



**Universidade do Minho**  
Escola de Psicologia

Verónica Adão Gomes

**Attitudes regarding bisexuality: How it  
relates to emotional and sexual  
promiscuity?**

Junho de 2017



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Mestrado Integrado em Psicologia

Trabalho efetuado sob a orientação da

**Professora Doutora Joana Arantes**

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## Atitudes em relação à bissexualidade: Como é que se relaciona com promiscuidade emocional e sexual?

A discriminação contra indivíduos com orientações sexuais não-tradicionais tornou-se um grande problema na nossa sociedade. As manifestações contra diferentes orientações sexuais contribuem como atitudes negativas para com as minorias sexuais. O objetivo principal do presente estudo foi investigar a relação entre as atitudes em relação aos indivíduos bissexuais e a promiscuidade emocional e sexual. Tivemos como objetivo também traduzir e validar a Escala de Atitudes em Relação à Bissexualidade para a população portuguesa que permite avaliar as atitudes sobre a bissexualidade, em indivíduos homossexuais e heterossexuais. Foi recolhida uma amostra de 571 participantes, que realizaram um questionário online, que incluía um questionário sociodemográfico, a Escala de Atitudes em Relação à Bissexualidade, bem como a escalas de promiscuidade emocional e sexual. Os resultados mostraram que atitudes mais positivas em relação à bissexualidade estão positivamente correlacionadas com a promiscuidade sexual, mas não com a promiscuidade emocional. As qualidades psicométricas da Escala de Atitudes em Relação à Bissexualidade foram avaliadas, nomeadamente a sensibilidade, a validade de construto e a fiabilidade. Os resultados mostraram que o instrumento tem boas qualidades psicométricas quando usado com a população portuguesa. Através de uma análise fatorial confirmatória testou-se o ajuste do modelo utilizado pelos autores originais, o que revelou um bom ajuste aos dados.

*Palavras-chave:* bissexualidade, promiscuidade emocional, promiscuidade sexual, atitudes.

## Attitudes regarding bisexuality: How it relates to emotional and sexual promiscuity?

The discrimination against individuals with non-traditional sexual orientations has become a major problem in our society. The manifestations against sexual orientation contribute as negative attitudes towards sexual minorities. The purpose of the present study was to investigate the relation between attitudes regarding bisexual individuals and emotional and sexual promiscuity. We also intended to translate and validate the Attitudes Regarding Bisexuality Scale to the Portuguese population that allows the assessment of attitudes about bisexuality, in homosexual and heterosexual people. A sample of 571 participants was collected, who answered an online questionnaire with demographic questions, the Attitudes Regarding Bisexuality Scale and the emotional and sexual promiscuity scales. Results showed that attitudes more positive regarding bisexuality are positively correlated with sexual promiscuity but not with emotional promiscuity. We assessed the psychometric qualities of the Attitudes Regarding Bisexuality Scale, including the sensitivity, construct validity and reliability. Results showed that the instrument has good psychometric qualities when used with the Portuguese population. Confirmatory factor analysis was used to evaluate the model used by the original authors, which provided a good fit to the data.

*Keywords:* bisexuality, emotional promiscuity, sexual promiscuity, attitudes.

### **Attitudes regarding bisexuality: How it relates to emotional and sexual promiscuity?**

The discrimination against individuals with non-traditional sexual orientations has become a major problem in our society (Herek, Gillis, & Cogan, 1999). For decades, the homosexual community has been the target of hostility from a predominantly heterosexual society (Meyer, 2003). Manifestations of this hostility have resulted in a range of behaviours, including violent attacks against homosexual men and women to more covert acts such as discrimination (Herek, 1989a). These manifestations against sexual orientation, as well as the pathologization of homosexuality and bisexuality, contribute as negative attitudes towards sexual minorities and include sexual prejudice, homophobia and biphobia (Rye & Meaney, 2010; Meyer, 2003).

Sexual prejudice involves prejudicial attitudes towards gays, lesbians, bisexual and transgender individuals (Herek, 1984b). Similar to homophobia, in which individuals display negative cognitive, affective and behavioural reactions to homosexuality (Roderick, McCammon, Long, & Allred, 1998), biphobia has been defined as a series of prejudiced attitudes about individuals with a bisexual sexual orientation (Eliason, 1997). The term was introduced by Bennett (1992), who stated that biphobia represents the denigration of bisexuality as a valid sexual orientation. Other term used in the literature is binegativity, which includes the belief that bisexuals are confused about their sexuality, that they are immature or that they are really gay or lesbian (Yost & Thomas, 2012). It also comprises expressions of doubt that bisexuality exists, and the concern that bisexuals (specifically, bisexual men) are responsible for spreading HIV/AIDS to the heterosexual community (Rust, 2002; Sumpter, 1991).

Herek, Gillis and Cogan (1999) in their investigations, found that 15% of bisexual women (n = 190) and 27% of bisexual men (n = 191) had experienced a crime against their person or property because of their sexual orientation, showing that bisexuals are the targets of prejudicial actions and attitudes. Also, research has shown that bisexual men and women tend to report isolation, ostracism, stereotyping, and discrimination from both homosexual and heterosexual individuals (Rust, 2000). One reason why homosexual individuals also tend to discriminate bisexuals is because they view bisexuals as less oppressed than other sexual minorities (Ochs, 1996). Shuster (1991) verifies that, due to this “double discrimination”, bisexuals normally experience themselves as existing in two different worlds and not completely fitting into either, describing this as “a feeling of political and personal homelessness”. This phenomenon of double discrimination is an

external force of oppression, rarely recognized by the heterosexual or homosexual community (Shuster, 1991). However, this oppression is real and has many repercussions on bisexual men and women (Firestein, 1996). In several studies, it was possible to verify that bisexual individuals report having worse mental, physical, and sexual health outcomes in comparison to heterosexuals, and, at times, homosexuals (Fredriksen-Goldsen, Kim, Barkan, Balsam, & Mincer, 2010; Kerr, Ding, & Thompson, 2013; Persson & Pfaus, 2015).

