



Are you struggling with an Internet Addiction?

This quiz is a brief simple quiz to help determine if you have a problem with internet use. It is not a tool to provide a definitive diagnosis and there is no current diagnosis for internet addiction. Taking this quiz will help to identify areas that could be a problem in need of therapeutic intervention.

1. I go online for sexual pursuits when I feel lonely, bored, hurt, or angry.

Yes No

2. I have some sexual sites bookmarked.

Yes No

3. I spend more than 6 hours per week using my computer for sexual purposes.

Yes No

4. Online Sexual pursuits have taken up more time than they did 6 months ago.

Yes No



5. I have joined sexual sites to gain access to online sexual material.

Yes No

6. I have purchased sexual products or services online.

Yes No

7. I have searched for sexual material through an Internet search tool.

Yes No

8. I have spent more money for online sexual material than I planned.

Yes No

9. I have spent more time on internet sex related pursuits than I originally planned.

Yes No

10. Internet sex has sometimes interfered with certain aspects of my daily life including my ability to work or focus on school.



Yes No

11. I have participated in sexually related chats.

Yes No

12. I have a sexualized username or nickname that I use on the Internet.

Yes No

13. I have masturbated while on the Internet.

Yes No

14. I have accessed sexual sites from other computers besides my home.

Yes No

15. No one knows I use my computer for sexual purposes.

Yes No

16. I have tried to hide what is on my computer or monitor so others cannot see it.



Yes No

17. I have stayed up after midnight to access sexual material online.

Yes No

18. I use the Internet to experiment with different aspects of sexuality (e.g., bondage, homosexuality, anal sex, etc.)

Yes No

19. I have my own website which contains some sexual material.

Yes No

20. I have made promises to myself to stop using the Internet for sexual purposes.

Yes No

21. I sometimes use cybersex as a reward for accomplishing something (e.g., finish a project, stressful day, etc.)

Yes No



22. When I am unable to access sexual information online, I feel anxious, angry, or disappointed.

Yes No

23. I have increased the risks I take online (give out name and phone number, meet people offline, etc.)

Yes No

24. I have punished myself when I use the Internet for sexual purposes (e.g., time-out from computer, cancel Internet subscription, etc.)

Yes No

25. I have met face to face with someone I met online for romantic purposes.

Yes No

26. I use sexual humor and innuendo with others while online.

Yes No

27. I believe I am an Internet sex addict.



Yes No