughout the 27 class sessions. Wells found that as homophobia decreased personal self esteem increased in both sexes. Wells also found that, although females pre-tested with the lowest personal self esteem, their personal self esteem greatly increased throughout the classes. Wells noted a gender difference between males' and females' self esteem at the end of the period; females began with the lowest personal self esteem but had the greatest increase in their personal self esteem at the end of the class sessions.

Another aspect of self esteem is gender self esteem. There is very little previous research on gender self esteem. Previous research focused on the interaction between heterosexual males' gender self esteem, their personal self esteem, and their homophobia (Falomir-Pichastor & Mugny, 2009). Falomir-Pichastor and Mugny conducted two separate studies. The first study had 56 heterosexual participants with the mean age of 22. The participants completed several questionnaires. Three-items assessed their personal self esteem with questions developed by the researchers (e.g., "Overall, what esteem do you have of yourself"), three items assessed gender self esteem (e.g., "Overall, I have a very high esteem of myself as a [wo]man"), and a 25-item scale assessed their attitudes towards homosexuality (e.g., "I feel contempt for homosexuals"). The second study had 132 participants with the mean age of 41. The participants for the second study completed a 10-item self esteem scale developed by Rosenberg (1965), the same three-item scale used to assess their gender self esteem in the first study and the same 25-item scale to assess their attitudes towards homosexuality that was used in the first study. The researchers found in both studies that heterosexual males' gender self esteem was positively related to their

sexual prejudice, suggesting that the more confident the heterosexual males were with their own gender (their own masculinity), the more homophobic they were.

Sexual Self Esteem

Research on sexual self esteem only began in the late 1980s when Snell and Papini (1989) created the first means to measure sexual self esteem. Past research about sexual self esteem has been done on sexual narcissism, abusive males, and personal self esteem (Hulbert & Apt, 1991; Ménard & Offman, 2009). Being able to effectively communicate about sex indicated a healthy romantic relationship and high sexual self esteem (Kelly & Erickson, 2007). However, high sexual self esteem is also linked to abusive behaviors (Hulbert & Apt, 1991). Abusive relationships often exhibit little or no effective communication about sex and often have only one of the partners reporting high sexual self esteem (Kelly & Erickson).

Hulbert and Apt (1991) found that abusive husbands reported significantly lower sexual assertiveness, sexual satisfaction, and relationship closeness. They also reported more negative attitudes toward sex and greater sexual self esteem. Hulbert and Apt also note that abusive husbands were more authoritarian, believed in more traditional gender roles (male domination, female subordination), and had lower personal self esteem. Thus, there may be a relationship between adherence to traditional gender roles and sexual self esteem.

The Current Study

The current study explored the relationship between homophobia in heterosexual males and their personal, sexual, and gender self esteem. As previously mentioned, past research has shown that heterosexual males are more likely to be homophobic than heterosexual females (Herek, 1988, 2002; Falomir-Pichastor & Mugny, 2009). Additionally, previous research has found that heterosexual males are more prejudiced toward homosexual males than they are

toward homosexual females, perhaps because of the erotic nature that heterosexual males find in lesbian couples (Jayakumar, 2009; Keiller, 2010; Lance, 2002). The current study will explore heterosexual males' homophobic attitudes towards homosexual males.

Hypothesis 1

It was hypothesized that participants who were more homophobic would have higher reported gender self esteem and more traditional gender roles of masculinity and anti-femininity than those who are not.

Hypothesis 2

Because previous research has shown a relationship between sexism and homophobia (Pharr, 1988; Rhoads, 1995), it was hypothesized that males who were more homophobic would report a higher sexual self esteem.

Hypothesis 3

It is hypothesized that male participants who were less homophobic would have higher reported personal self esteem. This is based on the past research showing that homophobic men follow traditional gender roles and that the men who follow traditional gender roles have been found to have low self esteem.

Method

Participants

Participants were recruited through the social networking website Facebook (N= 87) and through email (N=1). There were 88 self-identified heterosexual male participants most commonly aged 18-29 years old (see Table 1). Most of the participants indicated that their highest education was "College" and "Some College" (see Table 2). All of the participants were informed that their participation was completely voluntary.

