

SEXUAL ADDICTION SCREENING TEST – REVISED SAST-R
(developed by Patrick Carnes, PhD)

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.

1. Please indicate your gender: M F
2. Please indicate orientation: Heterosexual Bisexual Homosexual

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.

Please answer each question by circling the appropriate YES or NO answer:

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| 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? |
| YES | NO | 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

The Sexual Addiction Screening Test (SAST-R) is an assessment tool that has been used since 1983 to help determine if sex addiction is a problem. This version was updated to reflect changes in sexual behavior and to be of assistance whatever your gender or sexual orientation. 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. It is a simple screening tool to help you discern whether you have a problem or not. For more information about the SAST-R, please visit www.sexhelp.com.