

Online Pornography: Screening & Assessment Tools

Youth & Digital Technology: Growing Up Online Toolkit

Assessing problematic online pornography use is challenging because of the lack of consensus in the field for defining problematic use and the paucity of well-validated reliable measures [1, 2, 3]. As research into children and youth's use of online pornography is limited, many of these tools are adult instruments or have been adapted from adult instruments. Further research is needed to develop screening and assessment tools that are specific to children and youth.

Following are some instruments for examining the severity of possible concurrent addictions, or mental health disorders related to the use of pornography.

Some of these instruments are featured in a review of published online sexual activities inventories that was done by researchers in 2014 [4].

Screening tools may not provide conclusive evidence that an individual meets the criteria for a medical or psychiatric diagnosis. 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

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

This 45-item test screens for sexual addiction [5].

Information about sex addiction, and free access to this and other online screenings is available on the recoveryzone website: <https://new.recoveryzone.com/PublicSurvey/Home>

Problematic Pornography Use Assessment Tools

Porn Addiction Test. The Center for Internet and Technology Addiction

This 13-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 [6].

The screening is accessible for free on the Centre's website: <https://virtual-addiction.com/porn-addiction-test/#takequiz>

For more information, contact

informationandcystandards@recoveryalberta.ca

<https://www.albertahealthservices.ca/info/Page17564.aspx>

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Online Pornography: Screening & Assessment Tools | 2

Problematic Pornography Consumption Scale for Adolescents (PPCS-6-A).

A short, reliable and valid 6-item scale to assess problematic pornography use in adolescents including girls, boys, heterosexual, and sexual minority adolescents. The scale assesses problematic pornography use through 6 dimensions- salience, tolerance, mood modification, conflict, withdrawal and relapse [3]. To access the scale please see Appendix A of this article: <https://psycnet.apa.org/doiLanding?doi=10.1037%2Fadb0000722>

Youth Pornography Addiction Screening Tool (YPAST)

This free 25-item self-report tool measures a person's level of addiction to virtual pornography. It is suitable for those 18-40 years of age [7].

Copy and paste into your browser to access the PDF:

<https://static1.squarespace.com/static/513909a4e4b0f86e34bb8ad4/t/513c9a14e4b0b5df0ebf1c7c/1362926100828/Youth+Pornography+Addiction+Screening.pdf>

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 [8]. 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)

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Online Pornography: Screening & Assessment Tools | 4

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