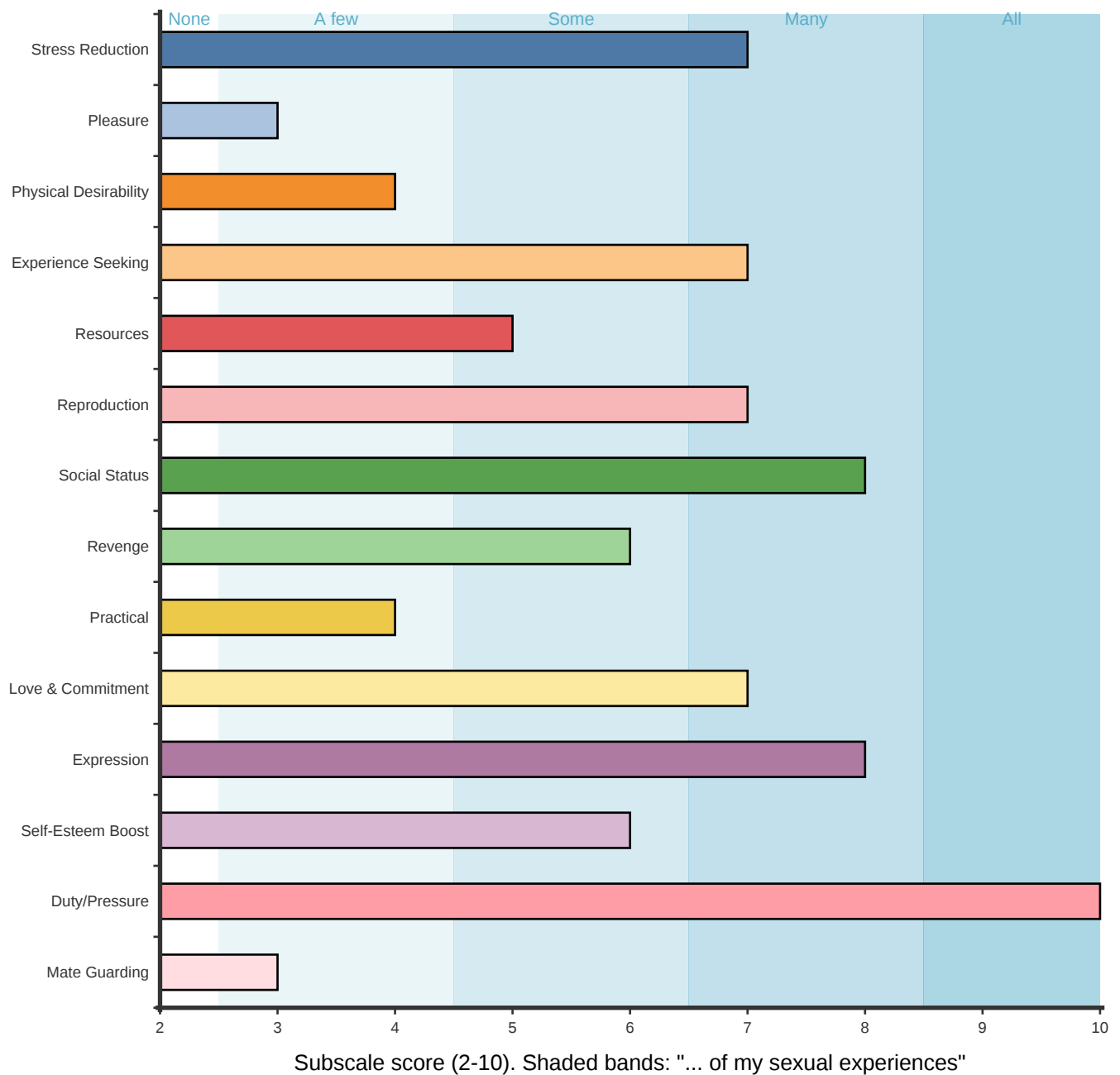




Why Have Sex? Questionnaire – Short Form (YSEX-SF)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	24 Sep 2026
<i>Date of birth (age)</i>	1 Jan 1990 (36)	<i>Time taken</i>	42s
<i>Assessor</i>	Dr Emerson Bartholomew		

