

Sexual Addiction Screening Test

The Sexual Addiction Screening Test (SAST) is a set of questions to help you see your sexual activity more clearly. It is an assessment of sexually compulsive or addictive behavior. A high number of YES answers may be a sign of some issues with sex addiction. After using this questionnaire, please consult a trained professional to discuss these issues further.

1. Were you sexually abused as a child or adolescent?	Y	N
2. Do you regularly purchase romance novels or sexually explicit magazines?	Y	N
3. Have you stayed in a romantic relationship after it became emotionally or physically abusive?	Y	N
4. Do you often find yourself preoccupied with sexual thoughts or romantic daydreams?	Y	N
5. Do you feel that your sexual behavior is normal?	Y	N
6. Does your spouse (or significant other(s)) ever worry or complain about your sexual behavior?	Y	N
7. Do you have trouble stopping your sexual behavior when you know it is inappropriate?	Y	N
8. Do you ever feel bad about your sexual behavior?	Y	N
9. Has your sexual behavior ever created problems for you and your family?	Y	N
10. Have you ever sought help for sexual behavior you did not like?	Y	N
11. Have you ever worried about people finding out about your sexual activities?	Y	N
12. Has anyone been hurt emotionally because of your sexual behavior?	Y	N
13. Have you ever participated in a sexual activity in exchange for money or gifts?	Y	N
14. Do you have times when you act out sexually followed by periods of celibacy (no sex at all)?	Y	N
15. Have you made efforts to quit a type of sexual activity and failed?	Y	N
16. Do you hide some of your sexual behavior from others?	Y	N
17. Do you find yourself having multiple romantic relationships at the same time?	Y	N
18. Have you ever felt degraded by your sexual behavior?	Y	N
19. Have sex or romantic fantasies been a way for you to escape your problems?	Y	N
20. When you have sex, do you feel depressed afterwards?	Y	N
21. Do you regularly engage in sado-masochistic behavior?	Y	N
22. Has your sexual activity interfered with your family life?	Y	N
23. Have you been sexual with minors?	Y	N
24. Do you feel controlled by your sexual desire or fantasies of romance?	Y	N
25. Do you ever think your sexual desire is stronger than you are?	Y	N