

Sexual Orientation Obsessions and Reactions Test (SORT)

NAME: _____

DATE: _____

~~Write~~ the answer that best corresponds with how you have been feeling over the last week. LGBTQ refers to people who identify as lesbian, gay, bisexual, transgender, and/or queer.

		Never	Rarely	Sometimes	Often	Always
1.	I worry about the thoughts I am having about people of the same sex.	[0]	[1]	[2]	[3]	[4]
2.	My sexual fantasies scare me.	[0]	[1]	[2]	[3]	[4]
3.	I try to reassure myself that I am not LGBTQ.	[0]	[1]	[2]	[3]	[4]
4.	I check myself to see if I am aroused by sexual images.	[0]	[1]	[2]	[3]	[4]
5.	I worry that other people will think I am LGBTQ.	[0]	[1]	[2]	[3]	[4]
6.	I just need to know for sure if I am straight.	[0]	[1]	[2]	[3]	[4]
7.	I worry that my sexual orientation may change.	[0]	[1]	[2]	[3]	[4]
8.	I check myself to see if I am sexually aroused around other people.	[0]	[1]	[2]	[3]	[4]
9.	An unwanted sexual thought or image means I really want to do it.	[0]	[1]	[2]	[3]	[4]
10.	I worry a lot if I don't get sexually aroused when I want to.	[0]	[1]	[2]	[3]	[4]
11.	I just want to be like everyone else.	[0]	[1]	[2]	[3]	[4]
12.	I worry that I will lose control and become LGBTQ.	[0]	[1]	[2]	[3]	[4]

Scoring: Score test by summing all items, with each item scored from zero to 4. Both heterosexual and LGBTQ individuals scoring over 10 should be assessed for OCD.

Means: heterosexual undergraduates 5.9 (*SD* = 5.8), LGBTQ undergraduates 8.8 (*SD* = 7.5), LGBTQ community 6.4 (*SD* = 4.9) heterosexual SO-OCD patients 21.6 (*SD* = 11.7), heterosexual patients with other forms of OCD 12.4 (*SD* = 12.6).

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 Sexual Obsessions in Obsessive-Compulsive Disorder.
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