

POSTER SESSION 02

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Development of the Japanese Version of the Rape Excusing Attitudes and Language Scale

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INTRODUCTION

Despite the large number of sexual crimes that occur worldwide, few people report them to the police. Failure to report rape can inhibit victims from receiving support and psychological care they need. In the case that victims did not report their rape victimization, the perpetrator cannot be punished, which leads to repeated recidivism and a vicious cycle that to increase victims. Therefore, to reduce the number who did not report their rape victimization to the police (the dark figure of rape), it is essential to create an environment where people feel safe reporting their rape victimization to someone, even someone close to them, to realize a secure society.

One of the reasons for not reporting sexual crimes is due to false beliefs about rape. Rape myths are defined as "attitudes and beliefs that are generally false but widely and persistently held, justifying sexual aggression, including rape, by men against women (Burt 1980). Studies in the United States have shown that people who are more accepting of the rape myths tend to feel that they are largely responsible for sex crime victimization and who did not report to anyone about their criminal victimization for fear that they would be blamed for it. It has also been shown that men have higher levels of rape myth acceptance than women (Lichty and Gowen 2021, Byrne, Petri and Oh 2021, Burt 1980).

In the United States, the Illinois Rape Myth Acceptance Scale (IRMA) (Payne et al., 1999; McMahon & Farmer, 2011) has been the major questionnaire on rape myths in the past. Recently, the Rape Excusing Attitudes and Language (REAL) Scale (Hahnel-Peeters and Goetz, 2022), an updated version of the IRMA, was developed in the United States.

However, the Japanese version of the REAL scale has not been developed. Therefore, as the first step in examining the relationship between whether to report sexual assault and rape myths, our aim of this study is to develop the Japanese version of the REAL Scale with the original authors' permission.

METHODS

The study was conducted after approval from the Ethical Review Board of Chiba University Graduate School of Medicine. The REAL Scale translated into Japanese was back-translated (by a translation company). The Japanese version was then checked several times with the original author to ensure that the content was the same in the English version while adjusting for differences in language nuances. We conducted Web-based anonymous survey about the scale survey. No personal information from the participants were collected. We recruited the participants through an Internet research company. Before answering the web-survey, the participants read the research information sheet for the consent just and were requested to select an "I agree" or "I do not agree" checkbox. Responses to the questionnaires for the study were obtained only from those who gave their informed consent anonymously. There were 20 questions (5-case method ranging from 1 completely disagree to 5 completely agree), and the survey participants were men and women between the ages of 18 and 65. The personal attributes of the survey respondents were taken from a pre-existing database held by the survey company. The only gender items in that database were male and female. Therefore, we had no choice but to conduct this survey only for men and women.

RESULTS

1,000 individuals returned the questionnaires. Cronbach's alpha coefficient was calculated to confirm reliability ($\alpha=0.94$). An exploratory factor analysis (maximum likelihood, promax rotation) was conducted to confirm the factor structure, resulting in two factors. t-tests were conducted on the total scores of the 20 items, resulting in higher scores for females than for males ($t=6.71$, $df=989$, $p<.001$).

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DISCUSSION

Like previous studies, men were more accepting of rape myths than women, which was also evident in this study. The factor structure of this study differed from that of the original REAL. The original REAL found four factors, "Exaggeration of harm," "Confusion of consent," "Lack of defense against rape," and "Lied about the event," while our study found only two factors. This result might imply differences in beliefs about rape in Japan and the U.S.

Development of the Japanese Version of the Rape Excusing Attitudes and Language Scale ^a

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Purpose

- We want to investigate the relationship between decisions to report sex crime victimization and the level of rape myth acceptance in Japan.
- To this aim, the Japanese version of the Rape Excusing Attitudes and Language (REAL) Scale (Hahnel-Peeters & Goetz, 2022) measuring acceptance of rape myths, was developed.

