ON INTERNALIZED OPPRESSION AND SEXUALIZED VIOLENCE IN COLLEGE WOMEN

Marina Leigh Costanzo

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ON INTERNALIZED OPPRESSION AND SEXUALIZED VIOLENCE

IN COLLEGE WOMEN

By

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Dissertation

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in Clinical Psychology

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INTERNALIZED OPPRESSION AND SEXUALIZED VIOLENCE

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Abstract

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Sexualized violence on college campuses has recently entered the media spotlight. One in five women are sexually assaulted during college and over 90% of these women know their attackers (Black et al., 2011; Cleere & Lynn, 2013). Students face the highest risk of sexualized violence within their first six weeks on campus (Graves, Sechrist, White, & Paradise, 2005). The acute and delayed psychological distress caused by sexualized violence is a significant public health concern and there have been relatively few studies that have taken a longitudinal approach (Edwards, Dardis, Sylaska, & Gidycz, 2014). Historically, psychology has focused on factors within an individual to explain behavior, without fully acknowledging external factors such as organizational culture and institutional norms (Keller, 2005). These external factors play an important role in stereotype maintenance and must be addressed to solve the problem of sexualized violence (David, 2013). This proposal uses the theoretical framework of Internalized Oppression (IO) to further our understanding of sexualized violence on campus. IO refers to the idea that individuals are negatively influenced by stereotypes about the groups they belong to (David, 2014). Through internalization of a set of stereotypical beliefs, attention is diverted from the oppressive system towards the oppressed group. Past research considering IO in ethnic minorities has found relationships between IO and vulnerability to interpersonal violence, academic retention, physical wellbeing and mental health (Itzen, 1985). Although IO has a wide range of manifestations, it had not yet been considered for understanding sexualized violence. Phase I of this study used PCA to create the Women’s Impressions on Gender and Self Scale (WIGSS) which includes five factors: (1) Stereotypical Gender Role Attitudes, (2) Devaluing/Dismissing Women, (3) Objectification, Social Comparison, and Low Self-Worth, (4) Gender Equality, and (5) Degrading of Women. Phase II of the study administered the WIGSS, OQ 45.2, IRMA, along with a survey of sexual experiences to college women. Findings suggest that IO in women activates more mental health distress, largely relates to more negative gender stereotypes (such as detrimental rape myths), influences support seeking after an event of sexualized violence, and operates differently than broader views on sexism. The study establishes IO as an important mechanism to consider in future treatments, prevention programs, advocacy campaigns, and educational trainings. It is critical for both researchers and the public to gain a better understanding of IO in women and sexualized violence. Sexualized violence has long oppressed women, and the acknowledgment of IO can allow oppression to be fought openly, clearly, and vocally, rather than internally. Through a better understanding of the implicit attitudes women hold about themselves, collaborative efforts can be made to address and counteract beliefs that facilitate sexual violence.

Keywords: Internalized Oppression, Internalized Sexism, Internalized Misogyny, Sexualized violence, Sexual violence, Sexual Assault, Rape, College, Women
INTERNALIZED OPPRESSION AND SEXUALIZED VIOLENCE

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On Internalized Oppression
And Sexualized Violence in College Women

Preface

The terms rape, interpersonal violence, unwanted sexual experiences, and sexual assault are often used interchangeably in research. For the purposes of this paper, the term “sexualized violence” will be used to encompass each of these occurrences. Also, while people of all genders can be survivors of sexualized violence, sexualized violence occurrences disproportionately involve women as survivors and men as perpetrators. The discussion of sexualized violence survivors as women in this paper is not intended to discount the experience of other survivors, but to reflect these data.

Further, this author would be remiss not to mention the importance of applying an intersectional lens to discussions involving identity and oppression. We must always consider how multiple aspects of our identity intersect, influence one another, and compound to create our experiences. This paper discusses oppression, focusing in on the effects of gendered oppression and sexism on women. It is the hope that any insights gained in this singular frame can be applied to larger conversations of justice where gender is but one variable.

Sexualized Violence

The topic of sexualized violence on college campuses has recently entered the media spotlight. One theme emerging from all the recent publicity is that most students enter college believing that they could never become victims of sexualized violence. As one young survivor shared, “I just didn’t think it would happen to me, when we heard about sexualized violence at freshman orientation, I laughed along with my friends, not realizing I would soon be part of the statistics being presented” (Newyorktimes.com, December 2014).
In the United States alone, there are more than 200,000 acts of sexualized violence each year, and every 2 minutes another individual falls victim to a sexual crime (U.S. Department of Justice). One in five women are victims of sexualized violence during college and roughly 80% of these women know their attackers (Krebs et al., 2007). College students face the highest risk of sexualized violence within their first six weeks on campus (Fisher, Daigle, & Cullen, 2010) and the rate of sexualized violence among college women is 3 to 4 times higher than in the general population (Baun and Klaus, 2005; Black et al., 2011; Koss et al., 1987; Rennison, 1999). Age is an additional risk factor for college women. According to the CDC, younger adults are at higher risk for sexualized violence with 79.8% of women reporting their first experience prior to age 25 (Black et al., 2011).

Furthermore, because the larger systems (e.g. justice systems, universities, and academia) used to study and prosecute sexualized violence remain primarily white institutions (PWIs), women of color face additional systematic oppressions and barriers to reporting. Of the sexualized violence reports made, estimates state 80% are reported by women who are white. Data for women of color are limited because of the lack of reporting and failure to include identity parameters in studies, but the End Rape on Campus (EROC) project estimates prevalence rates are as follows: Asian/Pacific Islander: 6.8%, Hispanic/Latina: 11.9%, White:17.7%, Black: 36%, American Indian/Alaska Native: 34.1%, Mixed Race: 24.4% (http://endrapeoncampus.org/new-page-3/, May 2018). These data become even more staggering when also considering immigration status, disability, income, and sexual or gender minority status.

When comparing women survivors of sexualized violence to their non-victimized counterparts, research has shown that survivors are significantly more likely to experience a
disruption in interpersonal functioning and develop mental health problems such as posttraumatic stress disorder (PTSD), a major depressive episode, anxiety and/or substance abuse (Harris & Valentiner, 2002; National Violence Against Women Prevention Research Center, 2012). Each of these issues may prevent survivors of sexualized violence from excelling at college. A sexualized violence incident can result in falling behind in classes, lower academic performance, trouble with acclimating to the college lifestyle, and dropout. Attention needs to be brought to this disparity on campuses and assure that survivor’s rights to education are supported and protected, not destroyed, after sexualized violence.

Clearly, sexualized violence presents a complicated social and cultural problem (Barnett, Miller-Perin, & Perin, 2010). The majority of women who are victimized have difficulty considering their experience as sexualized violence, routinely due to factors linked to the existing relationship with the perpetrator, stigma from outsiders, the involvement of alcohol, the lack of weapons, and/or the absence of physical injury. Each of these factors contributes to sexualized violence not being well reported among college students as well as low prosecution rates (Karjane, Fisher, & Cullen; 2005).

Research has been remarkably sparse on the topic of sexualized violence whereas other crimes against a person, such as physical assault or murder, have received substantial attention from researchers and the legal system (Rape Crisis, 2014). Researchers have attributed this relative lack of attention to the “rape culture of America,” which makes both men and women reluctant to acknowledge the prevalence of sexualized violence in our society, especially at our higher education institutions. Research has shown that sexual coercion is generally viewed as an extreme point on the continuum of normal sexual behavior of men in the United States, operating as a function of sexism used to exercise patriarchal control over women (Brownmiller, 1975).
This view of a sexual aggression as merely the extreme on a continuum of acceptable behavior may explain the relative lack of research on sexualized violence, but may also miss important aspects of the dynamics of college dating relationships, perception, and likelihood of reporting that may contribute to our ability to study sexualized violence and rape through official reports.

A further barrier to receiving accurate estimations of acts of sexualized violence is agreeing upon how to define such events. Until 2012, the legal definition of rape in the United States (established in 1927) was restricted by gender, types of touch, and physical resistance. This definition was updated in 2012 to include men and women, expanded beyond penile penetration in the vagina to the use of any body part or object vaginally inserted without consent, and removed the need for physical resistance on the victim's part (DOJ, "An Updated Definition of Rape," 2012). The DOJ further differentiated between sexual assault and rape, stating that sexual assault encompasses most unwanted sexual contact whereas rape requires penetration ("Rape and Sexual Assault," 2014). However, other organizations, such as the CDC, assert that rape and sexual assault occur when a perpetrator uses physical force or the threat of physical harm to complete (or attempt) unwanted vaginal, anal, or oral penetration (Black et al., 2011). Other researchers argue that the definition needs to expand to include sexual coercion, which can often involve pressure that is subtler than physical force and/or intoxication (as these tend to reduce the need for physical violence) (Fossos, Kaysen, Neighbors, Lindgren, & Hove, 2011).

The struggle to legally and publicly define sexualized violence further extends to greater society. In the United States, prevalent sexualized violence myths involve blaming the survivor, minimizing the psychological impact of sexualized violence, and lessening the responsibility of the perpetrator (Rape Crisis, 2014). Specifically, common overt sexualized violence myths include the beliefs that sexualized violence is not that harmful, that many women actually enjoy
and desire to be coerced into sex, that women cause sexualized violence through provocative clothing or risky behaviors, and that women often falsely accuse men of sexualized violence (Frese et al., 2004). Further, research has shown if a woman has previously been a victim of sexualized violence, she is perceived as having more responsibility for any subsequent event (Calhoun, Selby, Waring & 1976). Another widely accepted myth is that if a woman is provocatively dressed she is “asking for it” (Miner-Rubino, Twenge & Fredrickson, 2002). These myths tend to be rooted in the stereotypical gender stereotype that women are not supposed to voice their interest in sex, so any resistance to sex is merely token and not to be taken seriously. A complimentary myth is that men have less control over their sexual urges and require their needs to be met by women. Such sexist and heteronormative views portray sexual coercion as an acceptable and excusable gender dynamic (Frese et al., 2004).

In recent age cohorts, sexist attitudes that are more covert—such as while women do not “ask” to be sexually coerced they indirectly encourage this through attire, drinking, or flirting—are shown to be more prevalent yet equally damaging (MacMahon, 2005). While subtler, such beliefs function to promote gender inequality, yet tend to be passed under the guise of normal and acceptable behavior (Swimm, Mallett, & Stanger, 2004). These views have negative consequences for survivors of sexual coercion, notably on levels of self-blame; which can affect an individual’s recovery and likelihood to report or seek help after an event (MacMahon, 2010).

Sexualized violence myths serve to “normalize” the act and thereby contribute to the low occurrence of reporting and prosecution of the crime of sexualized violence. Current estimates show that less than half of incidents are reported to police and that society distrusts the validity of such reports. While estimates of actual false reporting range from 2% - 8%, a recent survey revealed that college students believe 50% of reports are false (National Sexualized violence
Women survivors often blame themselves and fail to file a police report because they believe they may have contributed to their own victimization and doubt they will receive a fair trial. Overall, belief in stereotypical gender roles has been found to lead to greater women victim blaming in regards to themselves and others (Simonson & Subich, 1999).

Further, the neurobiology that occurs during a trauma means that often survivors have trouble remembering parts of the event; which is important to consider for mental health distress, recovery, and if a client is reporting to law enforcement. Neurobiological responses during trauma further confuse survivor’s perceptions of whether they experienced sexualized violence. For example, the research base for tonic immobility as a third survival response (after fight or flight) is gaining support (Marx, Forsyth, Gallup, & Fuse, 2008). If an individual experiences tonic immobility, they may freeze as opposed to fighting or fleeing from their perpetrator. In the campus climate survey conducted at UM, Grove and Fiore (2015) found that 83.3% of survivors reported feeling frozen during an assault. These same individuals further reported feeling more responsible for the event (a feeling known to be associated with higher levels of guilt and shame). Lastly, it is important to keep in mind that many survivors may still have contact or exposure to their perpetrator. This issue becomes especially threatening on a college campus—students may have classes, live in the same residence hall, attend the same campus events or share a mutual friend group with their perpetrator (Mason & Smithey, 2012). This constant exposure to the perpetrator, or reminder of the event, complicates an individual’s ability to cope.

Although just hitting the surface, the above issues with our cultural and legal systems are important to have in mind when considering the outcomes of an event of sexualized violence. While it is always beneficial to consider an individual in their larger cultural environment, this becomes especially important in the context of sexualized violence. Due to the current political
climate, media attention, and cultural adherence to sexualized violence myths, survivors receive many messages about what it means to be sexually victimized and what constitutes an acceptable response. Commonly reported feelings for sexualized violence survivors are shame, guilt, anger, betrayal, self-blame, embarrassment, and more. Considering the extensive consequences for survivors of sexualized violence, there is clearly a need for research establishing a deeper understanding of the mechanisms maintaining such a culture (MacMahon, 2010).

**Internalized Oppression**

“The most potent weapon in the hands of the oppressor is the minds of the oppressed.” - Stephen Biko

In efforts to better understand and impact the prevalence of sexualized violence on college campuses, Universities have been asked to implement programs to increase reporting and prevent sexualized violence. These efforts include mandatory education and risk prevention programs. However, many of the efforts rely on a limited research base at this point in time. Few have shown to increase reporting, although many efforts are directed at this challenging aspect of college sexualized violence specifically (Whitehouse Task Force, 2014). To increase the likelihood that programs will create positive change, it is necessary to improve our understanding of the cultural and relational dynamics that impact the environment for reporting and help seeking. To this end, this proposal uses the theoretical framework of Internalized Oppression (IO) as a means of furthering our understanding of sexualized violence on campus. IO refers to the idea that individuals are negatively influenced by stereotypes about the groups they belong to (David, 2014). In other words, people often come to believe, internalize, and live out the inaccurate myths and stereotypes about groups with whom they identify. These internalizing
messages of inferiority are communicated over time and begin at a young age (Clark & Clark, 1947).

The study of IO emerged from discussions of historical trauma and postcolonial psychology within Native American Communities in the United States and the grassroots anti-apartheid campaign, the Black Consciousness movement, in South Africa (Adam, Heribert, & Kogila Moodley, 1993; Duran & Duran, 1995). Since then, the underlying concept of socially inserted self-hatred has also been explored in the context of sexual and gender minorities, with the minority-stress model emerging (Meyer, 2003). IO can be conceptualized as an unconscious and involuntary response to oppression in which members of an oppressed group internalize the negative stereotypes and expectations based on their group membership (David & Okazaki, 2010). IO may then lead to active self-fulfilling prophecies as oppressed individuals begin to act out negative stereotypes. IO is the "turning upon ourselves, upon our families, and upon our own people the distress patterns that result from the oppression of the dominant society" (Lipsky, 1987). The concept of IO has long been part of conversations of systematic oppression regarding race, but has yet to be applied to gendered violence. Historically, psychology has focused on factors within an individual to explain behavior without fully acknowledging external factors such as organizational culture and institutional norms (Keller, 2005). These external factors play an important role in stereotype maintenance and must be addressed to solve the problem of sexualized violence on campus (David, 2013).

Social factors and context play an important role in identity development. From an ecological systems theory, we become aware of the multiple layers that interact to create an individual’s context (see Figure 1). Early family relationships help shape beginning concepts of self-identity (including gendered identity) that can shift over time as members of various groups
occur, and as contexts and others perceptions of the self shift (Coll et al., 1996; Erikson, 1968; Phinney, 1992; Portes & Rumbaut, 2001). IO attempts to link individual beliefs and behaviors to norms and stereotypes in the surrounding social environment (Itzen, 1985).

Figure 1. Ecological Systems Theory

It is important to differentiate that while IO may affect self-efficacy, these two constructs are not equivalent (See Figure 2). In order to understand the relationship between IO and the individual, it is helpful to consider the larger systems they belong to. Social oppression is defined as the socially supported mistreatment and exploitation of a group, category, team of people or individual. Self-efficacy helps us decide internally what we do and do not think we are capable of (Bandura, 1982). Self-efficacy is often learned from our internal world (individual) and our immediate environment (family) whereas self-efficacy that is influenced by our extended environment is more IO (David, 2014). The messages we receive from our culture and greater
society about what the characteristics we possess say about “us” are decided from our belongingness in a group, not our individual characteristics. Thus, self-efficacy is innate, we constantly assess our bearings, whereas IO is forced upon us—we are told by systems of our capabilities and thus made aware of our limitations in the world.

**Figure 2.** *Self-Efficacy (SE) and IO.*

Self-efficacy is important: it helps guide us to attempt and achieve, but IO is the greater influence that can clash and overpower this. For example, 40% of girls in elementary school say they like math, a developmental age where individuals are egocentric and awareness is typically restricted to the immediate environment. Yet as these same girls age and gain more exposure to the larger systems they exist in, their IO increases—only 10% of girls in high school say they like math (Tomasetto, Alparone & Cadino, 2011).

When considering the individual we can think of how strongly the individual world and family may be, and how this could have acted as a buffer for IO. This of course highlights that with IO, as with any characteristic, we will observe different levels of IO in individuals—group membership does not necessarily mean that an individual will endorse IO. IO may also be
affected by intersecting group memberships, causing additive effects of IO for someone who may have minority group status for ethnicity/sexual orientation/and gender. Lastly, an event may polarize IO for an individual. In many ways sexual assault (and trauma in general) can represent the clash of self-efficacy and IO: self-efficacy previously may have allowed us to believe we are able enough not to experience a bad situation, yet once this happens and we realize the barriers to justice, IO grows. Thus comes in the important dynamic of we may have thought we were able until we are disempowered by the greater systems.

In regards to women in particular, gender role expectations highlight the idea of gender as dictating socially constructed expectations that go above and beyond those purely bound to biological sex (such as pregnancy, primary, and secondary sex characteristics) (Costanzo & Gleason, 2014). Throughout their lives, individuals receive messages about what is expected of them based on their assigned gender. Common characteristics expected of women in America include agreeability, sensitivity, helpfulness, and expression of emotion. Whereas, common characteristics expected of men in America include being successful, strong, powerful, and independent (David, 2014). Judging the appropriateness of an individual’s characteristics based on gender adds the element of one being expected to act a certain way based on group membership, and often being rejected for crossing these boundaries. The messages that maintain such social constructions of gender can have an insidious effect, especially considering the nuanced preference or admiration for characteristics thought of as “masculine” (See Figure 3).
INTERNALIZED OPPRESSION AND SEXUALIZED VIOLENCE

Figure 3. An example of gender based IO maintenance.

IO is relevant to campus sexualized violence because it may help to explain the challenges to educational programming for men and women as evidenced in the opening quote. IO serves to maintain power structures that benefit the oppressors (Duran & Duran, 1995). Through internalization of a set of stereotypical beliefs, attention is diverted from the oppressive system towards the oppressed group. Past psychological research that has considered IO in ethnic minorities has found significant relationships between IO and intimate partner violence, school dropout rates, mental health problems, and physical health problems (Bailey, 2009, Syzmaski & Gupta 2009, Szymanski & Stewart, 2010). Several studies have found that high IO individuals are also less likely to seek help and thus at a greater risk for developing mental health problems (e.g., Duran & Duran, 1995, Frame, 1999, Harrell, 1999, McBride 2002, Tatum, 1994, Kanuha, 1990). Although IO has a wide range of manifestations, it has not yet been used to understand the problem of sexualized violence and sexualized violence risk education and programming. The proposed research explores the relationship between IO and sexualized violence and will use
aspects of the findings to create interventions both to support survivors and prevent sexualized violence.

