

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	ITEM #	CUT-OFF	# OF YESES
Core Item Scale	1-20	6 or more	
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.