



deeper together.

# Hybrid Pornography Assessment (CAGE-PATHOS PORN)

**Purpose:** This questionnaire is designed to help identify patterns of pornography use that may be causing distress or impairment. It is **not a diagnostic tool** but can guide further assessment or discussion with a clinician.

**Instructions:** For each question below, circle **Yes** or **No** based on your recent experience. Please answer as honestly as possible.

## Screening Questions

### CAGE-Based Items:

1. **Cut Down:** Have you ever felt you should **cut down** on your pornography use?  
Yes / No
2. **Annoyed:** Have others **criticized or expressed concern** about your pornography use?  
Yes / No
3. **Guilty:** Have you felt **guilty, ashamed, or distressed** about your pornography use?  
Yes / No
4. **Eye-opener / Compulsion:** Do you feel you **need to view pornography to feel better or start your day**?  
Yes / No

### PATHOS-Based Items:

5. **Powerlessness:** Do you feel **unable to control or stop** your pornography use?  
Yes / No
6. **Coping:** Do you use pornography to **cope with stress, boredom, or negative emotions**?  
Yes / No
7. **Preoccupation:** Are your thoughts often **preoccupied with pornography**?  
Yes / No
8. **Hiding / Secrecy:** Have you **hidden your pornography use** from others?  
Yes / No
9. **Consequences:** Has pornography use caused **problems in your relationships, work, or personal life**?  
Yes / No
10. **Failed Attempts:** Have you **tried and failed to stop or reduce** pornography use?  
Yes / No

## Scoring Guide

- **Yes = 1 point, No = 0 points**
- **0–2 points:** Low risk – occasional or non-problematic use
- **3–5 points:** Moderate risk – some patterns of concern, consider discussion with a clinician
- **6–10 points:** High risk – possible pornography addiction, professional assessment recommended

Items 5–10 reflect **behavioural patterns and impact** that may indicate compulsive use.

## Optional Follow-Up Questions

1. How many hours per week do you typically spend viewing pornography? \_\_\_\_\_
2. How much does your pornography use interfere with your life? (1 = Not at all, 5 = Extremely)  
\_\_\_\_\_
3. Are you interested in reducing or stopping your pornography use? Yes / No

Could also flag items 5–10 (PATHOS-derived) as a “behavioural warning” cluster.