



Hart Institute

# Sex In America Study

## Research Study Overview

A team of Hart Institute researchers in Southern California have launched a nationwide study examining the sexual practices of Christian Americans. The Hart Institute research team conducted studies in 1990's on Christian Americans and the results were published in *The Sexual Man* and *Secrets of Eve*. A major survey on sexuality was done by the University of Chicago in 1994 that looked at all of America, but only a small selection of Christians. Since those studies many changes have taken place, largely due to the extensive influence of media and the internet. So the Hart Institute research team is conducting a larger national research study to get an updated pulse of Sex in Christian America.

Special emphasis will be on new issues such as the use of the Internet (pornography, youtube videos, social networking, erotic stories, sexting, etc.). Results from the study will be published in journals and books. The data analysis will provide a concrete "reality check" for Christian counselors and the Christian church at large.

## Research Goals

This new Sex in Christian America Study aims to provide the most comprehensive data to date, examining many aspects of sexuality such as: practices and attitudes of men compared with those of women, as well as contrasting the answers of husbands with their wives (and vice versa). The effects of spiritual maturity, theological tradition, length of marriage (if married), single/divorced adulthood, age, and ethnicity will also be closely analyzed. Effort will be made to recruit subjects in non-Caucasian ethnic groups, for example Korean-American, Hispanic-American, and African-American, using targeted advertising.

## Research Study Description

Revised and updated research surveys have been designed by the research team, building on their past studies, standard measures and consults with other leading experts in the field of marriage and sexuality. Data will be collected from a broad range of age and Christian denominations in America by using an online survey company as well as through paper questionnaires managed by Hart Institute.



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Data results will be housed and processed at the Hart Institute. Analysis of data and collation of results will be coordinated by Dr. Kent Taylor of the Medical Genetics Institute at Cedars-Sinai Medical Center, Los Angeles. Data will be downloaded from the survey company regularly to a secure server maintained by Dr. Taylor at Cedars-Sinai. Data will be processed and analyzed by Dr. Taylor with direction from the other members of the research team. The research team will act as the Steering Committee with oversight of the data in the future.

## Research Methods

The Sex in Christian America study will be conducted through a questionnaire based survey. Data will be gathered confidentially through the internet primarily and automatically processed through sophisticated computer data analysis consistent with professional research standards. Interpretation of the data will involve all team members including expert consultants when necessary. The research team will have oversight for the analysis of the data and preparation of all summary reports and publications.

## Research Relevance

After data is analyzed, results will be published in professional journal articles on various key topics. Data will also be consolidated into themes and published in books for the general Christian population and Christian counselors.

The vision of this study is to eventually expand and make the raw data available to others for further research, and to other experts in the field of sexuality who could consider additional insights and interpretation.



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## The Research Team

### Archibald Hart, Ph.D.



Archibald Hart is a Senior Professor of Psychology and Dean Emeritus at the School of Psychology at Fuller Theological Seminary. A prolific author and speaker whose research, writing, and teaching expanded the field of pastoral psychology, Hart is known as one of the nation's premier Christian psychologists. Arch is the co-founder and president of Hart Institute, a non-profit organization providing the integration and advancement of Christian Counseling. He has written more than two dozen books including *The Sexual Man* and co-authored *Secrets of Eve* with his daughter Dr. Catherine Hart Weber and sex therapist Debra Taylor, which presented the results of nationally recognized research on Christian sexuality.

### Catherine Hart Weber, Ph.D.



Catherine has a Ph.D. in Marriage and Family therapy from Fuller School of Psychology and a Masters in Theology from Fuller Seminary. She has been adjunct professor at Fuller Theological Seminary, teaching *Gender and Authentic Sexuality*. Catherine has also worked very closely with her father Dr. Archibald Hart doing research and writing. Her most recent publication is *Flourish: Discover The Daily Joy of Abundant Vibrant Living*. Catherine is cofounder and director of Hart Institute, promoting Christian counseling integration resources. She speaks at universities, conferences and teaches on marriage enrichment and intimacy. She leads *The Secrets of Love, Sex and Happiness in Marriage* classes with her husband Rick. They have been happily married for 25 years and are the parents of two young adult women.

### Debra L. Taylor



Debra is a Marriage and Family Therapist and a Certified Sex Therapist. She teaches sex therapy courses through the Institute for Sexual Wholeness at Richmond Graduate University in Atlanta, Georgia. Debra is a co-founder of Sexual Wholeness, Inc., an organization which seeks to “unveil God’s truth about sexuality” through professional training, retreats, seminars, writing and production of audio/video educational materials. She is a co-author with Archibald Hart and Catherine Hart-Weber of *Secrets of Eve: Understanding the Mystery of Female Sexuality*, and was co-author of the “Real Sex” column in Marriage Partnership magazine. Debra also speaks at conferences and retreats and conducts communication, marriage, parenting and sexuality workshops with her husband, Kent. They have been married for 33 years and are the parents of two young adults.



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### **Kent Taylor, Ph. D.**



Kent Taylor is a database designer and data analyst for the Medical Genetics Institute of Cedars-Sinai Medical Center, Los Angeles. He is an associate professor of pediatrics at the University of California, Los Angeles, where he works on large national genetics studies of cardiovascular, metabolic and inflammatory diseases. Kent managed and analyzed the data for the *Secrets of Eve* national research study on female sexuality conducted by Hart Institute and will manage the data for the upcoming study on *Sex in Christian America*. Kent also conducts workshops with his wife, sex therapist Debra Taylor.

### **Richard Blackmon, Ph.D.**



Dr. Richard Blackmon is a clinical psychologist with a private practice in Westlake Village, California. He has specialized in psychotherapy with clergy and their families, marriage, and adults for the past 28 years. He founded Pacific Psychological Resources in 1987 and helped found a consulting group Teamworx2 in 2005. He was an adjunct professor at Fuller Theological Seminary for 21 years where he taught courses on the spiritual and emotional well-being of those in ministry. Dr. Blackmon wrote his dissertation with Dr. Archibald Hart in 1985 where they first documented the high sexual misconduct rates for the clergy. He has been a workshop presenter on the topics of clergy health and marital enrichment for almost 30 years. Rick's wife Sharon is a bible teacher at Oaks Christian School and they have three sons.