

## Bem's Sex role inventory (1974)

Bem's sex role inventory is a quantitative (i.e. numerical) measure of androgyny. **Androgyny** refers to the recognition that individuals possess qualities (or traits) which are characteristic of both masculinity and femininity. Current research argues that being androgynous promotes psychological health. David Beckham is a good example of an androgynous person as he has both masculine traits and feminine traits (i.e. paints his nails, caring etc.)

Look at the following list of 40 traits (i.e. characteristics) and score each trait in terms of how much you think you adopt that particular characteristic (using the scale below)

I behave this way....

Never, very few times, sometimes but not often, occasionally, often, usually, almost all the time						
1	2	3	4	5	6	7

<u>Trait</u>	<u>Score</u>	<u>M, F or N</u>
1. Self reliant		
2. Helpful		
3. Cheerful		
4. Independent		
5. Moody (i.e. temperamental)		
6. Conscientious (i.e. hard working)		
7. Conventional (i.e. predictable, conservative)		
8. Affectionate (i.e. kind)		
9. Assertive (i.e. forceful, self-confident)		
10. Ambitious		
11. Having a strong personality		
12. Loyal (i.e. faithful)		
13. Unpredictable		

<b><u>Trait</u></b>	<b><u>Score</u></b>	<b><u>M, F or N</u></b>
14. Forceful		
15. Reliable		
16. Sympathetic		
17. Jealous		
18. Having leadership ability		
19. Sensitive to the needs of others		
20. Truthful		
21. Understanding		
22. Secretive		
23. Compassionate (i.e. kind)		
24. Sincere (i.e. genuine)		
25. Eager to sooth hurt feelings		
26. Conceited (i.e. arrogant)		
27. Dominant		
28. Warm		
29. Solemn (i.e. serious)		
30. Willing to take a stand		
31. Tender (i.e. caring)		
32. Friendly		
33. Aggressive		
34. Gullible (i.e. naive)		
35. Efficient (i.e. well organised)		

<u>Trait</u>	<u>Score</u>	<u>M, F or N</u>
36. Acting as leader		
37. Adaptable		
38. Individualistic (i.e. original)		
39. Competitive		
40. Gentle		

### Scoring

There are 40 items on this inventory, 10 items are the masculine (M) group and 10 for the feminine (F) group. The other 20 items are neutral and don't count towards your score. Using the following scale, calculate your total score for each of M and F groups to discover how androgynous you are.

Masculine items = 5, 9, 11, 14, 18, 27, 30, 33, 36, 39

Feminine items = 2, 19, 21, 23, 24, 25, 28, 31, 32, 40

Neutral = all other items (these don't count towards any score)

### What your score means

To determine how **masculine or feminine** you are add up your scores for the relevant items:

Relatively low = 10 – 30,

Average = 31 – 49,

Strong = 50 – 70

To determine how **androgynous** you are, add together your masculine and feminine scores, and multiply by two.

Low androgyny = below 130

Average = 130 – 189

Highly androgynous = 190 – 280