By adhering to gender stereotypes, women may subscribe to a variety of rape myths, which include a tendency to believe that victims were “asking for it.” These myths conflict with research that shows most convicted rapists do not remember what a victim was wearing, only 4.4% of events of sexualized violence involved behavior considered provocative by a jury, and that 60% of rapes happen in a survivor’s home (Sexual Assault and Anti Violence Information, 2015). While research on sexualized violence does not support this myth, the idea that women who “ask for it” are the ones who are raped, allows non-victimized women to reassure themselves that they will remain safe. This belief can give women a false sense of security. In addition, bystanders who hold this belief may be less likely to intervene in a developing sexualized violence situation because they may see the event as desired or caused by the woman (Banyard & Moynihan, in press). Lastly, the shame and self-blame reported by victims of sexualized violence may be reflective of internalized oppression rather than actual perception of fault.

IO can exist in individuals, peer groups, college campuses, or the larger community and is experienced as a sense of powerlessness, objectification, loss of self, invalidation, derogation, and competition between women (see Figure 4).
With regard to sexualized violence, powerlessness is especially relevant:

“A learned sense of powerlessness may be the most damaging aspect of internalized sexism, leading girls and women to limit themselves and one another, to believe themselves confined to behaviors that fit within the female role, to act passively in some contexts, and to believe that these limitations are natural or permanent (Peterson, Maier, & Seligman, 1993).

Learned powerlessness specifically refers to what a woman believes she can and cannot do in a system. Powerlessness further reminds a woman of what she believes she is or isn’t capable of accomplishing. When it comes to sexualized violence, the powerlessness that comes with victimization may compound the pre-existing powerlessness of IO. Sexual attitudes, support seeking behaviors, healthcare decisions, and reporting behaviors are all influenced by past experiences of learned passivity and submission (David, 2014). By changing the attitudes associated with IO, influencing the support seeking behaviors of survivors, the help-providing behaviors of other students, and the motivation to act as pro-social bystanders at the time of an event, may be more successful endeavors.

Women who are high in IO may be less likely to interpret sexualized violence as a crime and less likely to report the event to the authorities. Such women may also experience higher
levels of shame, depression, and self-blame. Sexualized violence is not well reported among college students (Karjane, Fisher, & Cullen; 2005), with estimates that only 13% of rape survivors report to campus or local police. In a related line of research, Lisak (2002) discovered that repeat offenders perpetrated 9 out of 10 acts of sexualized violence on campus. On average, these offenders committed six acts of sexualized violence each, yet were never reported to campus or community law enforcement. Lisak’s seminal study brought attention to the idea of serial sex offenders living on campus who remain undetected because of lack of reporting. By focusing on how survivors interpret situations before, during, and after sexualized violence, IO provides an exciting new perspective for understanding this phenomenon.

Women are the majority gender on most college campuses and this majority status gives women considerable influence on the culture of a campus (Golden, Katz, & Kuzemko, 2006). However, if IO beliefs are prevalent on campus, college women are unlikely to see sexualized violence as a realistic threat to their own safety, are unlikely to respond to information regarding risk, and are unlikely to unite in an effort to end sexualized violence. Social change is most effective when (1) those who have been targeted for victimization are the central participants in a social change movement, (2) focus is on both external change in society and inner change in the individual, and (3) programs involve frameworks that raise awareness about systems of oppression (David, 2014). If women learn to recognize and reject IO beliefs, they can potentially become allies for one another, advocates for themselves, and advocates for change in the culture of colleges and universities.

Women in college are at significantly greater risk of experiencing sexualized violence compared to their non-student counterparts (Meyer, 2003; Sue, 2010). The acute and delayed psychological distress caused by sexualized violence is a significant public health concern
Researchers have historically used retrospective self-report measures and cross-sectional methodology to study the detrimental effects of sexualized violence. There have been relatively few studies that have taken a longitudinal approach. IO has been shown to affect many aspects of a person’s well-being, and has been referred to in sexualized violence research discussions, yet not specifically studied as a research variable. Some research has already demonstrated that IO predicts anger and anxiety, which is known to influence health (David, 2014; Dvorak, Pearson, & Day, 2014; O’Hara, Armeli, & Tennen, 2014). However, no research has examined whether IO influences the relationship between sexualized violence and a survivor’s subsequent actions and reactions. Consistent with prior research, IO in women is expected to activate more psychological distress and stronger beliefs in detrimental myths about sexualized violence. IO is further expected to influence academic performance, likelihood to report, and support seeking behaviors such as telling a friend or seeking treatment (mental and/or physical).

The role of IO in sexualized violence needs to be validated and tested in order to apply IO to education and prevention efforts. The unique contribution of the current proposal is the consideration of IO and the role it may play in women’s responses to education on sexualized violence, help-seeking and assisting others in the event of sexualized violence. Although IO has been researched in terms of racial identity and reactions to racial bias, it has yet to be applied to gender and sexualized violence. There is an urgent need for effective ways to address sexualized violence reporting and risk/prevention education.

This project represents an important next step in sexualized violence research, as it is the first known attempt to examine the effects of IO on life after a sexualized violence event. If IO is established as a mechanism, future treatments, prevention programs, advocacy campaigns, and
educational trainings can target this phenomenon. While no small feat, over time, this could help to alter what is currently seen as culturally acceptable on college campuses and provide an avenue for addressing stigma. IO reduction can be applied at the individual, peer, campus and community level. Further, the reduction of sexualized violence has vast implications for campus safety and the empowerment of women. Through a better understanding of the implicit attitudes and beliefs women hold about themselves, collaborative efforts can be made to address and counteract beliefs that facilitate sexualized violence.

**Rationale**

Expected contributions of this study include (1) establishing IO as an important psychological factor that has previously been neglected, (2) demonstrating how considering IO can improve our understanding of sexual violence, (3) assessment of IO as a significant risk factor for poorer outcomes after sexual violence, and (4) reducing stigma in individuals and the larger campus community.

Insights gained from this study hope to inform a series of follow-up studies aimed at (1) identifying how, when, and for whom IO confers risk for psychological distress and maladaptive behaviors, (2) developing targeted intervention and prevention efforts that reduce the risk of victimization, (3) informing treatment and support programs for survivors, and (4) contributing to larger scale social change and advocacy efforts. Further, the long-term vision for this project is that by raising women’s awareness of IO (and it’s relation to the self and systematic oppression) women will be become more confident and invested in the need for cultural change and the need to support others who experience sexual violence.
Hypotheses

The current study used the theoretical framework of IO to explore the factors that influence perceptions of and outcomes after sexualized violence, attitudes toward help-seeking, and future perceptions of sexualized violence.

The aims of this study were as follows:

1. To demonstrate the feasibility/utility of IO as a variable worth consideration for future sexualized violence research (especially in regards to how research is conducted and implementing findings to prevention efforts, survivor support programs, and advocacy efforts).

2. To establish the relationship between IO and sexual violence myth adherence, mental health distress, reporting behaviors, and support seeking.

3. To examine whether IO affects the hypothesized relationship between sexualized violence and maladaptive behaviors post sexual violence event.

To this end the following hypotheses are made:

Hypothesis 1: A positive correlation will exist between IO beliefs and mental health distress.

Hypothesis 2: A positive correlation will exist between IO beliefs and rape myth adherence.

Hypothesis 3: Of the women who experience sexualized violence, those who have higher IO will be less likely to seek support.

Hypothesis 4: Of the women who experience sexualized violence, those who have higher IO will be less likely to report the event.
Overall, it is predicted that of the women that experience sexualized violence, those who experience high levels of IO will show worse outcomes (more mental health symptoms, less reporting, and less support seeking) than those women than those who experience low levels of IO (see Table 1).

**Table 1. Hypothesized Outcomes by IO Group**

<table>
<thead>
<tr>
<th>Measure</th>
<th>Low on IO</th>
<th>High on IO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rape Myth Adherence</td>
<td>△</td>
<td>◊</td>
</tr>
<tr>
<td>Mental Health Distress</td>
<td>△</td>
<td>◊</td>
</tr>
<tr>
<td>Reporting</td>
<td>◊</td>
<td>△</td>
</tr>
<tr>
<td>Support seeking</td>
<td>◊</td>
<td>△</td>
</tr>
</tbody>
</table>

**METHOD AND RESULTS**

Statistical Package for the Social Sciences (SPSS) version 25 was used to analyze all data. An alpha level of .05 was used for all statistical analyses. Effect size was interpreted according to the following guidelines: for eta squared, small effect sizes were classified as .01 to .05, medium effect sizes were classified as .06 to .13, and large effect sizes were classified as .14 and above; for \( r \), small effect sizes were classified as .10 to .29, medium effect sizes were classified as .30 to .49, and large effect sizes were classified as .50 and above (Cohen, 1988; Pallant, 2010). All assumptions were checked and deemed acceptable to continue with the analyses reported below.
Phase 1: IO Measure Development

Guidelines of scale development delineated by Clark & Watson (1995) were used which involve 1) conceptualization of a construct, 2) conducting a literature review, 3) developing an item pool, 4) testing the initial item pool with criterion measures, and 5) psychometric evaluation (Clark & Watson, 1995). The first phase of this study developed a measure for gender-based IO, which the author titled the “Women’s Impressions on Gender and Self Scale,” or WIGSS.

WIGSS Scale Creation. Currently, there is no established measure for gender-based IO. For this phase of the study, 366 items were created to capture IO in women. Of these 366 items, 168 items were adapted from Rangal (2014), 17 items were presented from the Internalized Misogyny Scale by Piggott (2004), and the remaining 180 items were developed by the current author. Rangal (2014) created a measure to assess IO in Americans who identify as Black or African-American. The applicable items were adapted to assess for gender in each of five scales. For these scales, participants were asked to respond to 168 items on a 6-point Likert scale from strongly agree to strongly disagree where higher scores represent a greater level of internalized oppression. Example adapted items included:

Although discrimination in America is real, it is definitely overplayed by some women. I make derogatory remarks about people of my gender group. In general, I feel that being a woman is not viewed as positively as being a man. Men have better judgment and problem solving skills than women. It is a compliment to be told “You’re cool for a woman.” I feel like you cannot trust people from my gender group. In general, I believe that men are superior to other gender groups. I feel anxious about some of the things I feel about people of my gender. When someone of my gender does something embarrassing in public, I feel embarrassed. When both men and women are present in a
social situation, I prefer to be with men. I have been treated unfairly by strangers because of my gender.

When used for race, Rangal found high internal consistency with an alpha of .81 (see Appendix D). Piggot (2004) created a scale for internalized misogyny which consists of 17 items and three factors (devaluing of women, distrust of women, and gender bias in favor of men) (see Appendix E). The IMS has displayed good reliability, with reported alpha coefficients for the full scale ranging from 0.88 (Piggott, 2004) to 0.90 (Szymanski et al., 2009). Sample items include: “It is generally safer not to trust other women too much;” and “Generally, I prefer to work with men.” For this scale, participants were asked to respond to 17 items on a 6-point Likert scale from strongly agree to strongly disagree where higher scores represent a greater level of internalized misogyny. The remaining 180 items were created with by this researcher and aimed to measure the following areas: sense of powerlessness, objectification, loss of self, invalidation, derogation, and competition between women (see Appendix H).

Participants. Four hundred and five participants were recruited through MTURK (n = 96) and SONA (n = 309). MTurk participants were paid $2 and SONA participants were granted 4 credits for their participation. Of these 405 participants, all identified as women. The original data file was downloaded and participant data was excluded for failing to pass 5 of 5 attention items, or for partial completion (less than 75% response rates). Participant data for 250 remained and were included in scale refinement.

Procedure. Smith and McCarthy (1995) state that the proper refinement of outcome measures is a two-phase procedure. The first phase of the process entails estimating internal consistency of the instrument and identifying the factor structure (Smith & McCarthy, 1995).
Therefore, a reliability analysis was conducted to determine the internal consistency of the readiness scale by calculating a Cronbach’s alpha coefficient.

Subsequent to the reliability analysis, an item analysis was conducted to determine whether items correlate with the overall scale adequately and to establish the utility of individual scale items. A principle components analysis (PCA) was used to determine the factor structure, item factor loadings and the variance accounted for by the instrument data in the sample. The second phase of proper refinement of an instrument, according Smith and McCarthy (1995), involves demonstration of the degree of relationship between the instrument and other important variables. For the current study, bivariate correlation analyses were utilized to test for construct validity.

Scale refinement. Initial data screening indicated distributions appropriate for all analyses. The goal of this project was to create a manageable inventory that identified constructs for IO.

The initial item pool consisted of 366-items. Items used a 6-point Likert-type scale (1 = strongly disagree to 6 = strongly agree). The original 366 items of the proposed IO Scale were subjected to principal components analysis (PCA). Prior to performing PCA, the suitability of items for inclusion in the factor analysis was assessed. Inspection of the correlation matrix revealed the presence of many items with coefficients of .59 and above, indicating they were measuring similar variance to other like items. Sixty-five items were eliminated because of high correlation coefficients. PCA indicated cross loading of an additional 140 items as well as weakly correlated items. These items were deleted. The structure matrix indicated an additional 45 items to eliminate due to low factor loadings; to be considered, each factor required an eigenvalue of 1 or above. Six factors were indicated at this time, with the sixth lacking high
loading items. An additional 27 items were deleted for cross loadings. A promax rotation and examination were utilized, focusing on correlations in the resulting structure matrices post rotation resulting in a final PCA of 5 factors, finalizing the factor structure. The five factors accounted for 44.84% of the variance (See Table 1 for eigenvalues, Figure 4 for Scree Plot).

Table 2. Component Correlation Matrix.

<table>
<thead>
<tr>
<th>Component</th>
<th>Eigenvalue</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>29.84</td>
</tr>
<tr>
<td>2</td>
<td>10.43</td>
</tr>
<tr>
<td>3</td>
<td>6.82</td>
</tr>
<tr>
<td>4</td>
<td>5.13</td>
</tr>
<tr>
<td>5</td>
<td>3.83</td>
</tr>
</tbody>
</table>
A final PCA revealed the presence of five components, see Table 3 for final component correlation matrix.

Table 3. Component Correlation Matrix.

<table>
<thead>
<tr>
<th>Component</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1.00</td>
<td>.44</td>
<td>.15</td>
<td>.52</td>
<td>.38</td>
</tr>
</tbody>
</table>
See Figure 6 for the flowchart of complete PCA analysis.
Figure 6. Flowchart of PCA

PCA 1
• Start with all items
• Results indicated a possible six factor solution

PCA 2
• Limited to six factors
• An examination of the structure matrix indicates that items should be eliminated due to crossloadings of similar magnitude

PCA 3
• Limited to six factors
• Results also indicated a five factor solution may be a better fit because the last (6th) factor did not have high loading items
• An examination of the structure matrix indicated items should be eliminated due to crossloading

PCA 4
• Limited to five factors
• All items loaded on five factors

Reliability
• Reliability for the first factor suggested there may be more work to be done, and it may not be truly representative of one construct

PCA 5
• Limited to five factors
• 274 items
• Results indicated items needed to be eliminated due to crossloading or low loading

PCA 6
• 239 items
• The screeplot suggested a five factor solution; even with a five factor solution, there were many cross loadings and low loadings
  (indicated more work needed to be done)

PCA 7
• Limited to five factors
• 239 items
• There are no more high (.500+) cross loadings; shifted the focus to eliminating low loading items

PCA 8
• Limited to five factors
• 199 items
• Results indicated a need to eliminate more items for low loading

PCA 9
• Limited to five factors
• 160 items
• Better fit of the data, but still room for improvement
• Results indicated a need to eliminate more items for low loading and cross loading

PCA 10
• Limited to five factors
• 142 items
• Results indicated a need to eliminate more items for low loading

PCA 11
• Final model with a promax rotation without limiting the number of factors
• 124 items fit within a five factor solution
The finalized scale, or WIGSS, consists of 5 factors, 124 items, and was used to measure IO in Phase 2 of the study (see Table 4).

**Table 4. WIGSS IO Measure.**

<table>
<thead>
<tr>
<th>FACTOR</th>
<th>ITEMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Factor I: <em>Stereotypical Gender Role Attitudes</em></td>
<td></td>
</tr>
<tr>
<td>People of my gender should regulate their appearance</td>
<td></td>
</tr>
<tr>
<td>People of my gender should try hard not to be “sluts”</td>
<td></td>
</tr>
<tr>
<td>People of my gender should take the jobs that are available and then work their way up to better jobs</td>
<td></td>
</tr>
<tr>
<td>People of my gender should have children</td>
<td></td>
</tr>
<tr>
<td>People of my gender should put care into their appearance</td>
<td></td>
</tr>
<tr>
<td>People of my gender have a responsibility to care for others</td>
<td></td>
</tr>
<tr>
<td>People of my gender have a responsibility to display a positive demeanor</td>
<td></td>
</tr>
<tr>
<td>People of my gender should be grateful to be complimented on their appearance</td>
<td></td>
</tr>
<tr>
<td>People of my gender should smile to comfort others</td>
<td></td>
</tr>
<tr>
<td>People of my gender are most happy when they have a man in their life</td>
<td></td>
</tr>
<tr>
<td>People of my gender who are good women regulate their weight</td>
<td></td>
</tr>
<tr>
<td>People of my gender who are good women regulate their speech</td>
<td></td>
</tr>
<tr>
<td>People of my gender should not talk about their vaginas</td>
<td></td>
</tr>
<tr>
<td>People of my gender should care what they look like when they leave the house</td>
<td></td>
</tr>
<tr>
<td>People of my gender should just focus on what they are good at</td>
<td></td>
</tr>
<tr>
<td>People of my gender are just trying to get attention by wearing revealing clothing</td>
<td></td>
</tr>
<tr>
<td>People of my gender shouldn’t wear revealing clothing because it is distracting</td>
<td></td>
</tr>
<tr>
<td>People of my gender who are good women regulate their behavior</td>
<td></td>
</tr>
<tr>
<td>Men should be willing to sacrifice their own wellbeing in order to provide financially for the women in their lives</td>
<td></td>
</tr>
<tr>
<td>Women should be cherished and protected by men</td>
<td></td>
</tr>
<tr>
<td>Women should care more about their looks</td>
<td></td>
</tr>
<tr>
<td>Women should care more about their weight</td>
<td></td>
</tr>
<tr>
<td>Women should smile more</td>
<td></td>
</tr>
<tr>
<td>Women should help with other’s feelings</td>
<td></td>
</tr>
<tr>
<td>Women would be happier doing what they are good at</td>
<td></td>
</tr>
<tr>
<td>Women should always accept a good man into their lives</td>
<td></td>
</tr>
<tr>
<td>Women shouldn’t overshadow men</td>
<td></td>
</tr>
<tr>
<td>Women should comfort men</td>
<td></td>
</tr>
<tr>
<td>Women should know how to cook and clean</td>
<td></td>
</tr>
<tr>
<td>When both parents are employed and their child gets sick at school, the school should call the mother</td>
<td></td>
</tr>
<tr>
<td><strong>Marriage is my worth</strong></td>
<td></td>
</tr>
<tr>
<td>-------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>Having children is a woman’s biggest value</strong></td>
<td></td>
</tr>
<tr>
<td><strong>In a disaster, women ought to be rescued before men</strong></td>
<td></td>
</tr>
<tr>
<td><strong>People are not truly happy in life without being romantically involved with a member of the other sex</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Many women have a quality of purity that few men possess</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Every man ought to have a woman whom he adores</strong></td>
<td></td>
</tr>
<tr>
<td><strong>A good woman should be set on a pedestal by her man</strong></td>
<td></td>
</tr>
<tr>
<td><strong>If a person of my gender is wearing little clothing, she should know she is more vulnerable to unwanted attention from men</strong></td>
<td></td>
</tr>
<tr>
<td><strong>I am better than most people of my gender</strong></td>
<td></td>
</tr>
<tr>
<td><strong>I value the compliments I get from men more than the ones I get from women</strong></td>
<td></td>
</tr>
</tbody>
</table>

