Internet Addiction Risk Checklist

IARC

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IPREDATOR INC.

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"The formal acceptance of online users being capable of suffering from an internet addiction by the professional community is proof of a two-fold message. One, the Information Age has brought to civilization the wonders of digital technology and rapid access to information. Two, and as with all positives comes negatives, the dark side of cyberbullying, cyberstalking, online sexual predation and now, internet addiction." Michael Nuccitelli, Psy.D. (2013) iPredator Inc.

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Internet Addiction

(aka Internet Use Disorder)
by Michael Nuccitelli Psy.D.

Internet Addiction, Internet Use Disorder & Internet Use Gaming Disorder are three synonymous terms describing the psychopathology involved with children and adults who become dependent upon Information and Communications Technology. Michael Nuccitelli Psy.D., a New York State licensed psychologist and author of the Information Age Forensics construct, iPredator, presents his understanding of the Information Age addiction called Internet Use Disorder.

The Information Age is a period beginning in the last quarter of the 20th century and presently thriving in the second decade of the 21st century. The Information Age is a stage in societal and technological development similar to the Industrial Revolution (1750-1942). The Information Age represents the evolution, emergence, consumption of and reliance upon Information and Communications Technology (ICT). In a mere four decades, ICT and its importance to humanity have led many to surmise that the planet and its human inhabitants are amidst an Information Revolution. Mobile digital technology, telecommunications, social media and the abstract concept and artificial universe of cyberspace are just a few examples of humanities newest frontiers. Both the benefits and detriments of society now centralize around the art & science of how to obtain, exchange and disseminate information.

The planet is experiencing a shift from traditional industry, born and bred during the Industrial Revolution, to an economy based on the creative and rapid manipulation of information. Just as the Industrial Revolution greatly changed the lives of humanity, the Information Revolution is a societal shift rapidly changing humanity's social, economic and psychological conditions of the times. The Information Revolution marks another major turning point in history, following the Industrial Revolution and changing every aspect of daily life unlike ever before.

Welcome to the Information Age!

[Information and Communications Technology](#) (ICT) is an umbrella term used to define any electronic or digital communication device or application used to obtain, exchange or disseminate information. ICT stresses the role of unified communications and the integration of telecommunications, which enable users to create, access, store, transmit and manipulate information. ICT consists of all forms of telecommunication, information technology, the internet, broadcast media, audio and video processing, transmission and network based control and monitoring functions. ICT has rapidly become one of the basic building blocks of modern society and will become increasingly important as the Information Age matures.

Many industrialized nations now regard understanding ICT and mastering the basic skills and concepts of ICT as vital. For some, ICT is nothing more than tools of convenience for conducting their responsibilities. For others, their social, scholastic, business and/or financial affairs disclosed in cyberspace and through ICT are crucial to their self-esteem, self-worth, success and perceptual world.

ICT has changed the way humanity interacts, exchanges and accesses information. Smartphones, mobile devices and social media are the latest in a succession of advancements growing at a feverish pace. It is often hard to fathom that the Internet, used by two billion plus people globally, only celebrated its 20th birthday in 2011. The negative aspects of the Information Age are the birth of what this author calls, iPredator, and the psychopathology of Internet Addiction (aka Internet Use Disorder.) prior to exploring Internet Addiction, a brief definition of iPredator is as follows:

iPredator Definition

iPredator: A child, adult, group or nation who, directly or indirectly, participates in the exploitation, victimization, stalking, theft or disparagement of others using Information and Communications Technology (ICT.) iPredators are driven by deviant fantasies, desires for power and control, retribution, religious fanaticism, political reprisal, psychiatric illness, perceptual

distortions, peer acceptance or personal and financial gain. iPredators can be any age, either gender and not bound by economic status, race or national heritage.

iPredator is a global term used to distinguish anyone who engages in criminal, deviant or abusive behaviors using ICT. Whether the offender is a cyberbully, cyberstalker, cyber harasser, cyber criminal, online sexual predator, internet troll or cyber terrorist, they fall within the scope of iPredator. The three criteria used to define an iPredator include:

I. A self-awareness of causing harm to others, directly or indirectly, using ICT. II. The intermittent to frequent usage of ICT to obtain, exchange and deliver harmful information. III. A general understanding of Cyberstealth used to engage in criminal or deviant activities or to profile, identify, locate, stalk and engage a target.

