

Youth Pornography Addiction Screening Tool (YPAST)

(Responses should be based on behavior over the past 90 days.)

	Never	1-2 times	Seldom	Sometimes	Frequently
1. Do you view pornography in order to avoid or escape your feelings or to deal with stress or boredom?	0	1	2	3	4
2. Have you protected your pornography by hiding it from your parents and others?	0	1	2	3	4
3. Do you think about sex more than you would like to?	0	1	2	3	4
4. Does it sometimes seem as if there is a force inside of you that drives you to view pornography?	0	1	2	3	4
5. Do you feel empty or shameful after viewing pornography or masturbating?	0	1	2	3	4
6. Have you ever promised yourself that you would never again view pornography or masturbate?	0	1	2	3	4
7. Have you lied to your parents, church leaders or other adults about your pornography viewing?	0	1	2	3	4
8. Would you rather view pornography or masturbate than spend time with others?	0	1	2	3	4
9. Have you stayed up late at night or woke up during the night to view pornography?	0	1	2	3	4
10. Have you erased the history on the computer to “cover your tracks” in an effort to avoid being caught on pornographic websites?	0	1	2	3	4
11. Do you rationalize, justify, minimize or make excuses about your pornography use?	0	1	2	3	4
12. Do you somehow end up looking at pornography nearly every time you get on the internet?	0	1	2	3	4
13. Do you worry something is wrong with you because of your sexual thoughts and feelings?	0	1	2	3	4
14. Have you participated in on-line/internet sexual chats, emails, posts or in sexting?	0	1	2	3	4
15. Have you lied, stolen or manipulated others in order to view pornography?	0	1	2	3	4
16. Have you used someone else’s computer or cell phone to view pornography without them knowing?	0	1	2	3	4
17. Do you find yourself viewing more and more pornography to feel satisfied?	0	1	2	3	4
18. Do your sexual thoughts and feelings interfere with your religious beliefs or your family values?	0	1	2	3	4
19. Do your sexual thoughts and behaviors cause you to feel that you are unclean or unworthy?	0	1	2	3	4
20. Do you browse through newspapers and magazines or flip through channels on the television just to find something that will stimulate you sexually?	0	1	2	3	4
21. Do you look for opportunities to be alone so that you can find pornography or masturbate?	0	1	2	3	4
22. Do you masturbate while viewing pornography?	0	1	2	3	4
23. Do you use pornography or masturbation as a reward for accomplishing something?	0	1	2	3	4
24. Do you continue to view pornography even after encountering problems related to your viewing?	0	1	2	3	4
25. Do you worry about being caught viewing pornography by your parents or others?	0	1	2	3	4
Totals					

Total Score:

Scoring Guide

0-25 Normal sexual development & typical curiosity. No treatment is needed. Monitoring of youth’s on-line activity is recommended along with education regarding dangers of pornography and open dialogue about sexuality.

26-49 Reason for concern regarding involvement with pornography. Monitoring of youth’s on-line activity along with preventative education is recommended. Youth is vulnerable for possible future addiction. Youth requires education regarding dangers of pornography and open dialogue about sexuality.

50-69 Emerging pornography addiction. Vigilant monitoring of youth’s on-line behavior is needed. Treatment is needed to prevent more pervasive addiction. Distorted view of sexuality and hypersexual behaviors may begin to manifest. Healthy coping skills begin to stagnate. Increased risk for emotional, social and legal problems related to pornography addiction.

70-100 Youth is addicted to pornography. Vigilant monitoring of youth’s on-line behavior is needed. Treatment is necessary to disrupt the addiction. Youth is unable to break free from the addiction without professional treatment. Healthy coping skills are replaced with addiction. Youth’s judgment and priorities become distorted by the addiction. High risk for emotional, social and legal problems related to pornography addiction.