



## Sexual Health Inventory for Men (SHIM)

Each question has several possible responses. Circle the number of the response that **best describes** your own situation. Please be sure that you select one and only one response for **each question**.

### Over the past month:

1. How do you rate your confidence that you could get and keep an erection?
  - 1 Very low
  - 2 Low
  - 3 Moderate
  - 4 High
  - 5 Very high
  
2. When you had erections with sexual stimulation, how often were your erections hard enough for penetration?
  - 0 No sexual activity
  - 1 Almost never or never
  - 2 A few times (much less than half the time)
  - 3 Sometimes (about half the time)
  - 4 Most times (much more than half the time)
  - 5 Almost always or always
  
3. During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?
  - 0 No sexual activity
  - 1 Almost never or never
  - 2 A few times (much less than half the time)
  - 3 Sometimes (about half the time)
  - 4 Most times (much more than half the time)
  - 5 Almost always or always

4. During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?
- 0 Did not attempt intercourse
  - 1 Extremely difficult
  - 2 Very difficult
  - 3 Difficult
  - 4 Slightly difficult
  - 5 Not difficult
5. When you attempted sexual intercourse, how often was it satisfactory to you?
- 0 No sexual activity
  - 1 Almost never or never
  - 2 A few times (much less than half the time)
  - 3 Sometimes (about half the time)
  - 4 Most times (much more than half the time)
  - 5 Almost always or always
6. If you were to spend the rest of your life with your erectile condition the way it is now, how would you feel about that?
- 1 Very dissatisfied
  - 2 Moderately dissatisfied
  - 3 Mixed, about equally satisfied and dissatisfied
  - 4 Moderately satisfied
  - 5 Very satisfied

**Score (add 1 to 5)**

22-25- no ED

17-21- mild

12-16- mild to moderate

8-11- moderate

5-7- severe