

THREATENED-MASCULINITY SHAME-RELATED RESPONSES

Appendix A

Masculinity and Shame Questionnaire (MASQ)

Directions:

Below are situations that people are likely to encounter in day-to-day life, followed by several common reactions to those situations.

As you read each scenario, try to imagine yourself in that situation. Then indicate how likely you would be to react in each of the ways described. We ask you to rate all responses because people may feel or react more than one way to the same situation, or they may react different ways at different times.

For example:

A. You wake up early one Saturday morning. It is cold and rainy outside.

a) You would telephone a friend to catch up on news.

1---2---3---4---5
not likely very likely

b) You would take the extra time to read the paper.

1---2---3---4---5
not likely very likely

c) You would feel disappointed that it's raining.

1---2---3---4---5
not likely very likely

d) You would wonder why you woke up so early.

1---2---3---4---5
not likely very likely

In the above example, you would rate ALL of the answers by circling a number.

For answer (a) you would circle a "1" if you wouldn't want to wake up a friend very early on a Saturday morning -- so it would be not at all likely that you would do that.

For answer (b) you would circle a "5" if you almost always read the paper if you have time in the morning (very likely).

For answer (c) you would circle a "3" if it's about half and half. Sometimes you would be disappointed about the rain and sometimes you wouldn't -- it would depend on what you had planned.

And for answer (d) you would circle a "4" if it you would probably wonder why you had awakened so early.

Please do not skip any items -- rate all responses.

When administering the measure, scenarios should be randomized, as well as its items within them. For the purpose of this publication, scenarios are listed within their domain. Items correspond to the following subscales:

- a. Feel shame*
- b. Escape*
- c. Prevent exposure*
- d. Externalize blame*

Gender – perceived as feminine

1. You take a highly regarded personality test and the results indicate that your personality is more feminine than masculine.

How likely is it that...

- 1a. You would feel like failure?
- 1b. You would want to sink into the floor and disappear?
- 1c. You would try to keep other people from finding out about this?
- 1d. You would think "this test's definitions of 'feminine' or 'masculine' is bogus?"

2. You are hanging out with friends for the evening, talking about which movie to watch. Someone suggests a movie that you and another friend already watched together. This friend says, "Alright, get out the tissues. [Your name] here bawled his eyes out when we saw it." He is telling the truth.

How likely is it that...

- 2a. You would feel bad about yourself, like a loser?
- 2b. You would wish you could disappear?
- 2c. You would try to keep other people from finding out about this?
- 2d. You would think: "My friend doesn't know when to shut up?"

3. You join a gym and meet with a trainer for the first gym. The trainer is doing your intake evaluation and comments that you "lift like a girl."

How likely is it that...

- 3a. You would feel lousy about yourself, like a loser?
- 3b. You would feel so awful you would want to leave?
- 3c. You would try to keep other people from finding out about this?
- 3d. You would think: "He must be a terrible lifter, feeling so insecure?"

Gender – failing to be masculine enough

4. You are walking home from the movies with your romantic partner. As you walk down the street, you are mugged, and the mugger takes your money.

How likely is it that...

- 4a. You would think you are a lousy romantic partner for not being able to fend the mugger off?
- 4b. You would wish you could disappear?
- 4c. You would try to keep other people from finding out about this?
- 4d. You would think that the street should have been better lit?

5. You are playing a team sport, and there are 10 seconds left to score. You make a mistake that causes your team to lose.

How likely is it that...

- 5a. You would feel like a failure?
- 5b. You would want to leave immediately after the game without talking to anyone?

- 5c. You would worry about other people finding out about this?
5d. You would think about all the mistakes your teammates made throughout the game?
6. You are doing an online crossword competition. The crossword subject is masculinity, and all the clues are about things like cars, sports, mechanics, fitness, and other stereotypical masculine subjects. You perform worse than the rest of the online competitors, of whom a majority are women.

How likely is it that...

- 6a. You would feel like a failure?
6b. You would change your username?
6c. You would try to keep other people from finding out about this?
6d. You would think: "This crossword is dumb?"
7. You are playing poker and your friend accuses you of cheating when you are not.

How likely is it that...

- 7a. You would feel like a horrible person?
7b. You would want to stop playing poker?
7c. You would try to keep other people from finding out about this?
7d. You would think, "this game is dumb"?
8. You are at a party and someone dares you to arm wrestle your girlfriend in front of everyone.

She beats you. How likely is it that...

- 8a. You would feel inadequate?
8b. You would keep away from everyone who saw her beat you?
8c. You would try to keep other people from finding out about this?
8d. You would think: "She cheated?"
9. Your manager criticizes your job performance and fires you. How likely is it that...
9a. You would feel you didn't deserve to work there?
9b. You would avoid seeing your coworkers?
9c. You would try to keep other people from finding out about this?
9d. You would think: "The manager doesn't know good work when he sees it?"

Sexuality – perceived as homosexual

10. You are at a party and begin talking with a man. He asks you for your number and asks if you would be interested in a date. How likely is it that...

- 10a. You would feel disappointed in yourself?
10b. You would end the conversation as quickly as possible?
10c. You would try to keep other people from finding out about this?
10d. You would think: "This guy must be so desperate for a date he thinks everyone is gay?"
11. You are talking with a woman you just met, who you find attractive. She asks if you have plans for the weekend with your boyfriend, implying that she thinks you're gay.

How likely is it that...

- 11a. You would feel like a loser who doesn't deserve a date?
11b. You would end the conversation as quickly as possible?
11c. You would try to keep other people from finding out about this?
11d. You would think: "She must not be used to guys paying attention to her?"
12. You overhear a co-worker say that he thinks you're homosexual.

How likely is it that...

- 12a. You would feel bad about yourself, like a loser?

- 12b. You would want to leave work?
- 12c. You would worry about other people finding out about this?
- 12d. You would think your coworker is gossiping in order to distract people from his own sexuality?

Sexuality – failing to be heterosexual enough

13. In the bedroom, your lover says that she is not sexually satisfied.
How likely is it that...

- 13a. You would feel like a failure?
- 13b. You would feel so inadequate you would want to leave?
- 13c. You would try to keep other people from finding out about this?
- 13d. You would think that she is the one with the problem?

14. You see someone who is bending over, but they are looking away. You perceive them to be a woman, and you find their backside attractive. When they stand up, you realize the person is a man.

How likely is it that...

- 14a. You would feel bad about yourself, like a loser?
- 14b. You would want to get away from the situation as fast as possible?
- 14c. You would try to keep other people from finding out about this?
- 14d. You would think: “A man should not be wearing those pants?”

15. You are at a party and begin talking with a woman who you find attractive. You ask her on a date and she gives you her number. Later in the conversation, you find out that she is transgender, meaning that she was assigned “male” at birth but is a woman.

How likely is it that...

- 15a. You would feel disappointed in yourself?
- 15b. You would leave the party?
- 15c. You would try to keep other people from finding out about this?
- 15d. You would think: “She shouldn’t have tried to fool me.”

16. You would like to find a romantic partner. Every woman you ask on a date turns you down.

How likely is it that...

- 16a. You would feel like someone who is too flawed to ever attract a partner?
- 16b. You would feel so defeated you would stop asking women to go out with you?
- 16c. You would try to keep other people from finding out about this?
- 16d. You would think: “women are just stuck up?”

17. You are unable to become sexually aroused when you want to be. How likely is it that...

- 17a. You would feel like a failure?
- 17b. You would feel so inadequate you’d stop having sex?
- 17c. You would try to keep other people from finding out about this?
- 17d. You would blame your partner for not being sexy enough?