

3. When does ED usually occur?

10	9	8	7	6	5	4	3	2	1	0
Unable to get erect		Get erect but it soon goes away			Lose at penetration			Lose shortly after some intercourse		

4. If you can have intercourse, how long is it before you typically lose your erection?

10	9	8	7	6	5	4	3	2	1	0
As you enter	15 sec	30 sec	1 min	2 min	3 min	4 min	5 min	6 min	7 min	More than 7 min

5. Rate the intensity of physical stimulation at the time you lose your erection.

10	9	8	7	6	5	4	3	2	1	0
Very intense, vigorous, or fast		Moderate stimulation							Very mild, little, or slow	

6. How difficult is it for you to initially get an erection?

10	9	8	7	6	5	4	3	2	1	0
Extremely difficult		Moderately difficult							Extremely easy	

7. How upset is your sexual partner when you lose your erection?

10	9	8	7	6	5	4	3	2	1	0
Extremely distressed		Moderately upset							Very calm	

8. How upset are you when you lose your erection?

10	9	8	7	6	5	4	3	2	1	0
Extremely distressed		Moderately upset							Very calm	

9. How much has your ED negatively affected your life in general?

10	9	8	7	6	5	4	3	2	1	0
Major impact (for example, ruined relationship)		Some impact							No significant effect	

10. What percent of the time when you have ED do you also have low sexual desire, premature (rapid) ejaculation, or delayed (inhibited) ejaculation?

10	9	8	7	6	5	4	3	2	1	0
100%	90%	80%	70%	60%	50%	40%	30%	20%	10%	0%



Scoring the EDSI

To determine your severity index, add your responses to items 1 through 10 and enter your total score in the appropriate category below.

___ 0–19 *Very mild*

___ 20–39 *Mild*

___ 40–59 *Moderate*

___ 60–79 *High*

___ 80–100 *Extreme*

The lower your severity score, the more likely you are to successfully resolve your ED. The more severe your ED, the harder it will be to remedy and the more disciplined you and your partner will need to be. If your case is of moderate severity, you have a good chance of addressing ED successfully through the techniques in this book, but you will need to invest a good amount of personal and relationship energy. If your score indicates high or extreme severity, it is very likely you would benefit from the coaching and support of a trained marital and sex therapist. See the appendix to this book, “Choosing an Individual, Couple, or Sex Therapist” for guidelines.