Usually, when bisexuals initiate a romantic relationship, their bisexual orientation is questioned (Boyer & Galupo, 2015). There is the perception that bisexuality is just a phase (Alarie & Gaudet, 2013). In fact, research about the common representations of bisexuality in the media (Alarie & Gaudet, 2013; Barker & Langdrige's, 2008) has shown that bisexuality is generally thought to be temporary, as it is viewed as a result of reaching adulthood.

The stereotypes regarding sexual minorities, in this case bisexual individuals, are related to the fact that society creates the assumption that bisexual women and men must maintain partners of both genders to validate their sexual identity (Israel & Mohr, 2004). The existence of the belief that bisexuals need male and female partners to feel sexually or emotionally complete, makes society imply that bisexuals are more promiscuous and unable to be monogamous (Rust, 2002; Sumpter, 1991).

Promiscuity is typically defined as openness to casual sexual encounters or rate of sexual contact (Jones & Paulhus, 2012). There are two types of promiscuity, emotional and sexual. The emotional promiscuity refers to how easily and often an individual falls in love (Jones, 2011), whereas sexual promiscuity can be defined as the engagement in uncommitted sexual activities, with non-monogamous partners (i.e. one-night stands), and with multiple partners (Garcia, MacKillop, Aller, Merriwether, Wilson & Lum, 2010; Jones & Paulhus, 2012). Research has shown, for example, that individuals that are sexually and emotionally more promiscuous tend to be sexually and emotionally more unfaithful (Pinto & Arantes, 2015).

Also, there is a relation between sexual promiscuity and personality, in a cross-culture study using the Big Five personality traits, showing that sexual promiscuity is related to some personality traits, such as agreeableness and conscientiousness, being more strongly associated with extraversion (Schmitt, 2004). However, exists a relation between extraversion and sexual promiscuity that differs considerably across cultures. This relation is most strongly in North America, South America, Western Europe, Eastern

Europe, Southern Europe, the Middle East, and Oceania (Schmitt, 2004). Concerning the emotional promiscuity, high scores in EP scale show that women are more outgoing and comfortable with others in a social setting, corresponding to extraversion trait of personality (Jones, 2011).

Additionally, in the study conducted by Jones (2011), results show that individuals emotionally more promiscuous are more likely to fall in love and desire to marry, many individuals. Yet, the desire seems to be ephemeral and does not materialize into long-term commitments.

Regarding bisexuality and promiscuity, society has the belief that bisexuality is associated with promiscuity and nonmonogamy (Rust, 2003). Furthermore, this belief implies that bisexuals are unstable in their sexual identity and therefore tend to engage in same-sex behaviors because of curiosity and a lack of genuine sexual orientation (Brewster & Moradi, 2010).

However, only one study has yet investigated the relationship between emotional and sexual promiscuity and bisexuality. More specifically, Pinto and Arantes (2015) found that homosexuals and bisexuals tend to be more sexually promiscuous than heterosexuals. For emotional promiscuity, no differences were found. In addition, their results showed that bisexuals tend to be more sexually and emotionally unfaithful. In addition, studies have shown that believing that bisexuals engage in deviant behaviors of sexuality, for example, promiscuity or infidelity, contributes to the stigmatization and marginalization of bisexuality, therefore influencing people to avoid being identified as bisexual (Boyer & Galupo, 2015).

Loved ones such as intimate partners, friends, and family are an important element for living as bisexual (McLean, 2008), even though bisexuals often experience aloneness and suffering losses of friends and family due to their choice of a different sexual orientation (Bradford, 2004). One of the reasons this may happen is because when some individuals discover that a friend is bisexual, they may avoid the usual contact, partially because they feel uncomfortable with same-sex attractions and discomfort with exploring sexualities that differ from the heterosexual norm, and are afraid to be associated with their sexual orientation, or with the negative beliefs associated to it, such as being more promiscuous (Israel & Mohr 2004).

Therefore, the main aim of our study is to investigate the relationship between the attitudes regarding bisexuality and sexual and emotional promiscuity. Our hypothesis is that individuals emotionally and sexually more promiscuous will have less negative

attitudes towards bisexuality. This hypothesis is consistent with studies on personality traits and promiscuity that show that individuals sexually more promiscuous have more traits of extraversion (Schmitt, 2004). Since, these traits are associated with sociability (i.e., a cognitive/affective preference for and enjoyment of other people) and to positive affect (McCrae & Costa, 1987), we believe they will be associated to more positive attitudes towards promiscuity.

To accomplish that, we will use the Attitudes Regarding Bisexuality Scale – Female/Male Version (ARBS-FM; Mohr & Rochlen, 1999), that allows the assessment of attitudes about bisexuality, in gay, lesbian and heterosexual people. This scale has two factors, one that allows the access to the degree to which bisexuality is viewed as a tolerable, moral sexual orientation (Tolerance) and the other that legitimate, stable sexual orientation (Stability). The elaboration of this scale has allowed to fill some gaps of previous studies, such as scales that do not specify the gender of bisexual target, it means, bisexual woman or bisexual men; also, it can be administrated to homosexual and heterosexual individuals (Mohr & Rochlen, 1999). Because this scale has never been used in Portuguese language, we will translate and validate it for the Portuguese society, so that it can be used in the current and future investigations carried out in Portuguese, as well as in Portuguese clinical settings.

In addition, we also aim to analyse the role of sexual orientation, age and sex. We expect: a) heterosexual and homosexual individuals have more negative attitudes towards bisexuals; b) homosexuals and bisexuals are sexually more promiscuous than heterosexuals; c) younger individuals have more positive attitudes towards bisexuality, comparing to older individuals; d) older individuals tend to be emotionally and sexually more promiscuous than younger individuals; e) men have more negative attitudes regarding bisexuality than women; f) men are emotionally and sexually more promiscuous than woman.

## **Method**

### ***Participants***

The initial sample of this study was composed by 739 participants. Subsequently, we excluded 168 questionnaires because 159 did not complete at least 35% of the questionnaire, 7 were of foreign nationality, and 2 were underage. The final sample was constituted by 571 participants, all Portuguese and with a mean age of 25.55 years ( $DP = 7.93$ ; range: 18 - 63 years). Regarding their sex, 437 were female and 134 were male.

