

## Sexual Health Inventory For Men

The Sexual Health Inventory for Men (SHIM) test is a nationally recognized measurement tool used by physicians to help assess erectile dysfunction (ED). Circle the number of the response that best describes your own situation. Then add the numbers to determine your score, and discuss your results with your doctor.

**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

**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 time (much more than half the time)
- (5) Almost always or always

**During sexual intercourse, how often were you able to maintain your erection after you had penetrated your partner?** \_\_\_\_\_

- (0) Did not attempt intercourse
- (1) Almost never or never
- (2) A few times (much less than half the time)
- (3) Sometimes (about half the time)
- (4) Most time (much more than half the time)
- (5) Almost always or always

**During sexual intercourse, how difficult was it to maintain an erection to completion?** . . . . . \_\_\_\_\_

- (0) Did not attempt intercourse
- (1) Extremely difficult
- (2) Very difficult
- (3) Difficult
- (4) Slightly difficult
- (5) Not difficult

**When you (or your partner) attempted sexual intercourse, how often was it satisfactory?** . . . . . \_\_\_\_\_

- (0) Did not attempt intercourse
- (1) Almost never or never
- (2) A few times (much less than half the time)
- (3) Sometimes (about half the time)
- (4) Most time (much more than half the time)
- (5) Almost always or always

**TOTAL** . . . . . \_\_\_\_\_

### Scoring key:

- 1-7 Severe ED
- 8-11 Moderate ED
- 12-16 Mild to moderate ED
- 17-21 Mild ED
- 22-25 No ED