

THE INTERNET SEX SCREENING TEST

Directions: Read each statement carefully. If the statement is mostly TRUE, place a check mark on the blank next to the item number. If the statement is mostly false, skip the item and place nothing next to the item number.

- _____ 1. I have some sexual sites bookmarked.
- _____ 2. I spend more than five hours per week using my computer for sexual pursuits.
- _____ 3. I have joined sexual sites to gain access to online sexual material.
- _____ 4. I have purchased sexual products online.
- _____ 5. I have searched for sexual material through an Internet searching tool.
- _____ 6. I have spent more money for online sexual material than I planned.
- _____ 7. Internet sex has sometimes interfered with certain aspects of my life.
- _____ 8. I have participated in sexually related chats.
- _____ 9. I have a sexualized username or nickname that I use on the internet.
- _____ 10. I have masturbated while on the Internet.

- _____ 11. I have accessed sexual sites from other computers besides my home.
- _____ 12. No one knows I use my computer for sexual purposes.
- _____ 13. I have tried to hide what is on my computer or monitor so others cannot see it.
- _____ 14. I have stayed up after midnight to access sexual material online.
- _____ 15. I use the Internet to experiment with different aspects of sexuality (e.g., bondage, homosexuality, anal sex, etc.).
- _____ 16. I have my own website which contains some sexual material.
- _____ 17. I have made promises to myself to stop using the Internet for sexual purposes.
- _____ 18. I sometimes use cybersex as a reward for accomplishing something (e.g., finishing a project, stressful day, etc.).
- _____ 19. When I am unable to access sexual information online, I feel anxious, angry, or disappointed.
- _____ 20. I have increased the risks I take online (give out name and phone number, meet people offline, etc.).

- _____ 21. I have punished myself when I use the Internet for sexual purposes (e.g., time-out from computer, cancel Internet subscription, etc.).
- _____ 22. I have met face-to-face with someone I met online for romantic purposes.
- _____ 23. I use sexual humour and innuendo with others while online.
- _____ 24. I have run across illegal sexual material while on the Internet.
- _____ 25. I believe I am an Internet sex addict.
- _____ 26. I repeatedly attempt to stop certain sexual behaviours and fail.
- _____ 27. I continue my sexual behaviour despite it having caused me problems.
- _____ 28. Before my sexual behaviour, I want it, but afterwards I regret it.
- _____ 29. I have lied often to conceal my sexual behaviour.
- _____ 30. I believe I am a sex addict.
- _____ 31. I worry about people finding out about my sexual behaviour.
- _____ 32. I have made an effort to quit a certain type of sexual activity and have failed.
- _____ 33. I hide some of my sexual behaviour from others.
- _____ 34. When I have sex, I feel depressed afterwards.

Scoring Directions

**Sum the number of check marks placed in items 1 through 25.
Use the following scale to interpret the final number.**

1 to 8 = You may or may not have a problem with your sexual behaviour on the Internet. You are in a low risk group, but if the Internet is causing problems in your life, seek a professional who can conduct further assessment.

9 to 18 = You are "at-risk" for the your sexual behaviour to interfere with significant areas of your life. If you are concerned about your sexual behaviour online, and you have noticed consequences as a result of your online behaviour, it is suggested that you seek a professional who can further assess and help you with your concerns

19 + = You are at highest risk for your behaviour to interfere and jeopardize important areas of your life (social, occupational, educational, etc.). It is suggested that you discuss your online sexual behaviours with a professional who can further assess and assist you.