

# (HBI-Short Form)

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.	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
2.	I sacrifice things I really want in life in order to be sexual.	1	2	3	4	5
3.	I turn to sexual activities when I experience unpleasant feelings (e.g. frustration, sadness, anger).	1	2	3	4	5
4.	When I feel restless, I turn to sex in order to soothe myself.	1	2	3	4	5
5.	My sexual thoughts and fantasies distract me from accomplishing important tasks.	1	2	3	4	5
6.	Even though my sexual behavior is irresponsible or reckless, I find it difficult to stop.	1	2	3	4	5
7.	My sexual cravings and desires feel stronger than my self-discipline.	1	2	3	4	5
8.	I use sex as a way to try and help myself deal with my problems.	1	2	3	4	5

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The HBI-Short Form (HBI-SF) consists of 8 items derived from the full 19-item scale and were selected based on a review of data subjected to a Graded Response Model analysis and an assessment of HBI item sensitivity and specificity based on Receiver Operating Characteristic curves. The 8-items are highly correlated with the full 19-item scale (.95 to .99,  $p < .0001$ ) and the HBI-SF items show excellent internal consistency ( $\alpha = .96$ ). Non-hypersexual's showed significantly lower scores (Mean = 15.7,  $SD = 6.2$ ;  $n = 456$ ) than patients (Mean = 33.2,  $SD = 4.3$ ;  $n = 288$ ) classified as hypersexual [ $F(1,742) = 1749.4$ ,  $p < .0001$ ]. A cut-off score for the HBI-SF was established as 26 and factor analysis suggests the HBI-SF measures a unidimensional structure yielding a single factor.