Materials

Demographic information. The survey consisted of five items that measured the participant's sex, age, sexual orientation, level of education, and how they heard about this study (see Appendix B).

Personal self esteem. The 10-item scale by Rosenberg (1969; 1985) was utilized to measure self esteem (see Appendix C). Sample statements include: "On the whole, I am satisfied with myself," "I feel that I have a number of good qualities," "I take a positive attitude toward myself." Five of the items in the scale are reverse scored. Each item was assessed using a four-point Likert scale, from strongly disagree (1) to strongly agree (4). This scale had an alpha of .77 in past research. This scale had an alpha of .88 in this study.

Gender self esteem. To measure gender self esteem, a three-item questionnaire developed by Falomir-Pichastor and Mugny (2009) was utilized (see Appendix D). The three-items are: "Overall, I have a very high esteem of myself as a man," "Overall, I am very proud to be a man," and "Overall, I am highly satisfied that I am a man." Each item was assessed using a seven-point Likert scale, from strongly disagree (1) to strongly agree (7). This scale had an alpha of .84 in past research. This scale had an alpha of .73 in this study.

Gender roles. Two Subscales for Anti-femininity and Toughness from the Male Role Norms Scale measured the participants' belief that males should not do anything deemed "feminine" or "weak" in fourteen items (Thompson & Pleck, 1986; see Appendix E). Sample items include: "When a man is feeling a little pain he should try not to let it show very much," "A man whose hobbies are cooking, sewing, and going to the ballet probably wouldn't appeal to me," and "It bothers me when a man does something that I consider ,feminine.'" The participants rated each item on a scale from strongly disagree (1) to strongly agree (7). The anti-

femininity subscale has a coefficient alpha of .76; the toughness subscale had a coefficient alpha of .74 in previous research (Thompson & Pleck, 1986). The two scales had a combined alpha of .88 in this study.

Sexual self esteem. This 10-item subscale of the Sexuality Scale developed by Snell and Papini (1989) measured the participants' sexual self esteem (see Appendix F). Sample items include: "I am better at sex than most other people," "I would rate my sexual skill quite highly," and "I am confident about myself as a sexual partner." Each item was assessed using a five-point Likert scale, from disagree (1) to agree (5). This subscale had an alpha of .93 for males in past research. This scale had an alpha of .92 in this study.

Homophobia. The Attitudes Toward Gay Males Subscale (Herek, 1984; 1988) measured the participants' homophobic attitudes toward homosexual males (see Appendix G). Sample items include: "I think male homosexuals are disgusting," "Male homosexuality is a perversion," and "Homosexual behavior between two men is just plain wrong." The participants rated the 10-items on a scale from strongly disagree (1) to strongly agree (7). Lower scores suggest that the participants have positive attitudes toward homosexual males and higher scores suggest that the participants have negative attitudes toward homosexual males. This subscale had an alpha of .92 in past research. This scale had an alpha of .95 in this study.

Procedure

The survey was posted on the www.surveymonkey.com website to be more easily accessible for the participants. The researcher advertised for voluntary participants for the study through social websites (i.e., Facebook) and email. The participants were provided with the direct link to the survey. Following the survey, the participants were debriefed and thanked for

their time (see Appendix H). The participants were also directed to several agencies and websites if they had wished to speak to someone about any issues they may have had.

Results

The results showed that male role norms positively correlated with homophobic attitudes (see Table 1). In contrast, homophobia did not significantly correlate with personal self esteem, gender self esteem, or sexual self esteem. Sexual self esteem positively correlated with gender self esteem, self esteem, and male role norms. Male role norms positively correlated with gender self esteem. Gender self esteem positively correlated with personal self esteem. Age negatively correlated with personal self esteem.

Personal self esteem had a mean of 31.18 and a standard deviation of 4.96 (N= 88). Gender self esteem had a mean of 17.98 and a standard deviation of 2.58 (N= 88). Male Role Norms had a mean of 52.90 and a standard deviation of 15.69 (N= 88). Sexual Self Esteem had a mean of 36.45 and a standard deviation of 9.66 (N= 88). Homophobia had a mean of 27.78 with a standard deviation of 15.79 (N= 88).

