

## CSBD-19 – English Version

Below are a number of statements that describe various thoughts, feelings, and behaviours about sex. Please, think back to the **past six months** and indicate on the following 4-point scale to what extent the statements apply to you. There are no right or wrong answers.

*For the purpose of this questionnaire, sex is defined as any activity or behaviour 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 behaviours may or may not involve a partner.*

1 – totally disagree	2 – somewhat disagree	3 – somewhat agree	4 – totally agree
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	1	2	3	4
1. Even though my sexual behaviour was irresponsible or reckless, I found it difficult to stop.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Sex has been the most important thing in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I was able to resist my sexual urges for only a little while before I surrendered to them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I had sex even when I did not enjoy it anymore.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. My sexual urges and impulses changed me in a negative way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I could not control my sexual cravings and desires.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I would rather have had sex than to have done anything else.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Trying to reduce the amount of sex I had almost never worked.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Although sex was not as satisfying for me as before, I engaged in it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I did not accomplish important tasks because of my sexual behaviour.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. My sexual desires controlled me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. When I could have sex, everything else became irrelevant.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I was not successful in reducing the amount of sex I had.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Although my sex life was not as satisfying as it had been before, I had sex.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. My sexual activities interfered with my work and/or education.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. My sexual behaviours had negative impact on my relationships with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I have been upset because of my sexual behaviours.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. My sexual activities interfered with my ability to experience healthy sex.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I often found myself in an embarrassing situation because of my sexual behaviour.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Scoring:** Add the scores of the items. 50 points or more indicate high risk of compulsive sexual behaviour disorder.

**Factors of the scale:**

*Control:* 1., 6., 11.

*Salience:* 2., 7., 12.

*Relapse:* 3., 8., 13.

*Dissatisfaction:* 4., 9., 14.

*Negative consequences:* 5., 10., 15., 16., 17., 18., 19.