

All completed surveys can be returned to:

David L. Delmonico, Ph.D.  
Duquesne University  
School of Education  
Pittsburgh, PA 15282-0001

# DUQUESNE UNIVERSITY

600 FORBES AVENUE ♦ PITTSBURGH, PA 15282

Dear Potential Research Participant:

My name is Dr. David Delmonico and I am a researcher from Duquesne University in Pittsburgh, Pennsylvania. I am seeking people who might be interested in voluntarily participating in a research project investigating the development of the Internet Sex Screening Test – Revised, an instrument designed to assess an individual’s sexual use of the Internet. The instrument has 117 true/false questions regarding your sexual thoughts and behaviors while using the Internet. In addition, you are asked to respond to questions that will help describe and compare individuals who participate in this study. These questions include such things as your age, sex, education level, etc. Your participation would take approximately 30 – 40 minutes.

The person who gave you this letter is not associated with this study in any way other than to help seek potential volunteers. They will never know if you returned this survey, and if you do return the survey, they will never know any of the answers you provided. Your instrument is completely anonymous, and I will never know who participated and who has not.

If you voluntarily choose to participate you may stop participating at any time you wish. No one will know that you began or withdrew from the study. There are no consequences or penalties for not participating or stopping your participation from any entity (e.g, therapist, probation/parole officer, legal system, etc.). This study is completely unrelated to any other treatment you are receiving or any form of legal supervision you may be receiving. No individual, agency, or system can require you to participate or institute consequences for not participating or completing this survey. You have complete control and freedom to choose whether you participate and you cannot be penalized in any way for your decisions.

If you have questions about this study, you may contact me directly, since the person reading you this letter is unfamiliar with the research other than to assist in securing voluntary participants. I can be reached by phone at 412-396-4032 or by email at [delmonico@duq.edu](mailto:delmonico@duq.edu). This study has been approved by Duquesne University; therefore, you may also contact Dr. Paul Richer, Chair of the Duquesne University Institutional Review Board at 412-396-6326 with any questions I may have.

Sincerely,



David L. Delmonico, Ph.D.  
Associate Professor – Duquesne University

# DUQUESNE UNIVERSITY

600 FORBES AVENUE ♦ PITTSBURGH, PA 15282

**Title:** Investigating the psychometric properties and utility of the Internet Sex Screening Test - Revised

**Investigator:**

David L. Delmonico, Ph.D.  
School of Education  
Duquesne University  
Pittsburgh, PA 15282  
412-396-4032  
delmonico@duq.edu

**Purpose:** You are being asked to voluntarily participate in a research project investigating the development of the Internet Sex Screening Test - Revised, an instrument designed to assess an individual's sexual use of the Internet. You are being asked to respond to 117 true/false questions regarding your sexual thoughts and behaviors while using the internet. In addition you are asked to respond to questions that will help describe and compare individuals who participate in this study. These questions include such things as your age, sex, education level, etc. Your participation in the entire study will take approximately 30 - 40 minutes. These are the only requests that will be made of you.

**Risks and Benefits:** The Internet Sex Screening Test - Revised asks questions about your sexual thoughts and experiences while using the internet. Some individuals may experience discomfort when reflecting on current or past sexual experiences. In addition, the instrument asks questions about illegal sexual behaviors. Although your responses are anonymous, some individuals may feel distress or discomfort when responding to these questions. If you feel discomfort or distress during or after responding to this instrument, you are free to discontinue answering the questions or not submit the survey. In addition, a list of places you can contact to discuss your thoughts and feelings is provided. Since there is no existing instrument to help assess problematic online sexual behavior, your participation will help further our understanding and treatment of individuals who struggle with sexual behaviors on the internet.

**Compensation:** There is no compensation for participating in this study; however there is also no cost to you for participating. If you received a paper version of this instrument, a postage paid envelope is provided for you to return your instrument directly to the researcher. If someone other than the researcher asked you to participate (e.g., counselor, probation officer, etc.) please do not return the survey directly to that individual, but rather use self addressed, stamped envelope provided. This will help ensure your anonymity.

