

# Sexual Health Inventory for Men (SHIM)<sup>1</sup>

Discuss your answers with your doctor today

**Over the past 6 months:** *(circle one response per question)*

1. How do you rate your confidence that you could get and keep an erection?

Very low	1
Low	2
Moderate	3
High	4
Very high	5

2. When you had erections with sexual stimulation, how often were your erections hard enough for penetration (entering your partner)?

No sexual activity	0
Almost never or never	1
A few times <i>(much less than half the time)</i>	2
Sometimes <i>(about half the time)</i>	3
Most times <i>(much more than half the time)</i>	4
Almost always or always	5

3. During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?

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

**Over the past 6 months:** *(circle one response per question)*

4. During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?

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

5. When you attempted sexual intercourse, how often was it satisfactory for you?

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

Add the numbers corresponding to questions 1-5. Total: \_\_\_\_\_

The Sexual Health Inventory for Men further classifies erectile dysfunction (ED) severity with the following breakpoints:

<b>1-7</b>	<b>Severe ED</b>
<b>8-11</b>	<b>Moderate ED</b>
<b>12-16</b>	<b>Mild to Moderate ED</b>
<b>17-21</b>	<b>Mild ED</b>

**For more information talk with your doctor and visit [EDCure.org](http://EDCure.org)**

1. [www.auanet.org/content/education-and-meetings/med-stu-curriculum/pdf/ed.pdf](http://www.auanet.org/content/education-and-meetings/med-stu-curriculum/pdf/ed.pdf)