YSEX-SF Subscale Scores





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Results

	Raw Score	Frequency Descriptor
Stress Reduction (2-10)	7	Many of my sexual experiences
Pleasure (2-10)	3	A few of my sexual experiences
Physical Desirability (2-10)	4	A few of my sexual experiences
Experience Seeking (2-10)	7	Many of my sexual experiences
Resources (2-10)	5	Some of my sexual experiences
Reproduction (2-10)	7	Many of my sexual experiences
Social Status (2-10)	8	Many of my sexual experiences
Revenge (2-10)	6	Some of my sexual experiences
Practical (2-10)	4	A few of my sexual experiences
Love & Commitment (2-10)	7	Many of my sexual experiences
Expression (2-10)	8	Many of my sexual experiences
Self-Esteem Boost (2-10)	6	Some of my sexual experiences
Duty/Pressure (2-10)	10	All of my sexual experiences
Mate Guarding (2-10)	3	A few of my sexual experiences

Interpretation

The Why Have Sex? Questionnaire Short Form (YSEX-SF), administered on 24 September 2026, describes the respondent's reasons for having sex across 14 motivational domains. The profile is best understood as a whole rather than through any single subscale score. The respondent's most frequently endorsed reasons for having sex were Duty/Pressure, Social Status, and Expression. The respondent's highest-scoring subscales are described in more detail below.

Duty/Pressure: Score 10/10, corresponding to a frequency descriptor of 'All of my sexual experiences'. This subscale reflects sex engaged in out of obligation or in response to pressure. The respondent reports that all or almost all of their sexual experiences have been motivated by this reason. The two items contributing to this score were answered as follows:

- 13. *I was pressured into doing it. (All of my sexual experiences)*
- 27. *I felt obligated to. (All of my sexual experiences)*

Social Status: Score 8/10, corresponding to a frequency descriptor of 'Many of my sexual experiences'. This subscale reflects sex used to enhance reputation or social standing. The respondent reports that many of their sexual experiences have been motivated by this reason. The two items contributing to this score were answered as follows:

- 7. *I wanted to enhance my reputation. (Many of my sexual experiences)*
- 21. *I thought it would boost my status. (Many of my sexual experiences)*

Expression: Score 8/10, corresponding to a frequency descriptor of 'Many of my sexual experiences'. This subscale reflects sex used to mark occasions or communicate messages such as welcome, farewell, or celebration. The respondent reports that many of their sexual experiences have been motivated by this reason. The two items contributing to this score were answered as follows:

- 11. *I wanted to welcome someone home or say goodbye. (All of my sexual experiences)*



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- 25. *I wanted to celebrate a birthday or anniversary or special occasion. (Some of my sexual experiences)*

Note for the clinician

The respondent endorsed pressure or obligation as a reason for having sex (a response above 'None of my sexual experiences' on one or both items):

- 13. *I was pressured into doing it. (All of my sexual experiences)*

- 27. *I felt obligated to. (All of my sexual experiences)*

Motivations of this kind range from a sense of relational duty through to unwanted or coerced experiences. Their meaning is best understood in conversation with the respondent.

Scoring and Interpretation Information

Each of the 14 subscales is scored by summing its two items (response options 1 'None of my sexual experiences' to 5 'All of my sexual experiences'), giving subscale scores from 2 to 10. Higher scores indicate that a greater proportion of the respondent's sexual experiences have been motivated by that reason. No total score is computed and no norms, percentiles, or clinical cut-offs exist; the clinical output is the 14-subscale profile.

Each subscale score is accompanied by a frequency descriptor derived from the response options (score 2 = 'None of my sexual experiences'; 3-4 = 'A few'; 5-6 = 'Some'; 7-8 = 'Many'; 9-10 = 'All of my sexual experiences'). These descriptors are frequency labels, not severity ratings: the clinical relevance of a given frequency depends on the motivation being assessed and the respondent's circumstances.

The profile is interpreted relatively: the most clinically informative feature is which motivations are most and least frequent for the respondent, rather than the value of any single subscale in isolation. If either Duty/Pressure item ('I was pressured into doing it', 'I felt obligated to') is endorsed above 'None of my sexual experiences', the report displays a note for the clinician, as motivations of this kind range from a sense of relational duty through to unwanted or coerced experiences.