**Confidentiality:** Your name or any other identifying information will never be asked during the study. You will not be required to provide any information that will lead to identifying who you are. If you are completing this survey online, no email addresses, IP address, or any other electronic information is requested or recorded. Any report produced from this research will only include summaries from many responses, and will never provide information that would allow someone to identify an individual who participated.

All data collected (electronically and paper) will be secured in password protected file on a secure computer, and all papers associated with this study will be stored in a locked file cabinet in the researcher's locked office. All data, electronic and paper, will be kept for a period of at least five years.

If someone other than the researcher has asked you to participate in this study (e.g., therapist, legal professional, probation officer, etc.) they will never know if you returned this survey. If you do return the survey, they will never know any of the answers you provided. Remember, your instrument is completely anonymous, and the researcher will never know your identity and therefore cannot provide any information to the professional who asked you to participate.

**Right to Withdraw:** You are under no obligation to participate or complete the study once you begin. You are a volunteer and you may decline to participate or stop participating, at any time you wish. No one will know that you began or withdrew from the study. There are no consequences or penalties for not participating or stopping your participation. If you are responding to this instrument online, you may exit the survey any time you wish and any data you provided will be discarded and not used in this study. This study is completely unrelated to any other treatment you are receiving or any form of legal supervision you may be receiving. No one can require you to participate.

**Summary of Results:** Although you may contact me (see contact information above) for a free summary of the results upon the completion of the project, you may be forfeiting your anonymity and the fact that you have participated in this study.

**Voluntary Consent:** I have read the above statements and understand what is being requested of me. I also understand that my participation is completely voluntary and unrelated to any treatment or legal supervision that I may be receiving. I understand that my responses will remain anonymous and my individual answers will be combined with all others who participate; no one will know how I answered the questions on the treatment. I also understand that I am free to withdraw my consent and participation at any time, for any reason, without explanation, consequence or penalty. On these terms, I certify I am willing to participate in this research project.

Responding to the questions on the instrument and submitting it to the researcher is my indication that I have voluntarily agreed to participate in this study. It also certifies that I am age 18 or older.

I understand that should I have any further questions about this study, I may call Dr. David Delmonico at 412-396-4032 or email him at [delmonico@duq.edu](mailto:delmonico@duq.edu). Since this study has been approved by Duquesne University, I may also contact Dr. Paul Richer, Chair of the Duquesne University Institutional Review Board at 412-396-6326 for any questions I may have.

# Internet Sex Screening Test - Revised:

A Tool for Identifying and Understanding  
Problematic Online Sexual Behavior

David L. Delmonico, Ph.D.

and

Elizabeth J. Griffin, MA, LMFT

## Demographic Information

Current Age in years: \_\_\_\_\_

Sex:

Male                       Female                       Transgender

State of Current Residence: \_\_\_\_\_

Current Relationship Status

- Single
- In a committed relationship
- Married: Number of years: \_\_\_\_\_
- Divorced/Separated: Number of years: \_\_\_\_\_
- Widowed/Widower: Number of years: \_\_\_\_\_

Number of children: \_\_\_\_\_ (include biological, step, adopted, and others)

Race/Ethnicity

- White/Caucasian
- African American
- Asian/Pacific Islander
- Native American
- Hispanic
- Other \_\_\_\_\_

Religious/Spiritual Affiliation:

- Protestant
- Catholic
- Jewish
- Agnostic
- Atheist
- Belief in a Higher Power
- Other \_\_\_\_\_

Education Level:

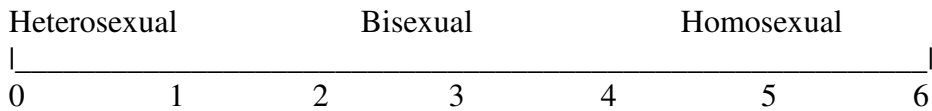
- Less than High School
- High School diploma, GED
- Associate/Technical Degree
- Bachelor's Degree
- Graduate Degree

Annual Income:

- Less than \$15,000
- \$15,001 - \$25,000
- \$25,001 - \$40,000
- \$40,001 - \$60,000
- \$60,001 - \$80,000
- \$80,001 - \$100,000
- \$100,001 - \$175,000
- \$175,000 or more

Occupation: \_\_\_\_\_

The sexual orientation I most identify with is:



Indicate **all** groups that identify you (check all that apply):

- Therapy client with sexual issues
- Therapy client without sexual issues
- Probationed/Paroled for sex related crime
- Excessive user of cybersex/online pornography
- Excessive user of offline sexuality
- None of these apply to me

Number of hours spent on the Internet per week for any reason:

At Home: \_\_\_\_\_ hours

At Work: \_\_\_\_\_ hours

Number of hours spent on the Internet per week for sexual purposes:

At Home: \_\_\_\_\_ hours

At Work: \_\_\_\_\_ hours

Have you ever been **convicted** of a misdemeanor or felony related to your sexual behavior?