Unlike human predators prior to the Information Age, iPredators rely on the multitude of benefits offered by ICT. These assistances include exchange of information over long distances, rapidity of information exchanged and the seemingly infinite access to data available. Malevolent in intent, iPredators rely on their capacity to deceive others using ICT in an abstract electronic universe.

Although it is assumed all humanity, has residing deep in their psyche, the potential & Dark Psychology for behaving in harmful and malevolent ways they rarely or never activate, ICT and cyberspace offers a direct connection and psychological route to the dark side. Just as ICT and cyberspace is incredibly pro-social and beneficial to humanity, these same technological advancements can lead humanity to diabolical and sinister endeavors.
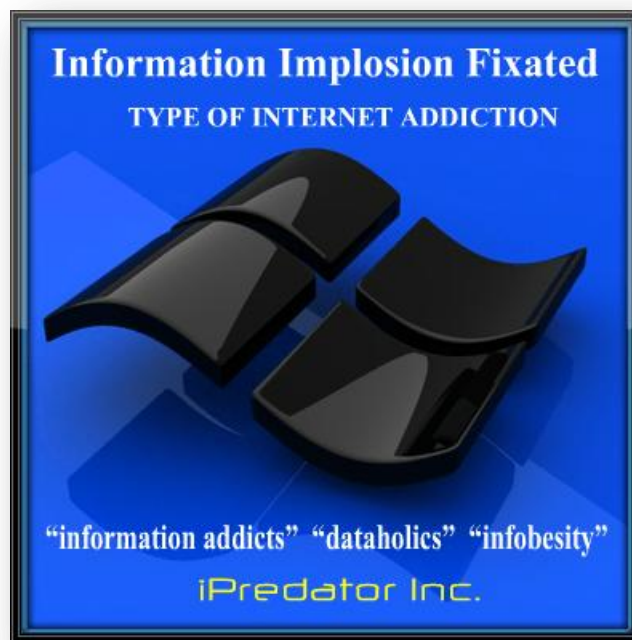
It is common knowledge, needing no clinical citations, to state that people who suffer from addiction, mood-mind altering substance disorders and non- mood-mind altering substance disorders, are at much higher rates of committing criminal, deviant and dysfunctional. The inclusion of Internet Use Gaming Disorder in the 2013 Diagnostic and Statistical Manual of Mental Disorders, DSM-V, is the step in humanity recognizing the Information Age is a real period in human civilization. Although the DSM-V has many opponents for various reasons, the discussions alone in 2013 on Internet Addiction validates how important Information and Communications Technology has become to citizens of the Information Age.

Internet Use Disorder
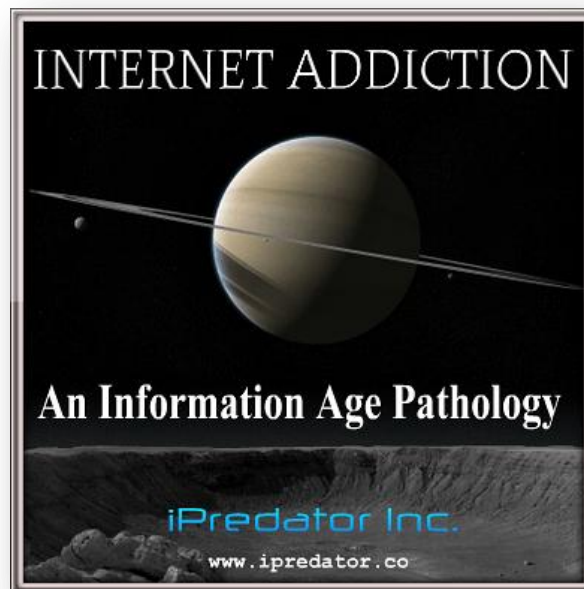
Internet Addiction and Internet Use Disorder are synonymous terms describing the compulsive dependency people experience using Information and Communications Technology. Humanity is thriving at the beginning of the period called the Information Age whereby digital devices and electronic communication channels are a priori. Internet addiction, information technology, cyberspace and virtuality are new terms introduced to the English lexicon. Just as any new human experience, the Information Age and the growing dependency upon Information and Communications Technology is a proverbial "double edged sword."