When asked about their gender identity, 434 identified themselves as women and 135 as men. In terms of their sexual orientation, 322 ( $n = 56.39\%$ ) were exclusively heterosexual, 93 ( $n = 16.29\%$ ) predominantly heterosexual, only incidentally homosexual, 31 ( $n = 5.43\%$ ) predominantly heterosexual, but more than incidentally homosexual, 26 ( $n = 4.55\%$ ) bisexual, 25 ( $n = 4.38\%$ ) predominantly homosexual, but more than incidentally heterosexual, 38 ( $n = 6.65\%$ ) predominantly homosexual, only incidentally heterosexual and 36 ( $n = 6.30\%$ ) exclusively homosexual ( $M = 2.29$ ;  $DP = 1.94$ ).

In terms of status, 461 ( $n = 80.7\%$ ) were single, 92 ( $n = 16.1\%$ ) were married or in union, 8 ( $n = 1.4\%$ ) were divorced or separated, 1 ( $n = 0.2\%$ ) widower and 9 ( $n = 1.6\%$ ) others ( $M = 1.26$ ;  $DP = 0.65$ ). In relation to educational level, we have 1 ( $n = 0.2\%$ ) with primary education, 9 ( $n = 1.6\%$ ) with middle school, 175 ( $n = 30.6\%$ ) with high school, 234 ( $n = 41.0\%$ ) with graduate or bachelor's degree, 138 ( $n = 24.2\%$ ) with master's degree, 10 ( $n = 1.8\%$ ) with PhD and 4 ( $n = 0.7\%$ ) with others like professional courses ( $M = 4.94$ ;  $DP = 0.90$ ). Relatively to relationship status, 374 are involved in a romantic relationship and 197 are not involved in a romantic relationship, those that are had to indicate their satisfaction with the relationship ( $M_{\text{satisfaction}} = 5.91$ ;  $DP_{\text{satisfaction}} = 1.27$ ).

## **Measures**

### *Sociodemographic questionnaire*

Participants completed a sociodemographic questionnaire about their age, nationality, sex, gender identity, sexual orientation, educational level, and relationship status. Those that were in a relationship were asked to specify how satisfied they were with the relationship, according to a 7-point rating scale (from 1, “not satisfied”, to 7, “extremely satisfied”).

### *Attitudes Regarding Bisexuality Scale—Female/Male Version (ARBS-FM; Mohr & Rochlen, 1999)*

This questionnaire was developed to assess attitudes about bisexuality in heterosexual and homosexual individuals.

ARBS-FM is a self-reported measure that comprises 18 items with two subscales, 10 items regarding stability (e.g. “Male bisexuals are afraid to commit to one lifestyle.”) and 8 about tolerance (e.g. “I would not be upset if my sister were bisexual”). During the administration, the participants are requested to answer the items, according to a 5-point rating scale (1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, and 5 = strongly

agree). The quotation is made by summing the value of all items in each subscale, considered that there were equal items with reverse scores (1, 2, 3, 4, 5, 8, 9, 12, 13, 14, 15 and 18). The labels and interpretation of high scores on the factors are as following: (a) stability, bisexuality is viewed as a legitimate, stable sexual orientation and bisexual people are seen as capable of forming committed romantic relationships; (b) tolerance, bisexuality is viewed as moral, tolerable, and not harmful to society and attitudes reflect acceptance rather than disdain for bisexual people.

The authors studied some of the characteristics of the instrument, which revealed that it has a good internal consistency (Stability, .92; Stability-F, .89; Stability-M, .90; Tolerance, .91; Tolerance-F, .86; and Tolerance-M, .83.) and inspection of intercorrelations among the subscales revealed moderate positive associations (ranging from .34 to .51) between the pairs of stability and tolerance subscales.

#### *Emotional Promiscuity (EP) Scale*

The aim of the EP scale (Jones, 2011) is to evaluate emotional promiscuity, separately from romanticism or sexual promiscuity. This scale was translated to Portuguese by Pinto and Arantes (2015) and comprises 9 items, scored on a 5-point Likert scale (ranging from 1, “strongly disagree”, to 5, “strongly agree”), and one additional item about the number of persons with whom they had fallen in love during their life. The scale is composed of two factors: easily (e.g., “*I fall in love easily.*”), and often (e.g., “*I fall in love frequently.*”). These two domains are connected to emotional promiscuity in literature (Jones, 2011), demonstrating the difficulty and the frequency of falling in love that characterize emotionally promiscuous people: they fall in love easily (i.e., low difficulty) and often (i.e., high frequency). According to Jones’s study (2011), items from 1 to 5 loaded on the easily factor and items 6 to 10 on the often factor. Also, the two-factor model produced a good fit (CFI = .90; TLI = .93; SRMR = .08), and showed an acceptable internal reliability ( $\alpha = .75$ ).

#### *The revised Sociosexual Orientation Inventory (SOI-R)*

The SOI-R was developed by Penke and Asendorpf (2008) to address some criticisms to the original SOI scale (Simpson & Gangestad, 1991), namely about the psychometric values (e.g., low internal consistency, multifactorial structure). It was translated to Portuguese by Pinto and Arantes (2015). The main purpose of the SOI-R is

to evaluate the sociosexuality or sociosexual orientation, and it is commonly used to assess sexual promiscuity (e.g., Vrangalova & Ong, 2014).

This scale comprises 9 items and is divided in three parts. The first part is composed of 3 items (e.g., “*With how many different partners have you had sexual intercourse on one and only one occasion?*”), each scoring on a scale that ranges from 0 to 20 people or more. The second part comprehends 3 items (e.g., “*Sex without love is OK.*”), to be rated on a 5-point Likert scale, ranging from 1 (“strongly disagree”) to 5 (“strongly agree”). The third part also includes 3 items (e.g., “*How often do you have fantasies about having sex with someone you are not in a committed romantic relationship with?*”), each scoring on a 5-point Likert scale from 1 (“never”) to 5 (“nearly every day”).

