**SEXUAL ADDICTION SCREENING TEST (SAST) 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.

1. YES\_\_\_NO\_\_\_Were you sexually abused as a child or adolescent?
2. YES\_\_\_NO\_\_\_Did your parents have trouble with sexual behavior?
3. YES\_\_\_NO\_\_\_Do you often find yourself pre-occupied with sexual thoughts?
4. YES\_\_\_NO\_\_\_Do you feel that your sexual behavior is not normal?
5. YES\_\_\_NO\_\_\_Do you ever feel bad about your sexual behavior?
6. YES\_\_\_NO\_\_\_Has your sexual behavior ever crated problems for you and your family?
7. YES\_\_\_NO\_\_\_Have you ever sought help for sexual behavior you did not like?
8. YES\_\_\_NO\_\_\_Has anyone been hurt emotionally because of your sexual behavior?
9. YES\_\_\_NO\_\_\_Are any of your sexual activities against the law?
10. YES\_\_\_NO\_\_\_Have you made efforts to quit a type of sexual activity and failed?
11. YES\_\_\_NO\_\_\_Do you hide some of your sexual behavior from others?
12. YES\_\_\_NO\_\_\_Have you attempted to stop some parts of your sexual activity?
13. YES\_\_\_NO\_\_\_Have you felt degraded by your sexual behavior?
14. YES\_\_\_NO\_\_\_When you have sex, do you feel depressed afterwards?
15. YES\_\_\_NO\_\_\_Do you feel controlled by your sexual desire?
16. YES\_\_\_NO\_\_\_Have important parts of your life (such as job, family, friends, leisure activities) been neglected because you were spending too much time on sex?
17. YES\_\_\_NO\_\_\_Do you ever think your sexual desire is stronger than you are?
18. YES\_\_\_NO\_\_\_Is sex almost all you think about?
19. YES\_\_\_NO\_\_\_Has sex (or romantic fantasies) been a way for you to escape your problems?
20. YES\_\_\_NO\_\_\_Has sex become the most important thing in your life?
21. YES\_\_\_NO\_\_\_Are you in crisis over sexual matters?
22. YES\_\_\_NO\_\_\_The internet has created sexual problems for me.
23. YES\_\_\_NO\_\_\_I spend too much time online for sexual purposes.
24. YES\_\_\_NO\_\_\_I have purchased services online for erotic purposes (sites for dating, pornography, fantasy and friend finder).
25. YES\_\_\_NO\_\_\_I have used the internet to make romantic or erotic connections with people online.
26. YES\_\_\_NO\_\_\_People in my life have been upset about my sexual activities online.
27. YES\_\_\_NO\_\_\_I have attempted to stop my online behaviors.
28. YES\_\_\_NO\_\_\_I have subscribed to or regularly purchased or rented sexually explicit materials (magazines, videos, books or online pornography).
29. YES\_\_\_NO\_\_\_I have been sexual with minors.
30. YES\_\_\_NO\_\_\_I have spent considerable time/money on strip clubs/adult bookstores/movie houses.
31. YES\_\_\_NO\_\_\_I have engaged prostitutes and escorts to satisfy my sexual needs.
32. YES\_\_\_NO\_\_\_I have spent considerable time surfing pornography online.
33. YES\_\_\_NO\_\_\_I have used magazines, videos or online pornography even when there was considerable risk of being caught by family who would be upset by my behavior.
34. YES\_\_\_NO\_\_\_I have regularly purchased romantic novels or sexually explicit magazines.
35. YES\_\_\_NO\_\_\_I have stayed in romantic relationships after they became emotionally abusive.
36. YES\_\_\_NO\_\_\_I have traded sex for money or gifts.
37. YES\_\_\_NO\_\_\_I have maintained multiple romantic or sexual relationships at the same time.
38. YES\_\_\_NO\_\_\_After sexually acting out, I sometimes refrain from all sex for a significant period.
39. YES\_\_\_NO\_\_\_I have regularly engaged in sadomasochistic behavior.
40. YES\_\_\_NO\_\_\_I visit sexual bath-houses, sex clubs or video/bookstores as part of my regular sexual activity.
41. YES\_\_\_NO\_\_\_I have engaged in unsafe or “risky” sex even though I knew it could cause me harm.
42. YES\_\_\_NO\_\_\_I have cruised public restrooms, rest areas or parks looking for sex with strangers.
43. YES\_\_\_NO\_\_\_I believe casual or anonymous sex has kept me from having more long-term intimate relationships.
44. YES\_\_\_NO\_\_\_My sexual behavior has put me at risk for arrest for lewd conduct/public indecency.
45. YES\_\_\_NO\_\_\_I have been paid for sex.

**SAST (SEXUAL ADDICTION SCREENING TEST) SCORING**

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| --- | --- | --- | --- |
| **SCALES** | **ITEM** | **CUT OFF**  **(NUMBER OF “YES”**  **RESPONSES)**  More than the cut-off number  Indicates a concern in this area. | **HOW MANY “YES”**  **RESPONSES DID**  **I HAVE?** |
| 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.

A score of 6 or more on the core item scale usually indicates that an individual has an addiction, but this must be confirmed by a trained professional for an official diagnosis.