



## Sexual Addiction in Iran: Where Do We Stand?

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We read with interest the recent article, "Psychometric Validation of the Hypersexual Behavior Scale in University Students in Bandar Abbas, Southern Iran" (June 10, 2025) (1). The focus on developing culturally relevant tools for assessing hypersexual behavior is commendable and addresses a critical gap in regional psychiatric research. However, the authors' exclusive focus on the Hypersexual Behavior Scale (HBS), while valuable for the student population (2), overlooks existing instruments with broader validation. The Sexual Addiction Screening Test-Revised (SAST-R) offers a crucial advantage: it provides a multidimensional assessment that is valid for the general population, across diverse genders and sexual orientations (3-5) — a necessary breadth that the HBS, based on the study's specific cohort, may lack. Utilizing a more accessible and inclusive instrument is key to achieving earlier detection in broader clinical and public health settings.

The authors appropriately note the need for linguistic and cultural adaptation of these tools within Iran. We further urge that subsequent research prioritize the development and validation of instruments for assessing severity and monitoring clinical course. Currently available questionnaires are primarily designed for screening, leaving a critical gap in tools necessary for tracking treatment efficacy and disorder progression, which should be the focus of future psychometric studies. To advance mental health in Iran, we must commit to using the most scientifically sound and culturally appropriate instruments.

### Footnotes

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