



The 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, which help to discriminate between addictive and nonaddictive behavior. To complete the test, answer each question by placing a check in the appropriate yes/no column.

YES

NO

Score: _____

- | _____ | _____ | |
|-------|-------|--|
| _____ | _____ | 1. Were you sexually abused as a child or adolescent? |
| _____ | _____ | 2. Have you subscribed or regularly purchased sexually explicit magazines like Playboy or Penthouse? |
| _____ | _____ | 3. Did your parents have trouble with sexual behavior? |
| _____ | _____ | 4. Do you often find yourself preoccupied with sexual thoughts? |
| _____ | _____ | 5. Do you feel that your sexual behavior is normal? |
| _____ | _____ | 6. Does your spouse [or significant other(s)] ever worry or complain about your sexual behavior? |
| _____ | _____ | 7. Do you have trouble stopping your sexual behavior when you know it is inappropriate? |
| _____ | _____ | 8. Do you ever feel bad about your sexual behavior? |
| _____ | _____ | 9. Has your sexual behavior ever created problems for you and your family? |

Reprinted from "Contrary to Love: Helping the Sexual Addict," by Patrick J. Carnes, Ph.D.
CompCare Publishers, 1989. All rights reserved.



SAST (continued)

YES NO

- | | | |
|-------|-------|---|
| _____ | _____ | 10. Have you ever sought help for sexual behavior you did not like? |
| _____ | _____ | 11. Have you ever worried about people finding out about your sexual activities? |
| _____ | _____ | 12. Has anyone been hurt emotionally because of your sexual behavior? |
| _____ | _____ | 13. Are any of your sexual activities against the law? |
| _____ | _____ | 14. Have you made promises to yourself to quit some aspect of your sexual behavior? |
| _____ | _____ | 15. Have you made efforts to quit a type of sexual activity and failed? |
| _____ | _____ | 16. Do you hide some of your sexual behavior from others? |
| _____ | _____ | 17. Have you attempted to stop some parts of your sexual activity? |
| _____ | _____ | 18. Have you ever felt degraded by your sexual behavior? |
| _____ | _____ | 19. Has sex been a way for you to escape your problems? |
| _____ | _____ | 20. When you have sex, do you feel depressed afterwards? |
| _____ | _____ | 21. Have you felt the need to discontinue a certain form of sexual activity? |
| _____ | _____ | 22. Has your sexual activity interfered with your family life? |
| _____ | _____ | 23. Have you been sexual with minors? |
| _____ | _____ | 24. Do you feel controlled by your sexual desire? |



_____ 25. Do you ever think your sexual desire is stronger than you are?

To score the SAST, simply count up the number of "Yes" answers to these questions and place your score in the space provided on the cover.