No

Yes Specify:

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Place a check in front of ONE statement you best describes you:

I am a Sexual Offender

I am both an Offender and Addict

I am a Sexual Addict

I am neither an Offender or Addict

## Internet Sex Screening Test – Revised

*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.
- 40. I have a very specific genre of sexual images I seek while online.

- \_\_\_ 41. My online sexual use may be considered illegal in some states/countries.
- \_\_\_ 42. I experience sexual arousal when engaging in online sexual behavior.
- \_\_\_ 43. I enjoy when others contact me online (e.g., email, instant message, etc.)
- \_\_\_ 44. I have interest in what is online sexually.
- \_\_\_ 45. I believe I am an Internet sex addict
- \_\_\_ 46. I enjoy the isolation my Internet use gives me.
- \_\_\_ 47. I have jeopardized opportunities in my life (e.g., social, occupational, educational, etc.) because of my online sexual behavior.
- \_\_\_ 48. I have masturbated while engaged in online sexual behavior (e.g., viewing pornography, cybersex chat, etc.)
- \_\_\_ 49. I have searched for sexual material through an Internet search tool.
- \_\_\_ 50. I have intentionally searched for illegal sexual materials.
- \_\_\_ 51. I hate when others interrupt me when I am online.
- \_\_\_ 52. I engage in online sexual behaviors more often now than ever before.
- \_\_\_ 53. I have more online romantic relationships than offline ones.
- \_\_\_ 54. I spend more than 5 hours per week using my computer for sexual pursuits.
- \_\_\_ 55. I feel my online sexual behavior controls me, more than I control it.
- \_\_\_ 56. Sometimes I feel my computer/Internet is my best friend.
- \_\_\_ 57. I have crossed lines with my online sexual behavior that I never thought I would cross.
- \_\_\_ 58. I am concerned about my online sexual behavior.
- \_\_\_ 59. I hide my sexual spending from others.
- \_\_\_ 60. I have obtained escort/prostitute services through the Internet.
- \_\_\_ 61. Many of my offline sexual encounters were a result of people I have met online.
- \_\_\_ 62. I see myself as an online extrovert.
- \_\_\_ 63. I have masturbated while on the Internet.
- \_\_\_ 64. My online relationships help support me in my day to day life.
- \_\_\_ 65. I take more risks with my online sexual behavior than I have in the past.
- \_\_\_ 66. In general, the online world is better than the real world.
- \_\_\_ 67. I have paid to use a computer (e.g., Cybercafe, Kinkos, etc.) to access online sexual behavior.
- \_\_\_ 68. I trade passwords with others for pornographic websites.
- \_\_\_ 69. Other people are concerned about my online sexual behavior (e.g., partner, boss, family, etc.)
- \_\_\_ 70. Most people have interest in online sex.
- \_\_\_ 71. Meeting new people online is an enjoyable experience for me.
- \_\_\_ 72. Looking at pornographic images/videos is my main online sexual activity.
- \_\_\_ 73. Even in chat rooms, I prefer to observe more than participate.
- \_\_\_ 74. I have a certain ritual that helps prepare me for my online sexual behavior.
- \_\_\_ 75. I use public Internet access points (e.g., libraries, airports, hotels, etc.) to access online sexual behavior.
- \_\_\_ 76. I have purchased pornography online.
- \_\_\_ 77. I have purchased sexual products online.
- \_\_\_ 78. I have increased the risks I take online (give out name and phone number, meet people offline, etc.)
- \_\_\_ 79. Chat rooms and other interactive rooms are my preferred method for online sexual behavior.
- \_\_\_ 80. I have run across illegal sexual material while on the Internet.
- \_\_\_ 81. I have sent money to someone for online sexual favors.
- \_\_\_ 82. Online sexual behavior has caused negative consequences in some area of my life (e.g., relationships, spiritual, emotional, etc.)
- \_\_\_ 83. Online sexual behavior is one of the most intense things I do in my life.
- \_\_\_ 84. I prefer online sexual encounters to offline sexual encounters.

