

Human Sexuality:
A Psychosocial Perspective, 2nd Edition
Westheimer and Lopater

STUDY GUIDE
SEXUAL AROUSAL AND RESPONSENESS
Chapter 7

1. Identify the five physiological senses associated with sexual arousal and give examples of each
2. Difference between organizing and activating effects of hormones and how they relate to sexual behavior in males and females
3. Definition of pheromones, their influence in humans including research to support their existence in people (i.e., menstrual synchrony) and apocrine glands
4. Difference between primary and secondary erogenous zones and examples of each
5. Definition and reality of aphrodisiacs as well as substances thought to be aphrodisiacs. Definition and impact of "anaphrodisiacs". Concept of a placebo.
6. Identify and describe in detail the physiological changes that occur in males and females in the four stages of Masters and Johnson's Human Sexual Response Cycle
7. Identify and describe the triphasic model (Kaplan, 1979) of sexual response; do the same for Reed's ESP model
8. Define/explain multiple-orgasm, the "G" spot, the refractory period and the point of ejaculatory inevitability
9. Concept of "habituation" in human sexual behavior
10. Impact of alcohol, crack cocaine, marijuana, MDMA(ecstasy), and Yohimbine on sexual behavior