

**Validation of the gendered violence stress scale:** *Balancing women's experiences and content expert's opinions*  
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**INTRO**

- "Rape culture" refers to attitudes and actions prevalent in our society that allow people to feel entitled to women's bodies. It presents sexual assault as normal and inevitable (Buchwald et al., 1993).
- No instrument has been developed to understand how this concept is present in women's daily lives or linked it to a current psychological theory of stress.
- We have developed a scale to measure daily experiences of rape culture and performed an exploratory factor analysis using a diverse national sample of undergraduate women.
- We have completed a Delphi panel process that balances the lived experiences of women that have already been captured by the factor analysis with the opinion of experts in the field.

**METHODS**

1. Exploratory factor analysis with data from undergraduate women
2. Delphi Method with a panel of 15 experts

**EFA RESULTS**

- Identification of 9 factors.

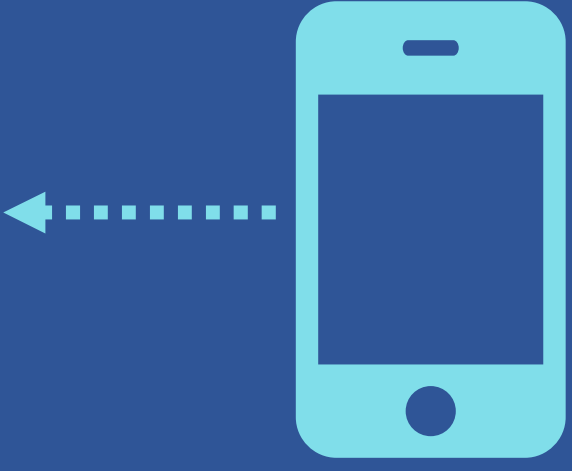
**DELPHI RESULTS**

- Reduced number of items from 159 to 91.
- Changed wording, condensed items, and identified potential new items.

**DISCUSSION**

- Further validation needs to occur to fully validate the scale.
- Positive response from both participants and experts.

# New Scale to Measure Daily Experiences of Rape Culture Shows Initial Construct Validity



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**Selections From Revised Scale**

- Been called names by someone, after rejecting a romantic or sexual relationship with them, such as "slut", "bitch", "whore", "ugly", "fat", or "prude"
- Received a negative reaction (i.e. criticized, shamed, or rejected) from someone (i.e. friends, romantic or sexual partners) because of the number of sexual partners I have had
- Felt that unwanted sexual advances someone else received were their fault
- Believed that someone did something to cause others to make unwanted sexual advances
- Excused a person who made unwanted sexual advances to a woman i.e. she was asking for it
- Explained (or justified) a sexual assault as simply a misunderstanding.
- Felt that someone else's experience with unwanted sexual advances must have been their own fault
- Excused someone who made unwanted sexual advances toward another (e.g. they were asking for it)?
- Had a man hug me, without my consent, for a sexual rather than friendly reason
- Had a man hug me in an unwanted and sexual way
- Seen a movie where a woman was sexually harassed and it was treated as normal
- Listened to music where a woman was called names i.e. "slut", "bitch" or "whore"
- Seen an advertisement where a woman's physical or sexual characteristics were emphasized over her other attributes.
- Heard someone make sexist, derogatory, or demeaning jokes about women
- Heard someone make jokes about sexual assault or sexual assault victims
- Been harassed or abused by someone on the internet due to my gender, sexual behavior or sexual assault
- Been harassed by someone on the internet due to statements I make on social media about my gender
- Been concerned about my safety due to gender-based or sexual harassment online
- Had pictures or videos of a sexual nature of me posted online without my consent
- Felt that unwanted sexual advances I received were my fault
- After I was sexually assaulted, I had few people to talk to about my experience due to concerns about people not responding in a supportive way
- Had very few people I can talk to about being worried about being sexually assaulted
- Felt alone or isolated as a result of experiencing a sexual assault
- Felt like I wouldn't be believed about being sexually assaulted
- Heard a dismissive explanation for sexual assaults against another person (i.e. boys will be boys)
- Heard someone excuse a person who made unwanted sexual advances i.e. "he thought she liked him"
- Heard about a woman having sexual photos taken of her without her consent
- Heard famous people say negative things about sexual assault victims
- Heard someone say something positive about an accused perpetrator of sexual assault
- Worried about getting sexually assaulted
- Feared that I will be sexually assaulted due to my gender presentation i.e. clothing, hair, or makeup
- Needed to stick with my group when out socializing due to concerns about being sexually assaulted
- Needed to text/notify my friends when I arrive home after a night out due to concerns about being sexually assaulted
- Needed to have protection with me when out at night i.e. rape whistle, keys between fingers, pepper spray
- Stated that you are a lesbian so a man would leave you alone (regardless of your actual sexual orientation)
- Felt like my partner did not understand my preferences for sex that remind me of my sexual assault (i.e. not doing certain sexual positions)
- Witnessed a stranger masturbating in public
- Needed to exercise caution when using a taxi, Uber, or Lyft due to concerns about being sexually assaulted
- Changed my interests, behavior, or other patterns due to concerns about being sexually assaulted
- Been concerned that politeness to others might be misinterpreted as sexual interest
- Received unwanted or unsolicited sexual messages or pictures

**Legend**

Factor 1	Factor 4	Factor 7	Added by participants or panel members
Factor 2	Factor 5	Factor 8	
Factor 3	Factor 6	Factor 9	