According to Penke and Asendorpf (2008), the SOI-R produces three factors, “behavior”, “attitude” and “desire”, each assessing, respectively, the behavioral (items 1 to 3), the attitudinal (items 4 to 6) and the hidden desires (items 7 to 9) of sociosexuality. In terms of psychometric values, the three-factor model produces a very good fit (CFI = .99, NFI = .98, SRMR = .04), and demonstrated good internal reliability ( $\alpha = .83$ ).

### ***Procedure***

After obtaining the instrument, we established contact with the authors that allowed their translation and validation into Portuguese. The procedure of translation of the scale into Portuguese and its retroversion into the original language was then performed. The translation of the items of the original version was made by two researchers with extensive knowledge of both languages, followed by a discussion item by item about their linguistic adequacy. The retroversion to the English language was made by two other elements with extensive linguistic competence in the two languages, comparing it to an English version with a retranslated English version. Finally, our research group discussed the adequacy of each item of the scale to the Portuguese linguistic reality and to the subject of sexual relationships.

The order in which ARBS-FM items were presented was the same as that used by the authors of the original scale and their fulfilment was initiated after the demographic questionnaire was answered. The participants did not receive any kind of reward, such as money or credits. Their participation in the study was voluntary, and participants were informed about the purpose of the research and that they could leave it at any time. The

confidentiality of the data was guaranteed, and the researcher's contact was provided so that the participants could clear any doubts.

Participants' responses were recorded anonymously on an internet webpage using Qualtrics software, Version 2013 of the Qualtrics Research Suite ([www.qualtrics.com](http://www.qualtrics.com)). Demographic questions were presented first, followed by the ARBS-FM, EP and SOI-R in counterbalanced order.

Questionnaires were placed online using the Qualtrics software and the link was distributed via social media.

### ***Data analysis***

The data collected were then placed in Excel and later imported into the statistical software Statistical Package for Social Sciences (SPSS; version 23).

Because the ARBS-FM had not been previously adapted and translated to Portuguese, we investigated the psychometric properties, namely sensibility, construct validity and reliability

Whenever possible, we used the same statistical procedures used by the authors of the original scale. Univariate analyses included correlations to evaluate the associations among variables and t tests to examine sex differences. To test to what extent the theoretical model underlying the rationale of the original instrument is in accordance with the empirical data of the present study, and supporting the validity of construction of the instrument itself, we used confirmatory factorial analyses (Floyd & Widaman, 1995; Maia, 1996; Stapleton, 1997; Thompson & Daniel, 1996).

All the data collected in our study were exported to an Excel spreadsheet. The analyses were then conducted with Statistical Package for Social Sciences (SPSS; v. 23), and included: i) Pearson correlations, to examine the associations between the different variables in our study; ii) *t*-tests, to examine sex differences, to compare our data with previous studies, and to determine differences between participants with different pattern to infidelity behaviors; iii) ANOVA to examine possible differences between the participants sexual orientation regarding promiscuity and infidelity; and iv) exploratory factor analyses to validate the scales. The confirmatory factor analyses were realized with the AMOS software (v. 23) and we reported five indices of the models' fit, including the chi square ( $\chi^2$ ), the Comparative Fit Index (CFI), Root Mean Square Error of Approximation (RMSEA), the Tucker-Lewis Index (TLI) and the Normed Fit Index (NFI). A criterion of  $p < .05$  was used for all significance tests.

## Results

### *Translation and Validation of the Attitudes Regarding Bisexuality Scale—Female/Male Version (ARBS-FM)*

To examine the validity of our ARBS-FM version, initially we assessed the scale's psychometric properties. Analyses of the frequency tables and distributions of the data revealed that all items from the ARBS had good sensitivity. We measured the construct validity with resource of exploratory and confirmatory factor analyses. An exploratory factor analysis using a Varimax rotation was performed. For this, we confirmed the factoriability of the data through the Bartlett sphericity test ( $p < 0.001$  for the scale) and the Kaiser-Meyer-Olkin test (0.94).

An exploratory factor analysis produced three factors which accounted for 64.92% of the variance. Factor 1 explained 25.66% of the variance and included the items 1 to 6 of the scale. Factor 2 explained 24.60% of the variance and comprises the items 7 to 10. Factor 3 explained 14.65% of the variance and integrated the items 11 to 18.

However, since the original version of the scale has two factors and given the theoretical assumptions underlying the organization of the scale, the factorial analysis was forced to extract the same number of factors, resulting in two factors that explain 58.98 % of the variance. Factor 1 explained 31.42% of the variance and integrated the items 1 to 10 (stability subscale). Factor 2 explained 27.58% of the variance and integrated the 11 to 18 (tolerance subscale). Table 1 presents the saturation values for the two-factor structure. All items had saturation, in at least one factor,  $\geq 0.48$ .

Table 1

*Saturation values for the two-factor structure.*

Item	Saturation F1	Saturation F2
1 - Male bisexuals are afraid to commit to one lifestyle.	0.74	
2 - Most women who identify as bisexual have not yet discovered their true sexual orientation.	0.79	
3 - Most men who claim to be bisexual are in denial about their true sexual orientation.	0.80	
4 - Most women who call themselves bisexual are temporarily experimenting with their sexuality.	0.80	
5 - Male bisexuals have a fear of committed intimate relationships.	0.77	

6 - Lesbians are less confused about their sexuality than bisexual women.	0.72
7 - Male bisexuality is not usually a phase, but rather a stable sexual orientation.	0.65
8 - Bisexual women have a clear sense of their true sexual orientation.	0.73
9 - Just like homosexuality and heterosexuality, bisexuality is a stable sexual orientation for men.	0.62
10 - The only true sexual orientations for women are homosexuality and heterosexuality.	0,55
11 - Bisexuality in men is immoral.	0.80
12 - The growing acceptance of female bisexuality indicates a decline in American values.	0.79
13 - As far as I'm concerned, female bisexuality is unnatural.	0.74
14 - Bisexual men are sick.	0.81
15 - Male bisexuality is not a perversion.	0.48
16 - I would not be upset if my sister were bisexual.	0.57
17 - Female bisexuality is harmful to society because it breaks down the natural divisions between the sexes.	0.76
18 - Bisexual men should not be allowed to teach children in public schools.	0.77

*Note. F1 = Factor 1; F2 = Factor 2.*

The items of each subscale of the ARBS-FM of the Portuguese version and the original version were then compared. We conclude that all the items of Factor 1 that saturated in our scale also saturated in the original scale and the same happened with Factor 2.