**Factor II: Devaluing/Dismissing Women**

| **I consider my gender group, on the average to be more ineffective than other groups** |
| **Overall, I often feel that my gender group is not as good** |
| **I tend to agree with men over people of my gender** |
| **When women lose to men in a fair competition, they typically complain about being discriminated against** |
| **I tend to enjoy the company of men over people of my gender** |
| **Many people in my gender group don't respect themselves or anyone else** |
| **My values and beliefs match those of men more than they do women** |
| **Most women are untrustworthy** |
| **I feel like you cannot trust women as much as men** |
| **When interacting with other women, I often feel like I don’t fit in** |
| **I avoid people of my gender group** |
| **I am uncomfortable being around a stereotypical person of my gender** |
| **People of my gender are not supportive of one another** |
| **People of my gender don’t seem to use opportunities to expand their careers** |
| **People of my gender tend to be unreliable** |
| **People of my gender are more lustful than men** |
| **People of my gender are my main competition for success** |
| **I wish I could have more respect for my gender group** |
| **I wish I were not a member of my gender** |
| **In general, I am ashamed of members of my gender group because of the way they act** |
| **It is a compliment to be told “You don't act like a woman”** |
| **I make stereotypical jokes about people of my gender group** |
| **I make derogatory remarks about people of my gender group** |
| **I don't really identify with my gender group’s values and beliefs** |
| **I get annoyed with other women who are PMSing** |
| **I am complimented when told I do not act like a person of my gender** |
| **I am complimented when I am told I am “one of the guys”** |

**Factor III: Objectification, Social Comparison, and Low Self-Worth**
<table>
<thead>
<tr>
<th>When surrounded by others, I am more aware of my body</th>
</tr>
</thead>
<tbody>
<tr>
<td>When surrounded by others, I am more aware of my appearance</td>
</tr>
<tr>
<td>When surrounded by others, I am more self-conscious of my looks</td>
</tr>
<tr>
<td>When surrounded by others, I am more aware of the space I occupy</td>
</tr>
<tr>
<td>When surrounded by others, I am aware of the other people in the room</td>
</tr>
<tr>
<td>When surrounded by others, I am aware of others looking at my body</td>
</tr>
<tr>
<td>When surrounded by others, I am aware of others judging at my body</td>
</tr>
<tr>
<td>I often think “What do I know…”</td>
</tr>
<tr>
<td>I often think “Who am I to speak…”</td>
</tr>
<tr>
<td>I often think “I should not impose my opinion”</td>
</tr>
<tr>
<td>I often think “I should not interrupt others”</td>
</tr>
<tr>
<td>I often think “I should not rock the boat”</td>
</tr>
<tr>
<td>I often think ”My ideas are not as good as others&quot;</td>
</tr>
<tr>
<td>Concerns about my weight are a daily occurrence for me</td>
</tr>
<tr>
<td>I dislike the way my body looks</td>
</tr>
<tr>
<td>I often envy other women for how they look</td>
</tr>
<tr>
<td>I often worry about coming off as rude</td>
</tr>
<tr>
<td>I often apologize when I feel I am imposing</td>
</tr>
<tr>
<td>I have begun to question my beliefs</td>
</tr>
<tr>
<td>I’m not sure how I feel about myself</td>
</tr>
<tr>
<td>I often second-guess my opinion when it differs from a mans</td>
</tr>
<tr>
<td><strong>Factor IV: Gender Equality</strong></td>
</tr>
<tr>
<td>Women often miss out on good jobs due to sexism</td>
</tr>
<tr>
<td>In general, I feel that being a woman is not viewed as positively as being a man</td>
</tr>
<tr>
<td>It is important for me to be active in organizations that support women</td>
</tr>
<tr>
<td>We should strive to make incomes more equal for all genders</td>
</tr>
<tr>
<td>The way men treat women makes me angry</td>
</tr>
<tr>
<td>We would have fewer problems if we treated gender groups more equally</td>
</tr>
<tr>
<td>Gender plays a major role in the type of opportunities (such as type of health care or day care) that people receive in the U S</td>
</tr>
<tr>
<td>Due to gender discrimination, policies such as the Lily Ledbetter Act (for equal pay) are necessary to help create equality</td>
</tr>
<tr>
<td>Too many people of my gender group lose out on jobs and promotions because of their gender</td>
</tr>
<tr>
<td>It is easy to understand why women’s groups are still concerned about the societal limitations of women’s opportunities</td>
</tr>
<tr>
<td>Most big corporations in America are really interested in treating women and men equally</td>
</tr>
<tr>
<td>In general, others respect women</td>
</tr>
<tr>
<td>Everyone who works hard, no matter what gender they are, has an equal chance to become rich</td>
</tr>
</tbody>
</table>
Society has reached the point where women and men have equal opportunities for achievement
On average people in our society treat men and women equally
It is rare to see women treated in a sexist manner on television
Over the past few years, the government and news media have been showing more concern about the treatment of women than is warranted by women’s actual experiences
All genders are given an equal chance in life
I am usually treated fairly regardless of my gender
I think important decisions made concerning my gender are usually just
People of my gender have more to offer than they have been allowed to show

<table>
<thead>
<tr>
<th>Factor V: Degrading of Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is fair for a man to become upset if a woman denies him sex</td>
</tr>
<tr>
<td>Men are more educated to make decisions about my reproductive healthcare</td>
</tr>
<tr>
<td>Women cannot just be friends with men</td>
</tr>
<tr>
<td>It is ok for a man to cheat on his partner if they denied him sex</td>
</tr>
<tr>
<td>I would prefer that my children play with children of my gender group</td>
</tr>
<tr>
<td>All men have high IQ's</td>
</tr>
<tr>
<td>The most important part of sex is that a man is satisfied</td>
</tr>
<tr>
<td>When a man cheats on a woman, it is likely her fault</td>
</tr>
<tr>
<td>A woman’s sexuality is the most she has to offer</td>
</tr>
<tr>
<td>People of my gender have less education than men</td>
</tr>
<tr>
<td>People of my gender cannot be leaders as well as men</td>
</tr>
<tr>
<td>People of my gender cannot contribute as much to society as men</td>
</tr>
<tr>
<td>People of my gender are not as valuable as men</td>
</tr>
<tr>
<td>Women only succeed through sex</td>
</tr>
<tr>
<td>Women never lie</td>
</tr>
</tbody>
</table>

**Total:** 124 items

Considering the stability of this five-factor solution, reliability was assessed using Cronbach’s alpha. Negatively loaded items on to the factors were reverse-coded and one final item was eliminated, resulting in the improved reliability. Overall, each of the factors indicated strong reliability: Factor I (a = .961**), Factor II (a = .938*), Factor III (a = .930*), Factor IV (a = .909**), and Factor V (a = .895**). Factor 4 items originally produced low reliability (a = .338*), and were reverse-coded to produce final reliability (a = .930*). Refer to Table 4 for the final scale items. WIGSS scale constructs were defined as the following Factor I: Stereotypical
Gender Role Attitudes (40 items), Factor II: Devaluing/Dismissing Women (27 items), Factor III: Objectification, Social Comparison, and Low Self-Worth (21 items), Factor IV: Gender Equality (21 items), and Factor V: Degrading of Women (15 items). The final measure included 124 items. The factor loading matrix for this final solution is presented in Table 5.

Table 5. Factor Loading Matrix.

<table>
<thead>
<tr>
<th>Items:</th>
<th>Factor:</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women should put care into their appearance</td>
<td></td>
<td>0.77</td>
<td>0.33</td>
<td>0.10</td>
<td>0.43</td>
<td>0.28</td>
</tr>
<tr>
<td>Women should smile more</td>
<td></td>
<td>0.74</td>
<td>0.37</td>
<td>0.14</td>
<td>0.40</td>
<td>0.22</td>
</tr>
<tr>
<td>Women should have children</td>
<td></td>
<td>0.72</td>
<td>0.36</td>
<td>0.41</td>
<td>0.35</td>
<td></td>
</tr>
<tr>
<td>Women should regulate their appearance</td>
<td></td>
<td>0.71</td>
<td>0.32</td>
<td>0.15</td>
<td>0.27</td>
<td>0.34</td>
</tr>
<tr>
<td>Women should try hard not to be sluts</td>
<td></td>
<td>0.71</td>
<td>0.40</td>
<td>0.37</td>
<td>0.39</td>
<td></td>
</tr>
<tr>
<td>Women who are good women regulate their behavior</td>
<td></td>
<td>0.70</td>
<td>0.36</td>
<td>0.46</td>
<td>0.31</td>
<td></td>
</tr>
<tr>
<td>Women should care more about their weight</td>
<td></td>
<td>0.69</td>
<td>0.38</td>
<td>0.11</td>
<td>0.41</td>
<td>0.42</td>
</tr>
<tr>
<td>Women should care what they look like when they leave the house</td>
<td></td>
<td>0.69</td>
<td>0.25</td>
<td>0.37</td>
<td>0.34</td>
<td></td>
</tr>
<tr>
<td>Women should smile to comfort others</td>
<td></td>
<td>0.68</td>
<td>0.29</td>
<td>0.14</td>
<td>0.34</td>
<td>0.12</td>
</tr>
<tr>
<td>Women should comfort men</td>
<td></td>
<td>0.67</td>
<td>0.26</td>
<td>0.12</td>
<td>0.39</td>
<td>0.11</td>
</tr>
<tr>
<td>Women should care more about their looks</td>
<td></td>
<td>0.67</td>
<td>0.32</td>
<td>0.10</td>
<td>0.37</td>
<td>0.40</td>
</tr>
<tr>
<td>Women should always accept a good man into their lives</td>
<td></td>
<td>0.67</td>
<td>0.36</td>
<td>0.15</td>
<td>0.41</td>
<td>0.32</td>
</tr>
<tr>
<td>Women should be grateful to be complimented on their appearance</td>
<td></td>
<td>0.66</td>
<td>0.46</td>
<td>0.28</td>
<td>0.44</td>
<td>0.34</td>
</tr>
<tr>
<td>Women who are good women regulate their weight</td>
<td></td>
<td>0.66</td>
<td>0.44</td>
<td>0.39</td>
<td>0.48</td>
<td></td>
</tr>
<tr>
<td>Women should help with others feelings</td>
<td></td>
<td>0.65</td>
<td>0.20</td>
<td>0.18</td>
<td>0.18</td>
<td>0.17</td>
</tr>
<tr>
<td>Women should be cherished and protected by men</td>
<td></td>
<td>0.65</td>
<td>0.16</td>
<td>0.13</td>
<td>0.33</td>
<td></td>
</tr>
<tr>
<td>Women are just trying to get attention by wearing revealing clothing</td>
<td></td>
<td>0.64</td>
<td>0.40</td>
<td>0.45</td>
<td>0.37</td>
<td></td>
</tr>
<tr>
<td>Having children is a woman’s biggest value</td>
<td></td>
<td>0.64</td>
<td>0.35</td>
<td>0.45</td>
<td>0.45</td>
<td></td>
</tr>
<tr>
<td>Women are most happy when they have a man in their life</td>
<td></td>
<td>0.64</td>
<td>0.45</td>
<td>0.22</td>
<td>0.36</td>
<td>0.29</td>
</tr>
<tr>
<td>Every man ought to have a woman whom he adores</td>
<td></td>
<td>0.62</td>
<td>0.27</td>
<td>0.31</td>
<td>0.23</td>
<td></td>
</tr>
<tr>
<td>Women have a responsibility to display a positive demeanor</td>
<td></td>
<td>0.61</td>
<td>0.32</td>
<td>0.30</td>
<td>0.27</td>
<td>0.22</td>
</tr>
<tr>
<td>Women who are good women regulate their speech</td>
<td></td>
<td>0.60</td>
<td>0.27</td>
<td>0.12</td>
<td>0.30</td>
<td>0.20</td>
</tr>
<tr>
<td>Many women have a quality of purity that few men possess</td>
<td></td>
<td>0.60</td>
<td>0.31</td>
<td>0.28</td>
<td>0.37</td>
<td></td>
</tr>
<tr>
<td>Women should not talk about their vaginas</td>
<td></td>
<td>0.60</td>
<td>0.36</td>
<td>0.41</td>
<td>0.48</td>
<td></td>
</tr>
<tr>
<td>Statement</td>
<td>Probability</td>
<td>Confidence Interval (95%)</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>--------------------------------------------------------------------------</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women shouldn’t wear revealing clothing because it is distracting</td>
<td>0.59</td>
<td>0.45 0.44</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women should know how to cook and clean</td>
<td>0.59</td>
<td>0.36 0.38</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>When both parents are employed and their child gets sick at school, the school should call a mother</td>
<td>0.59</td>
<td>0.37 0.43</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>People are not truly happy in life without being romantically involved with a member of the other sex</td>
<td>0.58</td>
<td>0.36 0.43</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women have a responsibility to care for others</td>
<td>0.58</td>
<td>0.23 0.27</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A good woman should be set on a pedestal by her man</td>
<td>0.58</td>
<td>0.31 0.21</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men should be willing to sacrifice their own wellbeing in order to provide financially for the women in their lives</td>
<td>0.58</td>
<td>0.25 0.37</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women would be happier doing what they are good at</td>
<td>0.57</td>
<td>0.30 0.10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women shouldn’t overshadow men</td>
<td>0.56</td>
<td>0.46 0.40</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In a disaster, women ought to be rescued before men</td>
<td>0.56</td>
<td>0.24 0.26</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>If a person of my gender is wearing little clothing, she should know she is more vulnerable to unwanted attention from men</td>
<td>0.55</td>
<td>0.44 0.20</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marriage is my worth</td>
<td>0.55</td>
<td>0.46 0.44</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women should just focus on what they are good at</td>
<td>0.54</td>
<td>0.32 0.37</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women should take the jobs that are available and then work their way up to better jobs</td>
<td>0.54</td>
<td>0.37 0.32</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I value the compliments I get from men more than the ones I get from women</td>
<td>0.52</td>
<td>0.38 0.30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am better than most people of my gender</td>
<td>0.51</td>
<td>0.28 0.32</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I avoid people of my gender group</td>
<td>0.25</td>
<td>0.26 0.37</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I tend to agree with men over people of my gender</td>
<td>0.43</td>
<td>0.43 0.38</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My values and beliefs match those of men more than they do women</td>
<td>0.41</td>
<td>0.43 0.32</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In general, I am ashamed of members of my gender group because of the way they act</td>
<td>0.36</td>
<td>0.34 0.36</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am uncomfortable being around a stereotypical person of my gender</td>
<td>0.16</td>
<td>0.19 0.26</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>When women lose to men in a fair competition, they typically complain about being discriminated against</td>
<td>0.46</td>
<td>0.43 0.35</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I make derogatory remarks about people of my gender group</td>
<td>0.29</td>
<td>0.33 0.32</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I don't really identify with my gender groups values and beliefs</td>
<td>0.23</td>
<td>0.37 0.30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overall, I often feel that my gender group is not as good</td>
<td>0.28</td>
<td>0.30 0.46</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I tend to enjoy the company of men over people of my gender</td>
<td>0.34</td>
<td>0.25 0.17</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I wish I could have more respect for my gender group</td>
<td>0.25</td>
<td>0.11 0.31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Statement</td>
<td>Value 1</td>
<td>Value 2</td>
<td>Value 3</td>
<td>Value 4</td>
<td>Value 5</td>
<td></td>
</tr>
<tr>
<td>--------------------------------------------------------------------------</td>
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<td>---------</td>
<td></td>
</tr>
<tr>
<td>It is a compliment to be told you don't act like a woman</td>
<td>0.29</td>
<td>0.63</td>
<td>0.23</td>
<td>0.36</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Most women are untrustworthy</td>
<td>0.46</td>
<td>0.62</td>
<td>0.13</td>
<td>0.34</td>
<td>0.38</td>
<td></td>
</tr>
<tr>
<td>I am complimented when told I do not act like a person of my gender</td>
<td>0.25</td>
<td>0.62</td>
<td>0.12</td>
<td>0.15</td>
<td>0.27</td>
<td></td>
</tr>
<tr>
<td>When interacting with other women, I often feel like I don't fit in</td>
<td></td>
<td></td>
<td>0.61</td>
<td>0.30</td>
<td>0.13</td>
<td>0.18</td>
</tr>
<tr>
<td>I make stereotypical jokes about people of my gender group</td>
<td>0.35</td>
<td>0.61</td>
<td>0.27</td>
<td>0.30</td>
<td>0.23</td>
<td></td>
</tr>
<tr>
<td>Many people in my gender group don't respect themselves or anyone else</td>
<td>0.39</td>
<td>0.60</td>
<td>0.27</td>
<td>0.20</td>
<td>0.24</td>
<td></td>
</tr>
<tr>
<td>I am complimented when I am told I am one of the guys</td>
<td>0.23</td>
<td>0.59</td>
<td>0.18</td>
<td>0.20</td>
<td>0.12</td>
<td></td>
</tr>
<tr>
<td>Women tend to be unreliable</td>
<td>0.43</td>
<td>0.58</td>
<td></td>
<td>0.24</td>
<td>0.42</td>
<td></td>
</tr>
<tr>
<td>I wish I were not a member of my gender</td>
<td>0.16</td>
<td>0.57</td>
<td>0.25</td>
<td>0.15</td>
<td>0.51</td>
<td></td>
</tr>
<tr>
<td>I consider my gender group, on the average to be more ineffective than other groups</td>
<td>0.30</td>
<td>0.55</td>
<td>0.20</td>
<td>0.25</td>
<td>0.39</td>
<td></td>
</tr>
<tr>
<td>Women are more lustful than men</td>
<td>0.43</td>
<td>0.55</td>
<td>0.15</td>
<td>0.25</td>
<td>0.46</td>
<td></td>
</tr>
<tr>
<td>I feel like you cannot trust women as much as men</td>
<td>0.37</td>
<td>0.54</td>
<td></td>
<td>0.32</td>
<td>0.42</td>
<td></td>
</tr>
<tr>
<td>I get annoyed with other women who are PMSing</td>
<td>0.47</td>
<td>0.54</td>
<td>0.16</td>
<td>0.41</td>
<td>0.32</td>
<td></td>
</tr>
<tr>
<td>Women don't seem to use opportunities to expand their careers</td>
<td>0.48</td>
<td>0.53</td>
<td></td>
<td>0.36</td>
<td>0.39</td>
<td></td>
</tr>
<tr>
<td>Women are my main competition for success</td>
<td>0.48</td>
<td>0.53</td>
<td>0.20</td>
<td>0.22</td>
<td>0.39</td>
<td></td>
</tr>
<tr>
<td>Women are not supportive of one another</td>
<td>0.26</td>
<td>0.51</td>
<td>0.13</td>
<td>0.18</td>
<td>0.24</td>
<td></td>
</tr>
<tr>
<td>I am more aware of my body</td>
<td>0.27</td>
<td>0.11</td>
<td>0.78</td>
<td></td>
<td>-0.18</td>
<td></td>
</tr>
<tr>
<td>I am more self-conscious of my looks</td>
<td>0.22</td>
<td></td>
<td>0.77</td>
<td>-0.15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am more aware of my appearance</td>
<td>0.25</td>
<td></td>
<td>0.77</td>
<td>-0.22</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am more aware of the space I occupy</td>
<td></td>
<td></td>
<td>0.71</td>
<td>-0.18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am aware of others judging at my body</td>
<td>0.18</td>
<td></td>
<td>0.69</td>
<td>-0.11</td>
<td>-0.12</td>
<td></td>
</tr>
<tr>
<td>I often envy other women for how they look</td>
<td>0.15</td>
<td>0.24</td>
<td>0.69</td>
<td></td>
<td>-0.12</td>
<td></td>
</tr>
<tr>
<td>I often think I should not impose my opinion</td>
<td>0.26</td>
<td></td>
<td>0.68</td>
<td>0.20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I often think &quot;My ideas are not as good as others&quot;</td>
<td>0.28</td>
<td></td>
<td>0.66</td>
<td>0.14</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am aware of others looking at my body</td>
<td>0.19</td>
<td></td>
<td>0.66</td>
<td>-0.13</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I often think what do I know</td>
<td>0.12</td>
<td>0.31</td>
<td>0.66</td>
<td>0.24</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I often think who am I to speak</td>
<td>0.12</td>
<td>0.35</td>
<td>0.65</td>
<td>0.12</td>
<td>0.29</td>
<td></td>
</tr>
<tr>
<td>I often think I should not rock the boat</td>
<td>0.14</td>
<td>0.26</td>
<td>0.64</td>
<td>0.10</td>
<td>0.19</td>
<td></td>
</tr>
<tr>
<td>I’m not sure how I feel about myself</td>
<td>-0.10</td>
<td>0.29</td>
<td>0.63</td>
<td>-0.14</td>
<td>0.12</td>
<td></td>
</tr>
<tr>
<td>I often worry about coming off as rude</td>
<td></td>
<td></td>
<td>0.33</td>
<td>0.62</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Concerns about my weight are a daily occurrence for me</td>
<td></td>
<td></td>
<td>0.17</td>
<td>0.61</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I dislike the way my body looks</td>
<td></td>
<td></td>
<td>0.27</td>
<td>0.60</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I often apologize when I feel I am imposing</td>
<td>0.17</td>
<td>0.24</td>
<td>0.59</td>
<td></td>
<td></td>
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<tr>
<td><strong>Statement</strong></td>
<td><strong>Correlation</strong></td>
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<tr>
<td>-----------------------------------------------------------------------------</td>
<td>-----------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am aware of the other people in the room</td>
<td>0.12</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>I often think I should not interrupt others</td>
<td>0.22</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I have begun to question my beliefs</td>
<td>0.37</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>I often second-guess my opinion when it differs from a man</td>
<td>0.20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>I have had feelings of not being enough of a woman</td>
<td>0.14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Too many people of my gender group lose out on jobs and promotions because of their gender</td>
<td>-0.41</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>On average people in our society treat men and women equally</td>
<td>0.48</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Society has reached the point where women and men have equal opportunities for achievement</td>
<td>0.44</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women often miss out on good jobs due to sexism</td>
<td>-0.30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The way men treat women makes me angry</td>
<td>-0.38</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Due to gender discrimination, policies such as the Lily Ledbetter Act (for equal pay) are necessary to help create equality</td>
<td>-0.45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All genders are given an equal chance in life</td>
<td>0.33</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>It is rare to see women treated in a sexist manner on television</td>
<td>0.43</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gender plays a major role in the type of opportunities (such as type of health care or day care) that people receive in the US</td>
<td>-0.22</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>We should strive to make incomes more equal for all genders</td>
<td>-0.32</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>We would have fewer problems if we treated gender groups more equally</td>
<td>-0.37</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Most big corporations in America are really interested in treating women and men equally</td>
<td>0.47</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>It is easy to understand why women’s groups are still concerned about the societal limitations of women’s opportunities</td>
<td>-0.43</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Over the past few years, the government and news media have been showing more concern about the treatment of women than is warranted by women’s actual experiences</td>
<td>0.41</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In general, I feel that being a woman is not viewed as positively as being a man</td>
<td>-0.29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am usually treated fairly regardless of my gender</td>
<td>0.38</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Everyone who works hard, no matter what gender they are, has an equal chance to become rich</td>
<td>0.43</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women have more to offer than they have been allowed to show</td>
<td>-0.19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
I think important decisions made concerning my gender are usually just