Discussion

It was hypothesized that participants who were more homophobic would have higher reported gender self esteem, more traditional gender roles of masculinity and anti-femininity, higher reported sexual self esteem, but would have lower personal self esteem. The results partially supported these hypotheses.

In regard to the first hypothesis, the results showed that homophobia positively correlated with male role norms, suggesting that the men who were more homophobic held more traditional male role norms than men who were less homophobic. This finding supports past research by Kilianski (2003), Parrott (2009), and Keiller (2010) that also found that men who were more

homophobic had more traditional gender role norms. Kilianski proposed that adherence to traditional male gender role norms in heterosexual males is possibly a result of a fear of femininity in themselves. Many heterosexuals stereotype homosexual males as more feminine, so they may reject homosexual males to confirm their own masculinity.

Furthermore, it was hypothesized that gender self esteem would be positively correlated with homophobia. The results did not support past research by Falomir-Pichastor and Mugny (2009). The methodology used to measure homophobia in their study was different than the methodology used to measure homophobia in this study. They used a 25-item scale that they had developed which was not validated against other homophobia scales. This study used a commonly used measure of homophobia. Additionally, another problem that may have resulted in the current study's findings is that the average gender self esteem rating was quite high ($M=5.99$ on a 7-point scale). The participants almost all had high gender self esteem. Furthermore, gender self esteem is also an area of research that is understudied and underdeveloped; the implications that this has for future research is discussed later in this article.

The second hypothesis that sexual self esteem would be positively correlated with homophobia was also not supported. This hypothesis was developed based on the relationship between traditional gender roles and sexual self esteem. Hulbert and Apt (1991) noted that abusive husbands reported higher sexual self esteem and adhered to more traditional gender roles of submission and domination. Past research on sexual self esteem has measured inflated sexual self esteem in abusive, adult husbands (Hulbert and Apt, 1991). The present study had mostly college-aged participants who may not have had an inflated sexual self esteem, but authentic, high sexual self esteem. The relationship between homophobia and sexual self esteem has never

been studied before. Thus, a near zero correlation in the current study suggests that sexual self esteem and homophobia may not be related in college men.

The third hypothesis, that personal self esteem would be negatively correlated with homophobia in heterosexual men, was not supported. This finding contradicts past research by Wells (1991). Wells found that as the participants' homophobic attitudes decreased, their personal self esteem increased. However, the methodological procedures between the current study and the Wells study are dramatically different. Wells conducted classes to educate male and female participants about homosexuality and measured personal self esteem, homosexual behaviors, and homophobia multiple times throughout class sessions. Additionally, Wells did not have the participants report their sexuality. Wells also used a different measure for homophobia. These differences may have resulted in the dramatically different results. It is also possible that there may not be a relationship between homophobia and personal self esteem. Homophobia may be more strongly related to previously explored variables, such as religion, geographic area of the United States and ethnicity (Herek, 1994; Jayakumar, 2009).

The results showed that sexual self esteem was positively correlated with gender self esteem, personal self esteem, and traditional male role norms. Unlike the past research by Hulbert and Apt (1991), high sexual self esteem seemed to suggest high personal self esteem. Because the participants were mostly college age, high sexual self esteem may be connected to high personal self esteem and gender self esteem. Furthermore, the results showed that the participants who adhered to traditional gender role norms also reported higher gender self esteem. This correlation may suggest that, because the participants adhered to what they believed to be appropriate male role norms, they felt proud and comfortable being a male. Additionally, the findings showed that personal self esteem was negatively correlated with age.

However, there were only seven participants who reported being over 29 years old. Future research could investigate the possibility of this relationship.

Limitations of the Current Study

One limitation of the study is the possibility of demand characteristics inherent in giving the participants multiple measures. The presence of multiple measures may have indicated the focus of the study. In addition, the participants were informed that they would be asked about their attitudes on sex, sexuality, and their views of themselves. Thus, the participants may have predicted the hypotheses and may have changed their responses to adhere to the perceived hypothesis. Moreover, the website used to collect the data allowed the participants to go back and alter their responses. This may have further increased the possibility of demand characteristics.

