

NAME: _____

DATE: _____

Sexual Orientation Obsessions and Reactions Test (SORT)

Circle 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]

Test courtesy of:

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<https://www.ocdtypes.com>

Scoring: Score test by summing all items, with each item scored from 0-4. 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 (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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