

Quality of Sex Inventory (QSI)

Example Report

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The Quality of Sex Inventory (Shaw & Rogge, 2016) is a 24-item self-report questionnaire used in clinical and research settings to assess a person's subjective experience of sexual functioning and satisfaction. It's less about frequency or performance in a mechanical sense, and more about how someone experiences their sexual life.

Ref: Shaw, A. M. & Rogge, R. D. (2016). Evaluating and Refining the Construct of Sexual Quality with Item Response Theory: Development of the Quality of Sex Inventory. *Archives of Sexual Behavior*, 45, 249-270.

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About this report

The Quality of Sex Inventory (QSI) is a validated self-report measure designed to assess an individual's experience of sexual satisfaction and dissatisfaction within their intimate relationships. It captures both positive aspects of sexual quality, such as pleasure and fulfillment, and areas of concern, such as distress or dissatisfaction, providing a nuanced view of sexual wellbeing.

Scores are interpreted relative to a normative sample of sexually active adults in committed relationships, allowing percentile comparisons.

In this report, your responses have been scored to reflect your standing relative to the normative sample. Percentile scores indicate the proportion of adults in the reference population who scored lower than you on each subscale.

Higher percentiles on the Satisfaction scale suggest a more positive sexual experience compared with peers, whereas higher percentiles on Dissatisfaction indicate greater sexual distress.

These results are intended to support discussion, reflection, and potential areas of focus within therapy, rather than serve as diagnostic conclusions.

Your results summary

AREA	DESCRIPTION
<p>Sexual Satisfaction</p>	<p>You scored 38/60 in sexual satisfaction, which is higher than 42.10% of people in a community sample (Mean = 41, SD = 15).</p>
<p>Sexual Dissatisfaction</p>	<p>You scored 2/60 in sexual <i>dissatisfaction</i>, which is higher than 34.90% of people in a community sample (Mean = 6, SD = 10).</p> <p>Notes:</p> <ul style="list-style-type: none"> ● The sexual satisfaction and sexual dissatisfaction subscales of the QSI are intended to be interpreted separately. ● Comparison sample demographics: <ul style="list-style-type: none"> ○ N = 3,060 ○ Age: Mean 27 years (SD = 9.4) ○ Gender: Both men and women included (roughly balanced) ○ Sexual orientation: Primarily heterosexual ○ Relationship duration: 1-10+ ○ Geography: USA-based sample ○ Other: Participants were mostly community volunteers, not clinical patients, though Shaw & Rogge specifically mention they oversampled couples reporting some degree of sexual problems to ensure coverage across the range of the scale.

Item responses are on the following page.

For the purposes of this report, Parts A and B of each sub-scale are combined into each Satisfaction and Dissatisfaction sub-scale.

QSI ITEM RESPONSES

SUBSCALE	AREA	SCORE*
Sexual Satisfaction (Part A)	My sex life is fulfilling	4
	I am happy with my sex life with my partner	4
	My partner really pleases me sexually	2
	I am satisfied with our sexual relationship	4
	I am happy with the quality of sexual activity in our relationship	4
	Sexual activity with my partner is fantastic	3
Sexual Satisfaction (Part B)	I am happy with my partner as a lover	5
	Sexual activity with my partner is rewarding	3
	Sexual activity with my partner is enjoyable	3
	My sex life is very exciting	2
	Sexual activity with my partner is everything I could hope for	1
	Sex is fun for my partner and me	3
Sexual Dissatisfaction (Part A)	Sexual activity with my partner is not fun	0
	Sexual activity with my partner is a turn off	0
	Sexual activity with my partner is not worth the time or effort	0
	I do NOT enjoy sexual activity with my partner	0
	Sexual activity with my partner leaves me empty	0
	Sexual activity with my partner is not very exciting	0
Sexual Dissatisfaction (Part B)	I would rather not engage in sexual activity with my partner	0
	I don't look forward to sexual activity with my partner	1
	My sex life with my partner has become somewhat dull	1
	I am tired of engaging in sexual activity with my partner	0
	Sexual activity with my partner leaves me feeling distant and alone	0
	I am very disappointed with my sex life with my partner	0

* Not at all TRUE = 0; A little TRUE = 1; Somewhat TRUE = 2; Mostly TRUE = 3; Very TRUE = 4; Completely TRUE = 5