For respondents who have not had sex, the instructions direct them to rate the likelihood that each reason would lead them to have sex, and their profile is read as anticipated rather than experienced motivation.

Client Responses

Stress Reduction

		None of my sexual experiences	A few of my sexual experiences	Some of my sexual experiences	Many of my sexual experiences	All of my sexual experiences
1	I was frustrated and needed relief.	1	2	3	4	5
15	I wanted to release anxiety/stress.	1	2	3	4	5



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Pleasure

		None of my sexual experiences	A few of my sexual experiences	Some of my sexual experiences	Many of my sexual experiences	All of my sexual experiences
2	It felt good.	1	2	3	4	5
16	I was "horny."	1	2	3	4	5

Physical Desirability

		None of my sexual experiences	A few of my sexual experiences	Some of my sexual experiences	Many of my sexual experiences	All of my sexual experiences
3	The person had an attractive face.	1	2	3	4	5
17	The person had a desirable body.	1	2	3	4	5

Experience Seeking

		None of my sexual experiences	A few of my sexual experiences	Some of my sexual experiences	Many of my sexual experiences	All of my sexual experiences
4	I wanted the experience.	1	2	3	4	5
18	I wanted the adventure/excitement.	1	2	3	4	5

Resources

		None of my sexual experiences	A few of my sexual experiences	Some of my sexual experiences	Many of my sexual experiences	All of my sexual experiences
5	I wanted something in exchange for sex (e.g., money, a job, a raise, drugs, etc.).	1	2	3	4	5
19	I wanted a favor from someone.	1	2	3	4	5

Reproduction

		None of my sexual experiences	A few of my sexual experiences	Some of my sexual experiences	Many of my sexual experiences	All of my sexual experiences
6	I wanted to have a child.	1	2	3	4	5
20	I wanted to reproduce.	1	2	3	4	5



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Social Status

		None of my sexual experiences	A few of my sexual experiences	Some of my sexual experiences	Many of my sexual experiences	All of my sexual experiences
7	I wanted to enhance my reputation.	1	2	3	4	5
21	I thought it would boost my status.	1	2	3	4	5

Revenge

		None of my sexual experiences	A few of my sexual experiences	Some of my sexual experiences	Many of my sexual experiences	All of my sexual experiences
8	I wanted to get back at my partner.	1	2	3	4	5
22	I wanted to get even with someone.	1	2	3	4	5

Practical

		None of my sexual experiences	A few of my sexual experiences	Some of my sexual experiences	Many of my sexual experiences	All of my sexual experiences
9	I wanted the physical benefits (e.g., burn calories, sleep, pain relief, etc.).	1	2	3	4	5
23	I wanted the emotional benefits.	1	2	3	4	5

Love & Commitment

		None of my sexual experiences	A few of my sexual experiences	Some of my sexual experiences	Many of my sexual experiences	All of my sexual experiences
10	I wanted to feel connected to the person.	1	2	3	4	5
24	I wanted to express my love for the person.	1	2	3	4	5

Expression

		None of my sexual experiences	A few of my sexual experiences	Some of my sexual experiences	Many of my sexual experiences	All of my sexual experiences
11	I wanted to welcome someone home or say goodbye.	1	2	3	4	5
25	I wanted to celebrate a birthday or anniversary or special occasion.	1	2	3	4	5



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Self-Esteem Boost

		None of my sexual experiences	A few of my sexual experiences	Some of my sexual experiences	Many of my sexual experiences	All of my sexual experiences
12	I wanted to boost my self-esteem.	1	2	3	4	5
26	I wanted to feel better about myself.	1	2	3	4	5

Duty/Pressure

		None of my sexual experiences	A few of my sexual experiences	Some of my sexual experiences	Many of my sexual experiences	All of my sexual experiences
13	I was pressured into doing it.	1	2	3	4	5
27	I felt obligated to.	1	2	3	4	5

Mate Guarding

		None of my sexual experiences	A few of my sexual experiences	Some of my sexual experiences	Many of my sexual experiences	All of my sexual experiences
14	I wanted to keep my partner from straying.	1	2	3	4	5
28	I wanted to get my partner to stay with me.	1	2	3	4	5