

# Sexual Addiction Screening Test (SAST)

The Sexual Addiction Screening Test 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 the responses that help to discriminate between an addictive and non-addictive behavior. To complete the test, answer each question by placing a check next to the appropriate yes/no column.

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|-----|----|--|
| 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 and 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 (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 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 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 causal 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.

### **SAST (Sexual Addiction Screening Test) Scoring**

<b>Scales</b>	<b>Item #</b>	<b>Cut-off (number of "yes" responses). More than the cut-off number indicates a concern in this area.</b>	<b>How many "yes" responses did I have?</b>
<b>Core Item Scale</b>	1-20	6 or more	
<b>Subscales</b>			
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	
<b>Addictive Dimensions</b>			
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 development 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.