Contemporary Information Age society has now been introduced to Internet Addiction. In 2013, Internet Addiction and its psychopathology is a new mental illness for a new societal paradigm. In Mid-May 2013, this writer spent 3 days conducting research on Internet Use Disorder and the cornucopia of terms found were numerous. A list of these terms is as follows:

Internet Addiction Synonyms: Internet Addiction Disease, Internet Addiction Syndrome, Cybersexual Addiction, Cyber-Relational Addiction, Net Compulsions, Information Overload, Internet Use Disorder, Internet Addiction Disorder, Internet Addict, Internet Dependent, Computer Addiction, Web Addiction, Online Addiction, Net Addiction, Internet Junkie, Internet

Gaming Addiction, Technology Addiction, Internet Abuse, Web Addiction, Internet Pornography Addiction, Internet Porn Addiction, Pathological Internet Use, Computer Game Addiction, Internet Addiction Disease, Internet Addiction Syndrome, Internet Usage Disorder, Internet Dependency Disorder, Problematic Internet Use, Internet Use Gaming Disorder, Web Dependency, Information Addiction, Video Game Addiction, Facebook Addiction, Computer Addiction.

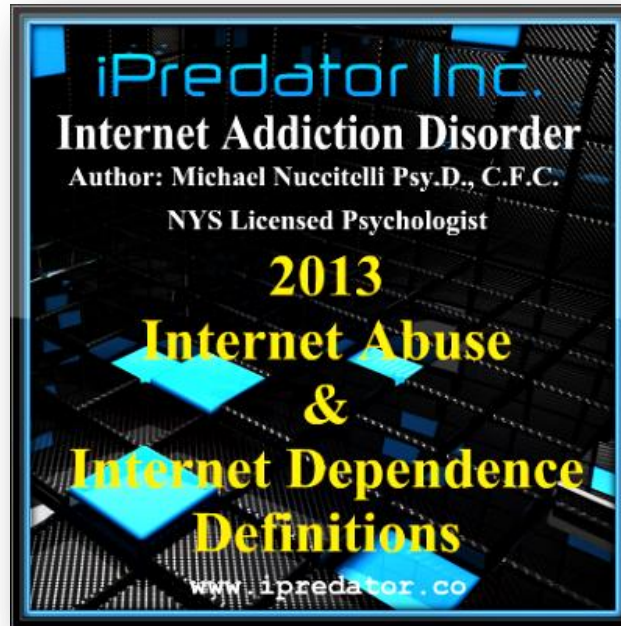# Internet Abuse & Internet Dependence Definitions

Internet Abuse: Internet Abuse (aka Internet Addiction & Internet Use Gaming Disorder) is an umbrella concept defining a child or adult's compulsive and progressive abuse of the internet and electronic devices designed to obtain, exchange or disseminate information. Although the internet is the predominate arena in which Internet Abuse takes place, electronic devices and communications channels not internet enabled are also included in the definition. Internet Abuse causes dysfunctional cognitive, affective, behavioral & perceptual intrapersonal consequences accompanied with employment, academic, familial, peer & intimate partner interpersonal consequences. On a continuum of severity, ranging from absent to mild, cessation of Internet and/or electronic device usage causes withdrawal symptomology, psychological and/or physiological, combined with perceptual tolerance. Also on a continuum of severity, Internet Abusive online users engage in criminal, deviant and/or deceptive online activities ranging from absent to severe.

The chronic and more debilitating condition, Internet Dependence, is more chronic, severe and self-destructive. Internet Abuse is segmented into six typologies as follows: Cyber Sex Fixated, Cyber Relationship Fixated, Internet Gaming & Online Commerce Fixated, Information Implosion Fixated, Dark Side Fixated and NOS (Not Otherwise Specified) Fixated. The NOS Fixated typology applies to internet abusing online users who share more than one typology, has a co-existing mental illness or medical condition causing psychiatric dysfunction.