In general, others respect women

It is important for me to be active in organizations that support women

When a man cheats on a woman, it is likely her fault

A woman’s sexuality is the most she has to offer

It is for a man to cheat on his partner if they denied him sex

Women only succeed through sex

The most important part of sex is that a man is satisfied

Men are more educated to make decisions about my reproductive healthcare

Women are not as valuable as men

All men have high IQ's

Women cannot just be friends with men

Women never lie

It is fair for a man to become upset if a woman denies him sex

I would prefer that my children play with children of my gender group

Women cannot be leaders as well as men

Women have less education than men

Women cannot contribute as much to society as men

**Phase 2: IO and Sexualized Violence**

**Participants.** Participants were recruited through the SONA system for research, participants were compensated four credits for their time. The sample consisted of individuals who agreed to participate in the study after meeting inclusion criteria (must identify as a woman). Initially, 127 participant’s data was included in the data file, Sixteen participants were excluded for the following reasons: failure to consent (4), under the age of 18 (2), partial completion of study (10). For final analyses, 111 participants were included, demographic information is included below (see Tables 5 - 15).
Table 5. Descriptive Statistics for Age.

<table>
<thead>
<tr>
<th>Age</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 18</td>
<td>2</td>
</tr>
<tr>
<td>18 – 25</td>
<td>92</td>
</tr>
<tr>
<td>26 – 34</td>
<td>8</td>
</tr>
<tr>
<td>35- 44</td>
<td>6</td>
</tr>
<tr>
<td>45 – 54</td>
<td>2</td>
</tr>
<tr>
<td>55 – 64</td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>111</td>
</tr>
</tbody>
</table>

Table 6. Descriptive Statistics for Racial Identity.

<table>
<thead>
<tr>
<th>Racial Identity</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>White or Caucasian</td>
<td>100</td>
</tr>
<tr>
<td>Latino or Hispanic</td>
<td>1</td>
</tr>
<tr>
<td>American Indian or Alaska Native</td>
<td>3</td>
</tr>
<tr>
<td>Asian</td>
<td>4</td>
</tr>
<tr>
<td>Other</td>
<td>3</td>
</tr>
<tr>
<td>Total</td>
<td>111</td>
</tr>
</tbody>
</table>

Table 7. Descriptive Statistics for Sexual Orientation.

<table>
<thead>
<tr>
<th>Sexual Orientation</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Straight or Heterosexual</td>
<td>84</td>
</tr>
<tr>
<td>Lesbian or Gay</td>
<td>3</td>
</tr>
<tr>
<td>Queer</td>
<td>2</td>
</tr>
<tr>
<td>Bisexual</td>
<td>10</td>
</tr>
<tr>
<td>Asexual</td>
<td>1</td>
</tr>
<tr>
<td>Pansexual or Omnisexual</td>
<td>4</td>
</tr>
<tr>
<td>Demisexual</td>
<td>3</td>
</tr>
<tr>
<td>Curious or Questioning</td>
<td>4</td>
</tr>
<tr>
<td>Total</td>
<td>111</td>
</tr>
</tbody>
</table>

Table 8. Descriptive Statistics for Political Orientation.

<table>
<thead>
<tr>
<th>Political Orientation</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Liberal</td>
<td>15</td>
</tr>
<tr>
<td>Liberal</td>
<td>12</td>
</tr>
<tr>
<td>Slightly Liberal</td>
<td>15</td>
</tr>
<tr>
<td>Independent</td>
<td>35</td>
</tr>
<tr>
<td>Slightly Conservative</td>
<td>12</td>
</tr>
<tr>
<td>Conservative</td>
<td>16</td>
</tr>
<tr>
<td>--------------</td>
<td>----</td>
</tr>
<tr>
<td>Very Conservative</td>
<td>6</td>
</tr>
<tr>
<td>Total</td>
<td>111</td>
</tr>
</tbody>
</table>

**Table 9. Descriptive Statistics for SES.**

<table>
<thead>
<tr>
<th>SES</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below the Poverty Line</td>
<td>6</td>
</tr>
<tr>
<td>At the Poverty Line</td>
<td>7</td>
</tr>
<tr>
<td>Slightly above the Poverty Line</td>
<td>13</td>
</tr>
<tr>
<td>Lower Middle Class</td>
<td>19</td>
</tr>
<tr>
<td>Middle Class</td>
<td>48</td>
</tr>
<tr>
<td>Upper Middle Class</td>
<td>16</td>
</tr>
<tr>
<td>Upper Class</td>
<td>2</td>
</tr>
<tr>
<td>Total</td>
<td>111</td>
</tr>
</tbody>
</table>

**Table 10. Descriptive Statistics for Weight.**

<table>
<thead>
<tr>
<th>Weight</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>4</td>
</tr>
<tr>
<td>Healthy Weight Range</td>
<td>80</td>
</tr>
<tr>
<td>Overweight</td>
<td>27</td>
</tr>
<tr>
<td>Total</td>
<td>111</td>
</tr>
</tbody>
</table>

**Table 11. Descriptive Statistics for Ability.**

<table>
<thead>
<tr>
<th>Ability</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Disability</td>
<td>7</td>
</tr>
<tr>
<td>Mental Disability</td>
<td>16</td>
</tr>
<tr>
<td>Both of the Above</td>
<td>0</td>
</tr>
<tr>
<td>Neither of the Above</td>
<td>88</td>
</tr>
<tr>
<td>Total</td>
<td>111</td>
</tr>
</tbody>
</table>

**Table 12. Descriptive Statistics for Regional Identity.**

<table>
<thead>
<tr>
<th>Regional Identity</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>West</td>
<td>73</td>
</tr>
<tr>
<td>Northeast</td>
<td>8</td>
</tr>
<tr>
<td>Midwest</td>
<td>20</td>
</tr>
<tr>
<td>Southwest</td>
<td>5</td>
</tr>
<tr>
<td>Southeast</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>N</td>
</tr>
<tr>
<td>----------------</td>
<td>----</td>
</tr>
<tr>
<td>Alaska</td>
<td>1</td>
</tr>
<tr>
<td>Outside US</td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>111</td>
</tr>
</tbody>
</table>

**Table 13. Descriptive Statistics for Relationship Status.**

<table>
<thead>
<tr>
<th>Relationship Status</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single, not dating</td>
<td>35</td>
</tr>
<tr>
<td>Single, dating</td>
<td>8</td>
</tr>
<tr>
<td>In a relationship</td>
<td>53</td>
</tr>
<tr>
<td>Partnered</td>
<td>3</td>
</tr>
<tr>
<td>Married</td>
<td>12</td>
</tr>
<tr>
<td>Total</td>
<td>111</td>
</tr>
</tbody>
</table>

**Table 14. Descriptive Statistics for Religion.**

<table>
<thead>
<tr>
<th>Religion</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christian</td>
<td>43</td>
</tr>
<tr>
<td>Buddhist</td>
<td>3</td>
</tr>
<tr>
<td>Muslim</td>
<td>1</td>
</tr>
<tr>
<td>Atheist</td>
<td>5</td>
</tr>
<tr>
<td>Agnostic</td>
<td>4</td>
</tr>
<tr>
<td>Not Religious</td>
<td>27</td>
</tr>
<tr>
<td>Catholic</td>
<td>15</td>
</tr>
<tr>
<td>Jewish</td>
<td>1</td>
</tr>
<tr>
<td>Other</td>
<td>12</td>
</tr>
<tr>
<td>Total</td>
<td>111</td>
</tr>
</tbody>
</table>

**Table 15. Descriptive Statistics for Parental Status.**

<table>
<thead>
<tr>
<th>Parental Status</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have Children</td>
<td>16</td>
</tr>
<tr>
<td>I do not have Children</td>
<td>95</td>
</tr>
<tr>
<td>Total</td>
<td>111</td>
</tr>
</tbody>
</table>

**Procedure.** Participants were recruited through fliers presented in psychology and women’s studies courses, as well as posting online. Participants accessed the online survey through UM’s SONA system, which is used for psychological research on campus. The survey
was posted and administered through the Qualtrics survey system on a University server where the data was kept separately from informed consent forms. Participants could print the consent form and resource page, if desired. The survey was open from January to April 2018. The study was conducted in accordance with the American Psychological Association’s ethical guidelines for research. Participants were compensated for their time, 4 credits, through the SONA system.

**Measures.** Each participant provided demographic information and competed measures to assess the presence of IO, rape myth adherence, mental health distress, incidence of sexualized violence and coercion, reporting to campus or local police, and support seeking. Participation was completely online and the data file was downloaded from Qualtrics. The researcher was interested in the relationship between sexualized violence, and IO, rape myth adherence, mental health distress, reporting, and support seeking behaviors. Participants were asked to record demographic information (See Appendix A) and asked to complete the following measures (1) the Outcome Questionnaire version 45.2 (OQ 45.2) (See Appendix B), (2) the updated version of the Illinois Rape Myth Acceptance Scale (IRMA) by MacMahon and Farmer (2010) (See Appendix C), and (3) the WIGSS (IO measure created in Phase 1) (See Appendix I).

Participants were further asked yes/no questions on (1) if they have experienced an event of sexualized violence, (2) if they reported their sexualized violence, (3) if they sought support after their sexualized violence (did they tell a friend or family member? A healthcare worker?) (See Appendix F). The present study was cross-sectional, non-experimental design with between group classifications to groups determined by sexualized violence occurrence.

**OQ 45.2.** The OQ 45.2 is a self-report measure of distress and includes the three subscales of symptom distress, interpersonal relations, and social role performance and produces a continuous variable. Participants respond to 45 items on the OQ 45.2 rating their agreement
with statements on a 5-point Likert scale ranging from never to almost always: higher scores represent greater distress. The OQ boasts high internal consistency (.93) as well as test-retest reliability (.84) (Miller & Duncan, 2014).

**IRMA.** The IRMA is a self-report measure of rape myth adherence comprised of four subscales – (1) She asked for it (e.g., “if a girl acts like a slut, eventually she is going to get into trouble”), (2) He didn't mean to (e.g., “if a guy is drunk, he might rape someone unintentionally”), (3) It wasn't really rape (e.g., “a rape probably didn't happen if the girl has no bruises or marks”), (4) She lied (e.g., “a lot of times, girls who say they were raped agreed to have sex then regret it”). Participants respond to 22 items on the IRMA rating their agreement with statements on a 5-point Likert scale ranging from strongly agree to strongly disagree: higher scores represent a greater rejection of rape myths. As an overall scale, the IRMA’s reliability is .93, and individual subscale alphas range from .74 to .84 (MacMahon, 2010), (See Table 16).

<table>
<thead>
<tr>
<th>Measure</th>
<th>n</th>
<th>M</th>
<th>SD</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>IRMA</td>
<td>111</td>
<td>90.5</td>
<td>16.81</td>
<td>22 - 110</td>
</tr>
<tr>
<td>OQ 45.2</td>
<td>111</td>
<td>118.36</td>
<td>18.03</td>
<td>46 - 179</td>
</tr>
</tbody>
</table>

**WIGSS.** The WIGSS aims to assess women’s social attitudes, beliefs, feelings and behaviors concerning their gender. The measure was created in phase 1 of the study. The measure is a self-report measure that includes 124 items on a 6-point Likert scale ranging from strongly disagree to strongly agree: higher scores represent greater IO. See Figure 7 for distributions of participant’s responses on the five factors of the WIGSS (See Table 17 for Subscale Descriptive Statistics).
Figure 7. Distribution of Participant Scores on WIGSS Subscales.

<table>
<thead>
<tr>
<th>Subscale</th>
<th>M(SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stereotypical Gender Role Attitudes</td>
<td>2.75(0.75)</td>
</tr>
<tr>
<td>Devaluing/Dismissing Women</td>
<td>2.57(0.70)</td>
</tr>
<tr>
<td>Objectification, Social Comparison, and Low Self-Worth</td>
<td>3.54(0.81)</td>
</tr>
<tr>
<td>Gender Equality</td>
<td>3.87(0.91)</td>
</tr>
<tr>
<td>Degrading of Women</td>
<td>1.46(0.42)</td>
</tr>
</tbody>
</table>

Hypothesis testing. The following analyses were conducted to examine support for the proposed hypotheses. Descriptive data for occurrence of sexualized violence and support seeking/reporting was assessed as well (see Table 18 - 20).

Table 18. Descriptive Statistics for Abuse Prior to Age 18.

<table>
<thead>
<tr>
<th>Abuse Prior to Age 18</th>
<th>N</th>
</tr>
</thead>
</table>
Physical Abuse  17
Sexual Abuse  14
Both  14
Neither  66
Total  111

<table>
<thead>
<tr>
<th>Sexual event</th>
<th>Past Year</th>
<th>Lifetime</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unwelcome sexual advances/sexual favors</td>
<td>25</td>
<td>63</td>
</tr>
<tr>
<td>Sexual contact without consent</td>
<td>20</td>
<td>58</td>
</tr>
<tr>
<td>Invasive sexual intercourse without consent, without penetration</td>
<td>5</td>
<td>35</td>
</tr>
<tr>
<td>Invasive sexual intercourse without consent, with penetration</td>
<td>6</td>
<td>27</td>
</tr>
<tr>
<td>Invasive sexual contact without consent, without penetration</td>
<td>3</td>
<td>27</td>
</tr>
<tr>
<td>Invasive sexual contact without consent, with penetration</td>
<td>4</td>
<td>24</td>
</tr>
<tr>
<td>Total</td>
<td>63</td>
<td>234</td>
</tr>
</tbody>
</table>

Table 20. Descriptive Statistics for of those who endorsed SV, they told someone.

<table>
<thead>
<tr>
<th>Told Someone</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>46</td>
</tr>
<tr>
<td>No</td>
<td>49</td>
</tr>
<tr>
<td>Total</td>
<td>95</td>
</tr>
</tbody>
</table>

**Hypothesis 1: IO and Mental Health Distress.** The hypothesis that a positive relationship will exist between IO beliefs and mental health distress was supported. The relationship between mental health distress (as measured by the OQ) and IO (as measured by the WIGSS) was investigated using a multiple linear regression. Multiple regression analysis was used to test if the WIGSS subscales significantly predicted participants' mental health distress. The results of the regression indicated the WIGSS explained 41% of the variance of the model.
(R^2=.41, F(5,105)=14.43, p<.01) with WIGSS Subscale 3 (Objectification, Social Comparison, and Low Self-Worth) driving the model; this scale was the only scale accounting for a significant amount of variance for OQ.

Table 21. *WIGSS* subscales predicting *OQ* scores.

