

## **Internet Enabled Addictions**

### **THE SPEAKER:**

David Greenfield, Ph.D. is recognized as one of the world's leading authorities on Internet use and abuse, and is author of "*Virtual Addiction*" as well as several professional articles and book chapters on Internet behavior and addiction. Dr. Greenfield currently serves as immediate past-president of the Connecticut Psychological Association, and is Assistant Clinical Professor in Psychiatry at the University of Connecticut School of Medicine. He maintains a private practice in Connecticut where he also operates "**The Center for Internet Studies**" which conducts research, training, consultation, and educational services on Internet use and behavior. Dr. Greenfield may be contacted by e-mail at [drgreenfield@virtual-addiction.com](mailto:drgreenfield@virtual-addiction.com) or 860/233-9772, ext. 14.

### **PROGRAM:**

The purpose of this 3-hour program is to provide a general introduction into the history of, theory, and clinical treatment issues associated with compulsive Internet use. A particular focus will be on definitions and illustrations of compulsive patterns of use and the clinical implications of treating such individuals. A focus on cybersex and its effects on marriages and relationships will be presented.

### **LEARNING OBJECTIVES:**

- 1.) To understand the theory and unique nature on Internet problem use
- 2.) To recognize and identify the signs and symptoms of compulsive and pathological Internet - use and abuse.
- 3.) To be able to develop a treatment plan and understand some of the specific factors in addressing the effects of Internet abuse on marital and other significant relationships.

## **CyberSexual Abuse Test (CAT)**

By David N. Greenfield, Ph.D.  
The Center for Internet Studies

1. You find yourself spending an excessive amount of time in online chat rooms, particularly in rooms having to do with sex or romance, or in private chat rooms engaging in subtle or explicit or sexual conversations and/or cybersex.
2. You tend to find yourself gravitating towards one or more individuals with whom you have regularly scheduled, or frequent unscheduled contacts with.
3. You find yourself becoming more depressed, isolated, shameful, or lonely as you spend more time online.
4. You have made numerous attempts to have off-line or real-time contact with individuals on the Internet, either by telephone or personal meeting and these meetings or phone conversations involve sexual discussion and/or actual physical sexual contact.
5. You find yourself hiding information from your spouse, significant other, friends, or family, regarding the amount of time and/or your activities on the Internet. In other words, you find yourself being secretive about the nature and the extent of your use. Your secrecy may be followed by bouts of shame or guilt.
6. You accidentally come upon a sexually stimulating situation on the Internet (pornography, cybersex, chat rooms, personal, web cam sites, etc) but now you find yourself actively seek it out each time you log onto the Net.
7. You find yourself having constant thoughts about using the Internet for purposes of making sexual connections and/or fulfilling your social and interpersonal needs
8. You find the anonymity, intimacy, disinhibition, and loss of time while having online sexual interactions to be more stimulating and satisfying than your real-time sexual, romantic, or intimate relationships.
9. You find it difficult to stop going online and feel compelled to do so on a daily basis and you may have made commitments not to go online or to access sexual sites and you find yourself doing so anyway.
10. You experience guilt or shame about your use of the Internet.
11. You engage in masturbation fantasy or active masturbation while on line, at times to the exclusion of sex with your partner or spouse.
12. You find that those significant individuals in your life, including spouse, friends or family are becoming troubled with the amount of time and/or energy you are devoting to the Internet. For example your husband, wife, or children, or other significant persons in your life are complaining about your absence due to the excessive amount of time you're spending on the Net.

Score \_\_\_\_ (3 - 5 = warning; 6 or more = probable Internet abuse problem)

Copyright 2003 Dr. David N. Greenfield, The Center for Internet Studies All Rights Reserved.

## Virtual Addiction Test

If you believe you have a more serious problem, and you have six or more warning signs of Internet abuse as measured by the **Internet Abuse Test (IAT)**, you should take the **Virtual Addiction Test (VAT)** below. If you answer yes to **five or more** of the questions on this test than you may have an Internet addiction problem.

1. Do you feel “out of control,’ when using the Internet; e.g., feeling. ‘Carried away”?
2. When not on the Internet, do you find that you are preoccupied with the Internet or computers, (e.g., thinking about or reliving past experiences on the Internet, planning your next experience on the Internet, or thinking of ways to gain access to the Internet in the future?)
3. Do you find that you need to spend greater amounts of time on the Internet to achieve satisfaction similar to previous events?
4. Do you find yourself seeking more sexually stimulating material in order to achieve the same result as previously?
5. Have you repeated unsuccessful efforts to control cut back or stop using the Internet?
6. Do you find yourself to be restless or irritable when attempting to cut down or stop using the Internet?
7. Are you using the Internet as a way of escaping from problems or relieving a bad mood, (e.g., feelings of helplessness, guilt, anxiety or depression)?
8. After spending what you consider an excessive amount of time on the Internet and vowing not to do so the next day, do you find yourself back on the next day or soon after?
9. Do you find yourself lying to family members, therapists or others to conceal the extent of your involvement with the Internet?
10. Do you find yourself committing illegal acts related to your use of the Internet?
11. Have you jeopardized or lost a significant relationship, job or educational or career opportunity? Because of your use of the Internet?

**Score:** \_\_\_\_\_

(If you score five or over, there is a high probability that you are compulsively using the Internet)

**Copyright 2003 by Dr. David N Greenfield. All Rights Reserved**

**HomEd Program:**  
**Internet Enabled Addictions**  
**David Greenfield, Ph.D.**

**POST TEST**

**Please choose the correct answer for each question:**

- 1. The term “addiction” is the most appropriate term used in describing Internet-enabled problems.**
  - A. True
  - B. False
  
- 2. Negative effects on marriages and significant relationships are the most common Internet problem seen in clinical practice.**
  - A. True
  - A. False
  
- 3. Men and Women use/abuse the Internet.**
  - A. No difference in use/abuse
  - B. Women never abuse the Internet
  - C. Both use/abuse but with some differences in patterns
  
- 4. Cyber-sex leads to real-time sexual contact**
  - A, Never
  - B Always
  
  - C. *Sometimes*
  
- 5. There is legal liability and risk for employers with regard to an employee’s use or abuse of the Internet in the workplace.**
  - A. True
  - B. False

NAME (please print): \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

\_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: (     ) \_\_\_\_\_ LICENSE NUMBER: \_\_\_\_\_

**THIS TEST IS FOR THE SINGLE USE OF THE PURCHASER ONLY.**  
**Copies and Faxes are NOT accepted.**