

Sexual Desire Inventory

This questionnaire asks about your interest in or wish for sexual activity. For each item, please circle the number (which represents a point value) that best shows your thoughts and feelings. Then add up your points to determine your level of desire.

1. During this last month, how often would you have liked to engage in sexual activity with a partner (for example, touching each other's genitals, giving or receiving oral stimulation, intercourse, etc.)?

- 0) Not at all
- 2) Once a month
- 4) Once every two weeks
- 5) Once to twice a week
- 8) 3 to 4 times a week
- 10) Once a day or more

2. During this last month, how often have you had sexual thoughts involving a partner?

- 0) Not at all
- 2) Once a month
- 4) Once every two weeks
- 5) Once to twice a week
- 8) 3 to 4 times a week
- 10) Once a day or more

3. When you have sexual thoughts, how strong is your desire to actually go ahead and engage in sexual activity with a partner?

- 0) I'm actually not really interested in that.
- 4) I could take it or leave it.
- 6) If my partner was here, I'd probably go for it.
- 10) I really wish my partner was here so we could get going.

4. When you see a person that you find sexually attractive, how strong is your desire to act on it?

- 0) I really don't feel any sexual desire.
- 4) I might think about sex fleetingly, but it quickly disappears.
- 6) I will think about it on and off for a day or two.
- 10) I will often fantasize about the person and sometimes masturbate thinking about them.

5. When you are in romantic situations (such as a candle-lit dinner, a walk on the beach, etc.), how strong is your sexual desire?

- 4) I like the romance, but I don't particularly want sex.
- 10) I get turned on and hope it will lead to a sexual encounter.

- 6. Compared to other people your age, how would you rate your desire to behave sexually with a partner?**
- 0) Very low
 - 4) Maybe a bit lower than others
 - 6) I think I am probably about the same as other people
 - 10) I think I'm more interested in sex
- 7. During the past 2 months, how often have you masturbated (including touching your genitals for pleasure, inserting something into your vagina, or attempting to have an orgasm)?**
- 0) Not at all
 - 2) Once a month
 - 4) Once every two weeks
 - 5) Once to twice a week
 - 8) 3 to 4 times a week
 - 10) Once a day or more
- 8. How strong is your desire to engage in sexual behavior by yourself?**
- 4) I never think about masturbating or touching myself pleurably.
 - 10) I think about masturbating quiet a lot.
- 9. How long could you go comfortably without having sexual activity of some kind, either by yourself or with a partner?**
- 0) Probably a year
 - 2) Maybe a few months
 - 4) Once a month
 - 5) Not longer than 2 weeks
 - 8) I'd like to have sexual activity at least once a week
 - 10) I'd like to be sexual a few times a week
- 10. When I see a sexy movie or read a sexy book, I...**
- 0) Skip through the sex scenes - I think they are boring.
 - 3) I find them fun to read but they don't turn me on.
 - 5) I have a fleeting sense of being turned on, but it doesn't last.
 - 10) I get turned on and I like to revisit those scenes to turn myself on more at other times.

If you have a score of 45 or lower, you may be suffering from low desire and may be helped by contacting a practitioner who specializes in the medical diagnosis and treatment of female sexual dysfunction.

However, even if you scored higher than 45, but you're not happy with your current level of sexual desire, contact us. We can help.

Source. This inventory was originally published in "The Sexual Desire Inventory: Development, Factor, Structure, and Evidence of Reliability," by I. P. Spector, M. P. Carey, and L. Steinberg. 1996, Journal of Sex & Marital Therapy, 22, 175-190.