

Florida Center for Compulsive and Addictive Behaviors, LLC
2308 Commercial Blvd. Fort Lauderdale, FL 33308

The Sex Addiction Screening Test (SAST - R 2.0)

The Sexual Addiction Screening Test (SAST) was designed by Dr. Patrick Carnes to assist in the assessment of sexually compulsive or "addictive" sexual 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 non-addictive behavior. To complete the test, answer each question by placing a check in the appropriate yes/no column.

*****Please note: A therapist trained in sex addiction is the only qualified professional to help you properly assess the information. A score higher than 5 may indicate problematic or hypersexual behaviors.***

- | | |
|--|--|
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 1. Were you sexually abused as a child or adolescent? |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 2. Did your parents have trouble with sexual behavior? |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 3. Do you often find yourself preoccupied with sexual thoughts? |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 4. Do you feel that your sexual behavior is not normal? |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 5. Do you ever feel bad about your sexual behavior? |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 6. Has your sexual behavior ever created problems for you and your family? |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 7. Have you ever sought help for sexual behavior you did not like? |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 8. Has anyone been hurt emotionally because of your sexual behavior? |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 9. Are any of your sexual activities against the law? |
| <input type="checkbox"/> YES <input type="checkbox"/> 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, pornography, fantasy and friend finder).

- ☐ YES ☐ NO 25. I have used the internet to make romantic or erotic connections with 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 3 1. 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 or 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.

***Please be aware that clinical decisions must be made conditionally, since final scoring protocols may vary.**

**** Please be aware this test is only one possible indicator for problematic or hypersexual behaviors. The Florida Center for Compulsive and Addictive Behaviors, has varying other tests which will help to assertion and substantiate further indicators and proper levels or degrees in severity for sexual addiction and behavioral addictions.**

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.