Another limitation is the possible presence of social desirability bias. In American society, there has become a stronger rejection against prejudice towards homosexuality (Herek, 2000). Thus, participants' responses may have been influenced by what they believe others want them to think. Additionally, males may have reported higher esteem levels to adhere to what they believe others may want them to think about themselves.

Lastly, participants were primarily between the ages of 18-29 and currently attending or had previously attended college. A wider variety age and education in the participants may have allowed for stronger external validity and might have changed the results. Past research has shown that age is positively correlated with homophobia. Additionally, it was expected that the less educated participants would be more homophobic (Herek, 1994). With a more varied sample, these findings may have been shown in the current study.

Considerations for Future Research

Future research could focus on several patterns found in this study. First, because of discrepant findings, future research could investigate gender self esteem and homophobia. This area of research is relatively new and undeveloped. A scale could be developed to better articulate what gender self esteem includes. Second, future research could investigate the role of gender role norms in personal, gender, sexual self esteem, and homophobia. Third, future research could investigate causal relationships between personal self esteem, gender self esteem, and sexual self esteem because they were found to be correlated in the current study. Fourth, future research should include a social desirability measure to account for potential social desirability biases possibly present in the current study.

Homophobia is a very important topic to research. In the United States, homophobia is the reason hundreds of homosexuals drop out of school, are threatened, bullied, and/or assaulted, or commit suicide every year (Jayakumar, 2009; Whitley, 2001). Any insight that can be gained through research about homophobia that may lead to the prevention of homophobia would be a great benefit to American society.

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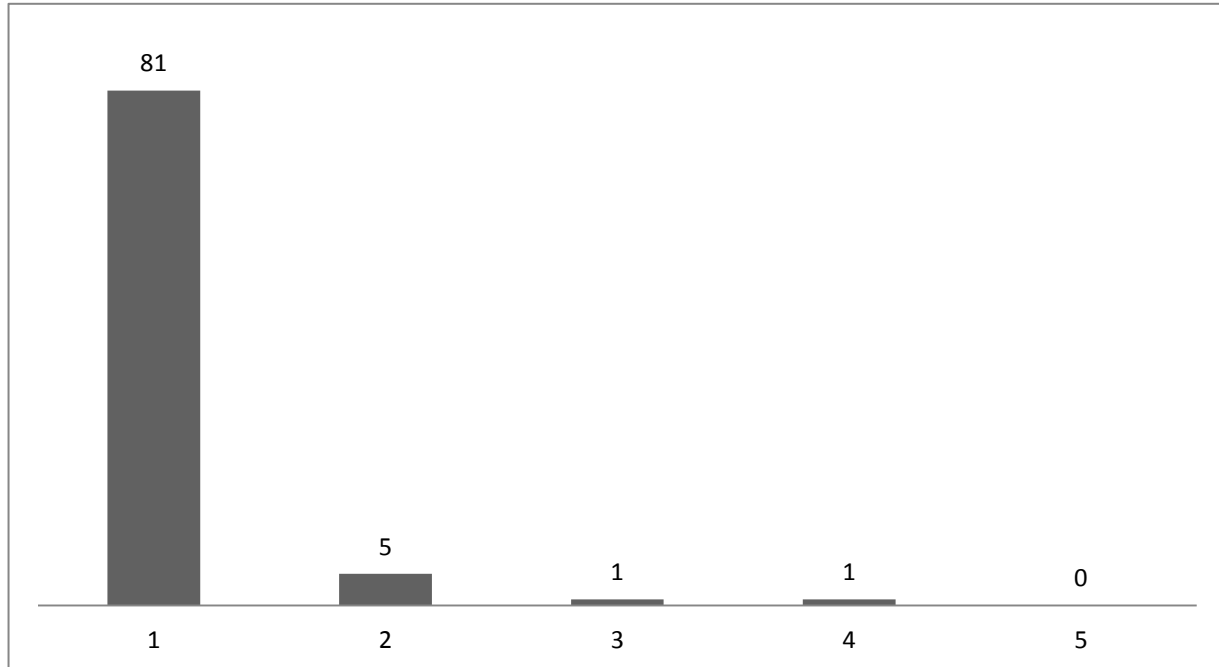
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Table 1. Correlations

