

Internet Compulsion Assessment Tools

Internet Addiction Test (IAT)

The Internet Addiction Test (IAT), developed by Dr. Kimberly Young, is the first validated instrument to assess Internet addiction (Widyanto & McMurren, 2004). Studies have found that the IAT is a reliable measure that covers the key characteristics pathological online use. The test measures the extent of a client's involvement with the computer and classifies the addictive behavior in terms of mild, moderate, and severe impairment. The IAT can be utilized in outpatient and inpatient settings and adapted accordingly to fit the needs of the clinical setting. Furthermore, beyond validation in English, the IAT has also been validated in Italy (Ferraro, Caci, D'Amico, & Di Blasi, 2007) and France (Khazaal et al., 2008), making it the first global psychometric measure.

After all the questions been answered, add the numbers for each response to obtain a final score. The higher the score range, the greater the level of addiction, as follows:

Normal Range: 0-30 points

Mild: 31-49 points

Moderate: 50-79 points

Severe: 80-100 points

Once the total score for the client has been calculated and the category selected, to enhance the utility of the instrument, evaluate questions for which the client scored a four or five.

(See the next page for the IAT)

THE INTERNET ADDICTION TEST

Developed by Dr. Kimberly Young, www.netaddiction.com

Instructions: This questionnaire helps to determine to what degree your Internet use might be problematic. When answering, you should only consider your recreational use of the Internet; that is, ignore time spent online for work or school projects. Please be honest in your responses. Answer the following questions using the scales to the right.

	Not Applicable	Rarely	Occasionally	Frequently	Often	Always
1. How often do you find that you stay online longer than you intended?	0	1	2	3	4	5
2. How often do you neglect household chores to spend more time online?	0	1	2	3	4	5
3. How often do you prefer the excitement of the Internet to intimacy with your partner?	0	1	2	3	4	5
4. How often do you form new relationships with fellow online users?	0	1	2	3	4	5
5. How often do others in your life complain about the amount of time you spend online?	0	1	2	3	4	5
6. How often do your grades or schoolwork suffer because of the amount of time you spend online?	0	1	2	3	4	5
7. How often do you check your e-mail before something else that you need to do?	0	1	2	3	4	5
8. How often does your job performance or productivity suffer because of the Internet?	0	1	2	3	4	5
9. How often do you become defensive or secretive when anyone asks me what you do online?	0	1	2	3	4	5
10. How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?	0	1	2	3	4	5
11. How often do you find yourself anticipating when you will go online again?	0	1	2	3	4	5
12. How often do you fear that life without the Internet would be boring, empty, and joyless?	0	1	2	3	4	5
13. How often do you snap, yell, or act annoyed if someone bothers you while you are online?	0	1	2	3	4	5
14. How often do you lose sleep due to late-night log-ins?	0	1	2	3	4	5
15. How often do you feel preoccupied with the Internet when off-line, or fantasize about being online?	0	1	2	3	4	5
16. How often do you find yourself saying " <i>Just a few more minutes</i> " when online?	0	1	2	3	4	5
17. How often do you try to cut down the amount of time you spend online and fail?	0	1	2	3	4	5
18. How often do you try to hide how long you been online?	0	1	2	3	4	5
19. How often do you choose to spend more time online over going out with others?	0	1	2	3	4	5
20. How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back online?	0	1	2	3	4	5

Internet Sex Screening Test – Revised (ISST-R)

Internet Sex Screening Test – Revised (Delmonico and Griffin, 2006) is a 117 question assessment tool that is part of an excellent assortment of resources as part of a comprehensive "*Cybersex Clinician Resource Kit*." See www.Internetbehavior.com.

Directions: Place a mark next to any item below that is true or mostly true for you. Leave any item blank that is false or mostly false. Please think about the statements as they apply to your life over the past 12 months. Consider a statement to be true if the thought or behavior has occurred within the past 12 months, and false if it occurred more than 12 months ago.

