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Hurlbert Index of Sexual Desire

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**Brief Diagnostic Assessment for Generalized Acquired Hypoactive Sexual Desire Disorder (HSDD)**

**Clinician:**

*Verify with the patient each of the answers she has given.*

The Diagnostic and Statistical Manual of Mental Disorders, 4th Edition, Text Revision® characterizes Hypoactive Sexual Desire Disorder (HSDD) as a deficiency or absence of sexual fantasies and desire for sexual activity, which causes marked distress or interpersonal difficulty, and which is not better accounted for by a medical, substance-related, psychiatric, or other sexual condition. HSDD can be either generalized (not limited to certain types of stimulation, situations, or partners) or situational, and can be either acquired (develops only after a period of normal functioning) or lifelong. To determine if symptoms are acquired, ask if there was a period of normal functioning at any time in the past.

If the patient answers “NO” to any of the questions 1 through 4, then she does not qualify for the diagnosis of generalized, acquired HSDD.

If the patient answers “YES” to all of the questions 1 through 4, and your review confirms “NO” answers to all of the factors in question 5, then she does qualify for the diagnosis of generalized, acquired HSDD.

If the patient answers “YES” to all of the questions 1 through 4 and “YES” to any of the factors in question 5, then decide if the answers to question 5 indicate a primary diagnosis other than generalized, acquired HSDD. Comorbid conditions such as arousal or orgasmic disorder do not rule out a concurrent diagnosis of HSDD.

Based on the above, does the patient have generalized acquired Hypoactive Sexual Desire Disorder?  

- YES  
- NO

Thank you.


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**Hurlbert Index of Sexual Desire**

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The Hurlbert Index of Sexual Desire (HISD) is described by Apt and Hurlbert (1992).

**Reference**


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Exhibit

**Hurlbert Index of Sexual Desire**

1. Just thinking about having sex with my partner excites me. (R)
2. I try to avoid situations that will encourage my partner to want sex.
3. I daydream about sex. (R)
4. It is difficult for me to get in a sexual mood.
5. I desire more sex than my partner does. (R)
6. It is hard for me to fantasize about sexual things.
7. I look forward to having sex with my partner. (R)
8. I have a huge appetite for sex. (R)
9. I enjoy using sexual fantasy during sex with my partner. (R)
10. It is easy for me to get in the mood for sex. (R)
11. My desire for sex should be stronger.
12. I enjoy thinking about sex. (R)
13. I desire sex. (R)
14. It is easy for me to go weeks without having sex with my partner.
15. My motivation to engage in sex with my partner is low.
16. I feel I want sex less than most people.
17. It is easy for me to create sexual fantasies in my mind. (R)
18. I have a strong sex drive. (R)
19. I enjoy thinking about having sex with my partner. (R)
20. My desire for sex with my partner is strong. (R)
21. I feel that sex is not an important aspect of the relationship I share with my partner.
22. I think my energy level for sex with my partner is too low.
23. It is hard for me to get in the mood for sex.
24. I lack the desire necessary to pursue sex with my partner.
25. I try to avoid having sex with my partner.

Note. (R) = reverse scored items. Scoring system responses: 0 points = all of the time, +1 point = most of the time, +2 points = some of the time, +3 points = rarely, +4 points = never.

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**Sexual Desire Inventory**

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The Sexual Desire Inventory (SDI) is a self-administered questionnaire developed to measure sexual desire. To date, sexologists have had difficulty measuring this construct. Previous measurement of sexual desire involved either indirect measurement through examining frequency of sexual behavior, or by broad self-report of cognitions such as “rate your level of sexual desire.” Both these methods are less accurate measures of sexual desire because first, sexual desire is theoretically a multidimensional construct, and second, no empirical data are available to suggest that sexual desire and behavior are perfectly correlated. For the purposes of this questionnaire, sexual desire was defined as interest in sexual activity, and it was measured as primarily a cognitive variable through amount and strength of thought directed toward approaching or being receptive to sexual stimuli.

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