

Arizona Sexual Experience Scale (ASEX)

Ref: McGahuey et al. (2000) *J Sex Marital Ther* 26:25-40

The Arizona Sexual Experiences Scale (ASEX) is a user-friendly 5-item rating scale that quantifies sex drive, arousal, vaginal lubrication/penile erection, ability to reach orgasm, and satisfaction from orgasm.

Possible total scores range from 5 to 30, with the higher scores indicating more sexual dysfunction.

Answer either 3a OR 3b.

obtained from <http://www.psy-world.com>, modified

1. How strong is your sex drive?

- 1 Extremely strong
- 2 Very strong
- 3 Somewhat strong
- 4 Somewhat weak
- 5 Very weak
- 6 Absent

2. How easily are you sexually aroused?

- 1 Extremely easily
- 2 Very easily
- 3 Somewhat easily
- 4 Somewhat difficult
- 5 Very difficult
- 6 Never

3a. Can you easily get and keep an erection?

- 1 Extremely easily
- 2 Very easily
- 3 Somewhat easily
- 4 Somewhat difficult
- 5 Very difficult
- 6 Never

3b. How easily does your vagina become moist?

- 1 Extremely easily
- 2 Very easily
- 3 Somewhat easily
- 4 Somewhat difficult
- 5 Very difficult
- 6 Never

4. How easily can you reach orgasms?

- 1 Extremely easily
- 2 Very easily
- 3 Somewhat easily
- 4 Somewhat difficult
- 5 Very difficult
- 6 Never

5. Are your orgasms satisfying?

- 1 Extremely satisfying
- 2 Very satisfying
- 3 Somewhat satisfying
- 4 Somewhat unsatisfying
- 5 Extremely unsatisfying
- 6 Never achieve orgasm

Total Score