

Sexual Compulsivity Scale

Name: _____ Age: _____

Gender: _____

A number of statements that some people have used to describe themselves are given below. Read each statement and then circle the number to show how well you believe the statement describes you.

1. My sexual appetite has gotten in the way of my relationships.

☐ ☐ ☐ ☐
1 2 3 4

2. My sexual thoughts and behaviors are causing problems in my life.

☐ ☐ ☐ ☐
1 2 3 4

3. My desire to have sex has disrupted my daily life.

☐ ☐ ☐ ☐
1 2 3 4

4. I sometimes fail to meet my commitments and responsibilities because of my sexual behaviors.

☐ ☐ ☐ ☐
1 2 3 4

5. I sometimes get so horny I could lose control.

☐ ☐ ☐ ☐
1 2 3 4

6. I find myself thinking about sex while at work.

☐ ☐ ☐ ☐
1 2 3 4

7. I feel that sexual thoughts and feelings are stronger than I am.

☐ ☐ ☐ ☐
1 2 3 4

8. I have to struggle to control my sexual thoughts and behavior.

☐ ☐ ☐ ☐
1 2 3 4

9. I think about sex more than I would like to.

☐ ☐ ☐ ☐
1 2 3 4

10. It has been difficult for me to find sex partners who desire to have sex as much as I want to.

☐ ☐ ☐ ☐
1 2 3 4

SCORING AND INTERPRETATION

To calculate the score, sum up all the responses.

Total score: _____

Higher total scores on the SCS indicate greater levels of sexual compulsivity, with a common cutoff score of 24 or higher suggesting potential issues with sexual addiction.