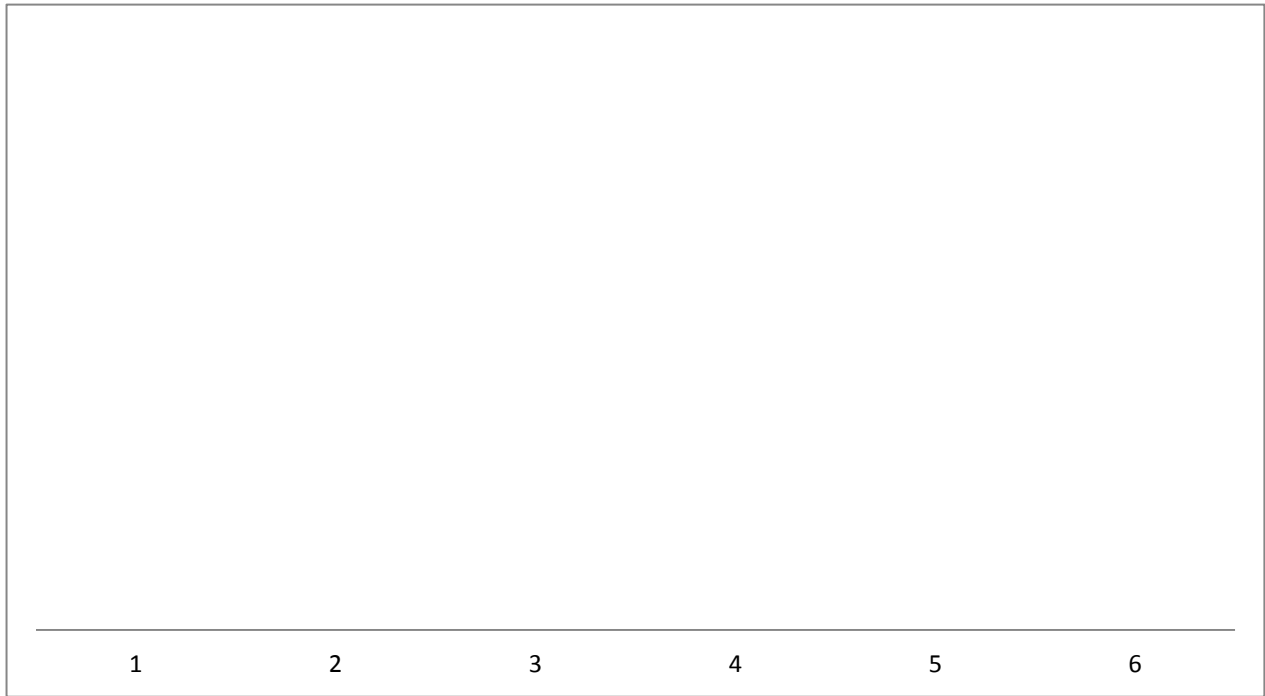
	Age	Education	Self Esteem	Gender Esteem	MRNS	Sexual Esteem
Education	-.01					
Self Esteem	-.24**	.12				
Gender Esteem	.07	.01	.49**			
MRNS	.18	.00	.02	.27*		
Sexl Esteem	.15	.12	.25*	.44**	.27*	
Homophobia	.12	-.12	-.03	.13	.55**	.06

Note. Age was on a scale from 1 (18 to 29 years old) to 6 (60+). Education was on a scale from 1 (Some high school) to 7 (Professional). Self Esteem was on a scale from 10 to 40. Gender Esteem was on a scale from 3 to 21. MRNS is Male Role Norms Scale; it was on a scale from 15 to 105. Sexual esteem was on a scale from 10 to 50. Homophobia was on a scale from 10 to 70.

