Bem Androgyny Test

This test is a way of judging how masculine or feminine you are. Answer questions as the term best fits you according to the following scale: (put the scale number next to the question number below)

1 = Never or almost never true
2 = Usually not true
3 = Sometimes but infrequently true
4 = Occasionally true
5 = Often true
6 = Usually true
7 = Always or almost always true

Questions:

1. Acts as a Leader
2. Adaptable
3. Affectionate
4. Conceited
5. Aggressive
6. Cheerful
7. Ambitious
8. Conscientious
9. Childlike
10. Conventional
11. Analytical
12. Compassionate
13. Assertive
14. Friendly
15. Does not use harsh language
16. Happy
17. Athletic
18. Eager to soothe hurt feelings
19. Competitive
20. Helpful
21. Feminine
22. Inefficient
23. Defends own beliefs
24. Flatterable
25. Dominant
26. Jealous
27. Gentle
28. Likable
29. Forceful
30. Gullible
31. Has leadership abilities
32. Moody
33. Loves children
34. Reliable
35. Independent
36. Loyal
37. Individualistic
38. Secretive
39. Sensitive to the needs of others
40. Sincere
41. Makes decisions easily
42. Shy
43. Masculine
44. Solemn
45. Soft-spoken
46. Tactful
47. Self-reliant
48. Sympathetic
49. Self-sufficient
50. Theatrical
51. Tender
52. Truthful
53. Strong personality
54. Understanding
55. Willing to take a stand
56. Unpredictable
57. Warm
58. Unsystematic
59. Willing to take risks
60. Yielding

Answers:

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____
31. _____ 32. _____ 33. _____ 34. _____ 35. _____ 36. _____
37. _____ 38. _____ 39. _____ 40. _____ 41. _____ 42. _____
43. _____ 44. _____ 45. _____ 46. _____ 47. _____ 48. _____
49. _____ 50. _____ 51. _____ 52. _____ 53. _____ 54. _____
55. _____ 56. _____ 57. _____ 58. _____ 59. _____ 60. _____

Bem Androgyny Test Scoring
1. **ADD UP EACH COLUMN**
   a. Add up the scores next to the 1, 7, 13, and down to 55. This is the first column.
   b. Repeat this for the other 5 columns.

2. **ADD THE MASCULINE TRAITS**
   a. Add the total of column 1 to the total of column 5. (Ignore columns 2, 3, & 4.)
   b. This is your Masculine Score

3. **ADD THE FEMININE TRAITS**
   a. Add the total of column 3 to the total of column 6. (Ignore columns 1, 2, & 5.)
   b. This is your Feminine Score.

4. **ADD THE BEM SCORE**
   a. Subtract your Feminine Score from your Masculine Score.
   b. “Masculine traits - Feminine traits = Bem score”

   **Masculine traits:** ________ minus **Feminine traits:** ________ equals **Bem score:** ________

5. **INTERPRET YOUR BEM SCORE**
   a. Compare your Bem score to the androgyny scale below to see which category corresponds to your score.

   **Androgyny scale:**

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;=-20</td>
<td>Feminine</td>
</tr>
<tr>
<td>-19 to -10</td>
<td>“Nearly Feminine”</td>
</tr>
<tr>
<td>-9 to 0</td>
<td>Androgynous</td>
</tr>
<tr>
<td>+9 to 10</td>
<td>“Nearly Masculine”</td>
</tr>
<tr>
<td>+11 to +19</td>
<td>Masculine</td>
</tr>
<tr>
<td>&gt;=+20</td>
<td></td>
</tr>
</tbody>
</table>

   **For Your Information:**
   Columns 1 and 5 are the "Masculine" traits.
   Columns 3 and 6 are the "Feminine" traits.
   Columns 2 and 4 are the "Neutral" traits.

   [http://www.velocity.net/~galen/androgyn.html](http://www.velocity.net/~galen/androgyn.html)