

Erectile Difficulties Self-Assessment Questionnaire

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Understanding the physical, psychological, and relational
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Erectile difficulties are among the most common male sexual concerns, affecting an estimated 52% of men between ages 40 and 70 to some degree (Massachusetts Male Aging Study, 1994). They are also significantly underreported due to shame and stigma. This questionnaire is designed to help you identify relevant factors and begin an honest conversation with yourself — and ideally, with a healthcare provider.

Erectile difficulties can have medical, psychological, or relational causes — often a combination. This tool is not diagnostic. Please consult a physician to rule out underlying medical conditions.

Section 1: Physical Experience

	Never	Rarely	Sometimes	Often	Always
1. I am able to achieve an erection when I want to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am able to maintain an erection through to completion of sex.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I experience erections during sleep or upon waking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Rarely	Sometimes	Often	Always
4. I am able to achieve erection through masturbation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Rarely	Sometimes	Often	Always
5. My erection difficulty occurs only with a partner, not alone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 2: Psychological Factors

Performance anxiety and negative thought patterns are among the most common contributors to erectile difficulties. Research consistently shows that psychological intervention, including cognitive behavioral therapy, is highly effective when psychological factors are present.

	Never	Rarely	Sometimes	Often	Always
6. I notice anxious thoughts about my performance before or during sex.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Rarely	Sometimes	Often	Always
7. I worry about my partner's reaction if I have difficulty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Rarely	Sometimes	Often	Always
8. I avoid initiating sex because of fear of difficulty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Rarely	Sometimes	Often	Always
9. Past experiences of difficulty affect how I feel going into sex now.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Rarely	Sometimes	Often	Always
10. My mood, stress level, or mental health affects my sexual function.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Rarely	Sometimes	Often	Always
11. I use pornography frequently, and notice changes to my arousal with a partner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 3: Relational & Lifestyle Factors

	Never	Rarely	Sometimes	Often	Always
12. I feel emotionally connected to my partner when we have sex.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

13. There is tension or unresolved conflict in my relationship.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Never	Rarely	Sometimes	Often	Always

14. I consume alcohol or other substances before or during sex.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Never	Rarely	Sometimes	Often	Always

15. I get adequate sleep and manage stress reasonably well.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Never	Rarely	Sometimes	Often	Always

16. My difficulty began or worsened during a particularly stressful period.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Never	Rarely	Sometimes	Often	Always

Section 4: Open Reflection

17. When did you first notice these difficulties? Was there anything significant happening in your life at the time?

18. How has this affected your confidence, relationship, or sense of self?

19. What have you tried so far, and what has been helpful (if anything)?

Important context: If erections are consistently absent even during sleep, masturbation, or in low-stress situations, a medical evaluation is an important first step. Conditions including cardiovascular disease, diabetes, hormonal imbalances, and medication side effects can all contribute to erectile difficulties and are readily assessed by a physician.

Psychological support works.

Tami-lee Duncan offers individual and couples therapy for sexual health concerns. If psychological or relational factors are contributing to your experience, evidence-based treatment can help.

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