The Sexual Addiction Screening Test (SAST) is designed to assist in the assessment of sexually compulsive behavior which may indicate the presence of sex addiction. Developed in cooperation with hospitals, treatment programs, private therapists, and community groups, the SAST-R provides a profile of responses which help to discriminate between addictive and non-addictive behavior. Before starting the assessment we need basic information in order to build your profile.

1. Please indicate gender. □ M  □ F  □ Tg
2. Please indicate orientation. □ Heterosexual  □ Bisexual  □ Gay

Please check any of the following which apply:

□ 3. I have no concerns about my sexual behavior but am curious how I would score.
□ 4. I have no concerns about my sexual behavior but others are concerned.
□ 5. I am having problems with my sexual behavior but do not consider myself a “sex addict”.
□ 6. I know I am a sex addict.
□ 7. I have sought therapy because of my sexual problem.

To complete the test, answer each question by circling the appropriate yes/no answer:

YES  NO 8. Were you sexually abused as a child or adolescent?
YES  NO 9. Did your parents have trouble with sexual behavior?
YES  NO 10. Do you often find yourself preoccupied with sexual thoughts?
YES  NO 11. Do you feel that your sexual behavior is not normal?
YES  NO 12. Do you ever feel bad about your sexual behavior?
YES  NO 13. Has your sexual behavior ever created problems for you in your family?
YES  NO 14. Have you ever sought help for your sexual behavior you did not like?
YES  NO 15. Has anyone been hurt emotionally because of your sexual behavior?
YES  NO 16. Are any of your sexual activities against the law?
YES  NO 17. Have you made efforts to quit a type of sexual activity and failed?
YES  NO 18. Do you hide some of your sexual behaviors from others?
YES  NO 19. Have you attempted to stop some parts of your sexual activity?
YES  NO 20. Have you felt degraded by your sexual behaviors?
YES  NO 21. When you have sex, do you feel depressed afterwards?
YES  NO 22. Do you feel controlled by your sexual desire?
YES  NO 23. Have important parts of your life (such as job, family, friends, leisure activities) been neglected because you were spending too much time on sex?
YES  NO 24. Do you ever think your sexual desire is stronger than you are?
YES  NO 25. Is sex almost all you think about?
YES  NO 26. Has sex (or romantic fantasies) been a way for you to escape your problems?
YES  NO 27. Has sex become the most important thing in your life?
28. Are you in crisis over sexual matters?
YES NO
29. Has the internet created sexual problems for you?
YES NO
30. Do you spend too much time online for sexual purposes?
YES NO
31. Have you purchased services online for erotic purposes (sites for dating, pornography, fantasy and friend finder)?
YES NO
32. Have you used the internet to make romantic or erotic connections with people online
YES NO
33. Have people in your life been upset about your sexual activities online?
YES NO
34. Have you attempted to stop your sexual online sexual behaviors?
YES NO
35. Have you subscribed to or regularly purchased or rented sexually explicit materials (magazines, videos, books, or online pornography)?
YES NO
36. Have you been sexual with minors?
YES NO
37. Have you spent considerable time and money on strip clubs, adult bookstores and movies houses?
YES NO
38. Have you engaged prostitutes and escorts to satisfy your sexual needs?
YES NO
39. Have you spent considerable time surfing pornography online?
YES NO
40. Have you used magazines, videos or online pornography even when there was considerable risk of being caught by family members who would be upset by my behavior?
YES NO
41. Have you regularly purchased romantic novels or sexually explicit magazines?
YES NO
42. Have you stayed in romantic relationships after they became emotionally abusive?
YES NO
43. Have you traded sex for money or gifts?
YES NO
44. Have you maintained multiple romantic or sexual relationships at the same time?
YES NO
45. After sexually acting out, do you sometimes refrain from all sex for a significant time?
YES NO
46. Have you regularly engaged in sadomasochistic behavior?
YES NO
47. Do you visit sexual bath-houses, sex clubs or video/bookstores as part of your regular sexual activity?
YES NO
48. Have you engaged in unsafe or “risky” sex even though you knew it could cause you harm?
YES NO
49. Have you cruised public restrooms, rest areas or parks looking for sex with strangers?
YES NO
50. Do you believe casual or anonymous sex has kept you from having more long-term intimate relationships?
YES NO
51. Has your sexual behavior put you at risk for arrest for lewd conduct or public indecency?
YES NO
52. Have you been paid for sex?

_______ Total “YES” answers

You have just completed the Sexual Addiction Screening Test (SAST-R). This assessment tool has been used since 1983 to help determine if sex addiction is a problem. This version of the SAST is new. It was updated to reflect changes in sexual behavior since the 1980’s and to be of assistance whatever your gender or sexual orientation might be. The database on which the assessment is made is composed of thousands of clinical patients, online assessments (such as this one), and non-clinical populations. Please remember that this is a new version so scoring may be adjusted with more research. It also is a simple screening tool which helps you sort out whether you have a problem or not. If you do have a concern, it is very important to see a trained therapist who understands sex addiction. For more information, go to www.sexhelp.com

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