<table>
<thead>
<tr>
<th>Source</th>
<th>B</th>
<th>SE B</th>
<th>β</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>WIGSS_I</td>
<td>-1.98</td>
<td>0.12</td>
<td>-0.19</td>
<td>-1.69</td>
<td>0.09</td>
</tr>
<tr>
<td>WIGSS_II</td>
<td>0.12</td>
<td>0.11</td>
<td>0.12</td>
<td>1.12</td>
<td>0.27</td>
</tr>
<tr>
<td>WIGSS_III</td>
<td>0.59</td>
<td>0.08</td>
<td>0.59</td>
<td>7.18</td>
<td>0.00</td>
</tr>
<tr>
<td>WIGSS_IV</td>
<td>0.08</td>
<td>0.09</td>
<td>0.08</td>
<td>0.86</td>
<td>0.39</td>
</tr>
<tr>
<td>WIGSS_V</td>
<td>0.10</td>
<td>0.09</td>
<td>0.10</td>
<td>1.10</td>
<td>0.27</td>
</tr>
</tbody>
</table>

Table 22. *Correlations for OQ and WIGSS Subscales.*

<table>
<thead>
<tr>
<th>SCALE</th>
<th>OQ</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>WIGSS_I</td>
<td>0.03</td>
<td>0.38</td>
</tr>
<tr>
<td>WIGSS_II</td>
<td>0.16</td>
<td>0.05</td>
</tr>
<tr>
<td>WIGSS_III</td>
<td>0.62</td>
<td>0.00</td>
</tr>
<tr>
<td>WIGSS_IV</td>
<td>0.18</td>
<td>0.03</td>
</tr>
<tr>
<td>WIGSS_V</td>
<td>0.14</td>
<td>0.07</td>
</tr>
</tbody>
</table>

**Hypothesis 2: IO and Rape Myth Adherence.** The hypothesis that a negative relationship will exist between IO beliefs and rape myth adherence was partially supported. The relationship between rape myth adherence (as measured by the IRMA) and IO (as measured by
the WIGSS) was investigated using a multiple linear regression. Multiple regression analysis was used to test if the WIGSS subscales significantly predicted participants' endorsement of rape myths. The results of the regression indicated the WIGSS explained 34% of the variance of the model ($R^2 = .34$, $F(5,105) = 10.62$, $p < .01$) with WIGSS Subscale 1 (Stereotypical Gender Role Attitudes) and Subscale 4 (Gender Equality) driving the model; these scales contributed most strongly to the variance accounted for in the IRMA.

Table 23. *WIGSS subscales predicting IRMA scores.*

<table>
<thead>
<tr>
<th>Source</th>
<th>$B$</th>
<th>SE $B$</th>
<th>$B$</th>
<th>$t$</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>WIGSS_I</td>
<td>-0.42</td>
<td>0.12</td>
<td>-0.42</td>
<td>-3.36</td>
<td>0.001</td>
</tr>
<tr>
<td>WIGSS_II</td>
<td>0.07</td>
<td>0.11</td>
<td>0.07</td>
<td>0.64</td>
<td>0.522</td>
</tr>
<tr>
<td>WIGSS_III</td>
<td>0.16</td>
<td>0.09</td>
<td>0.16</td>
<td>1.80</td>
<td>0.075</td>
</tr>
<tr>
<td>WIGSS_IV</td>
<td>0.24</td>
<td>0.09</td>
<td>0.24</td>
<td>2.48</td>
<td>0.015</td>
</tr>
<tr>
<td>WIGSS_V</td>
<td>-0.07</td>
<td>0.09</td>
<td>-0.07</td>
<td>-0.75</td>
<td>0.452</td>
</tr>
</tbody>
</table>

Table 24. *Correlations for IRMA and WIGSS Subscales.*

<table>
<thead>
<tr>
<th>SCALE</th>
<th>IRMA</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>WIGSS_I</td>
<td>-0.49</td>
<td>0.00</td>
</tr>
<tr>
<td>WIGSS_II</td>
<td>-0.30</td>
<td>0.00</td>
</tr>
<tr>
<td>WIGSS_III</td>
<td>0.11</td>
<td>0.13</td>
</tr>
<tr>
<td>WIGSS_IV</td>
<td>0.46</td>
<td>0.00</td>
</tr>
<tr>
<td>WIGSS_V</td>
<td>-0.33</td>
<td>0.00</td>
</tr>
</tbody>
</table>
**Hypothesis 3: Survivors’ IO and Support Seeking.** The hypothesis that of the women who experience sexualized violence, those who have higher IO will be less likely to seek support was tested using independent samples t-tests. An independent samples t-test was conducted to compare the WIGSS subscale scores for of those who had experienced an event of SV, those who told someone versus those who did not.

For WIGSS Subscale I (Stereotypical Gender Role Attitudes) there was a significant difference in scores for not told (n = 49, M = .34, SD = .89) and told (n = 46, M = -.38, SD = .96; t (93) = 3.78, p = .000, two tailed). The magnitude of the differences in the means (mean difference = -.72, 95% CI: .34 to 1.09) was small (eta squared = .1).

For WIGSS Subscale II (Devaluing/Dismissing Women), there was a significant difference in scores for not told (n = 49, M = .33, SD = .87) and told (n = 46, M = -.26, SD = .94; t (93) = 3.21, p = .002, two tailed). The magnitude of the differences in the means (mean difference = .59, 95% CI: .23 to .96) was small (eta squared = .1).

For WIGSS Subscale III (Objectification, Social Comparison, and Low Self-Worth), there was not a significant difference in scores for not told (n = 49, M = .09, SD = .98) and told (n = 46, M = 01, SD = 1.08; t (93) = .38, p = .70, two tailed). The magnitude of the differences in the means (mean difference = .08, 95% CI: -.34 to .50) was small (eta squared = .001).

For WIGSS Subscale IV (Gender Equality), there was not a significant difference in scores for not told (n = 49, M = -.13, SD = .87) and told (n = 46, M = .19, SD = 1.00; t (93) = -1.68, p = .095, two tailed). The magnitude of the differences in the means (mean difference = -.32, 95% CI: -.71 to .06) was small (eta squared = .03).

For WIGSS Subscale V (Degrading of Women), there was a significant difference in scores for not told (n = 49, M = .23, SD = 1.05) and told (n = 49, M = -.32, SD = .65; t (93) =
3.03, \( p = .003 \), two tailed). The magnitude of the differences in the means (mean difference = .55, 95% CI: .18 to .18) was small (eta squared = .09).

For Total WIGSS, there was a significant difference in scores for not told (\( n = 49, M = .33, SD = .87 \)) and told (\( n = 46, M = -.28, SD = .99 \); \( t (93) = 3.21, p = .002 \), two tailed). The magnitude of the differences in the means (mean difference = .61, 95% CI: .23 to .99) was small (eta squared = .1).

Table 25. *T*-tests for Survivors’ IO and Support Seeking.

<table>
<thead>
<tr>
<th>Subscale</th>
<th>( t )</th>
<th>( p )</th>
<th>Mean</th>
<th>95% CI</th>
<th>Eta Squared</th>
</tr>
</thead>
<tbody>
<tr>
<td>WIGSS_I</td>
<td>3.78</td>
<td>0.000</td>
<td>-0.72</td>
<td>0.34 to 1.09</td>
<td>0.1</td>
</tr>
<tr>
<td>WIGSS_II</td>
<td>3.21</td>
<td>0.002</td>
<td>0.59</td>
<td>0.23 to 0.96</td>
<td>0.1</td>
</tr>
<tr>
<td>WIGSS_III</td>
<td>0.38</td>
<td>0.70</td>
<td>0.08</td>
<td>-0.34 to 0.50</td>
<td>0.001</td>
</tr>
<tr>
<td>WIGSS_IV</td>
<td>-1.68</td>
<td>0.095</td>
<td>-0.32</td>
<td>-0.71 to 0.06</td>
<td>0.03</td>
</tr>
<tr>
<td>WIGSS_V</td>
<td>3.03</td>
<td>0.003</td>
<td>0.55</td>
<td>0.18 to 0.18</td>
<td>0.09</td>
</tr>
<tr>
<td>TotalWIGSS</td>
<td>3.21</td>
<td>0.002</td>
<td>0.61</td>
<td>0.23 to 0.99</td>
<td>0.1</td>
</tr>
</tbody>
</table>

**Hypothesis 4: Survivors’ IO and Reporting.** The fourth hypothesis for the study predicted that women who endorsed higher levels of IO would be less likely to report an event of sexualized violence. Of the 78 participants in the study that endorsed an incident of SV, only 4 made an official report. Thus, this small sample size impacted the ability to test this hypothesis in a meaningful way.
DISCUSSION

**Interpretation.** The current study used the theoretical framework of IO to explore the factors that influence perceptions of and outcomes after sexualized violence perpetrated against women. The main purpose of this study was to establish a scale to measure IO in women, and find support for IO as an important psychological factor that has previously been neglected, especially as it relates to sexualized violence.

The WIGSS measure creation encapsulated the constructs proposed by previous researchers (Objectification, Loss of Self, Invalidation, Derogation, Competition Between Women, and Powerlessness) within the established five factors: (1) Stereotypical Gender Role Attitudes, (2) Devaluing/Dismissing Women, (3) Objectification, Social Comparison, and Low Self-Worth, (4) Gender Equality, and (5) Degrading of Women. The WIGSS scales suggest the proposed constructs contribute to larger, multilayered experiences. Subscale (1) Stereotypical Gender Roles, embodies the social script provided for what makes a "good woman." To comply with this script, women receive messages aligning with the constructs of loss of self, derogation, invalidation, powerlessness and objectification. Compliance in these realms are valued in a stereotypical gender role system and involve women restricting self-expression to fit feminine ideals as dictated by the gender binary, subjugating of their own needs to those of men in their environment, regulating their appearance to fit the beauty standard, and defaulting to men as the superior gender group. Compliance with this script ultimately places the self as a function of serving others, and can even provide social rewards.

Winnie Mandela described the phenomena of IO in women as follows: ""The overwhelming majority of women accept patriarchy unquestioningly and even protect it, working out the resultant frustrations not against men but against themselves in their
competition for men as sons, lovers and husbands. Traditionally the violated woman bides her time and off-loads her built-in aggression on other women. So men dominate women through the agency of women themselves."

This statement conveys the connection and process of each of these constructs. The unrest created by oppression may seek outlet towards the self (WIGSS Subscale (3) Objectification, Social Comparison, and Low Self-Worth) or others who share/remind us of the oppressed identity we hold (WIGSS Subscale (2) Devaluing/Dismissing of women and (5) Derogation of Women), contributing to the insidiousness of competition between women. The final scale, Subscale (4) Gender Equality, assesses women's awareness of sexism and gages empowerment. This scale illuminates how women may be able to recognize oppressive ideals when they are outside of the self (an issue of society), yet can still have the repercussions of those same ideals present within the self (an issue of internalized oppression).

Using the WIGSS, it was predicted that higher IO would be associated with worst mental health symptoms and higher rape myth adherence, and that of the women that experienced sexualized violence, higher IO would also be associated with less support seeking and reporting. Hypothesis testing largely supported the proposed theoretical model of IO. The predicted model between IO beliefs and mental health distress was supported. Scale (3) Objectification, Social Comparison, and Low Self-Worth, a scale measuring internal experience, accounted for most of the variance of the model. Past research has noted the cognitive load and negative effects of objectification and social comparison (Frederickson & Roberts, 1997). Not surprisingly, low self-worth also contributes to feelings of anxiety and depression. This relationship provides more evidence for the harm cultural standards and gendered expectations create, especially related to health outcomes. It is imperative that we continue to embrace early discussion and challenging of
these standards in our education system, as well as adoption of sociocultural factors into discussions of health.

All five WIGSS subscales were positively correlated with the OQ; all but Scale (1) were significant. These data suggest that holding and adhering to IO ideals and recognizing sexism is associated with negative impacts on mental health (as supported by the minority stress model) (Meyer, 1997). The strongest positive relationships were supported between mental health distress and endorsement of objectification, social comparison, and low self-worth. Considering IO asserts that oppressive ideals are directed at the self, this relationship, as well as the larger repercussions of symptoms of anxiety, depression, and low self-efficacy, are understandable.

The predicted model between IO beliefs and rape myth adherence was supported. Scale (1) Stereotypical Gender Role Attitudes, and (4) Gender Equality, accounted for most of the variance of the model. These data provide further evidence for the relationship between valuing stereotypical gender roles and rape myth adherence, and the clash between gender equality and rape myth adherence. This would suggest that by continuing to advocate for gender equality in our education systems, we can expect rape myth adherence to diminish with increased parity.

Significant negative correlations were found between the IRMA and Subscale (1) Stereotypical Gender Role Attitudes, (2) Devaluing/Dismissing Women, and (3) Degrading of Women, suggesting the more agreement with rape myths (less rejection) was associated with higher presence of IO in these areas. This hypothesis was not supported for Scale (3) Objectification, Social Comparison, and Low Self-Worth. For this subscale, a relationship was observed between lower endorsement of rape myths and higher rates of Objectification/Social Comparison/Low Self-Worth. Similar to the previous hypothesis, these results suggest that our views of the self, can operate separately from our gendered group identity, and that IO in this
area may offer something unique and separate from how other women’s agency is viewed. The need to reduce the cognitive dissonance associated with the violation of the just world belief a rape event can cause, may best be remedied by blaming the self (or the victim) instead of acknowledging the larger lack of safety in the world. This is especially relevant with IO, given the sense of control that can be sustained by taking on personal responsibility (instead of the lack of control required to acknowledge systematic oppression).

The hypothesis that of the women who experience sexualized violence, those who have higher IO will be less likely to seek support was partially supported. Of the participants in this study, those with higher IO scores on the WIGSS subscales of Stereotypical Gender Role Attitudes, Devaluing/Dismissing Women, and Degrading of Women were significantly less likely to tell someone in their lives about the event (i.e., roommate, close friend other than roommate, parent or guardian, other family member, counselor or mental health professional, doctor or physical health professional, campus sexual assault advocate, faculty or staff, residence hall staff, and romantic partner) than those with lower scores on these subscales. For the subscales of Objectification/Social Comparison/Low Self-Worth, and Gender Equality, a significant difference was not observed between those who sought support versus those who did not. Considering past research on mental health after events of sexualized violence, low self-worth and awareness of objectification may be a hallmark for all survivors, explaining the lack of differences between groups. Further, the Gender Equality Subscale measures awareness of sexism in society, and may not be as useful in the context of support-seeking. This relates to the idea of learned powerlessness in women, and the unfortunate acknowledgement that while we may be able to recognize issues beyond our own experience, IO can lead women to doubt themselves. Sexual attitudes, support seeking behaviors, healthcare decisions, and reporting
behaviors are all influenced by past experiences of learned passivity and submission (David, 2014).

The hypothesis that of the women who experience sexualized violence, those who have higher IO will be less likely to officially report the event was not tested. The small sample size indicated the need for further analysis. The options included for reporting on the measure asked about campus police, city police, county sheriff, and title IX/EO office. Considering the low rate of reporting in general, the fact that only four participants made an official report is not surprising. Further analyses with more robust rates of reporting (to compare with non-reporting) is recommended.

Although IO has long been recognized as an established mechanism of oppression in social justice communities, it has received little attention from researchers. The current research was intended to explore the relationship between IO and sexualized violence to inform the implications for including IO in prevention, education, and treatment programs. While the predicted hypotheses were only partially upheld, the study does provide some insights. Past research on internalized oppression has largely evaluated race, resulting in theories that explained distress beyond gender. These findings along with those of this study suggest the importance of an intersectional feminist perspective when considering oppressed identities and the compounding effect external and internal oppression can have on the health and lived experiences of individuals who belong to oppressed groups.

The behavior of the scale focused on Objectification, Social Comparison, and Low Self-Worth asserts the need for discussing not only the empowerment of groups, but the need for personal empowerment of the individuals within those groups. The data of this study suggest that progress exists in women’s ability not only to recognize systematic sexism, but to unlearn their
personal internalized oppression and feel agency as individuals. It is important to recognize the cultural factors that uphold IO daily, and the social capital that is often offered by being compliant.

As they exist now, many theories addressing sexualized violence are focused on individualized actions, risk factors, and characteristics—this study suggests the need to also include larger ecological factors. Factors that have been statistically related to better outcomes, such as good health and support seeking, were statistically related to IO in this study. The sparse research that does exist on IO describes the experience of minority groups as systematically different than that of the majority, perhaps due to higher rates of both mental and physical health problems, stressful life events (including sexualized violence), microaggressions and overall minority stress (Meyer, 2003). Compared to men, women exhibit higher rates of major depressive disorder, borderline personality disorder, posttraumatic stress disorder, anxiety disorder, psychiatric hospitalizations, substance abuse, and violent and abusive experiences (Bailey, 2009, Syzmaski & Gupta 2009, Szymanski & Stewart, 2010). Since it is clear that women differ from men in life histories, social factors, and emotional factors, it is perhaps misguided to think that theories that neglect to consider gendered socialization and oppression could fully capture the issues and risk factors.

Previous research on sexualized violence education supports the idea that prevention programs are more effective when delivered in gender cohorts (Whitehouse Task Force, 2014). Considering the presence of IO observed in participants of the present study, it is logical that an approach that neglects to discuss gendered effects would be lacking. IO deserves a place in the larger conversation of sexualized violence prevention. Given these findings, education efforts that define, validate, and discuss IO could potentially enhance discussions involving support
seeking and reporting. This point is especially important considering the findings that women seem less likely to reject oppression when applied to the self. Empowering models that allow women to center themselves in their narratives, not as the supporting characters to the men they encounter, provide an important first step in the cultural healing required. Finally, this project asserts the importance of trauma-informed care that is also rooted in social justice. Without the acknowledgement of systematic oppression and the effects it has on the individual, we neglect the full picture and humanity of the individual.

**Limitations.** Due to the small sample size, it is possible that important effects were not detected due to low statistical power. The sample for Phase 2 was also taken exclusively from the University of Montana, so it is not certain that results are generalizable to other populations. Inclusion criteria stated women must be 18-25 years old, which also made the sample homogenous (considering identity develops over the lifespan). Further, the definition of sexualized violence in past research has not been a consistent one that considers the spectrum of offenses and lacks agreement on what should be considered sexual assault versus rape versus coercion, etc. These inconsistencies were considered for the present study, and it is clear the field has yet to unanimously agree on what should be defined as sexualized violence. Therefore, universal definitions of these terms would benefit the research and contribute to rich conversation about the spectrum of sexualized violence and the nuances of coercion and power dynamic. Differing conceptions of sexualized violence could benefit from further empirical exploration from this multidimensional perspective.

This study also used a newly developed measure to understand whether IO is a valuable construct in understanding circumstances around and the experiences of women who have experienced sexual violence. Although, there are important findings in this study, replication and
more research is needed with the measure to fully understand the IO construct. The lack of information on IO and stigma of sexualized violence are also limitations as the possibility exists of inaccuracy or deception in responses on the self-report measures participants completed. Lastly, it may be that the variables used to define IO were theoretically flawed thus rendering the classification criteria impractical. Future research could benefit from recruiting a larger participant pool or even participants from several populations. Data on participant employment may also be valuable information to gather in future studies to determine whether differences in field relate to IO.

