**The Hypersexual Disorder Screening Inventory (HDSI)**

Your name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Part I:** Sexual behaviors can occur either by themselves or in combinations. In the Hypersexual Disorder Screening Inventory, the following sexual behaviors are examined to see if they are causing you a problem:

1. Masturbation, either by itself or during other sexual activities
2. Pornography (some examples include: Internet video, images and webcasts, porno magazines,
3. DVDs/videos, X-rated TV and films.)
4. Sexual Behavior with Consenting Adults (direct contact) (some examples include: use of escort services, prostitutes, repeated “one–night stands”, anonymous brief sexual encounters, repeated affairs, massage parlor visits that include sex.)
5. Cybersex activities (some examples include: Internet-related sexual talk, sexual behavior with web-cams, other
6. virtual sexual behaviors.)
7. Telephone Sex
8. Strip Clubs
9. Other sexual behaviors:

**Part II:** Rate how often each item is true or how accurately it describes your sexual behavior:

A.1. During the past 6 months, I have spent a great amount of time consumed by sexual fantasies and urges as well as planning for and engaging in sexual behavior.

0 = never true 1= rarely true 2 = sometimes true 3 = often true 4 = almost always true

A.2 During the past 6 months, I have used sexual fantasies and sexual behavior to cope with difficult feelings (for example, worry, sadness, boredom, frustration, guilt, or shame).

0 = never true 1= rarely true 2 = sometimes true 3 = often true 4 = almost always true

A.3 During the past 6 months, I have used sexual fantasies and sexual behavior to avoid, put off, or cope with stresses and other difficult problems or responsibilities in my life.

0 = never true 1= rarely true 2 = sometimes true 3 = often true 4 = almost always true

A.4 During the past 6 months, I have tried to reduce or control the frequency of sexual fantasies, urges, and behavior but I have not been very successful.

0 = never true 1= rarely true 2 = sometimes true 3 = often true 4 = almost always true

A.5 During the past 6 months, I have continued to engage in risky sexual behavior that could or has caused injury, illness, or emotional damage to myself, my sexual partner(s), or a significant relationship.

0 = never true 1= rarely true 2 = sometimes true 3 = often true 4 = almost always true

B.1 During the past 6 months, frequent and intense sexual fantasies, urges and behavior have made me feel very upset or bad about myself (for example, feelings of shame, guilt, sadness, worry, or disgust) or I tried to keep my sexual behavior a secret.

0 = never true 1= rarely true 2 = sometimes true 3 = often true 4 = almost always true

B.2 During the past 6 months, frequent and intense sexual fantasies, urges and behavior have caused significant problems for me in personal, social, work, or other important areas of my life.

0 = never true 1= rarely true 2 = sometimes true 3 = often true 4 = almost always true

HDSI total score \_\_\_\_\_\_\_\_\_\_\_\_

Are criteria met for a probable diagnosis of Hypersexual Disorder? Y / N

**Part III:** C 1.Place an “X” on the line to the left of each different kind of sexual behavior that you think has caused you to have problems with either bad feelings (as in Part.1) and/or significant consequences (as in Part 2) during the past 6 months.

\_\_\_\_ Masturbation, either by itself or during other sexual activities

\_\_\_\_ Pornography (some examples include: Internet video, images and webcasts,

magazines, DVDs/ videos, X-rated TV and films)

\_\_\_\_ Sexual Behavior with Consenting Adults (direct contact) (some examples include: use of escort services, prostitutes, repeated “one–night stands”, anonymous brief sexual encounters, repeated affairs, massage parlor visits that include sex.)

\_\_\_\_ Cybersex activities (some examples include: Internet-related sexual talk, sexual behavior associated with web-cams, other „virtual‟ sexual behaviors)

\_\_\_\_ Telephone Sex

\_\_\_\_ Strip Clubs

\_\_\_\_ Other sexual behaviors: (please specify\_\_\_\_\_\_\_\_\_\_\_\_\_)

Total # of different sexual behaviors reported \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (0-7)

**For the clinician scoring the HDSI:**

There are seven core diagnostic criterion questions included in Part II of the HDSI (five A+ two B criteria). Each criterion item is rated on a 5-item severity index (0 - 4) so the total score can range from 0 to 28 points as a dimensional measure of the diagnostic criteria and associated adverse consequences.

To screen positive for a probable diagnosis of a Hypersexual Disorder, a person must:

* Score 3 or 4 points on least 4 of the 5 A criteria AND
* Score 3 or 4 points on at least 1 of the 2 B criteria.

Thus, the minimum total score to reach a probable diagnosis of Hypersexual Disorder in Part II would be 15 points gathered from at least four A plus one B criterion. The maximum summed score would be 28 points.

The HDSI provides a dimensional measure of Hypersexual Disorder based on the total summed score (0-28 points). The HDSI provides an additional dimensional measure of Hypersexual Disorder severity based on the total number of different sexual behaviors affected (C.1; 1-7 different sexual behaviors)