

This is a **Sample** version of the  
**Ageing Sexual Knowledge and  
Attitudes Scale (ASKAS)**

The **full version** of the ASKAS comes without 'sample' watermark.

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- ASKAS Overview information
- ASKAS Scoring/ Administration instructions
- ASKAS Complete Questionnaire/  
Assessment
- ASKAS Clinical Validity

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# Aging Sexual Knowledge and Attitudes Scale

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The Aging Sexual Knowledge and Attitudes Scale (ASKAS) is designed to measure two realms of sexuality: (a) knowledge about changes (and nonchanges) in sexual response to advanced age in males and females and (b) general attitudes about sexual activity in the aged. The items are largely specific to the elderly rather than a general sexual knowledge-attitudes scale. The ASKAS was developed for use in assessing the impact of group or individual interventions on behalf of sexual functioning in the aged utilizing, for example, a pretest-posttest procedure. Further, the measure may form the basis for group and individual discussion about sexual attitudes and/or sexual knowledge. The scale is also appropriate for use in educational programs for those working with the aged.

The actual numerical scores may be conveniently used for research purposes, but the individual items are also useful to assess the extent of an individual's knowledge upon which to base clinical interventions, as well as identifying attitudinal obstacles to sexual intimacy in old age.

## Description, Response Mode, and Timing

The ASKAS consists of 61 items, 35 true/false/don't know in format and 26 items responded to on a 7-point Likert-type scale as to degree of agreement or disagreement with the particular item. The 35 true/false questions assess knowledge about sexual changes and nonchanges which are or are not age related. The 26 agree/disagree items assess attitudes toward sexual behavior in the aged. The items are counterbalanced. The instrument takes 20–40 minutes to complete.

## Scoring

The ASKAS may be given in an interview of paper-and-pencil format and may be group administered or individually administered. The nature of the scoring and items are readily adaptable to computer scoring systems.

Scoring is such that a low knowledge score indicates high knowledge and a low attitude score indicates a more permissive attitude. The rationale for the low knowledge score reflecting high knowledge is that *don't know* was given a value of 3, indicating low knowledge. In the Knowledge section, Questions 1 through 35, the following scoring applies: *true* = 1, *false* = 2, and *don't know* = 3. Items 1, 10, 14, 17, 20, 30, and 31 are reversed scored. In the Exhibit, the correct answers are in parentheses for Items 1 through 35. The attitude questions, 36 through 61, are each scored according to the value selected by the respondent with the

exception of Items 44, 47, 48, 50–56, and 59 in which the scoring is reversed.

## Reliability

The reliability of the ASKAS has been examined in several different studies, and in varying ways, summarized in Table 1. As can be seen, reliabilities are very positive and at acceptable levels.

## Validity

Presented in Table 2 are the means and standard deviations of ASKAS scores from several studies. These means are not meant to be viewed as normative, but rather illustrative of group variation in ASKAS performance.

The validity of the ASKAS has been examined in a sexual education program for older persons, by individuals working with older persons, and by adult family members of aged persons in which each group received the psychological-educational intervention separately (White & Catania, 1981). Each experimental group had a comparable

**TABLE 1**  
Aging Sexual Knowledge and Attitudes Scale (ASKAS)  
Reliabilities

Type of reliability	Reliability coefficient	Sample size	Type of sample
<i>Knowledge</i>			
Split-half <sup>a</sup>	.91	163	Nursing home staff
Split-half <sup>a</sup>	.90	279	Nursing home residents
Alpha	.93	163	Nursing home staff
Alpha	.91	279	Nursing home residents
Alpha	.92	30	Community older adults
Alpha	.90	30	Nursing home staff
Alpha	.90	30	Families of older adults
Test-retest	.97	15	Community older adults
Test-retest	.90	30	Staff of nursing home and families of the older adults
<i>Attitudes</i>			
Split-half <sup>a</sup>	.86	163	Nursing home staff
Split-half <sup>a</sup>	.83	279	Nursing home residents
Alpha	.85	163	Nursing home staff
Alpha	.76	279	Nursing home residents
Alpha	.87	30	Community older adults
Alpha	.87	30	Nursing home staff
Alpha	.86	30	Families of older adults
Test-retest	.96	15	Community older adults
Test-retest	.72	30	Staff of nursing home and families of the aged

<sup>a</sup>These correlations have been corrected for test length.

**This is the end of the sample ASKAS clinical validity. Please return to page 1 to purchase complete version.**

# Ageing Sexual Knowledge and Attitudes Scale (ASKAS)

## Scoring and Administration

The ASKAS is designed for use with older persons, people who work with older persons, and any group of people who have an impact on the aged (e.g., families of the aged, volunteers working with the aged). The questions are designed to measure sexual attitudes and sexual knowledge through the utilization of items dealing with the age-related changes (and nonchanges) in sexuality and the context of sexuality for the aged.

The attitude portion of the test is based on the assumption that attitudes toward sexuality in the context of old age institutions (specifically, the nursing home) are predictive of attitudes toward sexuality in the aged in other contexts.

## Scoring -

The ASKAS consists of 61 questions, of which 35 are true-false or "don't know" in response format and 26 are responded to on a 7-point Likert scale as to the extent of agreement or disagreement with the item statement. The true-false questions are measures of knowledge about sexuality in the aged, while the agree-disagree Likert scale questions measure attitudes toward sexuality in the aged.

There are 2 domains in the ASKAS 1 is called the Knowledge domain, which has 35 questions and a score range of 35-105. The 2nd is called the Attitudes domain which has 26 items and a score range of 26-182.

Scoring the ASKAS is easy, simply add up the responses.

**Note: There are reversed scored items...**



## Aging Sexual Knowledge and Attitudes Scale (ASKAS)

### Knowledge Questions

1. Sexual activity in aged persons is often dangerous to their health.  
True                      False                      Don't Know
2. Males over the age of 65 typically take longer to attain an erection of their penis than do younger males.  
True                      False                      Don't Know
3. Males over the age of 65 usually experience a reduction in intensity of orgasm relative to younger males.  
True                      False                      Don't Know
4. The firmness of erection in aged males is often less than that of younger persons.  
True                      False                      Don't Know
5. The older female (65+ years of age) has reduced vaginal lubrication secretion relative to younger females.  
True                      False                      Don't Know
6. The aged female takes longer to achieve adequate vaginal lubrication relative to younger females.  
True                      False                      Don't Know
7. The older female may experience painful intercourse due to reduced elasticity of the vagina and reduced vaginal lubrication.  
True                      False                      Don't Know
8. Sexuality is typically a lifelong need.  
True                      False                      Don't Know
9. Sexual behavior in older people (65+) increases the risk of heart attack.  
True                      False                      Don't Know
10. Most males over the age of 65 are unable to engage in sexual intercourse.  
True                      False                      Don't Know
11. The relatively most sexually active younger people tend to become the relatively most sexually active older people.  
True                      False                      Don't Know
12. There is evidence that sexual activity in older persons has beneficial physical effects on the participants.  
True                      False                      Don't Know
13. Sexual activity may be psychologically beneficial to older person participants.  
True                      False                      Don't Know
14. Most older females are sexually unresponsive.  
True                      False                      Don't Know

**This is the end of the sample ASKAS questionnaire. Please return to page 1 to purchase complete version.**