- ☐ 1. I spend a great deal of time fantasizing about past online sexual experiences, online partners, or online pornography.
- ☐ 2. I have a specific credit card I use for my online sexual behavior.
- ☐ 3. I find myself thinking about engaging in online sex, even when I am not online.
- ☐ 4. I never thought about looking at something sexual while online.
- ☐ 5. When I am unable to access sexual information online, I feel anxious, angry, or disappointed.
- ☐ 6. I have accessed sexual sites from other computers besides my home.
- ☐ 7. I am afraid I may be caught engaging in illegal behavior online.
- ☐ 8. I use sexual humor and innuendo with others while online.
- ☐ 9. I can spend hours online and never interact with anyone online or offline.
- ☐ 10. I have never seen any sexualized content while online.
- ☐ 11. I work hard at keeping my online sexual behaviors secret from others.
- ☐ 12. The Internet is attractive because I don't invest emotional energy into it.
- ☐ 13. I have never been curious about sexuality on the Internet.
- ☐ 14. I am extremely good at keeping my online sexual behavior a secret from everyone.
- ☐ 15. My online sexual behavior is part of my social life.
- ☐ 16. I use my online sexual behavior to avoid people in my real life.
- ☐ 17. I have posted information that bordered on being illegal.
- ☐ 18. I seek comfort and encouragement from my online friends.
- ☐ 19. I have had physical sexual contact with someone I met online.
- ☐ 20. I prefer individual conversation with others rather than group conversations when online.
- ☐ 21. The Internet creates a place where I do not have to interact with others.
- ☐ 22. I am curious about online sexuality.
- ☐ 23. I have deleted files from my computer that bordered on being illegal.
- ☐ 24. Instant messaging is a distraction to what I really want to be doing online.
- ☐ 25. I have downloaded illegal sexual content from the Internet.
- ☐ 26. I have purchased pornographic videos or DVDs through the Internet.
- ☐ 27. I have engaged in online sexual behavior from my work computer.
- ☐ 28. I have met face to face with someone I met online for romantic purposes.
- ☐ 29. The Internet helps satisfy my sexual fetish interests.
- ☐ 30. I sometimes use cybersex as a reward for accomplishing something (e.g., finish a project, stressful day, etc.)
- ☐ 31. I look for images that border on being illegal.
- ☐ 32. Other than for online sex, the Internet is useless.
- ☐ 33. I have spent/received money online for sex.
- ☐ 34. I enjoy my online friendships more than my real life friendships.
- ☐ 35. I have sought help from a professional about my online sexual behavior.
- ☐ 36. I have accessed online sexual activity from a friend or colleague's computer.
- ☐ 37. I have talked to minors online about sex.
- ☐ 38. I like the fact that I can easily exit online relationships quickly and without consequence.
- ☐ 39. I have participated in sexually related chats.

(continues for a total of 117 questions)

The Cybersex Clinician Resource Kit
Delmonico and Griffin, www.internetbehavior.com

\$100 on CD, includes an excellent assortment of resources:

- Introduction to Cybersex Addiction - A basic article describing methods and venues used to access cybersex
- Cybersex Glossary / Chat Abbreviations
- Computer & Internet Disclosure Form
- *CyberHex and Cybersex User Categories - Assessment & Treatment Forms
- Two FAQ resource sheets on cybersex addiction / internet addiction (one for clinicians and one for clients)
- Selected Cybersex Bibliography
- The Internet Sex Screening Test (ISST) - a quickscreen for cybersex related problems (includes scoring guide)
- The Internet Sex Screening Test - Revised - more extensive assessment of cybersex problems (includes scoring guide)
- Internet Assessment Structured Interview - a 45 item interview protocol based on six themes revolving around cybersex addiction / internet addiction (also includes a Quickscreen form)
- Risk assessment white paper, bibliography, and risk checklist for child pornography users
- Instructions for using the ***Hermes Web*** - a treatment communication tool included with the kit.
- Treatment exercises: (1) Internet Health Plan, (2) Online Disinhibition Effect Analysis, (3) CyberHex Assessment.
- Various online links & resources for additional information related to cybersex behavior
- The workbook ***Cybersex Unhooked*** (on the CD for easy printing of workbook exercises)
- The Clinician Resource Kit on CD also includes a paperback, bound copy of the book ***In the Shadows of the Net (2nd edition)*** and one ***Hermes Web*** Communication Tool.

Cybersex Addiction Screening Test (CAST)

The **Cybersex Addiction Screening Test (CAST)** was developed by Rob Weiss and is recommended by the Society for the Advancement of Sexual Health (SASH). It is a free resource that provides a profile of responses which help to identify men and women with sexually addictive disorders. **You can assign the CAST as a homework assignment. Have your client go to www.sexualrecovery.com to complete the questionnaire and obtain a score interpretation.**

Questions

1. Do you spend increasing amounts of online time focused on sexual or romantic intrigue or involvement?
2. Are you involved in multiple romantic or sexual affairs in chat rooms, Internet or BBS?
3. Do you not consider online sexual or romantic "affairs" to be a possible violation of spousal/partnership commitments?
4. Have you failed in attempts to cut back on frequency of online or Internet sexual and romantic involvement or interaction?
5. Does online use interfere with work (tired or late due to previous night's use, online while at work etc.)?
6. Does online use interfere with primary relationships (e.g. minimizing or lying to partners about online activities, spending less time with family or partners)?
7. Are you intensely engaged in collecting Internet pornography?
8. Do you engage in fantasy online acts or experiences which would be illegal if carried out (e.g. rape, child molestation)?
9. Has your social or family interactive time decreased due to online fantasy involvement?
10. Are you secretive, or do you lie about the amount of time spent online or type of sexual/romantic fantasy activities carried out online?
11. Do you engage with sexual or romantic partners met online, while being involved in marital or other primary relationship?
12. Are there increasing numbers of complaints or concerns from family or friends about the amount of time spent online?
13. Do you frequently become angry or extremely irritable when asked to give up online involvement to engage with partners, family or friends?
14. Has the primary focus of sexual or romantic life becomes increasingly related to computer activity (including pornographic CD ROM use)?