

## 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.

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|---|---|
| <input type="checkbox"/> 1. I have some sexual sites bookmarked.  | <input type="checkbox"/> 19 When I am unable to access sexual information online, I feel anxious, angry, or disappointed.   |
| <input type="checkbox"/> 2. I spend more than 5 hours per week using my computer for sexual pursuits.   | <input type="checkbox"/> 20 I have increased the risks I take online (give out name and phone number, meet people offline, etc.)                                  |
| <input type="checkbox"/> 3. I have joined sexual sites to gain access to online sexual material.  | <input type="checkbox"/> 21 I have punished myself when I use the Internet for sexual purposes (e.g., time-out from computer, cancel Internet subscription, etc.) |
| <input type="checkbox"/> 4. I have purchased sexual products online.  | <input type="checkbox"/> 22 I have met face to face with someone I met online for romantic purposes.  |
| <input type="checkbox"/> 5. I have searched for sexual material through an Internet search tool.  | <input type="checkbox"/> 23 I use sexual humor and innuendo with others while online.   |
| <input type="checkbox"/> 6. I have spent more money for online sexual material than I planned.  | <input type="checkbox"/> 24 I have run across illegal sexual material while on the Internet.  |
| <input type="checkbox"/> 7. Internet sex has sometimes interfered with my certain aspects of my life.   | <input type="checkbox"/> 25 I believe I am an Internet sex addict.  |
| <input type="checkbox"/> 8. I have participated in sexually related chats.  | <input type="checkbox"/> 26 I repeatedly attempt to stop certain sexual behaviors and fail.   |
| <input type="checkbox"/> 9. I have a sexualized username or nickname that I use on the Internet.  | <input type="checkbox"/> 27 I continue my sexual behavior despite it having caused me problems.   |
| <input type="checkbox"/> 10 I have masturbated while on the Internet.   | <input type="checkbox"/> 28 Before my sexual behavior, I want it, but afterwards I regret it.   |
| <input type="checkbox"/> 11 I have accessed sexual sites from other computers besides my home.  | <input type="checkbox"/> 29 I have lied often to conceal my sexual behavior.  |
| <input type="checkbox"/> 12 No one knows I use my computer for sexual purposes.   | <input type="checkbox"/> 30 I believe I am a sex addict.  |
| <input type="checkbox"/> 13 I have tried to hide what is on my computer or monitor so others cannot see it.                                     | <input type="checkbox"/> 31 I worry about people finding out about my sexual behavior.  |
| <input type="checkbox"/> 14 I have stayed up after midnight to access sexual material online.   | <input type="checkbox"/> 32 I have made an effort to quit a certain type of sexual activity and have failed.  |
| <input type="checkbox"/> 15 I use the Internet to experiment with different aspects of sexuality (e.g., bondage, homosexuality, anal sex, etc.) | <input type="checkbox"/> 33 I hide some of my sexual behavior from others.  |
| <input type="checkbox"/> 16 I have my own website which contains some sexual material.  | <input type="checkbox"/> 34 When I have sex, I feel depressed afterwards.   |
| <input type="checkbox"/> 17 I have made promises to myself to stop using the Internet for sexual purposes.                                      |   |
| <input type="checkbox"/> 18 I sometimes use cybersex as a reward for accomplishing something. (e.g., finishing a project, stressful day, etc.)  |   |

## Scoring Directions

1. 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 behavior 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 behavior to interfere with significant areas of your life. If you are concerned about your sexual behavior online, and you have noticed consequences as a result of your online behavior, 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 behavior to interfere and jeopardize important areas of your life (social, occupational, educational, etc.). It is suggested that you discuss your online sexual behaviors with a professional who can further assess and assist you.

2. Items 26 through 34 are an abbreviated version of the Sexual Addiction Screening Test (SAST). These items should be reviewed for general sexual addiction behavior, not specifically for cybersex. Although there is no cutoff scores calculated for these items, a high score on items 1 through 25 paired with a high number of items in 26 through 34 should be seen as an even greater risk for sexual acting out behavior on the Internet.

\*\* Please note: Items 26 through 34 should not be calculated in the total score for part 1.

3. No item alone should be an indicator of problematic behavior. You are looking for a constellation of behaviors, including other data, that may indicate the client is struggling with their Internet sexuality. For example, it would not be unusual to have sexual sites bookmarked, or to have searched for something sexual online, but paired with other behaviors, it may be problematic.