Background

Sexual crimes occur worldwide, but victims rarely report them to the police. Failure to report rape can inhibit victims from receiving the appropriate support and psychological care they need. Therefore, it is essential to make the discussion of rape victimization easier. One reason for not reporting sexual crimes is due to false beliefs about rape. Rape myths are “attitudes and beliefs that are generally false but widely and persistently held, justifying sexual aggression, including rape, by men against women” (Burt, 1980). Studies in the United States have shown that people who accept greater amounts of rape myths tend to believe the victims of non-reported rapes are largely responsible for sex crime victimization. These studies have also demonstrated that men have higher levels of rape myth acceptance than women (Burt, 1980; Byrne, Petri, & Oh, 2021; Lichty & Gowen, 2021).

Methods

Ethics approval was granted by the Institutional Review Board of Chiba University Hospital (approval number: M10485). Written informed consent was obtained from participants.

1. We translated the REAL Scale consisting of 20 items (5 cases method, 100-point scale, the higher the score, the higher the acceptance of rape myths) into Japanese with the permission of the original authors.
2. We also back-translated the Japanese version and coordinated detailed meanings and nuances with the original authors.
3. We provided the Japanese version of the REAL Scale to five members of the same laboratory and others.
4. The survey was conducted via the Internet; men and women aged 18-65 completed the Japanese version of the REAL Scale survey.

Results

Table:1 Exploratory factor analysis of the Japanese version of the REAL scale

Item	Factor	
	1	2
1 If she didn't get injured or pregnant, then nothing bad really happened.	0.970	
5 She probably wasn't raped if she doesn't have any injuries (for example, bruises).	0.918	
9 If she didn't scream for help, it wasn't as bad as she claims.	0.796	
8 If a woman gets wet (lubricated) during rape, it makes it consensual because it means she was enjoying it.	0.757	
19 Since she went out alone at night without a self-defense weapon (e.g., pepper spray), she's partially responsible.	0.650	
11 If she doesn't physically resist, she must have thought it wasn't that bad.	0.616	
14 Unless she audibly says “no,” she cannot claim that she was raped.	0.601	
2 If a guy takes a woman on a nice date, he deserves to have sex with her.	0.557	
3 Any women claiming they have PTSD from a rape are exaggerating the event.	0.527	
6 When a woman comes out about being raped many years after the alleged incident occurred, she is probably making it up.	0.482	
13 Because it's true that many women have rape fantasies, then some of them kind of want it.	0.458	
10 If a victim of rape doesn't fight back, they must have thought the assault wasn't that bad.	0.389	
12 If a woman goes over to a man's house at night, she is consenting to sexual attention.		0.809
18 If she accepted a ride from a stranger, it's her fault if the driver rapes her.		0.762
4 If a woman enjoys being dominated, it must not have been rape.		0.694
16 If a woman sexually arouses a man and then changes her mind, it's not his fault if he rapes.		0.582
17 A woman is somewhat responsible for being raped if it happened while she was drunk.		0.548
7 If two individuals are in a sexual relationship, it cannot be rape.		0.547
20 If a woman goes to a room alone with a guy at a party, she is practically asking to be raped.		0.442
15 Women often report rapes to get even with men.		0.384

Maximum Likelihood Method•Promax rotation

Table:2 Demographic variables and the scale means

	n	%	mean	SD
participants	1000			
gender	male	500	50	
	female	500	50	
marital status	married	393	39.3	
	unmarried	607	60.7	
children	one or more	311	31.1	
	none	689	68.9	
age			41.27	13.76
REAL score			40.91	15.10

Table:3 T-test for participant attributes

		mean	SD	p-value
gender	male	44.05	15.47	< 0.001
	female	37.78	14.04	
marital status	married	40.4	14.93	n.s
	unmarried	41.25	15.2	
children	one or more	41.1	14.59	n.s
	none	40.83	15.33	

Summary of results

- Cronbach's alpha coefficient was 0.943, The Kaiser-Meyer-Olkin (KMO) measure was 0.969, and Bartlett's test of sphericity was significant ($p < .001$).
- Real scores were significantly higher for males than females ($t = 6.71$, $df = 989$, $p < .001$).
- An exploratory analysis of the Japanese version of the REAL scale was conducted (maximum likelihood method, promax rotation), and two factors were extracted.