In order to determine the extent to which the theoretical model underlying the rational of the scale conforms to the empirical data of the present study, we performed a confirmatory factorial analysis (AFC). With a total of 18 items, 10 loading in the stability factor and 8 in the tolerance factor (see Figure 1), a good fit of the model was produced ( $\chi^2 = 505.11$ ; CFI = .94; NFI = .92; TLI = .93; RMSEA < .08), after error terms for items one and five, seven and eight, fourteen and eighteen were correlated. The scale also demonstrated good internal reliability ( $\alpha = .93$ ).

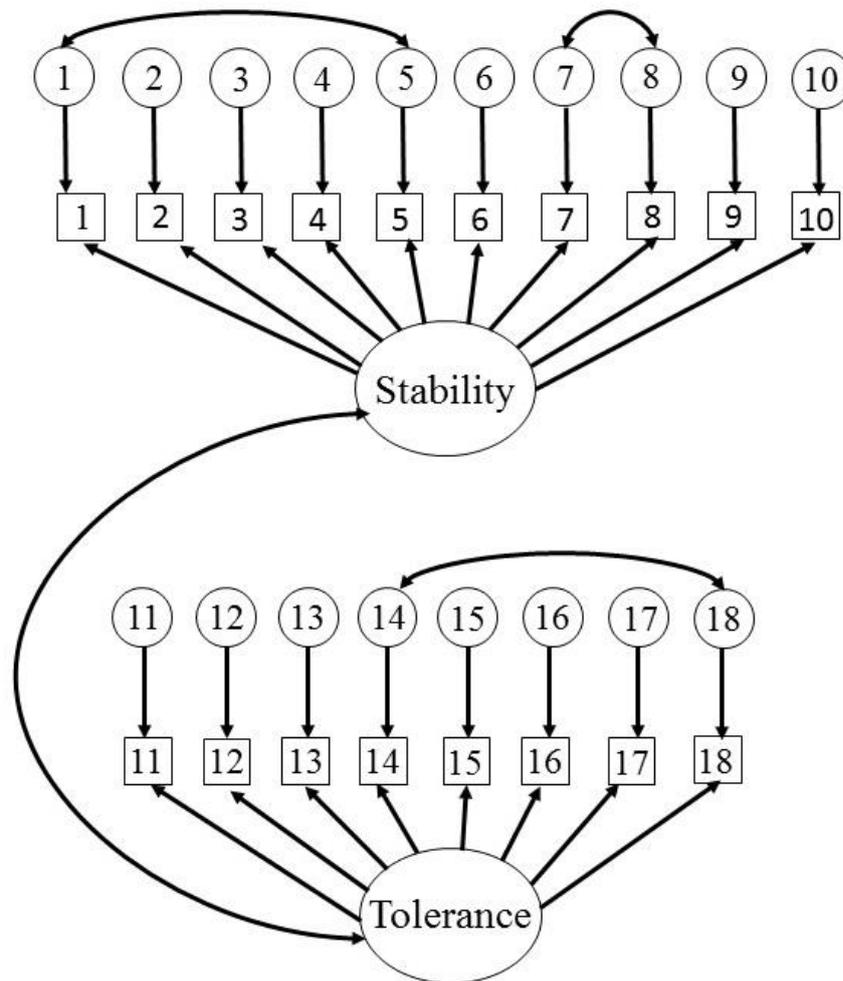


Figure 1.

ARBS-FM model fit.

Therefore, our ARBS-FM version is constituted by the following items in portuguese, which should be randomly presented:

*Os homens bissexuais têm medo de se comprometer com um estilo de vida (1)*

*A maioria das mulheres que se identificam como bissexuais ainda não descobriram a sua verdadeira orientação sexual (2)*

*A maioria dos homens que dizem ser bissexuais estão em negação acerca da sua verdadeira orientação sexual (3)*

*A maior parte das mulheres que se consideram bissexuais estão temporariamente a experimentar a sua sexualidade (4)*

*Homens bissexuais têm medo de estabelecer um compromisso em relações íntimas (5)*

*As lésbicas são menos confusas em relação à sua sexualidade do que as mulheres bissexuais (6)*

*Geralmente, a bissexualidade masculina não é uma fase, mas sim uma orientação sexual estável (7)*

*As mulheres bissexuais têm uma clara noção da sua verdadeira orientação sexual (8)*

*Tal como a homossexualidade e a heterossexualidade, a bissexualidade também é uma orientação sexual estável para os homens (9)*

*A única verdadeira orientação sexual para as mulheres é a homossexualidade e a heterossexualidade (10)*

*A bissexualidade em homens é imoral (11)*

*O aumento da aceitação da bissexualidade feminina indica um declínio dos valores (12)*

