SEXUAL ADDICTION SCREENING TEST – REVISED
SAST-R
(developed by Patrick Carnes, PhD)

The Sexual Addiction Screening Test (SAST) is designed to assist in the assessment of sexually compulsive behavior which may indicate the presence of sex addiction. Developed in cooperation with hospitals, treatment programs, private therapists, and community groups, the SAST-R provides a profile of responses which help to discriminate between addictive and non-addictive behavior.

1. Please indicate your gender:  
   - M
   - F

2. Please indicate orientation:  
   - Heterosexual
   - Bisexual
   - Homosexual

Please check any of the following which apply:

- 3. I have no concerns about my sexual behavior but am curious how I would score.
- 4. I have no concerns about my sexual behavior but others are concerned.
- 5. I am having problems with my sexual behavior but do not consider myself a “sex addict”.

- 6. I know I am a sex addict.
- 7. I have sought therapy because of my sexual problem.

Please answer each question by circling the appropriate YES or NO answer:

YES NO 8. Were you sexually abused as a child or adolescent?
YES NO 9. Did your parents have trouble with sexual behavior?
YES NO 10. Do you often find yourself preoccupied with sexual thoughts?
YES NO 11. Do you feel that your sexual behavior is not normal?
YES NO 12. Do you ever feel bad about your sexual behavior?
YES NO 13. Has your sexual behavior ever created problems for you in your family?
YES NO 14. Have you ever sought help for your sexual behavior you did not like?
YES NO 15. Has anyone been hurt emotionally because of your sexual behavior?
YES NO 16. Are any of your sexual activities against the law?
YES NO 17. Have you made efforts to quit a type of sexual activity and failed?
YES NO 18. Do you hide some of your sexual behaviors from others?
YES NO 19. Have you attempted to stop some parts of your sexual activity?
YES NO 20. Have you felt degraded by your sexual behaviors?
YES NO 21. When you have sex, do you feel depressed afterwards?
YES NO 22. Do you feel controlled by your sexual desire?
YES NO 23. 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 24. Do you ever think your sexual desire is stronger than you are?
YES NO 25. Is sex almost all you think about?
YES NO 26. Has sex (or romantic fantasies) been a way for you to escape your problems?
YES NO 27. Has sex become the most important thing in your life?
YES NO 28. Are you in crisis over sexual matters?
YES NO 29. Has the internet created sexual problems for you?
YES NO 30. Do you spend too much time online for sexual purposes?