

## History of the Sexual Dependency Inventory

In 1988, Dr. Patrick Carnes initiated a seven-year study of approximately 1000 sex addicts and their families. After following these cases closely over this period, Carnes discovered that almost all sexual addictions can be categorized into specific types of addict.

The research team working with Carnes developed an assessment instrument to help them to be more specific about the various behaviors that characterize sexual addiction. Originally there were 11 types, but over time it became apparent that combining two of the types created better solutions. Thus were the Ten Types of Sexual Addiction created; from this, the Sexual Dependency Inventory was eventually developed.

For the next several years, therapists used the SDI to determine the type and severity of sex addiction in their patients. In 2007, Dr. Carnes began to work with a new research team to determine the viability of putting the Inventory online, thus allowing computers to gather the data and amass the statistics necessary to develop an instrument based on the empirical evidence presented. As of this writing, the SDI is in the beta testing stage, amassing a database from both clinical and normative populations.

In 2008, enough raw data had been gathered to complete the first factor analysis on the SDI, resulting in the emergency of nine additional behaviors as well as eroticized rage and preoccupation scales. With this new data, it became necessary to revamp the therapist and patient reports to reflect the inclusion of these new behaviors. The new SDI-R 3.0 reflects these changes.

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