

Recovery Zone IITAP Self- Assessments Description

SDI 4.0 (The Sexual Dependency Inventory)

“The Sexual Dependency Inventory (SDI) 4.0 is a battery of relevant tests organized into one cohesive report. Additionally, the SDI gathers data on various aspects of problematic sexual behavior including typical patterns of consequences, evolution and timing of behavior and thought patterns, as well as therapy readiness. Information is also collected and evaluated on drug use, masturbation, paraphilias, and internet usage behaviors. The results portrayed within the SDI are extremely important for clinicians when establishing a treatment plan for their clients.”

SDMI (Sexual Dependency Media Inventory)

“The Sexual Digital Media Inventory is an assessment designed to help your therapist learn more about your use of sexual digital media, including things like apps and pornography. Taking an assessment such as this can save you and your therapist time and money by providing a full comprehensive report instead of conducting a lengthy interview. This assessment focuses on two distinct areas. First it evaluates thirteen different domains of how your use of sexual media has impacted your life. This includes an examination of how sexual media, such as apps and pornography has impacted your life, such as pornography addiction and compulsion, mutation of sexual tastes, isolation, and an impact on personal relationships. The other area of focus for this assessment, is an examination of your different areas of sexual interest. Examples of these interests include things like chatting, virtual reality, home produced pornography, and sex robots.”

PTSI (Post-Traumatic Stress Index)

“The Post-Traumatic Stress Index (PTSI) is an assessment appropriate for most clientele. First published in Dr. Patrick Carnes’ book, The Betrayal Bond, the assessment is designed to assess how trauma has impacted a client’s life. The results are broken down into eight different categories representing specific ways in which trauma affects a client’s current level of function. For example, a client who repeats certain behaviors similar to early trauma experiences may score high in the Trauma Repetition category.”

PTSI-R (Post-Traumatic Stress Index- Revised)

Typically, trauma tests and questionnaires are designed for a specific population in mind which may preclude certain clinical features or co-occurring populations. The Post-Traumatic Stress Index-Revised (PTSI-R) was designed to avoid these issues and assess for other manifestations of trauma, such as depression. Another unique feature of the PTSI-R is that it includes previously excluded populations such as sexual addiction and compulsion. The PTSI-R is not tied to any particular clinical theoretical orientation such as psychoanalytic, humanistic, or behavioral, and instead employs the most current research in the field of trauma from an interdisciplinary social neuroscience perspective.

MAWASI® (The Money and Work Adaptive Styles Index)

“The Money and Work Adaptive Styles Index (MAWASI®) evolved out of the initial work of Bonnie DenDoooven’s search to help others with issues surrounding money and work. Utilizing theories in attachment, neuromarketing, and behavioral economics Ms. Dendooven had originally designed the test with 9 subscales. A factor analysis revealed 12 subscales. These 12 subscales represent the various ways (behaviorally, emotionally, and cognitively) that money and/or work has affected an individual’s life. Moreover, they show how the individual has adapted his or her life to those thoughts, feelings, and behaviors.”

PSS (The Partner Sexuality Survey)

“The discovery of sex addiction/compulsive sexual behaviors can be highly traumatizing for the partner of the addict. The Partner Sexuality Survey (PSS) was designed by Dr. Stefanie Carnes to assist partners in identifying the areas of their own sexuality that may be impacted by their relationship with the sex addict.”

IPAST (The Inventory for Partner Anxiety, Stress, and Trauma)

“The Inventory for Partner Anxiety, Stress, and Trauma (IPAST) is a battery of assessments that examine the partner’s traumatic reactions, family of origin, resiliency, and attachment styles. This assessment is appropriate for both men and women and provides clinicians with an overall look at the ways in which an addict’s behaviors have affected their client and his or her ability to overcome and move past the trauma.”

SAST (The Sexual Addiction Screening Test)

“The Sexual Addiction Screening Test (SAST) is designed to assist in the assessment of sexually compulsive behavior which may indicate the presence of sex addiction. Developed in cooperation with hospitals, treatment programs, private therapists, and community groups, the SAST provides a profile of responses which help to discriminate between addictive and non-addictive behavior. This is a simple assessment that does not assess for specific behaviors, but can provide a clinically significant tool to see if a problem exists.”

SARA (The Sexual Addiction Risk Assessment)

“The Sexual Addiction Risk Assessment (SARA) has been developed to help the client better understand his or her behaviors. The assessment consists of 88 questions, which will take approximately 25 minutes to finish. Results are available immediately and a detailed, personalized 23-page report is provided to assist the client in determining the best course of action. This assessment is designed specifically for the client as it is but a small portion of the information covered in the Sexual Dependency Inventory.”

ISST (The Internet Sex Screening Test)

“The Internet Sex Screening Test (ISST) asks questions about the sexual thoughts and experiences while using the internet. Some individuals may experience discomfort when reflecting on current or past sexual experiences. In addition, the instrument asks questions about illegal sexual behaviors. This tool is specifically designed for people who think they may have a problem with online sexual behaviors and does not provide a listing of the clients answers, only a score and rating scale.”

BBI (Betrayal Bond Index)

“Adapted from Dr. Patrick Carnes’ work in the Betrayal Bond, the Betrayal Bond Index (BBI) is a brief questionnaire is designed to look at the types of relationships a client repetitively has in his or her life. In addition to the information collected in other assessments that examine attachment styles and relationship issues, the Betrayal Bond Index may assist therapists with individualizing treatment plans by assisting in the identification of a client’s relationships partners: are they more supportive or detrimental in nature?”

ASSESSMENT DESCRIPTIONS FROM IITAP (<https://iitap.com/page/Assessments>)

RECOVERY ZONE - CLIENT LOGIN INSTRUCTIONS

1. [Click here to go to the client login page.](#)
2. Input Therapist/Practice Name - "Susan Zola"
3. [Input your Assigned Identifier which I will provide to you.](#)
4. Click login.
5. If you have a test to complete, it will appear under the assigned test section. You can click "Start Assessment" to start taking the test.