**Future Directions.** Most importantly, the measure used for IO in women should continue to be explored to determine whether the factors are useful and practical for future applications. Scale development and construct validation is often an extensive, ongoing and iterative process. There are often indistinct concepts, or limited past measurement in research, and as seen in the literature, ensuring scale validity is challenging. Given that the present study was, to this researcher’s knowledge, the first attempt into developing a formal measure to assess IO in women, there were limits on the ability to find similar measures that established measurement equivalence. In sum, future use of the IO scale may require further examination and item refinement. PCA were chosen for the measure creation in this study as they are recommended as a priori analysis for the narrowing of items. Future analysis should include a confirmatory factor analysis (CFA) to further model fit. Despite these limitations, the current findings provide preliminary support for the psychometric properties of the IO scale. Further research might also investigate how the subscales impact other areas beyond mental health and rape myth adherence.

Future researchers should examine whether theories formulated using individualized foci acknowledge the larger gendered experience and serve to provide meaningful hypotheses about
sexualized violence. The definition of IO should also continue to be examined from a gendered perspective considering the unique factors known to affect women, and the effect these factors have on outcomes after sexualized violence. Conversations about consent and healthy sexuality may also benefit from including IO and it’s manifestations (e.g., learned powerlessness), especially when sexual contact involves men. These data would suggest that the internal experience of women may influence their ability to communicate consent, assert agency, and establish self-worth.

Insights gained from this study hope to inform a series of follow-up studies aimed at (1) identifying how, when, and for whom IO confers risk for psychological distress and maladaptive behaviors, (2) developing targeted intervention and prevention efforts that reduce the risk of victimization, (3) informing treatment and support programs for survivors, and (4) contributing to larger scale social change and advocacy efforts. Further, the long-term vision for this project included the hope that raising women’s awareness of IO (and its relation to the self and systematic oppression) could instill confidence and investment in the need for cultural change, the need to support others who experienced sexualized violence, and solidarity among women.

**Conclusion.** Lorde (1984) stated that “the true focus of revolutionary change is never merely the oppressive situations that we seek to escape, but that piece of the oppressor which is planted deep within each of us” (Lorde, 1984). It is critical for both researchers and the public to gain a better understanding of IO in women and sexualized violence. The scope of this paper cannot begin to uncover the many layers of IO that apply for those who hold intersecting oppressed identities but hopes to offer one frame to this end. Sadly, a substantial percentage of women will eventually experience some form of sexualized violence and until we know more, there is a high probability that these women will experience poorer outcomes for health.
Although sexualized violence is a common experience that affects a large portion of our population, this issue continues to be ignored, invalidated, and blamed on the individual. Sexism and sexualized violence remain a major point of concern in the U.S. and the need for research that addresses the distinctive experiences and special needs of women survivors is essential for progress. Health outcomes, support seeking, and reporting behaviors are all topics that have been examined as part of sexualized violence repercussions. Incorporating IO into the conceptualization of how IO manifests in these outcomes has yet to be accomplished. The current research provided support for IO as a theoretical factor and highlighted the need for further exploration in this area and for the adoption of an ecological perspective on sexualized violence. This study emphasizes the need to pursue research aimed at empowering women in ways that reduce IO and improve outcomes after sexualized violence.

IO serves to maintain power structures that benefit the oppressors and harm the oppressed, which has public and individual health consequences. Through internalization of a set of stereotypical beliefs, attention is diverted from the oppressive system towards the oppressed group. However, if we learn to recognize and reject IO beliefs, we are empowered to become allies for one another, advocates for ourselves, and advocates for change in the culture. IO aims to illuminate the larger societal issues that trickle down and affect the individual members of that society.

This manifestation is an important piece for conversations about why women may express anti-women sentiment, and why we need to hold the larger system accountable. By critiquing women’s anti-women beliefs without the acknowledgement of the actual sexist sentiment we hold as a society, we establish a covert manifestation of hate directed at the oppressed. Establishing IO as an important factor empowers the individual to begin to unlearn
the patterns of oppression they’ve been handed and internalized, rather than judged for endorsing a set of beliefs they don’t stand to benefit from.

The power of IO research lies in its implication of the collective, not just the self. As stated previously, social change is most effective when (1) those who have been targeted for victimization are the central participants in a social change movement, (2) focus is on both external change in society and inner change in the individual, and (3) programs involve frameworks that raise awareness about systems of oppression. Sexualized violence has long oppressed women, and perhaps the acknowledgment of IO can allow oppression to be fought openly, clearly, and vocally, rather than internally.

“It is time for us to become aware of how internalized oppression may exist and operate within us so that we may begin to stop it, control its effects, and cease the possibility that we pass it on to future generations.

We’re not born hating ourselves; we learned that.

Therefore, we can unlearn it. It’s not easy, but we need to.” – Steven Biko
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http://ark.cdlib.org/ark:/13030/ft958009mm/

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New Jersey: Lawrence Erlbaum Associates, Inc.
Curry Health Center. (2012). Student Alcohol Use at The University fo Montana: Key Findings from the 2012 NCHA and Comparisons to National Reference Data Missoula, MT: University of Montana


McMahon and Farmer (2011). Updated Illinois Rape Myth Acceptance Scale (IRMA)


National Violence Against Women Prevention Research Center (2012). Retrieved from nvawprc.org


https://nypost.com/2018/04/02/winnie-mandela-dead-at-81/
Thank you for agreeing to participate in this survey!

Who should complete this survey?

The survey should be completed by all University of Montana and Missoula College students who attend classes, either full or part time in the current academic year. During the questionnaire, we will ask about your experiences on either campus; however, both will be referred to collectively as UM. Please note: this refers to either campus. To ensure the results accurately represent all students at UM, it is important that it be completed by ONLY YOU! The survey is completely voluntary and anonymous.

How do I complete this survey?

The survey contains two types of questions: Questions that require you to check a box associated with the response that best describes your experiences and questions where you are asked to type your answers in a text box presented beneath the question. For the questions that ask you to type in your answers, please be sure to give as complete a response as you can. Please answer as honestly and openly as you can.

How long does it take to complete the survey?

Answering the survey should take approximately forty to sixty minutes (40-60) minutes to complete the survey. The completion time will vary: take enough time to answer each of the questions. Please do not skip sections or questions unless prompted to do so.

Are there any risks associated with taking this survey?

We believe that the likely risks of completing this survey are minimal. However, because we are asking about personal experiences some of the questions may make you uncomfortable or be distressing to you. If you become distressed or desire assistance during or after taking the survey, you should contact either or both the following numbers:

- Counseling Services.......................................................... 243-4711
- Student Advocacy Resource Center.................................. 243-6559

Please also note that you may exit out of the survey at any time. There will be an option at the end of every page that allows you to discontinue the survey.

Are there any benefits for me in completing this survey?

There are no direct benefits anticipated for you from answering questions on this survey. However, this survey will provide the campus with needed information about knowledge, attitudes, program use and satisfaction information, and experiences of our students. This can be very helpful to the campus community, and may help with the development of effective programs, and in creating positive change in sexual and interpersonal violence. The summary
findings will also be made available to the Department of Justice and Office of Civil Rights and may help other schools learn from us as well.

There are also two potential ways in which you may be compensated for your time. First, students who complete this survey have the opportunity to enter a drawing to win one of: 2, $500 Amazon gift cards, or 5, $100, Amazon gift cards or 8, $50 Amazon gift cards or 20, $5 campus coffee cards. If you are interested in being entered into the drawing, please follow the link at the end of this survey. This link will take you to a separate page where you can enter your contact information. Your contact information will in no way be connected to your responses.

Second, some faculty members are offering extra credit/research credit to students who complete the survey. Please check with your professor in order to see if this is a possibility in your class. In order to receive credit, please follow the instructions at the end of the survey. At the end, there will be an option to print off a confirmation of your participation. This confirmation page will in no way be connected to your responses.

To request more information about this questionnaire or the study, please email Marina Costanzo at marina.costanzo@umontana.edu.

Clicking below indicates that I have read the description of the study and I agree to participate in this study.

-------I agree

-------I disagree

Please provide the following information as accurately as possible. Thank you.

1. What ethnic group(s) best describes you?

☐ Asian/Pacific Islander ☐ Black ☐ Latina or Hispanic ☐ Native American/Indigenous

☐ White ☐ Please specify if not mentioned above: ________________________

2. Birth sex: ☐ Male ☐ Female ☐ Intersex

3. Gender: ☐ Man ☐ Woman ☐ Transwoman ☐ Transman

☐ Genderqueer ☐ Other ________

4. Sexual Orientation: ☐ Gay/Lesbian ☐ Bisexual ☐ Heterosexual ☐ Asexual ☐ Queer ☐ Other ________

5. Age: ______.

6. Were you born in the United States of America? ☐ Yes ☐ No

   a. If not, at what age did you move to the U.S. permanently?______
7. Social Class: ☐ lower class ☐ middle class ☐ working class ☐ upper class

8. Years of education after high school (before UM): ______________.

9. Year entered UM:

10. My closest friends are primarily: ☐ men  ☐ women  ☐ ☐ Other (Please specify: ____________________).

11. The place I primarily grew up in can be best described as a:  ☐ rural town  ☐ town  ☐ small city  ☐ metropolitan area

12. My religious orientation is:
APPENDIX B

OUTCOME QUESTIONNAIRE

Outcome Questionnaire (OQ™-45.2)

Instructions: Looking back over the last week, including today, help us understand how you have been feeling. Read each item carefully and mark the box under the category which best describes your current situation. For this questionnaire, work is defined as employment, school, housework, volunteer work, and so forth. Please do not make any marks in the shaded areas.

<table>
<thead>
<tr>
<th>Session #</th>
<th>Date / /</th>
</tr>
</thead>
</table>

1. I get along well with others.  
2. I expect quickly.  
3. I feel in control.  
4. I feel stressed at work/school.  
5. I blame myself for things.  
6. I feel irritated.  
7. I feel unhappy in my marriage/significant relationship.  
8. I have thoughts of ending my life.  
9. I feel weak.  
10. I feel fearful.  
11. After heavy drinking, I need a drink the next morning to get going. (If you do not drink, mark "never")  
12. I find my work/school satisfying.  
13. I am a happy person.  
14. I work/study too much.  
15. I feel worthless.  
16. I am concerned about family troubles.  
17. I have an unfulfilling sex life.  
18. I feel lonely.  
19. I have frequent arguments.  
20. I feel loved and wanted.  
21. I enjoy my spare time.  
22. I have difficulty concentrating.  
23. I feel hopeless about the future.  
24. I like myself.  
25. Disturbing thoughts come into my mind that I cannot get rid of.  
26. I feel annoyed by people who criticize my drinking (or drug use). (If not applicable, mark "never")  
27. I have an upset stomach.  
28. I am not working/studying as well as I used to.  
29. My heart pounds too much.  
30. I have trouble getting along with friends and close acquaintances.  
31. I am satisfied with my life.  
32. I have trouble at work/school because of drinking or drug use. (If not applicable, mark "never")  
33. I feel that something bad is going to happen.  
34. I have sore muscles.  
35. I feel afraid of open spaces, of driving, or being on buses, subways, and so forth.  
36. I feel nervous.  
37. I feel my love relationships are full and complete.  
38. I feel that I am not doing well at work/school.  
39. I have too many disagreements at work/school.  
40. I feel something is wrong with my mind.  
41. I have trouble falling asleep or staying asleep.  
42. I feel blue.  
43. I am satisfied with my relationships with others.  
44. I feel angry enough at work/school to do something I might regret...  
45. I have headaches.  

<table>
<thead>
<tr>
<th>SD</th>
<th>IR</th>
<th>SR</th>
</tr>
</thead>
<tbody>
<tr>
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Total=

Developed by Michael J. Lambert, Ph.D. and Gary M. Burks, Ph.D.  
© Copyright, 1994. American Professional Counseling Services LLC.
1451 Stevenson Road, Suite 344, Stevenson, MD 21153-0995  
(ATT/One mail: 1-800-486-AMCC) (Fax/Voice: 1-410-363-7193)
### Updated Illinois Rape Myth Acceptance Scale (IRMA)

<table>
<thead>
<tr>
<th>Subscale 1: She asked for it</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. If a girl is raped while she is drunk, she is at least somewhat responsible for letting things get out of hand.</td>
</tr>
<tr>
<td>2. When girls go to parties wearing slutty clothes, they are asking for trouble.</td>
</tr>
<tr>
<td>3. If a girl goes to a room alone with a guy at a party, it is her own fault if she is raped.</td>
</tr>
<tr>
<td>4. If a girl acts like a slut, eventually she is going to get into trouble.</td>
</tr>
<tr>
<td>5. When girls get raped, it’s often because the way they said “no” was unclear.</td>
</tr>
<tr>
<td>6. If a girl initiates kissing or hooking up, she should not be surprised if a guy assumes she wants to have sex.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Subscale 2: He didn’t mean to</th>
</tr>
</thead>
<tbody>
<tr>
<td>7. When guys rape, it is usually because of their strong desire for sex.</td>
</tr>
<tr>
<td>8. Guys don’t usually intend to force sex on a girl, but sometimes they get too sexually carried away.</td>
</tr>
<tr>
<td>9. Rape happens when a guy’s sex drive goes out of control.</td>
</tr>
<tr>
<td>10. If a guy is drunk, he might rape someone unintentionally.</td>
</tr>
<tr>
<td>11. It shouldn’t be considered rape if a guy is drunk and didn’t realize what he was doing.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Subscale 3: It wasn’t really rape</th>
</tr>
</thead>
<tbody>
<tr>
<td>12. If both people are drunk, it can’t be rape.</td>
</tr>
<tr>
<td>13. If a girl doesn’t physically resist sex—even if protesting verbally—it can’t be considered rape.</td>
</tr>
<tr>
<td>14. If a girl doesn’t physically fight back, you can’t really say it was rape.</td>
</tr>
<tr>
<td>15. A rape probably doesn’t happen if a girl doesn’t have any bruises or marks.</td>
</tr>
<tr>
<td>16. If the accused “rapist” doesn’t have a weapon, you really can’t call it rape.</td>
</tr>
<tr>
<td>17. If a girl doesn’t say “no” she can’t claim rape.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Subscale 4: She lied</th>
</tr>
</thead>
<tbody>
<tr>
<td>18. A lot of times, girls who say they were raped agreed to have sex and then regret it.</td>
</tr>
<tr>
<td>19. Rape accusations are often used as a way of getting back at guys.</td>
</tr>
<tr>
<td>20. A lot of times, girls who say they were raped often led the guy on and then had regrets.</td>
</tr>
<tr>
<td>21. A lot of times, girls who claim they were raped have emotional problems.</td>
</tr>
<tr>
<td>22. Girls who are caught cheating on their boyfriends sometimes claim it was rape.</td>
</tr>
</tbody>
</table>

- Scoring: Scores range from 1 (strongly agree) to 5 (strongly disagree).
- Scores may be totaled for a cumulative score.
- Higher scores indicate greater rejection of rape myths.
APPENDIX D

Adapted Rangal (2014) Scale

Part I:

Instructions: This questionnaire is designed to measure people’s social attitudes, beliefs, feelings and behaviors concerning gender. There are no right or wrong answers—everyone’s experience is different. We are interested in YOUR experiences with gender. Be as honest as you can in your responses.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Strongly Disagree</td>
<td>Slightly Disagree</td>
<td>Disagree</td>
<td>Agree</td>
<td>Slightly Agree</td>
<td>Strongly Agree</td>
</tr>
</tbody>
</table>

1. All gender groups are given an equal chance in life.
2. “Manly qualities” (i.e. strength) are better.
3. I avoid people of my gender group.
4. I feel critical about my gender group.
5. I am uncomfortable being around a stereotypical person of my gender.
6. Although discrimination in America is real, it is definitely overplayed by some members of my gender.
7. People of my gender don’t have much to be proud of.
8. If some members of my gender group would act more normal it would make it easier for all members of my gender group.
9. I am usually treated fairly regardless of my gender.
10. I don't really identify with my gender group’s values and beliefs.
11. I feel that being a member of my gender group is a shortcoming.
12. I think important decisions made concerning my gender are usually just.
13. I make derogatory remarks about people of my gender group.
14. I go through periods when I am down on myself because of my gender.
15. Managing money is something that people of my gender cannot do well.
16. In general, I feel that being a person of my gender is not viewed as positively as being a man.
17. I prefer to live surrounded by people of my gender group.
18. I have been embarrassed by the behavior of people of my gender group in public.
19. It is sometimes necessary to use force against other genders to get what your gender
group wants.

23. I make jokes about people of my gender group.

24. I have had feelings of not being “woman enough.”

25. People of my gender tend to be lazy.

26. It’s better for gender groups to be separate from one another.

27. I would prefer that my children play with children of my gender group.

34. I wish I could have more respect for my gender group.

35. People of my gender tend to be uneducated.

36. People of my gender shouldn’t be so sensitive about gender/gender matters.

37. I wish I were not a member of my gender.

38. In general, I am ashamed of members of my gender group because of the way they act.

39. People of my gender tend to be unreliable.

40. No one gender should dominate in United States society.

41. I would not want to be in a club specific to my gender group.

42. Sometimes I am disappointed about being a member of my gender group.

43. Most people of my gender would rather rely on welfare than get a job.

44. Sexism really isn’t a problem in the United States anymore.

45. It is important for me to be active in organizations that support my gender group.

46. Sometimes I have a negative feeling about being a member of my gender.

47. Men have better judgment and problem solving skills than people of my gender.

48. People take gender jokes too seriously.

54. There have been times when I have been embarrassed to be a member of my gender.

55. Men are better at a lot of things than women.

56. We should strive to make incomes more equal for all gender groups.

57. It is a compliment to be told “You don't act like a woman.”

58. We would have fewer problems if we treated gender groups more equally.

59. When I see a member of my gender who fits negative stereotypes, I think, “What a waste.”

60. Whenever I think a lot about being a member of my gender group, I feel depressed.

61. I feel like you cannot trust women.

62. I think of myself as an American first, and not as a woman.

63. When interacting with other women, I often feel like I don’t fit in.

64. Because of my gender, I feel useless at times.
65. People of my gender would be more successful if they just tried harder.

Part II:

Instructions: This questionnaire is designed to measure people’s social and political attitudes concerning gender. Since different people have different opinions, there are no right or wrong answers. Use the scale below to respond to each statement according to the way you see things. Be as honest as you can. Beside each item number, indicate the number that best describes how you feel.

