



## Kinsey-Style Continuum Scale Questionnaire

### Instructions

Kinsey-Style Continuum Scale contains 20 items rated on a 5-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
1	I often develop romantic feelings toward people of the same sex.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I often develop romantic feelings toward people of the opposite sex.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I experience physical attraction toward people of the same sex.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I experience physical attraction toward people of the opposite sex.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I can imagine myself in a long-term relationship with someone of the same sex.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I can imagine myself in a long-term relationship with someone of the opposite sex.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	My fantasies frequently involve people of the same sex.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	My fantasies frequently involve people of the opposite sex.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
9	I feel emotionally closer to people of the same sex.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	I feel emotionally closer to people of the opposite sex.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	My attraction patterns have changed over time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	I feel comfortable exploring different aspects of attraction.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	I have questioned my sexual orientation at some point in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	I rarely experience strong physical attraction toward anyone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	Emotional connection is more important to me than physical attraction.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	I feel uncertain about how to define my orientation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	I tend to focus more on personality than gender when feeling attracted to someone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	I feel attraction regardless of traditional gender expectations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	I feel comfortable discussing my attraction patterns openly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	I feel stress or confusion related to my attraction patterns.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Scoring Instructions

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Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

## Dimension Scoring Keys

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Dimension	Items	Number of Items
Same-Sex Attraction	1, 3	2
Opposite-Sex Attraction	2, 4	2
Relationship Orientation	5, 6	2
Fantasy Patterns	7, 8	2
Emotional Bonding	9, 10	2
Orientation Fluidity	11, 12, 18	3
Orientation Exploration	13, 16	2
Asexual Traits	14	1
Emotional Orientation	15, 17	2
Self-Acceptance	19	1
Identity Conflict	20	1

## Raw Score Ranges

Scale	Items	Possible Range
Same-Sex Attraction	2	0–8
Opposite-Sex Attraction	2	0–8
Relationship Orientation	2	0–8
Fantasy Patterns	2	0–8
Emotional Bonding	2	0–8
Orientation Fluidity	3	0–12
Orientation Exploration	2	0–8
Asexual Traits	1	0–4
Emotional Orientation	2	0–8
Self-Acceptance	1	0–4
Identity Conflict	1	0–4
<b>Overall Score</b>	<b>20</b>	<b>0–80</b>

## Source

A Kinsey , et al. *Sexual Behavior in the Human Male*. W.B. Saunders. 1948.

A Kinsey , et al. *Sexual Behavior in the Human Female*. W.B. Saunders. 1953.

F Klein . *The Bisexual Option*. Haworth Press. 1978.

American Psychological Association. *Guidelines for Psychological Practice with Sexual Minority Persons*. 2021.

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Interactive Version: [Kinsey-Style Continuum Scale](#)