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 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 my 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.

Internet Sex Screening Test Introduction

The Internet Sex Screening Test (ISST) was developed in 1999 by Dr. David Delmonico in an attempt to screen for problematic online sexual behavior. The instrument has been administered to over 5,000 individuals online and is currently being evaluated for validity and reliability. The most current information regarding the ISST may be found in the article by Delmonico and Miller (2003) in the journal *Sexual and Relationship Therapy (Volume 18 Issue 3).*

The Internet Sex Screening Test is currently undergoing revisions for a more precise measure of online sexual behavior. However, basic scoring directions for the current version are provided below.

The ISST is intended for general screening purposes and is not a diagnostic instrument. The ISST was intended to help individuals identify whether a further, more comprehensive evaluation was necessary.

Internet Sex Screening Test 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.