Internet Dependence: Internet Dependence (aka Internet Addiction & Internet Use Gaming Disorder) is an umbrella concept defining a child or adult's compulsive and progressive dependency upon the internet and electronic devices designed to obtain, exchange or disseminate information. Although the internet is the predominate arena in which Internet Dependence takes place, electronic devices and communications channels not internet enabled are also included in the definition. Internet Dependence causes dysfunctional cognitive, affective, behavioral & perceptual intrapersonal consequences accompanied with employment, academic, familial, peer & intimate partner interpersonal consequences. On a continuum of severity, ranging from mild to severe, cessation of Internet and/or electronic device usage causes withdrawal symptomology, psychological and/or physiological, combined with perceptual tolerance. Also on a continuum of severity, Internet Dependent online users engage in criminal, deviant and/or deceptive online activities ranging from mild to severe.

The mild and less debilitating condition, Internet Abuse, is not as chronic, severe or self-destructive. Internet Dependence is segmented into six typologies as follows: Cyber Sex Fixated, Cyber Relationship Fixated, Internet Gaming & Online Commerce Fixated, Information

Implosion Fixated, Dark Side Fixated and NOS (Not Otherwise Specified) Fixated. The NOS Fixated typology applies to internet dependent online users who share more than one typology, has a co-existing mental illness or medical condition causing psychiatric dysfunction.

Internet Addiction Motivations & Influences

1. Anonymity: One of the most powerful, if not the most powerful, aspect of ICT is the inherent anonymity available to all ICT users. This privacy allows ICT users to obtain, exchange, and disseminate information along with being able to easily socially connect with others without their identity being revealed. Ranging from creating felonious online identities to pristine privacy comforted knowing their secrets cannot be connected to their identity if they choose, makes ICT the criminal, deviant & disturbed ICT user's best friend.

2. Accessibility: ICT provides easy access to the information, materials & social contacts that meet whatever their obsessive-compulsive preoccupation may be. The online user is not bound by the restrictions of time, location & finances to locate and engage in his/her fixations.

3. Isolation: Depending on the ICT Abuser's fixation, the ability to research, locate and engage others who shares his/her fixation in an isolated environment allows them to engage in high risk online & ICT activities. Completely insulated from admonishment by friends, loved and co-workers, their false sense of total isolation increases the probability that all curiosity impulses are explored without concern of being identified, apprehended and punished.

4. Inexpensive: ICT is an extremely inexpensive tool in the ICT Abuser's toolbox. Other than the cost of the ICT devices, utility bills and software, the ICT Abuser is capable of accessing untold number of websites, social contacts and organizations all specific to their chosen fixate.

The added benefit to ICT being so inexpensive, red flags of large sums of money being drained is not an issue.

5. Fantasy: Common with all forms of addiction and psychopathology is the role of fantasy and dissociation. The internet world of the ICT Abuser in home to an entire universe, designed by them, and themed with their fixation. As the severity of addiction progresses, the ICT Abuser engages in longer periods of time when they are not using their ICT.

6. Disconnection: Synonymous with detachment, the ICT Abuser gradually disconnects from their real friends, family and associates. This process of disconnection can happen physically by being more time in an isolated environment or happen psychologically. When psychological disconnection occurs, the ICT Abuser can be surrounded by loved ones, but their thoughts and complete focus are engaged in their fixations.

The 6th factor mentioned above is one of this writer's 4D's of Online Victim Dynamics. D4 is Disconnected, Discouraged, Distressed & Disengaged.

Types of Internet Addiction

NOS (Not Otherwise Specified) Fixated

The NOS Fixated typology applies to internet abusing and internet dependent online users who share more than one typology, has a co-existing mental illness or medical condition causing psychiatric dysfunction and cannot be confidently placed in the following typologies: Cyber Sex Fixated, Cyber Relationship Fixated, Internet Gaming & Online Commerce Fixated, Information Implosion Fixated, Dark Side Fixated. As the field of Internet Addiction is in infancy form, the vast majority of online users will fall within the NOS Fixated typology until extensive clinical research and time has led to a reformulation of the disorder. Just as all the Internet Addiction typologies, those diagnosed with an Internet Addiction Disorder are assesses in terms of typology and severity. The severity of Internet Addiction is segmented into Internet Abuse and Internet Dependence.

