

## Sexual Compulsivity Scale

The Sexual Compulsivity Scale was developed to assess tendencies toward sexual preoccupation and hypersexuality. Items were initially derived from self-descriptions of persons who self-identify as having a 'sexual addiction'. The self-descriptors were taken from a brochure for a sexual addictions self-help group. The scale has been shown to predict rates of sexual behaviors, numbers of sexual partners, practice of a variety of sexual behaviors, and histories of sexually transmitted diseases. The scale is internally consistent with Alpha coefficients that range between .85 and .91.

### References

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**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.**

	<b>Not at all like me</b>	<b>Slightly like me</b>	<b>Mainly like me</b>	<b>Very Much like me</b>
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 desires to have sex have 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 having sex as much as I want to.	1	2	3	4

To Score: Add items that have responses and divide by number of items responded.