



Today's Woman
..the wonder of a woman.

Arizona Sexual Experience Scale (ASEX)

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Ref: McGahuey et al. (2000) *J Sex Marital Ther* 26:25-40

The Arizona Sexual Experiences Scale (ASEX) is a user friendly 5-item rating scale that quantifies sex drive, arousal, vaginal lubrication/penile erection, ability to reach orgasm and satisfaction from orgasm. Possible total scores range from 5 to 30, with the higher scores indicating more sexual dysfunction.

For each item, indicate your OVERALL level during the PAST WEEK, including TODAY.

1. How strong is your sex drive?

- 1 Extremely strong
- 2 Very strong
- 3 Somewhat strong
- 4 Somewhat weak
- 5 Very weak
- 6 Absent

2. How easily are you sexually aroused?

- 1 Extremely easily
- 2 Very easily
- 3 Somewhat easily
- 4 Somewhat difficult
- 5 Very difficult
- 6 Never

3. How easily does your vagina become moist?

- 1 Extremely easily
- 2 Very easily
- 3 Somewhat easily
- 4 Somewhat difficult
- 5 Very difficult
- 6 Never

4. How easily can you reach orgasms?

- 1 Extremely easily
- 2 Very easily
- 3 Somewhat easily
- 4 Somewhat difficult
- 5 Very difficult
- 6 Never

5. Are your orgasms satisfying?

- 1 Extremely satisfying
- 2 Very satisfying
- 3 Somewhat satisfying
- 4 Somewhat unsatisfying
- 5 Extremely unsatisfying
- 6 Never achieve orgasms

TOTAL SCORE: