

# Online Pornography: Screening and Assessment Tools

Assessing problematic online pornography use is challenging because of the lack of standardized questionnaires. Following are some instruments for examining the severity of possible concurrent addictions, or mental health disorders related to the use of pornography. As research into children and youth's use of online pornography is limited, most of these tools have been adapted from adult instruments. Further research is needed to develop screening and assessment tools that are specific to children and youth.

Screening tools may not provide conclusive evidence that an individual meets the criteria for a medical or psychiatric diagnosis. Assessing problematic online pornography use is challenging because of the lack of standardized questionnaires. Following are some instruments for examining the severity of possible concurrent addictions, or mental health disorders related to the use of pornography. Many of these instruments are featured in a review of published online sexual activities inventories that was done by researchers in 2014 [1].

Service providers who have concerns about their client's digital technology use should consider referring their client to a mental health or addiction professional with expertise in process addictions. Some of these screening and assessment tools require specific distribution and usage permissions.

## Problematic Pornography Use Screening Tools

### Internet Sex Screening Test (ISST) recoveryzone

This is a true-false test designed to assess an individual's sexual use of the internet. The questions are related to sexual thoughts and behaviours while using the internet [2].

The screening is accessible for free on the recoveryzone website:

<http://www.recoveryzone.com/tests/sex-addiction/ISST/index.php>

### Sexual Addiction Screening Test – Revised (SAST-R) recoveryzone

This 45-item test screens for sexual addiction [3].

Information about sex addiction, and free access to this and other online screenings is available on the recoveryzone website:

<https://www.recoveryzone.com/tests/sex-addiction/SAST/index.php>

## Problematic Pornography Use Assessment Tools

### Online Pornography Test. The Center for Internet and Technology Addiction

This 12-question test used for educational and informational purposes at The Centre for Internet and Technology Addiction determines if the client has an issue with the use or misuse of online pornography, or an addiction to online pornography [4].

## Online Pornography: Screening and Assessment Tools | 2

The screening is accessible for free on the Centre's website:

<https://virtual-addiction.com/online-pornography-test/>

### Cybersexual Abuse Test (CAT). The Center for Internet and Technology Addiction

Developed by Dr. David Greenfield, psychologist, and used at The Centre for Internet and Technology Addiction that he founded, this 12-question test can be completed in three minutes. It helps service providers determine if a child or youth has a tendency towards or a problem with internet sexual abuse or addiction [5].

The screening is accessible for free on the Centre's website:

<https://virtual-addiction.com/cybersexual-abuse-test/>

### Sex and the Internet: A Survey Instrument to Assess College Students' Behavior and Attitudes. Internet Usage Scale For Sexual Purposes – Modified

This 25-item survey instrument, based on Social Cognitive Theory, documents college students' attitudes and behaviour when using the internet to get information on sexuality, to establish and maintain relationships, and for sexual gratification [6].

The questionnaire can be found in the research article, and may have an associated cost, so consult with your manager as needed.

<https://www.liebertpub.com/doi/10.1089/109493100315987>

### Online Sexual Activity Experience Questionnaire. Online Sexual Activity Experience of Heterosexual Students, Springer Link

This nine-item self-report inventory assesses arousal-oriented online sexual activities. The questions examine participants' non-arousal (two items), solitary-arousal (four items), and partnered-arousal (three items) online sex experience [8].

<https://link.springer.com/content/pdf/10.1007/s10508-010-9629-9.pdf> (the actual questionnaire is Table 5 in the Appendix on page 426).

### Internet Addiction Test - Sex (IAT-sex). Watching Pornography Pictures on the Internet, Mary Ann Liebert, Inc.

This modified version of the internet addiction test assesses subjective complaints in everyday life due to online sexual activities and potential symptoms of cybersex addiction [9]. The questionnaire can be found in the research article, and may have an associated cost, so consult with your manager as needed.

<https://www.liebertpub.com/doi/10.1089/cyber.2010.0222>

## Online Pornography: Screening and Assessment Tools | 3

Sexting Motivations Questionnaire (SMQ). Psychometric properties of the Sexting Motivations Questionnaire for adolescents and young adults, ResearchGate

This 13-item self-report instrument evaluates three sexting motivations: sexual purposes, instrumental or aggravated reasons, and body image reinforcement [10].

The test can be found in English and Italian in the open access research article:

[https://www.researchgate.net/publication/316156257\\_Psychometric\\_properties\\_of\\_the\\_Sexting\\_Motivations\\_Questionnaire\\_for\\_adolescents\\_and\\_young\\_adults](https://www.researchgate.net/publication/316156257_Psychometric_properties_of_the_Sexting_Motivations_Questionnaire_for_adolescents_and_young_adults)

### References

1. Eleuteri, S., Tripodi, F., Petruccelli, I., Rossi, R., & Simonelli, C. (2014). Questionnaires and scales for the evaluation of the online sexual activities: A review of 20 years of research. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, 8(1), Article 2. Retrieved from <https://doi.org/10.5817/CP2014-1-2>
2. Delmonico, D. L., & Miller, J. A. (2003). The Internet Sex Screening Test: A comparison of sexual compulsives versus non-sexual compulsives. *Sexual and Relationship Therapy*, 18(3), 261-276. Retrieved from <http://dx.doi.org/10.1080/1468199031000153900>
3. Green, B. A., Carnes, S., Carnes, P. J., & Weinman, E. A. (2012). Cybersex Addiction Patterns in a Clinical Sample of Homosexual, Heterosexual, and Bisexual Men and Women. *Sexual Addiction & Compulsivity*, 19(1-2), 77-98. Retrieved from <http://dx.doi.org/10.1080/10720162.2012.658343>
4. The Centre for Internet and Technology Addiction. (2017). *Online Pornography Test*. Retrieved from <https://virtual-addiction.com/online-pornography-test/>
5. The Centre for Internet and Technology Addiction. (2017). *Cybersexual Abuse Test*. Retrieved from <https://virtual-addiction.com/cybersexual-abuse-test/>
6. Goodson, P., McCormick, D., & Evans, A. (2004). Sex and the Internet: A Survey Instrument to Assess College Students' Behavior and Attitudes. *CyberPsychology & Behavior*, 3(2), 129-149. Retrieved from <http://dx.doi.org/10.1089/109493100315987>
7. Grubbs, J. B., Sessoms, J., Wheeler, D. M., & Volk, F. (2010). The Cyber-Pornography Use Inventory: The Development of a New Assessment Instrument. *Sexual Addiction & Compulsivity*, 17(2), 106-126. doi: 10.1080/10720161003776166
8. Shaughnessy, K., Byers, E. S., Walsh, L. (2011). Online Sexual Activity Experience of Heterosexual Students: Gender Similarities and Differences. *Archives of Sexual Behavior*, 40, 419-427. Retrieved from <http://dx.doi.org/10.1007/s10508-010-9629-9>
9. Brand, M., Laier, C., Pawlikowski, M., Schchtle, U., Schöler, T., & Altstötter-Gleich, C. (2011). Watching Pornographic Pictures on the Internet: Role of Sexual Arousal Ratings and Psychological – Psychiatric Symptoms for Using Internet Sex Sites Excessively. *Cyberpsychology, Behavior, and Social Networking*, 14(6), 371-377. Retrieved from doi: 10.1089/cyber.2010.0222
10. Bianchi, D., Morelli, M., Baiocco, R., & Chirumbolo, A. (2016). Psychometric properties of the Sexting Motivations Questionnaire for adolescents and young adult. *Rassegna Di Psicologia*, 33(3), 5-18. doi: 10.4558/8067-01