

Why Have Sex? Questionnaire – Short Form

YSEX-SF · SELF-REPORT

RESPONDENT NAME

DATE

CLINICIAN

People have sex (i.e., sexual intercourse) for many different reasons. Below is a list of some of these reasons. Please indicate how frequently each of the following reasons led you to have sex in the past. If you have not had sex in the past, use the scale to indicate the likelihood that each of the following reasons would lead you to have sex. I have had sex in the past because...

Response scale (same for every item): 1 = None of my sexual experiences; 2 = A few of my sexual experiences; 3 = Some of my sexual experiences; 4 = Many of my sexual experiences; 5 = All of my sexual experiences.

1	I was frustrated and needed relief.	1	2	3	4	5
2	It felt good.	1	2	3	4	5
3	The person had an attractive face.	1	2	3	4	5
4	I wanted the experience.	1	2	3	4	5
5	I wanted something in exchange for sex (e.g., money, a job, a raise, drugs, etc.).	1	2	3	4	5
6	I wanted to have a child.	1	2	3	4	5
7	I wanted to enhance my reputation.	1	2	3	4	5
8	I wanted to get back at my partner.	1	2	3	4	5
9	I wanted the physical benefits (e.g., burn calories, sleep, pain relief, etc.).	1	2	3	4	5
10	I wanted to feel connected to the person.	1	2	3	4	5
11	I wanted to welcome someone home or say goodbye.	1	2	3	4	5
12	I wanted to boost my self-esteem.	1	2	3	4	5
13	I was pressured into doing it.	1	2	3	4	5
14	I wanted to keep my partner from straying.	1	2	3	4	5
15	I wanted to release anxiety/stress.	1	2	3	4	5
16	I was "horny."	1	2	3	4	5
17	The person had a desirable body.	1	2	3	4	5
18	I wanted the adventure/excitement.	1	2	3	4	5
19	I wanted a favor from someone.	1	2	3	4	5
20	I wanted to reproduce.	1	2	3	4	5
21	I thought it would boost my status.	1	2	3	4	5
22	I wanted to get even with someone.	1	2	3	4	5
23	I wanted the emotional benefits.	1	2	3	4	5
24	I wanted to express my love for the person.	1	2	3	4	5

25	I wanted to celebrate a birthday or anniversary or special occasion.	1	2	3	4	5
26	I wanted to feel better about myself.	1	2	3	4	5
27	I felt obligated to.	1	2	3	4	5
28	I wanted to get my partner to stay with me.	1	2	3	4	5

Developer Reference:

Meston, C. M., Kilimnik, C. D., Freihart, B. K., & Buss, D. M. (2020). Why humans have sex: Development and psychometric assessment of a short-form version of the YSEX? instrument. *Journal of Sex & Marital Therapy*, 46(2), 141-159.

Access this measure online

Score Online



Scan to administer the YSEX-SF online