7. People of my gender should learn to think and act like more like men.

1. In general, I believe that men are superior to other gender groups.
2. I feel more comfortable being around men than I do being around women.
3. In general, people of my gender have not contributed very much to society.
4. I am embarrassed to be the gender I am.
5. I would have accomplished more in life if I had been born a man.
6. Men are more attractive than people of my gender.
7. People of my gender should learn to think and act like more like men.
8. I limit myself to women’s activities.
9. I think women blame men too much for their problems.
10. I feel unable to involve myself in men’s experiences, and am increasing my involvement in experiences with women.
11. When I think about how men have treated women, I feel an overwhelming anger.
12. I want to know more about feminism.
13. I limit myself to activities involving women.
14. Most men are untrustworthy.
15. Society would be better off it were based on the cultural values of women.
16. I am determined to find my gender identity.
17. Most men are insensitive.
18. I reject all men’s values.
19. My most important goal in life is to fight the oppression of my people.
20. I believe that being a woman has caused me to have much strength.
21. I am comfortable with people regardless of their gender.
22. People, regardless of their gender, have strengths and limitations.
23. I think men and women differ from each other in some ways, but neither groups is superior.
24. Being a woman is a source of pride for me.
25. Men and women have much to learn from each other.
26. Men have some customs that I enjoy.
27. I enjoy being around people regardless of their gender.
28. Every gender group has some good people and some bad people.
29. Women should not blame men for all their social problems.
30. I do not understand why men treat minorities the way they do.
31. I am embarrassed about some of the things I feel about my people.
32. I am not sure where I really belong.
33. I have begun to question my beliefs.
34. Maybe I can learn something from other women.
35. Men can teach me more about surviving in this world than women can, but women can teach me more about being human.
36. I don't know whether being the gender I am is an asset or a deficit.
37. Sometimes I think men are superior and sometimes I think they're inferior to women.
38. Sometimes I am proud to be a woman and sometimes I am ashamed of it.
39. Thinking about my values and beliefs takes up a lot of my time.
40. I’m not sure how I feel about myself.
41. Men are difficult to understand.
42. I find myself replacing old friends with new ones who are women.
43. I feel anxious about some of the things I feel about women.
44. When someone of my gender does something embarrassing in public, I feel embarrassed.
45. When both men and women are present in a social situation, I prefer to be with my own gender group.
46. My values and beliefs match those of men more than they do people of my gender.
47. The way men treat women makes me angry.
48. I only follow the traditions and customs of women.
49. When women act like men I feel angry.
50. I am comfortable being the gender I am.

Part III:

Below is a set of questions that deal with social issues in the United States (U.S.). Using the 6-point scale, please give your honest rating about the degree to which you personally agree or disagree with each statement. Please be as open and honest as you can; there are no right or wrong answers. Please indicate your response below each item.
1. Everyone who works hard, no matter what gender they are has an equal chance to become rich.

2. Gender plays a major role in the type of social services (such as type of health care or day care) that people receive in the U.S.

3. It is important that people begin to think of themselves as American and not men or women.

4. Due to gender discrimination, policies such as the Lily Ledbetter Act are necessary to help create equality.

5. Too many people of my gender group lose out on jobs and promotions because of their gender.

6. On the whole, people of my gender group don’t stress education and training.

7. Most big corporations in America are really interested in treating women and men equally.

8. Many teenagers of my gender group don’t respect themselves or anyone else.

9. Most people of my gender group are no longer discriminated against.

10. People of my gender group don’t seem to use opportunities to own and operate little shops and businesses.

11. People of my gender group have more to offer than they have been allowed to show.

12. Very few people of my gender group are just looking for a free ride.

13. The typical public school is not as good as it should be to provide equal opportunities for people of my gender group.

14. This country would be better off if it were more willing to assimilate good things in women.

15. People of my gender group should take the jobs that are available and then work their way up to better jobs.

16. Sometimes job seekers of my gender group should be given special considerations in hiring.

17. One of the biggest problems for a lot of people in my gender group is their lack of self-respect.

18. Many men show a real lack of understanding of the problems that my gender group faces.

19. Most people of my gender group have the drive and determination to get ahead.

Part IV:

Instructions: We are all members of different social groups or social categories. We would like you to consider your gender in responding to the following statements. There are no right or wrong answers to any of these statements; we are interested in your honest reactions and
opinions. Please read each statement carefully, and respond by using the following scale from 1 to 6.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
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</thead>
</table>
|   | Strongly Disagree | Slightly Disagree | Disagree | Agree | Slightly Agree |强答

1. I am a worthy member of my gender.
2. I often regret that I belong to my gender group.
3. Overall, my gender group is considered good by others.
4. Overall, my gender has very little to do with how I feel about myself.
5. I feel I don’t have much to offer to my gender group.
6. In general, I’m glad to be a member of my gender group.
7. Most people consider my gender group, on the average to be more ineffective than other groups.
8. The gender group I belong to is an important reflection of who I am.
9. I am cooperative participant in the activities of my gender group.
10. Overall, I often feel that my gender group is not worthwhile.
11. In general, others respect my gender.
12. My gender is unimportant to my sense of what kind of person I am.
13. I often feel I’m a useless member of my gender group.
14. I feel good about the gender I belong to.
15. In general, others think that my gender group is unworthy.
16. In general, belonging to my gender is an important part of my self-image.
Appendix E

INTERNALISED MISOGYNY SCALE (Piggott, 2004)

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Disagree</th>
<th>Moderately Disagree</th>
<th>Slightly Disagree</th>
<th>Slightly Agree</th>
<th>Moderately Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Women exaggerate problems they have at work</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>5</td>
<td>6</td>
<td>7</td>
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<tr>
<td>2. Women are too easily offended</td>
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<td>3. Women seek to gain power by getting control over men</td>
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<td>4. When women lose to men in a fair competition, they typically complain about being discriminated against</td>
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<td>5. It is generally safer not to trust women too much.</td>
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<td>6. When it comes down to it a lot of women are deceitful</td>
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<td>7. I think that most women would lie just to get ahead.</td>
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<td>8. I am sure I get a raw deal from other women in my life</td>
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<td>9. Sometimes other women bother me by just being around.</td>
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<tr>
<td>10. I believe that most women tell the truth</td>
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<td>11. When I am in a group consisting of equal numbers of men and women and a woman dominates the conversation I feel uncomfortable.</td>
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<td>12. I am uncomfortable when I hear a woman speaking with authority on male dominated topics such as football or horseracing</td>
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<tr>
<td>13. I prefer to listen to male radio announcers than female.</td>
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</tbody>
</table>
14. The intellectual leadership of a community should be largely in the hands of men.

15. I prefer to work for a male boss.

16. If I were to beat another woman for a job I would feel more satisfied than if I beat a man.

17. Generally, I prefer to work with men.
Prior to the age of 18, did you have any experiences with sexual abuse or physical abuse? Physical abuse defined as a parent, stepparent, or guardian (such as a teacher, sibling, etc.) ever: throwing something at you that could hurt; pushing, grabbing, or shoving you; pulling your hair; slapping or hitting you; kicking or biting you; choking or attempting to drown you; hitting you with some object; beating you up; threatening you with (or using on you) a gun, a knife, or other object.

- Yes, physical abuse only
- Yes, sexual abuse only
- Yes, both physical and sexual abuse
- No

The following questions concern sexual experiences you may have had while attending UM. Some of the questions may look similar, so please be sure to read all of them carefully. Please respond how many times each of the following incidents have occurred within the time period of August 1, 2015 to the present.

1. Has anyone ever made sexual advances or requests for sexual favors toward you? Check all that apply.
   a. Yes, in the past year
   b. Yes, since I’ve been at UM (not including this past year)
   c. Yes, in my lifetime (not including since attending UM)
   d. No

2. (If yes, in the past year) How many times since August 1, 2015?
   a. One time
   b. Twice
   c. Three times
   d. More than three times

3. (If yes, in the past year) Did the sexual advances or requests for sexual favors impact the following? (Y/N)
   a. Terms or conditions of employment
   b. Educational benefits
   c. Academic grades or opportunities
   d. Living environment
   e. Participation in a university activity
   f. Other ________

4. (If yes, in the past year) Did the sexual advances or requests for sexual favors create a hostile environment that seriously limited your ability to participate in or benefit from university programs or opportunities?
   a. Yes
   b. No

5. Has anyone ever made sexual contact with you (sexual contact meaning kissing, touching, grabbing, fondling of the breasts, buttocks, or genitals) without your consent? Check all that apply.
a. Yes, in the past year
b. Yes, since I’ve been at UM (not including this past year)
c. Yes, in my lifetime (not including since attending UM)
d. No

6. (If yes, in the past year) How many times since August 1, 2015?
   a. One time
   b. Twice
   c. Three times
   d. More than three times

7. (If yes, in the past year) Did the sexual contact without your consent impact the following? (Y/N)
   a. Terms or conditions of employment
   b. Educational benefits
   c. Academic grades or opportunities
   d. Living environment
   e. Participation in a university activity
   f. Other ________

8. (If yes, in the past year) Did the sexual contact without your consent create a hostile environment that seriously limited your ability to participate in or benefit from university programs or opportunities?
   a. Yes
   b. No

9. Has anyone ever attempted to have sexual intercourse with you (sexual intercourse meaning oral, anal, or vaginal penetration with the penis) without your consent, but penetration did not occur?
   a. Yes, in the past year
   b. Yes, since I’ve been at UM (not including this past year)
   c. Yes, in my lifetime (not including since attending UM)
   d. No

10. (If yes, in the past year) How many times since August 1, 2015?
    a. One time
    b. Twice
    c. Three times
    d. More than three times

11. Has anyone ever had sexual intercourse with you without your consent, and penetration did occur?
    a. Yes, in the past year
    b. Yes, since I’ve been at UM (not including this past year)
    c. Yes, in my lifetime (not including since attending UM)
    d. No

12. (If yes, in the past year) How many times since August 1, 2015?
    a. One time
    b. Twice
    c. Three times
    d. More than three times
13. Has anyone ever attempted to have invasive sexual contact with you (invasive sexual contact meaning penetration of the vagina or anus with a tongue, finger, or object) without your consent, but penetration did not occur?
   a. Yes, in the past year
   b. Yes, since I’ve been at UM (not including this past year)
   c. Yes, in my lifetime (not including since attending UM)
   d. No

14. (If yes, in the past year) How many times since August 1, 2015?
   a. One time
   b. Twice
   c. Three times
   d. More than three times

15. Has anyone ever had invasive sexual contact with you without your consent, and penetration did occur?
   a. Yes, in the past year
   b. Yes, since I’ve been at UM (not including this past year)
   c. Yes, in my lifetime (not including since attending UM)
   d. No

16. (If yes, in the past year) How many times since August 1, 2015?
   a. One time
   b. Twice
   c. Three times
   d. More than three times

Specific Unwanted Sexual Experience Questionnaire

You answered yes to one or more of the following items:
(IF YES TO ANY 12-27)

1. Has anyone ever made sexual advances or requests for sexual favors toward you?
2. Has anyone ever made sexual contact with you (sexual contact meaning kissing, touching, grabbing, fondling of the breasts, buttocks, or genitals) without your consent?
3. Has anyone ever attempted to have sexual intercourse with you (sexual intercourse meaning oral, anal, or vaginal penetration with the penis) without your consent, but penetration did not occur?
4. Has anyone ever had sexual intercourse with you without your consent, and penetration did occur?
5. Has anyone ever attempted to have invasive sexual contact with you (invasive sexual contact meaning penetration of the vagina or anus with a tongue, finger, or object) without your consent, but penetration did not occur?
6. Has anyone ever had invasive sexual contact with you without your consent, and penetration did occur?

Please focus on the single event that you consider to be the most significant. Please answer the following questions about that single event.
1. To which of the questions are you referring? (Please write 1, 2, 3, 4, 5, or 6)
2. Where did the event occur?
3. What was your relationship to the other person(s) involved?
4. How well did you know the other person(s)?
   a. Did not know at all
   b. Slightly acquainted
   c. Acquainted
   d. Very acquainted
5. Was physical force used?
   a. Yes
   b. No
6. (If yes) What sort of physical force was used?
7. Was alcohol involved?
   a. Yes
   b. No
8. (If yes) How drunk was the other person?
   a. Not at all drunk
   b. Somewhat drunk
   c. Drunk
   d. Very drunk
9. (If yes) How drunk were you?
   a. Not at all drunk
   b. Somewhat drunk
   c. Drunk
   d. Very drunk
10. Were drugs involved?
    a. Yes
    b. No
11. (If yes) How high was the other person?
    a. Not at all
    b. Somewhat high
    c. High
    d. Very high
12. (If yes) How high were you?
    a. Not at all
    b. Somewhat high
    c. High
    d. Very high
13. This question refers to coercive tactics that may have been used. Would you say that the event involves: (Yes or No)
    a. Continual arguments and pressure
    b. Misuse of authority (boss, teacher, supervisor)
    c. Threats of physical force
    d. Threat of a weapon
    e. Threat to kill you
14. Did you tell anyone about the incident?
15. (If yes) The following are people who you may have told about the incident. Please select all that apply.
   a. Roommate
      i. (IF selected) How helpful was/were this/these individual(s)?
         1. Not at all helpful
         2. Somewhat helpful
         3. Helpful
         4. Very helpful
   b. Close friend other than roommate
      i. (IF selected) How helpful was/were this/these individual(s)?
         1. Not at all helpful
         2. Somewhat helpful
         3. Helpful
         4. Very helpful
   c. Parent or guardian
      i. (IF selected) How helpful was/were this/these individual(s)?
         1. Not at all helpful
         2. Somewhat helpful
         3. Helpful
         4. Very helpful
   d. Other family member
      i. (IF selected) How helpful was/were this/these individual(s)?
         1. Not at all helpful
         2. Somewhat helpful
         3. Helpful
         4. Very helpful
   e. Counselor
      i. (IF selected) How helpful was/were this/these individual(s)?
         1. Not at all helpful
         2. Somewhat helpful
         3. Helpful
         4. Very helpful
   f. Faculty or staff
      i. (IF selected) How helpful was/were this/these individual(s)?
         1. Not at all helpful
         2. Somewhat helpful
         3. Helpful
         4. Very helpful
   g. Residence hall staff
      i. (IF selected) How helpful was/were this/these individual(s)?
         1. Not at all helpful
         2. Somewhat helpful
         3. Helpful
         4. Very helpful
h. Campus police
   i. (IF selected) How helpful was/were this/these individual(s)?
      1. Not at all helpful
      2. Somewhat helpful
      3. Helpful
      4. Very helpful

i. City police
   i. (IF selected) How helpful was/were this/these individual(s)?
      1. Not at all helpful
      2. Somewhat helpful
      3. Helpful
      4. Very helpful

j. County sheriff
   i. (IF selected) How helpful was/were this/these individual(s)?
      1. Not at all helpful
      2. Somewhat helpful
      3. Helpful
      4. Very helpful

k. Romantic partner (other than the one who did this to you)
   i. (IF selected) How helpful was/were this/these individual(s)?
      1. Not at all helpful
      2. Somewhat helpful
      3. Helpful
      4. Very helpful

l. Campus sexual assault advocate
   i. (IF selected) How helpful was/were this/these individual(s)?
      1. Not at all helpful
      2. Somewhat helpful
      3. Helpful
      4. Very helpful

m. Title IX/EO Office
   i. (IF selected) How helpful was/were this/these individual(s)?
      1. Not at all helpful
      2. Somewhat helpful
      3. Helpful
      4. Very helpful

n. Other (specify)
   i. (IF selected) How helpful was/were this/these individual(s)?
      1. Not at all helpful
      2. Somewhat helpful
      3. Helpful
      4. Very helpful

16. (If yes to #14) Were there any negative consequences for you because you told somebody?
   a. Yes
   b. No
17. (If yes to #16) What were the negative consequences?
18. (If yes to #16) Did you receive any help or assistance to address the negative consequences?
   a. Yes
   b. No
19. (If yes to #14) Was a formal report made to one of the following? (Y/N)
   a. Campus Police
   b. City Police
   c. County Sheriff
   d. Title IX/EO Office
   e. Other University Faculty/Staff
20. (If no to #14) Why did you choose not to discuss this incident with anyone? (Check ALL that apply)
   a. I would be ashamed/embarrassed
   b. I would feel partially responsible
   c. I would feel responsible
   d. I would feel guilty
   e. I think it is a private matter – I would want to deal with it on own
   f. I would be concerned others would find out
   g. I would not want the person who did it to get in trouble
   h. I would be afraid of retribution from the person who did it
   i. I would be afraid of not being believed
   j. I would be afraid of being blamed
   k. I would think what happened was not serious enough to talk about
   l. I would think others would think it was not serious or not important
   m. I think people would try to tell me what to do
   n. I would feel like I was a failure
   o. I would be worried others would overreact
   p. I don’t think others would understand
   q. I wouldn’t have time to deal with it due to academics, work, etc.
   r. I wouldn’t want others to worry about me
   s. I would want to forget it happened
   t. Other (specify)
21. Looking back on the incident, which of the following best characterizes your perception of what happened?
   a. I am sure that a crime did not occur
   b. I am unsure whether or not a crime occurred
   c. I am sure that a crime did occur

Are you currently enrolled at the University of Montana? YES/NO
   - How many credits are you currently enrolled in?
APPENDIX G

DEBRIEFING SHEET

Thank You for Your Participation

We realize that completing this study may bring up thoughts or feelings that you may want to discuss in more depth. If you would like to speak to someone who may provide further support, the following resources are available:

SARC
Counseling Center
Clinical Psychology Center

Nationwide:

The Information HelpLine
1 (800) 950-NAMI (6264), is an information and referral service which can be reached Monday through Friday, 10 am- 6 pm, Eastern time. You may also e-mail: info@nami.org.

