SEXUAL ADDICTION SCREENING TEST (SAST - R V2.0)

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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 placing a check next to 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/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 (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 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 made 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 had 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 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.

SCALES

<table>
<thead>
<tr>
<th>ITEM #</th>
<th>CUT-OFF</th>
<th># OF YESES</th>
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<tbody>
<tr>
<td>Core Item Scale</td>
<td>1-20</td>
<td>6 or more</td>
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SUBSCALES

| Internet Items | 22-27 | 3 or more |
| Men's Items | 28-33 | 2 or more |
| Women's Items | 34-39 | 2 or more |
| Homosexual Men | 40-45 | 3 or more |

ADDICTIVE DIMENSIONS

| Preoccupation | 3, 18, 19, 20 | 2 or more |
| Loss of Control | 10, 12, 15, 17 | 2 or more |
| Relationship Disturbance | 6, 8, 16, 26 | 2 or more |
| Affect Disturbance | 4, 5, 11, 13, 14 | 2 or more |

RELATIVE DISTRIBUTIONS OF ADDICT & NON-ADDICT SAST SCORES

This instrument has been based on screenings of tens of thousands of people. This particular version is a developmental stage revision of the instrument, so scoring may be adjusted with more research. Please be aware that clinical decisions must be made conditionally since final scoring protocols may vary.