

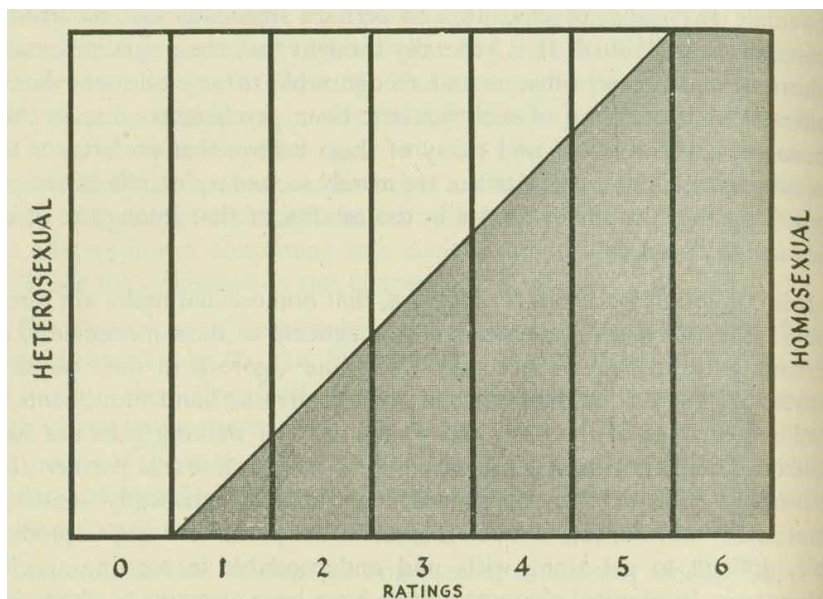
THE KINSEY SCALE

Drs. Alfred Kinsey, Wardell Pomeroy, and Clyde Martin developed the Heterosexual-Homosexual Rating Scale—more commonly known as “The Kinsey Scale.” First published in *Sexual Behavior in the Human Male* (1948), the scale accounted for research findings that showed people did not fit into exclusive heterosexual or homosexual categories.

CREATING THE SCALE

The Kinsey team interviewed thousands of people about their sexual histories. Research showed that sexual behavior, thoughts, and feelings towards the same or opposite sex were not always consistent across time. Instead of assigning people to three categories—heterosexual, bisexual, and homosexual—the team used a seven-point scale. It ranges from 0 to 6 with an additional category of “X.”

RATING | DESCRIPTION



- 0 Exclusively heterosexual
- 1 Predominantly heterosexual, only incidentally homosexual
- 2 Predominantly heterosexual, but more than incidentally homosexual
- 3 Equally heterosexual and homosexual
- 4 Predominantly homosexual, but more than incidentally heterosexual
- 5 Predominantly homosexual, only incidentally heterosexual
- 6 Exclusively homosexual
- X No socio-sexual contacts or reactions

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UNDERSTANDING THE SCALE

People at “0” report exclusively heterosexual / opposite sex behavior or attraction. Those at “6” report exclusively homosexual / same-sex behavior or attraction. Ratings 1–5 are for those who report varying levels of attraction or sexual activity with either sex. In the original Kinsey Report studies, the X category designated the group who reported no socio-sexual contacts or reactions in their interviews.

TAKING THE KINSEY TEST

An official Kinsey “test” does not exist, which is contrary to popular belief and many tests across the web. The original Kinsey research team assigned a number based on a person’s sexual history.

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