*Na minha opinião a bissexualidade feminina não é natural (13)*

*Os homens bissexuais são doentes (14)*

*A bissexualidade masculina não é uma perversão (15)*

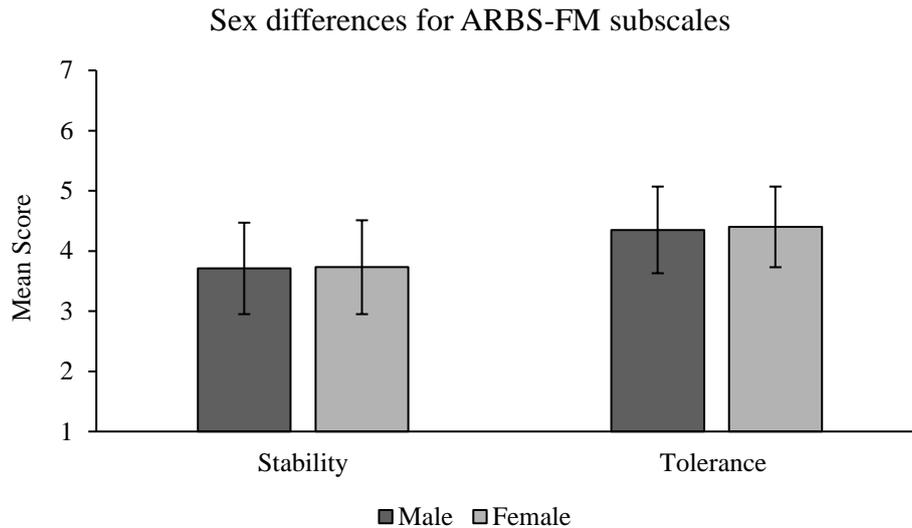
*Eu não ficaria chateado/a se a minha irmã fosse bissexual (16)*

*A bissexualidade feminina é prejudicial para a sociedade porque quebra as divisões naturais entre os sexos (17)*

*Não devia ser permitido aos homens bissexuais ensinarem as crianças em escolas (18)*

#### *Sex differences*

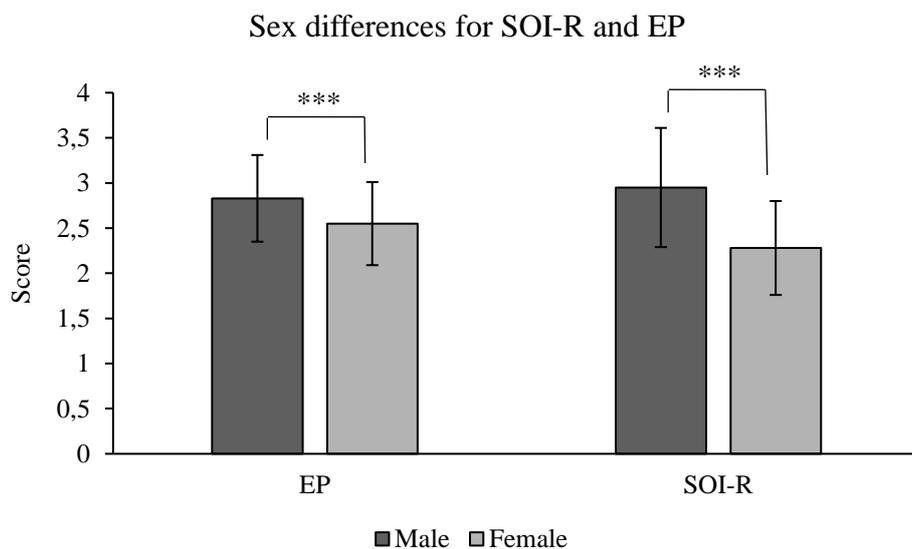
Figure 2 shows the mean scores of ARBS-FM subscales for both males and females. A *t*-test for independent samples was performed in order to explore if there were any differences between sexes in the stability subscale of the ARBS-FM. No significant differences were found between males ( $M_{\text{males}} = 3.71$ ;  $SD_{\text{males}} = .76$ ) and females ( $M_{\text{females}} = 3.73$ ;  $SD_{\text{females}} = .78$ ),  $t(540) = -0.26$ ,  $p = .80$ . Results also showed no significant differences for the tolerance subscale between males ( $M_{\text{males}} = 4.35$ ;  $SD_{\text{males}} = .72$ ) and females ( $M_{\text{females}} = 4.40$ ;  $SD_{\text{females}} = .67$ ),  $t(540) = -0.80$ ,  $p = .43$ .



*Figure 2.*

Comparison of the averages of male and female participants on the ARBS-FM subscales. Error bars represent the standard deviations.

Figure 3 shows the average scores for EP and SOI-R for both males and females. Male participants were found to be more emotionally promiscuous ( $M = 2.83$ ;  $SD = .48$ ) than females ( $M = 2.55$ ;  $SD = .46$ ),  $t(548) = 5.95$ ,  $p < .001$ . Similarly, men also reported being more sexually promiscuous ( $M = 2.95$ ;  $SD = .66$ ) than females ( $M = 2.28$ ;  $SD = .52$ ),  $t(548) = 12.00$ ,  $p < .001$ .



*Figure 3.*

Comparison of the averages of male and female participants in EP and SOI-R scales. M = Mean; SD = Standard Deviation.

### *Differences in relationship status*

To examine if there are any differences between people who were currently involved in a romantic relationship and those who were not, *t*-tests for independent samples were conducted. There are no significant differences between individuals that are involved in a romantic relationship and those who were not in the stability,  $t(540) = -0.65, p = .51$ , and tolerance subscales,  $t(540) = -0.57, p = .57$ .

Results revealed that individuals who were in a relationship tended to be more sexual promiscuous  $t(548) = -4.18, p < .001$ . However, no significant differences were found between people that are involved in a romantic relationship and those who were not regarding emotional promiscuity,  $t(548) = 0.32, p = .75$ .

### *Differences in sexual orientation*

A unidirectional ANOVA was performed to examine possible differences in ARBS-FM and emotional and sexual promiscuity, depending on the sexual orientation of the participants.

Results showed a significant effect of ARBS-FM,  $F(541) = 20.90, p < .001$ . Post-hoc Tukey tests showed that there was a significant difference between participants that identified themselves as 1 (exclusively heterosexual) and all the remaining sexual orientations ( $p_s < .001$ ). Also, there was a significant difference between participants that identified themselves as 2 (predominantly heterosexual) and 5 (predominantly homosexual) ( $p < .001$ ), showing that those that are exclusively heterosexuals have more negative attitudes regarding bisexuality.

For emotional promiscuity, results showed a significant effect of EP,  $F(549) = 2.30, p < .01$ . Post-hoc DMS test showed that there was a significant difference between participants that identified themselves as 2 and those that identified as 4, 5, 6 ( $p_s < .01$ ), showing that heterosexuals tend to be less emotionally promiscuous. Additionally, there were significant differences between participants that scored 5 and 7 in terms of their sexual orientation ( $p_s < .01$ ), indicating that individuals predominantly homosexual, but more than incidentally heterosexual are more emotionally promiscuous than exclusively homosexuals.

