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## Internet Sex Screening Test (ISST)

Welcome to the Internet Sex Screening Test (ISST). (c)2000 David L. Delmonico. This inventory asks questions about online and offline sexual behavior. Please respond "Yes" to the items which apply to your behavior and "No" to the items which do not apply. We are currently collecting data on this screening test and therefore do not have cut-off scores to indicate whether or not you have a problem with Internet sex. However, once you have completed the test, you will be shown the percentage that others have said "Yes" to the same items you indicated were "Yes" for your life.

To complete the test, answer each question by placing a check in the appropriate yes/no column.

<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	1. I have some sexual sites bookmarked.
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	2. I spend more than 5 hours per week using my computer for sexual pursuits.
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	3. I have joined sexual sites to gain access to online sexual material.
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	4. I have purchased sexual products online.
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	5. I have searched for sexual material through an Internet search tool.
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	6. I have spent more money for online sexual material than I planned.
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	7. Internet sex has sometimes interfered with certain aspects of my life.
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	8. I have participated in sexually related chats.
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	9. I have a sexualized username or nickname that I use on the Internet.
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	10. I have masturbated while on the Internet.
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	11. I have accessed sexual sites from other computers besides my home.
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	12. No one knows I use my computer for sexual purposes.
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	13. I have tried to hide what is on my computer or monitor so others cannot see it.
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	14. I have stayed up after midnight to access sexual material online.
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	15. I use the Internet to experiment with different aspects of sexuality (e.g., bondage, homosexuality, anal sex, etc.)

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- |                          |     |                          |    |   |
|--------------------------|-----|--------------------------|----|---|
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 16. I have my own website which contains some sexual material.  |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 17. I have made promises to myself to stop using the Internet for sexual purposes.  |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 18. I sometimes use cybersex as a reward for accomplishing something (e.g., finish a project, stressful day, etc.)                        |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 19. When I am unable to access sexual information online, I feel anxious, angry, or disappointed.   |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 20. I have increased the risks I take online (give out name and phone number, meet people offline, etc.)                                  |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 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"/> | Yes | <input type="checkbox"/> | No | 22. I have met face to face with someone I met online for romantic purposes.  |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 23. I use sexual humor and innuendo with others while online.   |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 24. I have run across illegal sexual material while on the Internet.  |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 25. I believe I am an Internet sex addict.  |

**General Questions about Sex Addiction**

- |                          |     |                          |    |   |
|--------------------------|-----|--------------------------|----|---|
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 26. I repeatedly attempt to stop certain sexual behaviors and fail.           |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 27. I have continued my sexual behavior despite it having caused me problems. |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 28. Before my sexual behavior I want it but afterwards I regret it.           |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 29. I have lied often to conceal my sexual behavior.                          |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 30. I believe I am a sex addict.  |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 31. I worry about people finding out about my sexual activities.              |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 32. I have made efforts to quit a type of sexual activity and failed.         |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | 33. I hide some of my sexual behavior from others.                            |

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Yes  No 34. When I have sex, I feel depressed afterwards.

Please indicate gender:

Male  Female

Please tell us the state or select International for outside the USA:

AL

If International, please write in country:

Years using the Internet:

How many hours do you spend online per week?

How many hours do you spend online for internet sex per week?

What is your age?