

Appendix D

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 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.

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Internet Sex Screening Test Scoring and Analysis

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*.

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 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.

*** 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.

Appendix E

Internet Health Plan Instructions

This exercise is designed to assist you in developing a healthy Internet plan. It is important for you to know exactly which of your Internet behaviors are unhealthy and which ones are healthy. You should review your Internet Health Plan at least every six months, or more often if necessary. This plan is designed to change and evolve over time as you learn more about yourself and effective Internet management skills.

In the inner circle, or the “red zone,” list all Internet behaviors which are **never** healthy for you. This may include items such as not going online past 10:00 pm or not looking at certain sexual images on the Internet.

The middle circle is the “yellow zone.” In the yellow zone you should list Internet behaviors for which you are uncertain about whether they are healthy or unhealthy for you. This circle may also include Internet behaviors that are **sometimes** healthy for you and sometimes are unhealthy. Examples include using the computer

when you are alone, and/or going online when you are angry, tired, lonely, etc.

The outer circle is your “green zone.” In this circle list Internet behaviors that you know are **always** okay for you. The green zone illustrates those behaviors that indicate healthy use of the Internet for you. An example might be using the Internet in a high traffic area, or finding recovery resources/support while online.

Appendix F

Acceptable Use Policy Exercise

Introduction

Creating an Acceptable Use Policy (AUP) is not a “test” to see if individuals can determine the “right” answer. In this case, the right answer is the one that is best suited for each individual/family. As a prevention strategy, the AUP exercise is to help individuals anticipate potential hazards that may result from their use of technology. There may or may not be consequences associated with crossing the boundaries established, but in any case, crossing an established boundary causes individuals to pause and reflect on their online behavior. The AUP exercise can be helpful for individual adults, adolescents, and children. The AUP should be tailored to the needs of each individual, considering their age, maturity level, and ability to maintain boundaries. Adults often assume that technology rules do not apply to them; however, it is a lack of considering online boundaries that often leads to problematic online behavior for adults.

While the AUP is not focused on the viewing of CSAI, it provides a perfect opportunity to discuss the dangers and potential con-

sequences of viewing online CSASI with both adults and adolescents. Many individuals do not comprehend that viewing a single CSAI could result in arrest, prosecution, and conviction carrying a sentence of multiple years of incarceration. Youth often do not realize that sending/receiving nude images of others their own age is illegal, and may result in arrest and prosecution. During the discussion of the AUP, it is important to weave in information regarding the legal and moral issues surrounding the viewing of CSAI.

Time and Place of Technology Use

1. How many hours per day is acceptable to use the Internet/gaming/technology (may vary by individual; may vary on weekends vs. weekdays, etc.)?
2. Should the time of day one uses the Internet/technology be limited (e.g., cell phones off after 9:00 pm; no Internet use after 11:00 pm; xBox turned off during homework time/dinner, etc.)?
3. What are the expectations regarding the location for using the Internet/technology (e.g., unsupervised in bedroom; overnight at a friend's house; viewing pornography on a work computer, etc.)?

Privacy and Friends

4. What are the limits to providing personal information about oneself on the Internet (e.g., providing a cell phone number, address, password to accounts, etc.)?

5. Who are acceptable friends in social media such as Facebook (e.g., adding people you do not know; adding old romances from the past; using caution when adding non-peer aged individuals, etc.)?

Meeting Others Online and Offline

6. When is it appropriate to meet people offline (in person) that you only know through technology (e.g., someone you met on Facebook/Pinterest, online dating that moves offline, etc.)?

Unacceptable Activities

7. What online/technology behaviors are non-negotiable and forbidden (e.g., viewing CSAI; sexting/posting nude photos of self or others; communicating sexually with underage individuals, etc.)?

Blocking/Filtering/Monitoring

8. Would blocking/filtering Internet content create a more healthy online environment (e.g., prevent the viewing of pornography, including CSAI; blocking “Mature” rated games/movies, etc.)?
9. Is there a need for comprehensive monitoring of the Internet/technology (e.g., individuals crossing dangerous boundaries, including viewing CSAI); preventing cyberbullying, etc.)?

What To Do If...

10. If an individual violates one of the AUP guidelines, what is the expectation on how the boundary crossing should be handled (e.g., tell another adult; talk to therapist, etc.)?

Conclusions

The goal of the AUP is to get people discussing their current online behaviors, as well as anticipating online behaviors that may develop into problems. It is important to involve individuals in the creation of the AUP since they are familiar with their own behaviors and will be more invested in the boundaries if they helped create them. If the AUP is designed for youth, it is important to develop a list of possible consequences that may occur if the AUP is violated. Obviously, more serious infractions warrant more significant consequences since crossing one of the unacceptable activities could result in compromising the health and safety of the individuals involved. Finally, do not forget that most portable devices allow Internet access. When creating the AUP, do not forget to develop the rules with devices such as cell phones, gaming systems, iPads, etc. in mind.