- 85. I have joined sexual sites to gain access to online sexual material.
- 86. I prefer social interactions over viewing pornography during my online sexual behavior.
- 87. I have sold pornographic images of myself or others through the Internet.
- 88. I have some sexual sites bookmarked.
- 89. I have spent more money for online sexual material than I planned.
- 90. I have made unsuccessful attempts to stop or cut back my online sexual behaviors.
- 91. I am using online sex more frequently than I wish.
- 92. I have thought about meeting a minor that I had met while online.
- 93. I have thought about using the Internet to explore my sexuality
- 94. I rarely have real time live interaction with others online.
- 95. I have stayed up after midnight to access sexual material online.
- 96. I belong to an online sexual club/website.
- 97. I use my PayPal account to purchase online sexual materials.
- 98. I have tried to hide what is on my computer or monitor so others cannot see it.
- 99. I have punished myself when I use the Internet for sexual purposes (e.g., time-out from computer, cancel Internet, etc.)
- 100. I have used someone else's wireless connection without their permission to access online sexual activity.
- 101. I have used the company laptop for my online sexual behavior.
- 102. I have a sexualized username or nickname that I use on the Internet.
- 103. I have made promises to myself to stop using the Internet for sexual purposes.
- 104. I have purchased porn magazines via the Internet.
- 105. Guarding my anonymity while online is a top priority for me.
- 106. Everyone who uses the Internet for sexual purposes is sick.
- 107. Internet sex has sometimes interfered with certain aspects of my life.
- 108. I communicate with some of my online partners in other ways (e.g., telephone, postal mail, exchange videos, etc.)

*Directions: Place a mark next to the items below that are true about your **offline** sexual behavior.*

- 109. I repeatedly attempt to stop certain sexual behaviors and fail.
- 110. I continue my sexual behavior despite it having caused me problems.
- 111. Before my sexual behavior, I want it, but afterwards I regret it.
- 112. I have lied often to conceal my sexual behavior.
- 113. I believe I am a sex addict.
- 114. I worry about people finding out about my sexual behavior.
- 115. I have made an effort to quit a certain type of sexual activity and have failed.
- 116. I hide some of my sexual behavior from others.
- 117. When I have sex, I feel depressed afterwards.

**Thank you for completing this instrument, please return to:**

**David L. Delmonico, Ph.D.**

**Duquesne University**

**School of Education**

**Pittsburgh, PA 15282-0001**

## **Crisis Resources**

Thank you for completing this test as part of our research project. It is hoped the process did not cause any distress or discomfort. However, if you are feeling as though like you need to speak to someone about any issues that emerged while completing the test, please feel free to use one of the following resources.

National Crisis Hotline – (800) 273-TALK

National Hopeline Network – (800) 784-2433

Addiction Recovery Hotline Referral Service – (800) 888-9383

The Meadows Treatment Center – (800) 632-3697

Sante Center for Healing – (800) 258-4250

Pine Grove Sexual Healing Center – (888) 574-4673

Many states and counties across the United States also have crisis hotlines. Call one of the national hotlines to get more information on resources in your area. You may also call information for your area code (411) or look in your local phone book for crisis hotlines. If you feel you are in immediate danger to yourself or others, call 911 or go to your local emergency room for assistance.

If you do not need to speak to someone at this time, but would like to learn more about cybersex addiction and recovery, feel free to visit some of these webpages:

<http://www.internetbehavior.com> – Online Problematic Behavior Resources

<http://www.sash.net> – The Society for the Advancement of Sexual Health

<http://www.sexhelp.com> – Patrick J. Carnes' Webpage Resource

<http://www.netaddiction.com> – Kimberly Young's Internet Addiction Page

<http://www.cybersexualaddiction.com> – Cybersex Resources

<http://www.amazon.com> – search for cybersex addiction

<http://www.google.com> – search for cybersex addiction resources