Comfort and Willingness Scale

'The following instrument was adapted from the Family Therapist Comfort with and Willingness to Discuss Client Sexuality by Steven M. Harris, Ph.D., and Kelli Wenner Hays, Ph.D. at Texas Tech University.

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For research related to this survey see:

Harris, S.M., & Hays, K.W. (2008). Family Therapist Comfort With and Willingness to Discuss Client Sexuality. <u>Journal of Marital and Family Therapy</u>, 34, 239-250.

General Instructions

Please circle the following responses or fill in the blank with the appropriate information about you.

Sexuality Discussions with Clients Scale

Every therapist has a system for assessing and initiating discussions about specific client problems. Please answer how much the following statements reflect your practice habits regarding the assessment and initiation of discussions on sexuality-related issues.

I assess for and initiate therapeutic conversations on:

•	Neve	r	Son	netimes	Very Often		
Sexually transmitted diseases/infections	1	2	3	4	5	6	7
Sexual dysfunction	1	2	3	4	5	6	7
Client satisfaction with their sexual life	1	2	3	4	5	6	7
Client sexual interaction pattern	1	2	3	4	5	6	7
Reproduction	1	2	3	4	5	6	7
Contraception	1	2	3	4	5	6	7
Sexual orientation	1	2	3	4	5	6	7
Sexual relationship enhancement	1	2	3	4	5	6	7
Non-consensual sex as victim	1	2	3	4	5	6	7
Non-consensual sex as perpetrator	1	2	3	4	5	6	7

The impact of drugs and alcohol on sexual health	1	2	3	4	5	6	7
The impact of mental illness on sexual health	1	2	3	4	5	6	7
The impact of medical problems on sexual health	1	2	3	4	5	6	7
How sexuality was expressed/discussed family of origin	in 1	2	3	4	5	6	7
STI/HIV protection	1	2	3	4	5	6	7
Client satisfaction with his/her body	1	2	3	4	5	6	7
The impact of the presenting problem or client sexual health	n 1	2	3	4	5	6	7
Cultural sexual values	1	2	3	4	5	6	7
Religious sexual values	1	2	3	4	5	6	7

S	Strongl	y		Strongly				
Ι	Disagre	ee				Agree		
I only assess and initiate conversations on sexuality								
related issues when the client states that it is a concern	n. 1	2	3	4	5	6	7	

Sexual Comfort Scale

Please indicate how **comfortable** you are or would be discussing sexuality issues with the following groups:

Very Uncomfortable				Somewhat Comfortable		Very Comfortable		
Students/Trainee	es 1	2	3	4	5	6	7	
Supervisors	1	2	3	4	5	6	7	
Colleagues	1	2	3	4	5	6	7	
Male Clients	1	2	3	4	5	6	7	
Female Clients	1	2	3	4	5	6	7	

Sexual Minority	Clients						
-	1	2	3	4	5	6	7
Client Ethnicity	Difference	e from my	own				
Chefit Etimotty	1	2	3	4	5	6	7
Elderly Clients	1	2	3	4	5	6	7
Teenaged Clien	ts						
	1	2	3	4	5	6	7
Pre-teenaged Cl	ients						
C	1	2	3	4	5	6	7
Physically Disa	bled Client	S					
<i>y</i>	1	2	3	4	5	6	7
Mentally Disabl	led Clients						
	1	2	3	4	5	6	7

Please indicate how comfortable you are or would be discussing sexuality issues in the following modalities:

Very Uncomfortable			Somewhat omfortable		Very Comfortable			
Individual	1	2	3	4	5	6	7	
Group	1	2	3	4	5	6	7	
Couple	1	2	3	4	5	6	7	
Family	1	2	3	4	5	6	7	
Supervision	1	2	3	4	5	6	7	

Please indicate your reactions to the following statements using the following scale:

Strongly Disagree							
I respond openly and confidently when my sexual values are challenged.	1	2	3	4	5	6	7
I communicate effectively about sexuality.	1	2	3	4	5	6	7

I use sexual vocabulary which is

appropriate to the situation. 1 2 3 4 5 6 I am sensitive to and respectful of others' feelings and anxieties towards sexual matters.1 2 3 4 5 I encourage clients to explore their own	
feelings and anxieties towards sexual matters.1 2 3 4 5	7
Lencourage clients to explore their own	5 7
sexual issues. 1 2 3 4 5 6	7
I encourage clients to explore their own sexual values. 1 2 3 4 5 6	7
I am not concerned about how I influence client sexuality. 1 2 3 4 5 6	7
I am confident in my knowledge about sexuality. 1 2 3 4 5 6	7
I appear poised in session when addressing sexual matters. 1 2 3 4 5 6	7
I find myself lacking respect for and feeling intolerant of others sexual values and practices. 1 2 3 4 5 6	7