Discussion & Future Plans

1. In the Japanese version of the REAL Scale, the factor contributions of items 10 and 15 were low. Our solution may be to fine-tune their expressions with the consideration of the gap between the U.S. and Japanese cultures or to consider deleting two items and making it an 18-item scale.
2. The original REAL Scale had four factors (*Exaggeration of Harm*, *Confusion of Consent*, *Lack of Defense Against Rape*, and *Lied About the Event*). Still, the Japanese version of the REAL Scale had only a two-factor structure as a result of exploratory factor analysis. Factor 1 of the Japanese version of REAL Scale means an *underestimation of rape*, and factor 2 consists of the items indicating *implicated agreement with rape*.
3. The original REAL Scale and the Japanese version of the REAL Scale may have different factor structures due to differences in attitudes toward rape and cultural differences. We want to conduct confirmatory factor analysis in the future to measure the goodness of fit between the models of the original REAL Scale and the factors of the Japanese version.
4. Men accepted more rape myths than women. This result was consistent with the original study.



Rina Sasaki's email Rebecca K. Hahnel-Peeters' website Eiji Shimizu's website

発表概要報告書

私は、2023年6月1日から4日に開催された世界認知行動療法会議(WCCBT韓国・ソウル)に参加しました。その時の体験を以下に記載します。私は、現在も千葉県警察の犯罪被害者支援室で勤務し、犯罪被害者への心理カウンセリングを実施しています。その勤務経験から、犯罪被害、特に性犯罪被害については被害者にも関わらず、自分の被害を申告しづらい現状があることを感じています。性犯罪被害者が自分の被害について申告できない要因の一つとして、レイプ神話が関係していると言われています。レイプ神話とは、「一般的には誤っているが、広く根強く保持されている態度や信念で、男性の女性に対するレイプを含む性的攻撃を正当化するもの(Burt 1980)」と定義されているものであり、このレイプ神話を信じているほど、自分の性犯罪被害を相談しにくいという研究があります。そのため、日本でも性犯罪被害を相談するかどうかとレイプ神話との関連を調べたいと思い、まずは、日本で利用できる最新のレイプ神話受容度を測定する尺度を作成することにしました。そして、現在作成中であるため、進捗状況をポスター発表し、日本に関わらず多くの研究者から意見が欲しいと思い、学会参加を決意しました。しかし、そもそも学会発表自体の多くの経験があるわけではなく、さらに国際学会の参加は初めてであり、こんな自分が参加してもいいものなのか悩みながらの参加でした。お恥ずかしながら、語学に対する自信は全くなく、韓国にも行ったことがない、もっと言えば飛行機も苦手という状況で、今考えるとよく行くことを決めたなあという感じです。しかし、結果としては、本当に有意義な経験だったので、行ってよかったですし、さらにまた機会があったらぜひ行ってみたいという思いまで抱ける体験でした。まず、国内学会とは規模が違う会場に圧倒されました。語学が苦手であるため、初めはどこの部屋に自分の興味がある発表があるかどうか、部屋に行き着くまでも一苦勞でしたが、慣れると様々な内容があり、興味深い発表も多く、本当に有意義でした。ポスター発表をしましたが、ポスターの前に立っていると様々な人から話しかけられ、「面白い研究だね」とか、「web調査についての詳細を聞きたい」とか、「完成したらぜひ使ってみたい」という感想もいただき、自分と周りの数人の協力者との中であっただけの自分の研究が急に視野が広がり、さらにもっと研究を進めたいという思いになりました。また最後に参加したワークショップでは、同じような司法領域で仕事をするスイス人の研究者と出会い、今でもメールでお互いの国の心理的支援の情報交換をしています。人脈が広がったことも国際学会に参加した私の財産です。最後になりますが、本学会に参加することを支援していただいた全ての方々に感謝いたします。

(日本語 1200 字以内)

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