Mental Health America (MHA) (800) 969-6642 www.mentalhealthamerica.net

If you are interested in receiving a copy of the preliminary results of the study, please write to me at the address listed below. Your request to receive a copy of the results will in no way be connected to your responses on the survey

Marina Costanzo

Thank You for Your Participation, we will contact you at Time 2 and Time 3 for your continued participation.
APPENDIX H

Original Full IO Measure

1) - don't have as many life skills as men
2) - have more to prove then men
3) - are not correct as often as men
4) - aren’t as informed as men
5) - don't have as much common sense as men
6) - value intelligence less than men
7) - often don't know as much as men
8) - have less education than men
9) - are not as intelligent as men
10) - value ability less than men
11) - are not as rational as men
12) - are more emotional than men
13) - pursue less education than men
14) - do not lead others well
15) - don't value education as much as men
16) - are more superficial than men
17) - possess more bad behaviors than men
18) - brains are not as large as men's
19) - cannot be leaders as well as men
20) - do not deserve as much respect as men
21) - are not as good of friends as men are
22) - are often more irrational than men
23) - are accurately depicted in the media
24) - are not supportive of one another
25) - should regulate their appearance
26) - are not as reasonable as men
27) - are my main competition for success
28) - are more narcissistic than men
29) - are naturally better suited to stay at home than men
30) - should be more polite
31) - should not wear yoga pants outside of the gym
32) - should stick to what they know
33) - are more lustful than men
34) - should try hard not to be “sluts”
35) - are more shallow than men
36) - are more backstabbing than men
37) - are not as well spoken as men
38) - would be more successful if they just tried harder
39) - should take the jobs that are available and then work their way up to better jobs
40) - tend to be emotional
41) - shouldn’t be so sensitive about gender matters
42) - should worry more when they gain weight than men
43) - are not as emotionally strong as men
44) - do better when they let men take care of them
45) - always keep their promises
46) - are more lustful than men
47) - are innately morally superior to men
48) - are more sexually chaste than men
49) - are more manipulative than men
50) - need men
51) - nag more than men
52) - are more annoying than men
53) - should have children
54) - should put care into their appearance
55) - should monitor their weight if they want to be taken seriously
56) - have a responsibility to care for others
57) - are too emotional to be in positions of power
58) - are well represented in the media
59) - should try to be more like men
60) - are often my competition
61) - have a responsibility to display a positive demeanor
62) - are often more crazy than men
63) - should be grateful to be complimented on their appearance
64) - can gain weight after getting married
65) - should smile to comfort others
66) - should stay at home with their children
67) - are most happy when they have a man in their life
68) - should be more supportive of one another
69) - are more ignorant than men
70) - if you are reading this select agree
71) - should learn to think and act like more like men
72) - have more to offer than they have been allowed to show
73) - tend to be unreliable
74) - take jokes too seriously
75) - who are good women regulate their weight
76) - were represented in historical lessons when I was growing up
77) - don’t seem to use opportunities to expand their careers
78) - would be more well off if they weren’t so catty
79) - who are good women regulate their speech
80) - would be more well off if they weren’t so bitchy
81) - often can’t take a joke
82) - sometimes accuse men of rape in order to gain control over them
83) - should not talk about their vaginas
84) - should care what they look like when they leave the house
85) - cannot contribute as much to society as men
86) - overreact to being cat-called by men
87) - should just focus on what they are good at
88) - are just trying to get attention by wearing revealing clothing
89) - should not talk about their periods
90) - need to get over themselves and complain less
91) - shouldn’t wear revealing clothing because it is distracting
92) - are more unpleasant than men
93) - should not breastfeed in public
94) - who are good women regulate their behavior
95) - never lie
96) - sometimes accuse men of rape because they regret having sex with them
97) - did not contribute as much to the development of this nation
98) - if you are reading this question select slightly agree
99) - are not as valuable as men
100) - who do not dressing lady-like do not respect themselves
101) - all have high IQ's
102) - should not have as many sexual partners as men
103) - I am more aware of my body
104) - I am more aware of my appearance
105) - I am more self-conscious of my looks
106) - I am more aware of the space I occupy
107) - I am aware of the other people in the room
108) - I am aware of others looking at my body
109) - I am aware of others judging at my body
110) - much of my value is in my appearance
111) - people of my gender should stay home to care for their children
112) - most stereotypes about women are accurate
113) - staying at home with one’s children is just as valuable as going to work
114) - having a dress code for women is helpful so that boys are not distracted in class
115) - most stereotypes about women are rooted in truth
116) - I often think “What do I know…”
117) - I often think “Who am I to speak…”
- I often think “I should not impose my opinion”
- I often think “I should not interrupt others”
- I often think “I should not rock the boat”
- I often think "My ideas are not as good as others"
- I am more complex than other people of my gender
- I am more unique than other people of my gender
- I am more kind than other people of my gender
- I am more level-headed than other people of my gender
- I am more rational than other people of my gender
- I am better than the typical person of my gender
- are making unreasonable demands of men
- are bitchy
- are annoying
- hate men
- are less attractive
- are overreacting
- are just jealous of men
- Men should be willing to sacrifice their own wellbeing in order to provide financially for the women in their lives
- Men are smarter than women
- Men are better equipped to lead
- Men are better equipped to talk
- Men are better equipped to guide
- Men age better
- Men are born smarter than women
- Men have more of a place in the sciences
- Men train women how to act
- Men are physically stronger than women
- Men are emotionally stronger than women
- Men have better judgment and problem solving skills than people of my gender
- Men are better at a lot of things than women
- Men can teach me more about surviving in this world than women can, but women can teach me more about being human
- Men are complete without women
- Women, compared to men, tend to have a superior moral sensibility
- Women exaggerate problems they have at work
- Women seek to gain power by getting control over men
- Women should be cherished and protected by men
- Women are too easily offended
- Women are less capable than men
- Women’s hormones can get out of control
- Women complain more than men
- Women should stay home and raise children
- Women only succeed through sex
- Women never lie
- Women should care more about their looks
- Women should care more about their weight
- Women should smile more
- Women should help with other’s feelings
- Women would be happier doing what they are good at
- Women and men have different brains at the biological leve
- Women should stop focusing on equality and value what they are good at
- Women should always provide support to men
- Women should not wear leggings outside of the house
- Women should be more appreciative of men
- Women often miss out on good jobs due to sexism
- Women should always accept a good man into their lives
- Women shouldn’t overshadow men
- Women should comfort men
- Women don’t need to assert knowledge or confidence
- Women shouldn’t advocate for themselves
- Women should be happy with the opportunities they are given
- Women should know how to cook and clean
- Women have handicapped their own success
- Women, as compared to men, tend to have a more refined sense of culture and good taste
- Women are generally not as smart as men
- Women are just as capable of thinking logically as men
- Very few people of my gender group are just looking for a free ride
- Concerns about my weight are a daily occurrence for me
- If I could afford it I would consider having plastic surgery
- I am very dissatisfied and self-conscious about specific parts of my body (eg nose, breasts, legs)
- I dislike the way my body looks
- Society has reached the point where women and men have equal opportunities for achievement
- On average people in our society treat men and women equally
- It is rare to see women treated in a sexist manner on television
- Over the past few years, the government and news media have been showing more concern about the treatment of women than is warranted by women’s actual experiences
- It is easy to understand why women’s groups are still concerned about the societal limitations of women’s opportunities
193) - It is easy to understand the anger of women’s groups in America
194) - It is fair for a man to become upset if his spouse denies him sex
195) - Sexism is no longer a problem in America
196) - Discrimination against women is no longer a problem in the United States
197) - When both parents are employed and their child gets sick at school, the school should call a mother
198) - It is more important to encourage boys than to encourage girls to participate in athletics
199) - I would be more comfortable working for a man
200) - I support men’s rights groups
201) - I support women’s rights groups
202) - Marriage is my worth
203) - I would rather be pretty than smart
204) - I am flattered when I am cat-called by a man
205) - I feel badly for men for having to put up with women
206) - I am reading this question and will click slightly disagree
207) - I would tell my friend to lose weight if she needed too
208) - I feel more capable when I think I look more physically attractive
209) - I identify with many people of my gender in popular films
210) - I identify with many people of my gender in the media
211) - I am complimented when told I do not act like a person of my gender
212) - I am complimented when I am told I am “one of the guys”
213) - Most of my personal idols are people of my gender
214) - I identify as a feminist
215) - Men are more educated to make decisions about my reproductive healthcare
216) - Women cannot just be friends with men
217) - The better I look, the more I will be taken more seriously
218) - All women are kind
219) - I wouldn’t blame a man for dating a younger woman
220) - Having children is a woman’s biggest value
221) - Feminism has made women unhappy
222) - Education has made women unhappy
223) - The most important part of sex is that a man is satisfied
224) - When a man cheats on a woman, it is likely her fault
225) - If my partner cheated on me with another woman, I would be more upset with the other woman than my partner
226) - It is women’s own fault they aren’t further in the system
227) - It is women’s own fault they don’t have more respect
228) - I would rather have an educator who is a man
229) - A woman’s sexuality is the most she has to offer
230) - All women are friendly
PREMENSTRUAL SYNDROME (PMS) is a widespread health condition.

I would rather have a son than a daughter.

The world cares what I have to say.

The most successful organizations have a man in power.

I should put more effort into my looks.

A woman’s greatest value is her looks.

My period makes me bitchy.

I get annoyed with other women who are PMSing.

It is understandable that people of my gender feel more unsafe than men in public spaces.

When I’m surrounded by others I often consider my safety.

All genders are given an equal chance in life.

All men are friendly.

“Manly qualities” (i.e., leadership) are better.

I avoid people of my gender group.

I am uncomfortable being around a stereotypical person of my gender.

Although sexism in America is real, it is definitely overplayed by some women.

I am usually treated fairly regardless of my gender.

I don't really identify with my gender group’s values and beliefs.

I feel that being a woman is a shortcoming.

I think important decisions made concerning my gender are usually just.

I make derogatory remarks about people of my gender group.

In general, I feel that being a woman is not viewed as positively as being a man.

I have been embarrassed by the behavior of people of my gender group in public.

I am reading this question and will select disagree.

I make stereotypical jokes about people of my gender group.

I have had feelings of not being “enough of a woman”.

It’s better for gender groups to be separate from one another.

I would prefer that my children play with children of my gender group.

I wish I could have more respect for my gender group.

I wish I were not a member of my gender.

In general, I am ashamed of members of my gender group because of the way they act.

No one gender should dominate in United States society.

I would not want to be in an organization specific to women.

Most people of my gender would rather marry rich than get a job.

Sexism really isn’t a problem in the United States anymore.

All people of my gender are intelligent.

It is important for me to be active in organizations that support women.

Sometimes I have a negative feeling about being a member of my gender.

There have been times when I have been embarrassed to be a woman.
270) - We should strive to make incomes more equal for all genders
271) - It is a compliment to be told “You don't act like a woman”
272) - We would have fewer problems if we treated gender groups more equally
273) - I feel like you cannot trust women as much as men
274) - I think of myself as an American first, and not as a woman
275) - When interacting with other women, I often feel like I don’t fit in
276) - Because of my gender, I feel less than at times
277) - In general, I believe that men are superior to women
278) - I often worry about coming off as rude
279) - I feel more comfortable being around men than I do being around women
280) - In general, people of my gender have not contributed very much to society
281) - I think women blame men too much for their problems
282) - Most women are untrustworthy
283) - Society would be better off it were based on the values of women
284) - I am determined to honor my gender identity
285) - I reject all men’s values
286) - My most important goal in life is to fight the oppression of women
287) - I believe that being a woman has caused me to have much strength
288) - Being a woman is a source of pride for me
289) - I do not understand why men treat women the way they do
290) - I often apologize when I feel I am imposing
291) - I am embarrassed about some of the things I feel about women
292) - I am not sure where I really belong
293) - I have begun to question my beliefs
294) - Maybe I can learn something from other women
295) - I don't know whether being the gender I am is an asset or a deficit
296) - Thinking about my values and beliefs takes up a lot of my time
297) - I’m not sure how I feel about myself
298) - I find myself replacing old friends with new ones who are women
299) - I feel anxious about some of the things I feel about women
300) - When a woman does something embarrassing in public, I feel embarrassed
301) - When both men and women are present in a social situation, I prefer to be with women
302) - I often second-guess my opinion when it differs from a man’s
303) - I prefer to be surrounded by women
304) - My values and beliefs match those of men more than they do women
305) - The way men treat women makes me angry
306) - I only endorse the traditions and values of women
307) - When women act like men I feel angry
308) - I am comfortable being the gender I am
309) - Everyone who works hard, no matter what gender they are, has an equal chance to become rich
310) - Gender plays a major role in the type of opportunities (such as type of health care or day care) that people receive in the US
311) - It is important that people begin to think of themselves as people and not men or women
312) - Due to gender discrimination, policies such as the Lily Ledbetter Act (for equal pay) are necessary to help create equality
313) - Too many people of my gender group lose out on jobs and promotions because of their gender
314) - On the whole, people of my gender group don’t stress education and training enough
315) - I often consider what I am going to say in front of a group of people before saying it
316) - I tend to to enjoy the company of men over people of my gender
317) - Most big corporations in America are really interested in treating women and men equally
318) - Many teenagers of my gender group don’t respect themselves or anyone else
319) - Many people in my gender group don't respect themselves or anyone else
320) - Most people of my gender group are no longer discriminated against
321) - No matter how accomplished he is, a man is not truly complete as a person unless he has the love of a woman
322) - Many women are actually seeking special favors, such as hiring policies that favor them over men, under the guise of asking for “equality ”
323) - In a disaster, women ought to be rescued before men
324) - Most women interpret innocent remarks or acts as being sexist
325) - People are not truly happy in life without being romantically involved with a member of the other sex
326) - Feminists would like women to have more power than men
327) - Many women have a quality of purity that few men possess
328) - I enjoy being surrounded by men more than people of my gender
329) - Most women fail to appreciate fully all that men do for them
330) - Every man ought to have a woman whom he adores
331) - Once a woman gets a man to commit to her, she usually tries to put him on a tight leash
332) - When women lose to men in a fair competition, they typically complain about being discriminated against
333) - A good woman should be set on a pedestal by her man
334) - Many women who get a kick out of teasing men by seeming sexually available and then refusing male advances
335) - Sometimes job seekers of my gender group should be given special considerations in hiring
336) - One of the biggest problems for a lot of people in my gender group is their lack of self-respect
337) - Many men show a real lack of understanding of the problems that my gender group faces
338) - Most people of my gender group have the drive and determination to get ahead
339) - I am a worthy member of my gender
340) - I enjoy listening to a man give a presentation more than a person of my gender
341) - Overall, my gender group is considered good by others
342) - Overall, my gender has very little to do with how I feel about myself
343) - I often envy other women for how they look
344) - In general, I’m glad to be a member of my gender group
345) - I consider my gender group, on the average to be more ineffective than other groups
346) - The gender group I belong to is an important reflection of who I am
347) - Overall, I often feel that my gender group is not as good
348) - In general, others respect women
349) - My gender is unimportant to my sense of identity
350) - I feel good about the gender I belong to
351) - In general, others think that my gender group is unworthy
352) - I am reading this question and will click slightly disagree
353) - If a person of my gender is wearing little clothing, she should know she is more vulnerable to unwanted attention from men
354) - In general, being a woman is an important part of my self-image
355) - I like it when a man demonstrates gestures such as opening a door or pulling out a chair for me
356) - It is fair for a man to become upset if a woman denies him sex
357) - I am better than most people of my gender
358) - I value the compliments I get from men more than the ones I get from women
359) - It is for a man to cheat on his partner if they denied him sex
360) - I always smile at everyone I meet
361) - I enjoy spending time with men more than people of my gender
362) - If a person of my gender experiences an unwanted pregnancy, that is their responsibility
363) - I tend to side with men over people of my gender
364) - I prefer to be surrounded by men
365) - All men have high IQ's
366) - I tend to agree with men over people of my gender
APPENDIX I

Women’s Impressions on Gender and Self Scale (WIGSS)

1) People of my gender should regulate their appearance
2) People of my gender should try hard not to be “sluts”
3) People of my gender should take the jobs that are available and then work their way up to better jobs
4) People of my gender should have children
5) People of my gender should put care into their appearance
6) People of my gender have a responsibility to care for others
7) People of my gender have a responsibility to display a positive demeanor
8) People of my gender should be grateful to be complimented on their appearance
9) People of my gender should smile to comfort others
10) People of my gender are most happy when they have a man in their life
11) People of my gender who are good women regulate their weight
12) People of my gender who are good women regulate their speech
13) People of my gender should not talk about their vaginas
14) People of my gender should care what they look like when they leave the house
15) People of my gender should just focus on what they are good at
16) People of my gender are just trying to get attention by wearing revealing clothing
17) People of my gender shouldn’t wear revealing clothing because it is distracting
18) People of my gender who are good women regulate their behavior
19) Men should be willing to sacrifice their own wellbeing in order to provide financially for the women in their lives
20) Women should be cherished and protected by men
21) Women should care more about their looks
22) Women should care more about their weight
23) Women should smile more
24) Women should help with other’s feelings
25) Women would be happier doing what they are good at
26) Women should always accept a good man into their lives
27) Women shouldn’t overshadow men
28) Women should comfort men
29) Women should know how to cook and clean
30) When both parents are employed and their child gets sick at school, the school should call a mother
31) Marriage is my worth
32) Having children is a woman’s biggest value
33) In a disaster, women ought to be rescued before men
34) People are not truly happy in life without being romantically involved with a member of the other sex
35) Many women have a quality of purity that few men possess
36) Every man ought to have a woman whom he adores
37) A good woman should be set on a pedestal by her man
38) If a person of my gender is wearing little clothing, she should know she is more vulnerable to unwanted attention from men
39) I am better than most people of my gender
40) I value the compliments I get from men more than the ones I get from women
41) I consider my gender group, on the average to be more ineffective than other groups
42) Overall, I often feel that my gender group is not as good
43) I tend to agree with men over people of my gender
44) When women lose to men in a fair competition, they typically complain about being discriminated against
45) I tend to enjoy the company of men over people of my gender
46) Many people in my gender group don't respect themselves or anyone else
47) My values and beliefs match those of men more than they do women
48) Most women are untrustworthy
49) I feel like you cannot trust women as much as men
50) When interacting with other women, I often feel like I don’t fit in
51) I avoid people of my gender group
52) I am uncomfortable being around a stereotypical person of my gender
53) People of my gender are not supportive of one another
54) People of my gender don’t seem to use opportunities to expand their careers
55) People of my gender tend to be unreliable
56) People of my gender are more lustful than men
57) People of my gender are my main competition for success
58) I wish I could have more respect for my gender group
59) I wish I were not a member of my gender
60) In general, I am ashamed of members of my gender group because of the way they act
61) It is a compliment to be told “You don't act like a woman”
62) I make stereotypical jokes about people of my gender group
63) I make derogatory remarks about people of my gender group
64) I don't really identify with my gender group’s values and beliefs
65) I get annoyed with other women who are PMSing
66) I am complimented when told I do not act like a person of my gender
67) I am complimented when I am told I am “one of the guys”
68) I am more aware of my body
69) I am more aware of my appearance
70) I am more self-conscious of my looks
71) I am more aware of the space I occupy
72) I am aware of the other people in the room
73) I am aware of others looking at my body
74) I am aware of others judging at my body
75) I often think “What do I know…”
76) I often think “Who am I to speak…”
77) I often think “I should not impose my opinion”
78) I often think “I should not interrupt others”
79) I often think “I should not rock the boat”
80) I often think "My ideas are not as good as others"
81) Concerns about my weight are a daily occurrence for me
82) I dislike the way my body looks
83) I often envy other women for how they look
84) I often worry about coming off as rude
85) I often apologize when I feel I am imposing
86) I have begun to question my beliefs
87) I’m not sure how I feel about myself
88) I often second-guess my opinion when it differs from a man’s
89) It is fair for a man to become upset if a woman denies him sex
90) Men are more educated to make decisions about my reproductive healthcare
91) Women cannot just be friends with men
92) It is for a man to cheat on his partner if they denied him sex
93) I would prefer that my children play with children of my gender group
94) All men have high IQ’s
95) The most important part of sex is that a man is satisfied
96) When a man cheats on a woman, it is likely her fault
97) A woman’s sexuality is the most she has to offer
98) People of my gender have less education than men
99) People of my gender cannot be leaders as well as men
100) People of my gender cannot contribute as much to society as men
101) People of my gender are not as valuable as men
102) Women only succeed through sex
103) Women never lie
104) Women often miss out on good jobs due to sexism
105) In general, I feel that being a woman is not viewed as positively as being a man
106) It is important for me to be active in organizations that support women
107) We should strive to make incomes more equal for all genders
108) The way men treat women makes me angry
109) We would have fewer problems if we treated gender groups more equally
110) Gender plays a major role in the type of opportunities (such as type of health care or day care) that people receive in the US
111) Due to gender discrimination, policies such as the Lily Ledbetter Act (for equal pay) are necessary to help create equality
112) Too many people of my gender group lose out on jobs and promotions because of their gender
113) It is easy to understand why women’s groups are still concerned about the societal limitations of women’s opportunities
114) Most big corporations in America are really interested in treating women and men equally
115) In general, others respect women
116) Everyone who works hard, no matter what gender they are, has an equal chance to become rich
117) Society has reached the point where women and men have equal opportunities for achievement
118) On average people in our society treat men and women equally
119) It is rare to see women treated in a sexist manner on television
120) Over the past few years, the government and news media have been showing more concern about the treatment of women than is warranted by women’s actual experiences.

121) All genders are given an equal chance in life.

122) I am usually treated fairly regardless of my gender.

123) I think important decisions made concerning my gender are usually just.