

Sexual Addiction Screening Test (SAST)

The Sexual Addiction Screening Test (SAST) is designed to assist in the assessment of sexually compulsive or “addictive” behavior. Developed in cooperation with hospitals, treatment programs, private therapists and community groups, the SAST provides a profile of responses that help to discriminate between addictive and non-addictive behavior.

To complete the test, answer each question by circling the appropriate Yes/No column.

| | | | |
|-----------|---|-----|----|
| 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 | The internet has created sexual problems for me. | Yes | No |
| 23 | I spend too much time online for sexual purposes. | Yes | No |
| 24 | I have purchased services online for erotic purposes (sites for dating) | Yes | No |
| 25 | I have used the internet to make romantic or erotic connections with people online. | Yes | No |
| 26 | People in my life have been upset about my sexual activities online. | Yes | No |
| 27 | I have attempted to stop my online sexual behaviors. | Yes | No |
| 28 | I have subscribed to or regularly purchased or rented sexually explicit materials (magazines, videos, books or online pornography). | Yes | No |
| 29 | I have been sexual with minors. | Yes | No |
| 30 | I have spent considerable time and money on strip clubs, adult bookstores and movie houses. | Yes | No |
| 31 | I have engaged prostitutes and escorts to satisfy my sexual needs. | Yes | No |

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

Source: © 2008, P. J. Carnes, Sexual Addiction Screening Test - Revised.

Diagnostic Criteria for Sexual Addiction Patients

Do you have three or more of the following symptoms?

1. Recurrent failure to resist impulses to engage in specific sexual behaviors
2. Frequent engagement in sexual behaviors to a greater extent or over a longer period of time than intended
3. Persistent desire or unsuccessful efforts to stop, reduce, or control sexual behaviors
4. Inordinate amount of time spent obtaining sex, being sexual, or recovering from sexual experience
5. Preoccupation with sexual behavior or preparatory activities
6. Frequent engagement in sexual behavior when expected to fulfill occupational, academic, domestic, or social obligations
7. Continuation of sexual behavior despite knowledge of having a persistent or recurrent social, financial, psychological, or physical problem that is caused or exacerbated by the behavior
8. Need to increase the intensity, frequency, number, or risk of sexual behaviors to achieve the desired effect, or a diminished effect with continued sexual behaviors at the same level of intensity, frequency, number, or risk
9. Giving up or limiting social, occupational, or recreational activities because of sexual behavior
10. Distress, anxiety, restlessness, or irritability if unable to engage in sexual behavior