Results showed a significant effect of SOI-R,  $F(549) = 10.14, p < .001$ . Post-hoc DMS test showed that there was a significant difference between participants that scored 1 and those that scored 4,5,6,7 regarding their sexual orientation, and also

between participants that scored 2 and those that scored 5, 6, 7 ( $p_s < .001$ ), showing that heterosexuals seem to be less sexually promiscuous. In addition, Post-hoc DMS test reveal a significant difference between participants that identified as 3 and those that identified as 5,7, indicating that individuals predominantly heterosexual, more than incidentally homosexual, tend to be less sexually promiscuous than homosexuals.

*ARBS-FM, Promiscuity, Age and Sexual Orientation: A correlational analysis*

In order to analyze the relation between age, sexual orientation, stability, tolerance, average ARBS, emotional promiscuity and sexual promiscuity, Pearson correlations were conducted. Results are shown in Table 2.

Age was significantly negatively correlated with the average of the ARBS-FM scale [ $r(542) = -.13, p < .01$ ], showing that older participants tend to have more negative attitudes towards bisexuality than younger participants.

Sexual orientation was significantly positively correlated with average of the ARBS-FM scale [ $r(542) = .36, p < .01$ ], showing that those participants that identified themselves as more homosexual tend to have less negative attitudes towards bisexuality than those participants that identified with a more heterosexual orientation. Also, sexual orientation was significantly positively correlated with emotional promiscuity [ $r(550) = .09, p < .05$ ] and sexual promiscuity [ $r(550) = .31, p < .01$ ], indicating that participants that identified as more homosexual tend to be more emotional and sexual promiscuous than those participants that identified as more heterosexual.

ARBS average was significantly positively correlated with sexual promiscuity [ $r(533) = .16, p < .01$ ], showing that sexually promiscuous participants have less negative attitudes regarding bisexuality. No differences were found regarding the emotional promiscuity in ARBS average [ $r(531) = .01, p = .80$ ].

Additionally, emotional promiscuity was significantly positively correlated with sexual promiscuity [ $r(535) = .40, p < .01$ ], demonstrating that emotionally more promiscuous participants also tend to be sexually more promiscuous.

Table 2.

*Correlations between age, sexual orientation, relationship satisfaction, average ARBS, emotional promiscuity and sexual promiscuity (N=571).*

	Age	Sexual Orientation	Average ARBS	Emotional promiscuity	Sexual promiscuity
Age	-	-.11*	-.13**	-.02	-.001
Sexual Orientation		-	.36**	.09*	.31**
Average ARBS			-	.01	.16**
Emotional promiscuity				-	.40**
Sexual promiscuity					-

*Note.* \*\*\* $p < .001$ ; \*\* $p < .01$ ; \* $p < .05$ .

### General Discussion

The present study had as a main aim to investigate the relationship between the attitudes regarding bisexuality and sexual and emotional promiscuity. Thus, our main hypothesis was that individuals emotionally and sexually more promiscuous would have more positive negative attitudes towards bisexuals.

Results were only partially consistent with this hypothesis. As it was expected, individuals sexually more promiscuous presented more positive attitudes towards bisexuality. These results are consistent with the literature that shows, for example, that there is an association between some dimensions of the big five personality and sexual promiscuity (Schmitt, 2004). For example, Schmitt (2004) found a positive correlation between sexual promiscuity and extraversion. This trait is associated with some characteristics, for example, sociability and positive affect (McCrae & Costa, 1987). Extrovert individuals are considered to have positive emotions such as, with tendency to search for stimulation and company of others (McCrae & Costa, 1987). We believe that people that have these characteristics are more opened to have friendships and engage with all individuals, including bisexuals, and therefore have more positive attitudes towards bisexuality. Likewise, high levels of extraversion are associated with lower levels of relationship exclusivity (Schmitt & Buss, 2000). It appears that extraverts are more

disposed to be unfaithful in their relationships (Schmitt & Buss, 2001) and this can happen because they may have higher libido than introverts (Eysenck, 1976).

However, our results did not show any significant relationship between emotional promiscuity and attitudes towards bisexuality. Although Jones (2011) supposed that the EP scale had a coherent relationship to some personality variables, there is no research that relates emotional promiscuity with personality traits. In our view, it would be expected that individuals emotionally more promiscuous would have more positive attitudes toward bisexuals; however our result does not evidence that. It should be noted that there is little research with the scale of emotional promiscuity, and that it seems that different individuals tend to respond to this scale in a more homogeneous way (i.e., the variance of the scores is smaller) than to the sexually promiscuity scale (Pinto & Arantes, 2015). Nevertheless, our results showed that sexual promiscuity has a stronger relationship with the attitudes regarding bisexuality than emotional promiscuity.

It was also intended to analyse the role of sexual orientation, age and sex. So, we hypothesize that heterosexual and homosexual individuals have more negative attitudes towards bisexuality compared to bisexuals, and that homosexuals and bisexuals are sexually more promiscuous than heterosexuals. Additionally, younger individuals have more positive attitudes towards bisexuality, compared to older individuals. Furthermore, older individuals tend to be emotionally and sexually more promiscuous than younger individuals. Concerning sex, we hypothesize that men have more negative attitudes regarding bisexuality than women and that men are emotionally and sexually more promiscuous than woman.

Relating to sexual orientation, results are only partially consistent with our hypothesis. More specifically, our results showed that sexual orientation was significantly positively correlated with the stability and tolerance subscales. This suggests that participants who consider themselves to be more heterosexual on the Kinsey scale have more negative attitudes toward bisexual individuals, whereas participants who consider themselves to be more homosexual have less negative attitudes toward bisexual individuals. As expected, heterosexual individuals have more negative attitudes toward bisexuals. This is confirmed by research that has shown that bisexual men and women tend to report isolation, ostracism, stereotyping, and discrimination from heterosexual individuals (Rust, 2000).

Yet, our results indicate that homosexuals have less negative attitudes toward bisexual individuals than heterosexuals. Bisexual individuals often show the same fears

and concerns about gays and lesbians, due to the belief that exists antibisexual attitudes in this community, having the perception that they would be excluded or discriminated because they were bisexual (McLean, 2008). Despite having a mix of experiences, some reported having a positive reinforcement or acceptance of their bisexuality (McLean, 2008).

We also hypothesized that homosexuals and bisexuals would be sexually more promiscuous than heterosexuals, according to the literature (Pinto & Arantes, 2015). However, our results showed that homosexuals tend to be both emotionally and sexually more promiscuous than heterosexuals. This could be happened because the number of participants in our sample is superior to the study of Pinto and Arantes (2015). It should be noted that no differences were found between homosexuals and bisexuals regarding emotional and sexual promiscuity. This can be explained because we used the heterosexual-homosexual rating scale (Kinsey, Pomeroy & Martin, 1948). This scale attempts to describe a person's sexual experience or response at a given time, putting sexual orientation in a continuum.

Regarding the role of age, we found that age was significantly negatively correlated with ARBS, meaning that older participants have less positive attitudes towards bisexual women and men. Our results are consistent with our hypothesis. Results could be explained due to generational changes, that is, the youth may be starting to accept bisexuality because the emerge of challenges to heteronormativity by the homosexual rights movements (Herdt, 2001; Israel & Mohr, 2004). Although the older population still has negative attitudes toward bisexuals, with the denial of bisexuality behind it, some individuals, particularly the younger ones, can adopt another perspective and thus situate bisexuality on a continuum of sexual orientation (Bronn, 2001). This perspective allows to take various degrees of bisexuality and diverse experiences of bisexuality, consequently bisexuals can be considered as cognitively and interpersonally flexible, as well as, admired for their attraction to personal qualities rather than just by the gender of a partner (Zinik, 1985). Thus, according to this conceptualization, bisexuality can be seen as a more normal or ideal state (Mohr & Rochlen, 1999b). Also, we expected that older individuals tend to be emotionally and sexually more promiscuous than younger individuals. Results are consistent with this hypothesis and this is also confirmed in the study of Pinto and Arantes (2015).

Concerning the differences between sex and attitudes towards bisexuality, results are not consistent with our hypothesis, as we expected that men had more negative

attitudes regarding bisexuality than women. Investigations found that while female participants were equally accepting of bisexual women and men, male participants expressed more sexual prejudice toward bisexual men than toward bisexual women (Megan & Thomas, 2012). Overall, Megan and Thomas (2012) conclude that participants expressed more binegativity against bisexual men than women. However, our results did not demonstrate that, maybe because in our sample the age group is composed by younger individuals, and these tend to show less negative attitudes toward bisexuals. We also expected that men would be emotionally and sexually more promiscuous than woman, and results were consistent with this hypothesis. This result is not consistent with the study of Pinto and Arantes (2015); again, this may be because of the fact that the number of participants in our sample is superior.

Due to social disapproval of sexual minorities, the concept of attitude has been the focus of many studies in contemporary social psychology; thus, this investigation also aims to provide the translation, adaptation and evidence of the validity and accuracy of ARBS-FM version, which allows the assessment of attitudes about bisexuality in heterosexual and homosexual individuals. Concerning the ARBS-FM version, we found that the instrument has good psychometric qualities when used with the Portuguese population. Confirmatory factor analysis was used to evaluate the model used by the original authors, which provided a good fit to the data.

#### *Limitations and Future Research*

Some limitations of the present study should be acknowledged. First, the mean age of our participants was 25.55 years old. Therefore, it would be interesting to investigate if the same pattern of results would be obtained with an older sample.

Secondly, even though our sample had a sufficient number of participants, in relation to sex our sample was composed by a superior number of females than males. Third, since there is the first time that the ARBS-FM is been used in the Portuguese population, there is a possibility that some of our results might have been affected by cultural differences. For future research, we propose some studies with older individuals, similar number of participants of both sexes and cross-cultural studies.

Another problem with the current body of research on bisexuality is the lack of expansive knowledge of bisexual individuals in general. Studies rarely focus specifically on the bisexual population. Most studies choose to group bisexuals with homosexuals, which ignores the complex problems specific to bisexuals.

Even though we proposed to analyse the relation between attitudes regarding bisexuality and promiscuity, our data were correlational and consequently we cannot make strong inferences. It is possible that someone sexually more promiscuous have more positive attitudes towards bisexuality, however be sexually more promiscuous does not mean that it will cause more positive attitudes towards bisexuality. Therefore, it would be very interesting to test which path is the most likely to occur by doing a prospective, longitudinal study.

### **Conclusion**

Overall, our results suggest that individuals sexually more promiscuous have more positive attitudes towards bisexuality. Also, older individuals and exclusive heterosexual individuals have less positive attitudes toward bisexuals.

With our study, it is possible to conclude that discrimination by heterosexual individuals to bisexuals is still present; however, the same does not seem to happen to homosexuals. This has implications due to the possibility that can help to reduce the fears that bisexuals report having in relation to homosexual individuals and consequently, the greater involvement of bisexuals in the LGB community. Nevertheless, these negative attitudes, that occur frequently, put bisexuals in more risk of developing mental problems, so it can be useful to design interventions to reduce negative attitudes and stereotypes in lesbian, gay, and heterosexual populations (Meyer, 2003). Also, this growing of cultural diversity creates new challenges to many professionals, namely those with the social and human dimensions, such as psychologists (Meyer, 2003). Studies conducted in this area reveal that these individuals are often discriminated by health professionals (Moleiro & Pinto, 2009). An aggravating factor is the expectations associated to therapists, for example, abstain from the influence of their values and attitudes in clinical work and to assist their clients in solving problems resulting from discrimination and social isolation (Moleiro & Pinto, 2009). Therefore, research in this area can help to document levels of negative attitudes among therapists and the effects of those attitudes on the treatment of bisexual clients.

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