

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...

1	I was frustrated and needed relief.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
2	It felt good.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
3	The person had an attractive face.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
4	I wanted the experience.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
5	I wanted something in exchange for sex (e.g., money, a job, a raise, drugs, etc.).	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
6	I wanted to have a child.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
7	I wanted to enhance my reputation.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
8	I wanted to get back at my partner.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
9	I wanted the physical benefits (e.g., burn calories, sleep, pain relief, etc.).	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
10	I wanted to feel connected to the person.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
11	I wanted to welcome someone home or say goodbye.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
12	I wanted to boost my self-esteem.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
13	I was pressured into doing it.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
14	I wanted to keep my partner from straying.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
15	I wanted to release anxiety/stress.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
16	I was "horny."	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
17	The person had a desirable body.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE

18 I wanted the adventure/excitement.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
19 I wanted a favor from someone.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
20 I wanted to reproduce.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
21 I thought it would boost my status.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
22 I wanted to get even with someone.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
23 I wanted the emotional benefits.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
24 I wanted to express my love for the person.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
25 I wanted to celebrate a birthday or anniversary or special occasion.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
26 I wanted to feel better about myself.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
27 I felt obligated to.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE
28 I wanted to get my partner to stay with me.	1 NONE OF MY SEXUAL EXPERIENCE	2 A FEW OF MY SEXUAL EXPERIENCE	3 SOME OF MY SEXUAL EXPERIENCE	4 MANY OF MY SEXUAL EXPERIENCE	5 ALL OF MY SEXUAL EXPERIENCE

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.

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