

## 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.

### ANSWERS

### SAST 25 Questions

- |                       |                       |   |
|-----------------------|-----------------------|---|
| Yes                   | No                    | 1. Were you sexually abused as a child or adolescent?   |
| <input type="radio"/> | <input type="radio"/> |   |
| Yes                   | No                    | 2. Do you regularly purchase romance novels or sexually explicit magazines?                       |
| <input type="radio"/> | <input type="radio"/> |   |
| Yes                   | No                    | 3. Have you stayed in romantic relationships after they become emotionally or physically abusive? |
| <input type="radio"/> | <input type="radio"/> |   |
| Yes                   | No                    | 4. Do you often find yourself preoccupied with sexual thoughts or romantic day dreams?            |
| <input type="radio"/> | <input type="radio"/> |   |
| Yes                   | No                    | 5. Do you feel that your sexual behavior is normal?   |
| <input type="radio"/> | <input type="radio"/> |   |
| Yes                   | No                    | 6. Does your spouse (or significant other(s)) ever worry or complain about your sexual behavior?  |
| <input type="radio"/> | <input type="radio"/> |   |
| Yes                   | No                    | 7. Do you have trouble stopping your sexual behavior when you know it is inappropriate?           |
| <input type="radio"/> | <input type="radio"/> |   |
| Yes                   | No                    | 8. Do you ever feel bad about your sexual behavior?   |
| <input type="radio"/> | <input type="radio"/> |   |
| Yes                   | No                    | 9. Has your sexual behavior ever created problems for you and your family?                        |
| <input type="radio"/> | <input type="radio"/> |   |
| Yes                   | No                    | 10. Have you ever sought help for sexual behavior you did not like?                               |
| <input type="radio"/> | <input type="radio"/> |   |
| Yes                   | No                    | 11. Have you ever worried about people finding out about your sexual activities?                  |
| <input type="radio"/> | <input type="radio"/> |   |
| Yes                   | No                    | 12. Has anyone been hurt emotionally because of your sexual behavior?                             |
| <input type="radio"/> | <input type="radio"/> |   |
| Yes                   | No                    | 13. Have you ever participated in sexual activity in exchange for money or gifts?                 |
| <input type="radio"/> | <input type="radio"/> |   |
| Yes                   | No                    | 14. Do you have times when you act out sexually followed by period of celibacy (no sex at all)?   |
| <input type="radio"/> | <input type="radio"/> |   |
| Yes                   | No                    | 15. Have you made efforts to quit a type of sexual activity and failed?                           |
| <input type="radio"/> | <input type="radio"/> |   |

- Yes    No            16. Do you hide some of your sexual behavior from others?
  
- Yes    No            17. Do you find yourself having multiple romantic relationships at the same time?
  
- Yes    No            18. Have you ever felt degraded by your sexual behavior?
  
- Yes    No            19. Has sex or romantic fantasies been a way for you to escape your problems?
  
- Yes    No            20. When you have sex, do you feel depressed afterwards?
  
- Yes    No            21. Do you regularly engage in sadomasochistic behavior?
  
- Yes    No            22. Has your sexual activity interfered with your family life?
  
- Yes    No.            23. Have you been sexual with minors?
  
- Yes    No            24. Do you feel controlled by your sexual desire or fantasies of romance?
  
- Yes    No            25. Do you ever think your sexual desire is stronger than you are?

by David Delmonico, PhD and Patrick Carnes, PhD

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