* $p < .05$
 ** $p < .01$

Figure 1. Age Distribution

Note. The chart above shows the distribution of the participants' ages. "1" indicates 18-29 years old, "2" indicates 30-39 years old, "3" indicates 40-49 years old, "4" indicates 50-59 years old, and "5" indicates 60+ years old. The number of participants that indicated the given age range are displayed above the columns.

Figure 2. Education Distribution

Note. The above chart shows the participants' education distribution. "1" indicates high school, "2" indicates some college, "3" indicates college, "4" indicates Masters, "5" indicates Doctorate, and "6" indicates Professional (JD, etc). The number of participants that indicated the given education level are displayed above the columns.

Appendix A

Explanation of Study:

You are being asked to participate in a study that will be using multiple surveys and questionnaires that will ask you about your view of yourself and your attitudes towards sex and sexuality.

Risk and Discomfort:

There is no physical risk or discomfort associated with your voluntary participation in this experiment.

Confidentiality:

Do not leave any identifying information (name, phone number, social security number, etc.) anywhere in this survey. Your responses will only be used in running statistics to test the hypotheses of this study. As long as no identifying information is left in this study, your responses will remain anonymous.

Participation:

Participation in this study is completely voluntary. If at any time you feel uncomfortable, you may simply exit from the experiment. There will be no consequences if you choose to do so.

1. I understand the risks and conditions and agree to voluntarily participate in this study and agree to have my responses used in this study.

YES

NO

Appendix B

INSTRUCTIONS: The following questions are about your demographic information. Please read each item carefully and answer each item with the correct information about you.

1. Please identify your sex:

A. Male B. Female C. Transgendered

2. Please identify your age:

A. <18 years old B. 18 to 29 years old C. 30 to 39 years old D. 40 to 49 years old
E. 50 to 59 years old F. >60 years old

3. What is your sexual orientation?

A. Homosexual B. Heterosexual C. Bisexual D. Asexual

4. What is your current, highest level of education?

A. Some high school B. High school/GED C. Some college/Associates degree D. College
E. Master's level F. Doctorate G. Professional (MD, JD)

Appendix C

INSTRUCTIONS: The following questions are about your views of yourself. Please read each item carefully and select the option from the scale below that best fits your thoughts.

1. On the whole, I am satisfied with myself.

Strongly Disagree	Disagree	Agree	Strongly Agree
1	2	3	4

2. * At times, I think I am no good at all.

Strongly Disagree	Disagree	Agree	Strongly Agree
1	2	3	4

3. I feel that I have a number of good qualities.

Strongly Disagree	Disagree	Agree	Strongly Agree
1	2	3	4

4. I am able to do things as well as most other people.

Strongly Disagree	Disagree	Agree	Strongly Agree
1	2	3	4

5. * I feel I do not have much to be proud of.

Strongly Disagree	Disagree	Agree	Strongly Agree
1	2	3	4

6. * I certainly feel useless at times.

Strongly Disagree	Disagree	Agree	Strongly Agree
1	2	3	4

7. I feel that I'm a person of worth, at least on an equal plane with others.

Strongly Disagree	Disagree	Agree	Strongly Agree
1	2	3	4

8. * I wish I could have more respect for myself.

Strongly Disagree	Disagree	Agree	Strongly Agree
1	2	3	4

9. * All in all, I am inclined to feel that I am a failure.

Strongly Disagree	Disagree	Agree	Strongly Agree
1	2	3	4

10. I take a positive attitude toward myself.

Strongly Disagree	Disagree	Agree	Strongly Agree
1	2	3	4

Appendix D

INSTRUCTIONS: The three following questions are about your views of yourself as your given gender. Please read each item carefully and select the option from the scale below that best fits your thoughts.

1. Overall, I have a very high esteem of myself as a man.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

2. Overall, I am very proud to be a man.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

3. Overall, I am highly satisfied that I am a man.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

Appendix E

INSTRUCTIONS: The following questions are about your view of male roles. Please read each item carefully and select the option from the scale below that best fits your opinions.

