# The Bem Sex-Role Inventory

The following items are from the Bem Sex-Role Inventory. Rate yourself on each item, on a scale from:

1 (never or almost never true) to 7 (always or almost always true)

1. self-reliant

2. yielding

3. helpful

4. defends own beliefs

5. cheerful

6. moody

7. independent

8. shy

9. conscientious

10. athletic

11. affectionate

12. theatrical

13. assertive

14. flatterable

15. happy

16. strong personality

17. loyal

18. unpredictable

19. forceful

20. feminine

21. reliable

22. analytical

23. sympathetic

24. jealous

25. has leadership abilities

26. sensitive to the needs of others

27. truthful

28. willing to take risks

29. understanding

30. secretive

31. makes decisions easily

32. compassionate

33. sincere

34. self-sufficient

35. eager to soothe hurt feelings

36. conceited

37. dominant

38. soft-spoken

39. likable

40. masculine

41. warm

42. solemn

43. willing to take a stand

44. tender

45. friendly

46. aggressive

47. gullible

48. inefficient

49. acts as a leader

50. childlike

51. adaptable

52. individualistic

53. does not use harsh language

54. unsystematic

55. competitive

56. loves children

57. tactful

58. ambitious

59. gentle

60. conventional

Scoring:

Add up your ratings for items 1, 4, 7, 10, 13, 16, 19, 22, 25, 28, 31, 34, 37, 40, 43, 46, 49, 55, and 58. Divide the total by 20. This is your masculinity score.

Add up your ratings for items 2, 5, 8, 11, 14, 17, 20, 23, 26, 29, 32, 35, 38, 41, 44, 47, 50, 53, 56, and 59. Divide the total by 20. This is your femininity score.

If your masculinity score is above 4.9 (the approximate median for the masculinity scale) and your femininity score is above 4.9 (the approximate femininity median), then you would be classified as androgynous on Bem’s scale.