



Women's Sexual Addiction Screening Test

The Women's Sexual Screening Addiction Test (W-SAST) is designed to assist in the assessment of sexually compulsive or addictive behavior.

Answer each question *yes* or *no*.

Depending on the particular pattern of symptoms,

- 1 to 3 positive answers may indicate an area of concern, and should be openly discussed with a friend or family member
- More than 3 positive answers indicates the need to consider more professional support, such as Sexual Addicts Anonymous, a 12-step support program
- Six or more positive answers indicates a problem with potentially self-abusive and/or dangerous consequences. The client should seek treatment.

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1. Were you sexually abused as a child?
 2. Do you regularly purchase romance novels or sexually explicit magazines?
 3. Have you stayed in romantic relationships after they became emotionally or physically abusive?
 4. Do you often find yourself preoccupied with sexual thoughts or romantic daydreams?
 5. Do you feel that your sexual behavior is normal?
 6. Does your spouse or significant other ever worry or complain about your sexual behavior?
 7. Do you have trouble stopping your sexual behavior when you know it is inappropriate?
 8. Do you ever feel bad about your sexual behavior?
 9. Has your sexual behavior created problems for you or your family?
 10. Have you ever sought help for sexual behavior that you did not like?



11. Have you ever worried about people finding out about your sexual behavior?
12. Has anyone ever been hurt emotionally because of your sexual behavior?
13. Have you ever infected someone with an STD?
14. Do you participate in sexual activity in exchange for money or gifts?
15. Do you have times when you act out sexually, followed by periods of celibacy?
16. Have you made efforts to quit a type of sexual activity and failed?
17. Do you hide some of your sexual behavior from others?
18. Do you find yourself having multiple romantic partners at the same time?
19. Have you ever felt degraded by your sexual behavior?
20. Has sex or romantic fantasies been a way for you to escape your problems?
21. When you do have sex, do you feel depressed afterwards?
22. Do you regularly engage in sadomasochistic behavior?
23. Has your sexual activity interfered with your personal or professional life?
24. Have you ever had sex with minors?
25. Do you feel controlled by your sexual desire or fantasies of romance?
26. Do you ever think that your sexual desire is stronger than you are?

Source: developed by Patrick Carnes, PhD, and Sharon O'Hara, MA.

Are you concerned about your answers? If so, please call Peggy Albano Therapy in Sarasota, Florida, (941) 914-5553, for an appointment. I can help you.