

Internet Sex Screening Test

34 Questions

1. I have some sexual sites bookmarked.

True False

2. I spend more than 5 hours per week using my computer for sexual pursuits.

True False

3. I have joined sexual sites to gain access to online sexual material.

True False

4. I have purchased sexual products online.

True False

5. I have searched for sexual material through an Internet search tool.

True False

6. I have spent more money for online sexual material than I planned.

True False

7. Internet sex has sometimes interfered with certain aspects of my life.

True False

8. I have participated in sexually related chats.

True False

9. I have a sexualized username or nickname that I use on the Internet.

True False

10. I have masturbated while on the Internet.

True False

11. I have accessed sexual sites from other computers besides my home.

True False

12. No one knows I use my computer for sexual purposes.

True False

13. I have tried to hide what is on my computer or monitor so others cannot see it.

True False

14. I have stayed up after midnight to access sexual material online.

True False

15. I use the Internet to experiment with different aspects of sexuality (e.g., bondage, homosexuality, anal sex, etc.)

True False

16. I have my own website which contains some sexual material.

True False

17. I have made promises to myself to stop using the Internet for sexual purposes.

True False

18. I sometimes use cybersex as a reward for accomplishing something (e.g., finish a project, stressful day, etc.)

True False

19. When I am unable to access sexual information online, I feel anxious, angry, or disappointed.

True False

20. I have increased the risks I take online (give out name and phone number, meet people offline, etc.)

True False

21. I have punished myself when I use the Internet for sexual purposes (e.g., time-out from computer, cancel Internet subscription, etc.)

True False

22. I have met face to face with someone I met online for romantic purposes.

True False

23. I use sexual humor and innuendo with others while online.

True False

24. I have run across illegal sexual material while on the Internet.

True False

25. I believe I am an Internet sex addict.

True False

General Questions about Sex Addiction

26. I repeatedly attempt to stop certain sexual behaviors and fail.

True False

27. I have continued my sexual behavior despite it having caused me problems.

True False

28. Before my sexual behavior I want it but afterwards I regret it.

True False

29. I have lied often to conceal my sexual behavior.

True False

30. I believe I am a sex addict.

True False

31. I worry about people finding out about my sexual activities.

True False

32. I have made efforts to quit a type of sexual activity and failed.

True False

33. I hide some of my sexual behavior from others.

True False

34. When I have sex, I feel depressed afterwards.

True False

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.

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