



SEXUAL ADDICTION SCREENING TEST

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 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.

Please indicate gender:

Male Female

Indicate Orientation:

Heterosexual Bi-sexual Homosexual

Please check any of the following which apply:

- I have no concerns about my sexual behavior but am curious how I would score.
- I have no concerns about my sexual behavior but others are concerned.
- I am having problems with my sexual behavior but do not consider myself a "sex addict".
- I know I am a sex addict.
- I have sought therapy because of my sexual problems.

To complete the test, answer each question by placing a check in the appropriate yes/no column.

Yes	No	1.	Were you sexually abused as a child or adolescent?
Yes	No	2.	Did your parents have trouble with sexual behavior?
Yes	No	3.	Do you often find yourself preoccupied with sexual thoughts?
Yes	No	4.	Do you feel that your sexual behavior is not normal?
Yes	No	5.	Do you ever feel bad about your sexual behavior?
Yes	No	6.	Has your sexual behavior ever created problems for you and your family?
Yes	No	7.	Have you ever sought help for sexual behavior you did not like?
Yes	No	8.	Has anyone been hurt emotionally because of your sexual behavior?



Yes	No	9.	Are any of your sexual activities against the law?
Yes	No	10.	Have you made efforts to quit a type of sexual activity and failed?
Yes	No	11.	Do you hide some of your sexual behaviors from others?
Yes	No	12.	Have you attempted to stop some parts of your sexual activity?
Yes	No	13.	Have you felt degraded by your sexual behaviors?
Yes	No	14.	When you have sex, do you feel depressed afterwards?
Yes	No	15.	Do you feel controlled by your sexual desire?
Yes	No	16.	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	17.	Do you ever think your sexual desire is stronger than you are?
Yes	No	18.	Is sex almost all you think about?
Yes	No	19.	Has sex (or romantic fantasies) been a way for you to escape your problems?
Yes	No	20.	Has sex become the most important thing in your life?
Yes	No	21.	Are you in crisis over sexual matters?
Yes	No	22.	Has the Internet created sexual problems for you?
Yes	No	23.	Do you spend too much time online for sexual purposes?
Yes	No	24.	Have you purchased services online for erotic purposes (sites for dating, pornography, fantasy and friend finder)?
Yes	No	25.	Have you used the Internet to make romantic or erotic connections with people online?
Yes	No	26.	Have people in your life been upset about your sexual activities online?
Yes	No	27.	Have you attempted to stop your online sexual behaviors?
Yes	No	28.	Have you subscribed to or regularly purchased or rented sexually explicit materials (magazines, videos, books or online pornography)?
Yes	No	29.	Have you been sexual with minors?



Yes	No	30.	Have you spent considerable time and money on strip clubs, adult bookstores and movie houses?
Yes	No	31.	Have you engaged prostitutes and escorts to satisfy your sexual needs?
Yes	No	32.	Have you spent considerable time surfing pornography online?
Yes	No	33.	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 your behavior?
Yes	No	34.	Have you regularly purchased romantic novels or sexually explicit magazines?
Yes	No	35.	Have stayed in romantic relationships after they became emotionally or physically abusive?
Yes	No	36.	Have you traded sex for money or gifts?
Yes	No	37.	Have you maintained multiple romantic or sexual relationships at the same time?
Yes	No	38.	After sexually acting out, do you sometimes refrain from all sex for a significant period?
Yes	No	39.	Have you regularly engaged in sadomasochistic behavior?
Yes	No	40.	Do you visit sexual bath-houses, sex clubs or adult video/bookstores as part of your regular sexual activity?
Yes	No	41.	Have you engaged in unsafe or "risky" sex even though you knew it could cause you harm?
Yes	No	42.	Have you cruised public restrooms, rest areas or parks looking for sex with strangers?
Yes	No	43.	Do you believe casual or anonymous sex has kept you from having more long-term intimate relationships?
Yes	No	44.	Has your sexual behavior put you at risk for arrest for lewd conduct or public indecency?
Yes	No	45.	Have you been paid for sex?