
Sexual And Negative Dating Inventory (SANDI)

Instructions:

Below is a list of general statements in regard to dating and sexual behaviors.

Rate each statement using the below response ranges (0 = Never to 5 = Always). Indicate how true each statement is, according to what really reflects your experiences. Remember there are no right or wrong answers.

Response Scale:

0	1	2	3	4	5
Never	Rarely	Occasionally	Sometimes	Usually	Always

1. I send another person the details of what is planned for a date so they are aware of where I will be and approximately when.
 2. I do not tell my date specifics on where I live.
 3. I make sure I have a say in plans (e.g., sexual behaviors we engage in).
 4. I have a plan for what self-protective measures I will take if my date becomes violent or sexually aggressive.
 5. I do not drink or use any substances on first dates.
 6. I share my transportation information (e.g., Uber, trains, subway) with a friend when going on a date.
 7. I make sure to arrive to the date on my own rather than rely on my date, so I can leave at any time.
 8. I have learned self-defense skills to protect myself from someone who becomes violent or sexually aggressive.
 9. I do not kiss on the first date.
 10. When I go out on a first date, I tell another person where I will be and when.
 11. I try to be aware of other people around [for the duration of the date] who may be able to help me in case of an emergency.
 12. I have another person (e.g., friend) who is willing to interrupt my date (e.g., with a phone call) or pick me up if I feel uncomfortable.
 13. I do not let my date drive me home.
 14. I make sure I have a say in the plans/collaborate with my date on plans for a first date.
 15. I discuss with my date the concept of equality to prevent any potential power dynamics.
 16. I go on a first date with intentions of not having sex on the first date.
 17. I always keep my location 'on' and shared with another person when I am on a date.
 18. I choose my own food/drink to order during a date.
 19. I am aware of objects nearby that could be used as weapons in case my date becomes violent or sexually aggressive (e.g., lamps, keys), for self-protection.
 20. I do not engage in taking shots of alcohol on the first date.
 21. I send a friend updates in the middle of the date to let them know how it is going.
 22. My date and I both play an active collaborative role in making plans for a date.
 23. I do not have sex on the first date.
 24. I do not meet my date at my home or their home.
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Factor 1: Location Sharing: 1, 6, 10, 12, 17, 21

Factor 2: Assertiveness: 3, 14, 18, 22

Factor 3: Self-Protection: 4, 8, 11, 15, 19

Factor 4: Risk Reduction: 5, 9, 16, 20, 23

Factor 5: Privacy: 2, 7, 13, 24

Scoring: We recommend calculating the mean from each subscale mean in order to weight each factor appropriately.

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