

(HBI-19)

Date: _____

ID #: _____

Below are a number of statements that describe various thoughts, feelings, and behaviors. As you answer each question, circle the number on the right that best describes you. Only circle one number per statement and please be sure to answer every question.

For the purpose of this questionnaire, sex is defined as any activity or behavior that stimulates or arouses a person with the intent to produce an orgasm or sexual pleasure. (e.g. self-masturbation or solo-sex, using pornography, intercourse with a partner, oral sex, anal sex, etc...) Sexual behaviors may or may not involve a partner.

Never
Rarely
Sometimes
Often
Very Often

1.	I use sex to forget about the worries of daily life.	1	2	3	4	5
2.	Even though I promised myself I would not repeat a sexual behavior, I find myself returning to it over and over again.	1	2	3	4	5
3.	Doing something sexual helps me feel less lonely.	1	2	3	4	5
4.	I engage in sexual activities that I know I will later regret.	1	2	3	4	5
5.	I sacrifice things I really want in life in order to be sexual.	1	2	3	4	5
6.	I turn to sexual activities when I experience unpleasant feelings (e.g. frustration, sadness, anger).	1	2	3	4	5
7.	My attempts to change my sexual behavior fail.	1	2	3	4	5
8.	When I feel restless, I turn to sex in order to soothe myself.	1	2	3	4	5
9.	My sexual thoughts and fantasies distract me from accomplishing important tasks.	1	2	3	4	5
10.	I do things sexually that are against my values and beliefs.	1	2	3	4	5
11.	Even though my sexual behavior is irresponsible or reckless, I find it difficult to stop.	1	2	3	4	5
12.	I feel like my sexual behavior is taking me in a direction I don't want to go.	1	2	3	4	5
13.	Doing something sexual helps me cope with stress.	1	2	3	4	5
14.	My sexual behavior controls my life.	1	2	3	4	5
15.	My sexual cravings and desires feel stronger than my self-discipline.	1	2	3	4	5
16.	Sex provides a way for me to deal with emotional pain I feel.	1	2	3	4	5
17.	Sexually, I behave in ways I think are wrong.	1	2	3	4	5
18.	I use sex as a way to try and help myself deal with my problems.	1	2	3	4	5
19.	My sexual activities interfere with aspects of my life such as work or school.	1	2	3	4	5

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Reid, R. C., Garos, S. & Carpenter, B. N. (2011). Reliability, validity, and psychometric development of the Hypersexual Behavior Inventory in an outpatient sample of men. *Journal of Sexual Addiction & Compulsivity*, 18(1), 30-51.

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Experience in Close Relationship Scale - Short Form (ECR-S)

Wei, M., Russell, D. W., Mallinckrodt, B., & Vogel, D. L. (2007).

Instructions:

The following statements concern how you feel in romantic relationships. Please respond to each statement by circling the number representing how much you agree or disagree.

		Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
1	It helps to turn to my romantic partner in times of need.	7	6	5	4	3	2	1
2	I need a lot of reassurance that I am loved by my partner.	1	2	3	4	5	6	7
3	I want to get close to my partner, but I keep pulling back.	1	2	3	4	5	6	7
4	I find that my partner doesn't want to get as close as I would like.	1	2	3	4	5	6	7
5	I turn to my partner for many things, including comfort and reassurance.	7	6	5	4	3	2	1
6	My desire to be very close sometimes scares people away.	1	2	3	4	5	6	7
7	I try to avoid getting too close to my partner.	1	2	3	4	5	6	7
8	I don't worry about being abandoned.	7	6	5	4	3	2	1
9	I usually discuss my problems and concerns with my partner.	7	6	5	4	3	2	1
10	I get frustrated if my romantic partner is not available when I need them.	1	2	3	4	5	6	7
11	I am nervous when my partner gets too close to me.	1	2	3	4	5	6	7
12	I worry that a romantic partner won't care about me as much as I care about them.	1	2	3	4	5	6	7

Duke University Religion Index

Koenig & Bussing (2010)

Please mark the extent to which each statement is true or not true for you.

(1) How often do you attend church or other religious meetings?

- 1 - Never
- 2 - Once a year or less
- 3 - A few times a year
- 4 - A few times a month
- 5 - Once a week
- 6 - More than once/week

(2) How often do you spend time in private religious activities, such as prayer, meditation or Bible study?

- 1 - Rarely or never
- 2 - A few times a month
- 3 - Once a week
- 4 - Two or more times/week
- 5 - Daily
- 6 - More than once a day

The following section contains 3 statements about religious belief or experience.

(3) In my life, I experience the presence of the Divine (i.e., God).

- 1 - Definitely not true
- 2 - Tends not to be true
- 3 - Unsure
- 4 - Tends to be true
- 5 - Definitely true of me

(4) My religious beliefs are what really lie behind my whole approach to life.

- 1 - Definitely not true
- 2 - Tends not to be true
- 3 - Unsure
- 4 - Tends to be true
- 5 - Definitely true of me

(5) I try hard to carry my religion over into all other dealings in life.

- 1 - Definitely not true
- 2 - Tends not to be true
- 3 - Unsure
- 4 - Tends to be true
- 5 - Definitely true of m