1. When a man is feeling a little pain he should try not to let it show very much.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

2. Nobody respects a man very much who frequently talks about his worries, fears, and problems.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

3. A good motto for a man would be "When the going gets tough, the tough get going."

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

4. I think a young man should try to become physically tough, even if he's not big.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

5. Fists are sometimes the only way to get out of a bad situation.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

6. A real man enjoys a bit of danger now and then.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

7. In some kinds of situations a man should be ready to use his fists, even if his wife or his girlfriend objects.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

8. *A man should always refuse to get into a fight, even if there seems to be no way to avoid it.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

9. It bothers me when a man does something that I consider “feminine”.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

10. A man whose hobbies are cooking, sewing, and going to the ballet probably wouldn’t appeal to me.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

11. It is a bit embarrassing for a man to have a job that is usually filled by a woman.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

12. Unless he was really desperate, I would probably advise a man to keep looking rather than accept a job as a secretary.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

13. If I heard about a man who was a hairdresser or a gourmet cook, I might wonder how masculine he was.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

14. * I think it’s extremely good for a boy to be taught to cook, sew, clean the house, and take care of younger children.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

15. I might find it a little silly or embarrassing if a male friend of mine cried over a sad love scene in a movie.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

Appendix F

INSTRUCTIONS: The following questions are asking about your beliefs regarding your sex life. Please read each item carefully and select the option from the scale below that best fits your opinions.

1. I am a good sexual partner.

Disagree	Slightly Disagree	Neither	Slightly Agree	Agree
1	2	3	4	5

2. I would rate my sexual skill quite highly.

Disagree	Slightly Disagree	Neither	Slightly Agree	Agree
1	2	3	4	5

3. I am better at sex than most other people.

Disagree	Slightly Disagree	Neither	Slightly Agree	Agree
1	2	3	4	5

4.* I sometimes have doubts about my sexual competence.

Disagree	Slightly Disagree	Neither	Slightly Agree	Agree
1	2	3	4	5

5.* I am not very confident in sexual encounters.

Disagree	Slightly Disagree	Neither	Slightly Agree	Agree
1	2	3	4	5

6. I think of myself as a very good sexual partner.

Disagree	Slightly Disagree	Neither	Slightly Agree	Agree
1	2	3	4	5

7.* I would rate myself low as a sexual partner.

Disagree	Slightly Disagree	Neither	Slightly Agree	Agree
1	2	3	4	5

8. I am confident about myself as a sexual partner.

Disagree	Slightly Disagree	Neither	Slightly Agree	Agree
1	2	3	4	5

9.* I am not very confident about my sexual skill.

Disagree	Slightly Disagree	Neither	Slightly Agree	Agree
1	2	3	4	5

10.* I sometimes doubt my sexual competence.

Disagree	Slightly Disagree	Neither	Slightly Agree	Agree
1	2	3	4	5

Appendix G

INSTRUCTIONS: The following questions are about your attitudes toward sexuality. Please read each item carefully and select the number from the scale below that best fits your opinions.

1. *Male homosexual couples should be allowed to adopt children the same as heterosexual couples.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

2. I think male homosexuals are disgusting.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

3. Male homosexuals should not be allowed to teach school.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

4. Male homosexuality is a perversion.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

5. *Just as in other species, male homosexuality is a natural expression of sexuality in human males.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

6. *If a man has homosexual feelings, he should do everything he can to overcome them.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

7. *I would *not* be too upset if I learned that my son was a homosexual.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

8. Homosexual behavior between two males is just plain wrong.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

9. The idea of male homosexual marriages seems ridiculous to me.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

10. *Male homosexuality is merely a different kind of lifestyle that should *not* be condemned.

Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	2	3	4	5	6	7

Appendix H

Thank you for your participation! This survey was developed to examine the relationship between people's views of themselves and homophobia. Any questions or concerns regarding this experiment can be emailed to volunteer_survey@yahoo.com.

If you wish to discuss any issues that may have arisen from this survey, please feel free to search and contact: <http://www.getmentalhelp.com/> to find help near you from professionals or talk to someone informally at http://www.samaritans.org/talk_to_someone.aspx.