Internet Sex Screening Test

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

- ❑ 1. I have some sexual sites bookmarked.
- ❑ 2. I spend more than 5 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 search 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 humor 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 behaviors and fail.
- ❑ 27. I continue my sexual behavior despite it having caused me problems.
- ❑ 28. Before my sexual behavior, I want it, but afterwards I regret it.
- ❑ 29. I have lied often to conceal my sexual behavior.
- ❑ 30. I believe I am a sex addict.
- ❑ 31. I worry about people finding out about my sexual behavior

❑ 32. I have made an effort to quit a certain type of sexual activity and have
    failed.
❑ 33. I hide some of my sexual behavior from others.
❑ 34. When I have sex, I feel depressed afterwards.

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 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 score 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.

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 your 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.