Cyber Sex Fixated

Comforted by the "veil of anonymity" available to all ICT users, cybersex addiction (aka Internet Sex Addiction) is the compulsive use of ICT driven by the obsessive need for sexual gratification. Whether viewing this psychopathology as a combination of sex addiction and internet addiction or a new disorder, cybersex addicted online users habitually access pornographic images and videos, seek out online contacts receptive to engage in sexually themed interactions and use ICT predominantly for sexual gratification. For Cyber Sex Fixated ICT users, they are enveloped by the addiction to internet pornography, adult chat rooms, adult fantasy role-play websites, sexually themed social networking sites, instant messaging, phone calling, tweeting and texting like-minded ICT contacts.

Sample Items from the Internet Addiction Risk Checklist (IARC)
(correct responses should be no, false or disagree)

1. You or the subject spends increasing amounts of time focused on sexually themed information online.
2. You or the subject is involved in multiple online romantic or sexual affairs that are kept secret.
3. You or the subject has failed to cut back on habitually visiting online pornography websites and/or sexually themed adult dating sites.
4. Sexually themed online activities have interfered with you or the subject's work, school or household responsibilities.
5. Sexually themed online activities have interfered with you or the subject's intimate partnerships.
6. You or the subject habitually collects internet pornographic images and videos.
7. You or the subject fantasizes about online sexual acts or experiences, which would be illegal if carried out or implemented.
8. Has your social or family interactive time decreased due to online fantasy involvement?
9. You or the subject is secretive and deceptive about the amount of time spent online engaged in sexually themed activities.
10. You or the subject becomes agitated, irritable or anxious when unable to access online sexually themed information.

Cyber Relationship Fixated

Heavily influenced by wanting to engage in a close social relationship, Cyber Relationship Addiction is fueled by the compulsive need and fixation upon being part of, accepted and recognized by another person. For the Cyber Relationship fixated ICT user, online dating sites, chat rooms and various social networking sites becomes their habitual repertoire for all ICT usage. Common, but not necessary, for the Cyber Relationship Fixated ICT user frequenting websites and forums that are sexually themed. Whereas the Cyber Sex Fixated ICT user is fixated upon sexual gratification, the Cyber Relationship Fixated ICT user is obsessed with the acquisition of sexual and non-sexual intimate partnerships. For Cyber Relationship Fixated ICT users, they are enveloped by the addiction to social networking, chat rooms, instant messaging, phone calling, tweeting and texting.

Sample Items from the Internet Addiction Risk Checklist (IARC)
(correct responses should be no, false or disagree)

1. You or the subject habitually engages with romantic partners met online, while being involved in a marital or other primary relationship.
2. You or the subject increasingly feels lonesome when not able to access the internet to contact online relationships.
3. You or the subject has become habitually focused upon online involvement to engage with partners, family or friends.

4. You or the subject spends significant amounts of time in chat rooms and other online venues driven by the fantasy of locating an intimate partner.
5. You or the subject is increasingly preoccupied with using the internet to finding online intimate or sexual partners.
6. You or the subject is becoming more enveloped by thoughts of meeting a special person online.
7. You or the subject views online relationships as more rewarding than offline relationships.
8. You or the subject spends all available online time engaged in social networking, chat rooms and/or messaging new or hopeful online contacts.
9. You or the subject increasingly engages in fantasy about an abstract or newly introduced online contact
10. You or the subject habitually believes a new online contact's attributes, geographic location or stories despite having information that may suggest otherwise.

Gaming & Online Commerce Fixated

The ICT user who is Gaming & Online Commerce Fixated, spends most of their ICT time engaged in browsing, purchasing, gaming and betting at online shopping websites, online gaming websites, virtual casinos, auction sites and interactive gaming sites. Of the many sub types of Internet Addiction, the Gaming & Online Commerce Fixated typology is usually the most costly. The thrill and excitement of competition, educated consumerism and gambling are primary motivating factors. Compulsive online gaming, stock trading, virtual casinos and online auction sites are most detrimental to adults, while online gaming sites are the pediatric proverbial "opium" for children.

Sample Items from the Internet Addiction Risk Checklist (IARC)
(correct responses should be no, false or disagree)

1. You or the subject has recently been unable to pay bills due to money loss from online gambling.
2. You or the subject has recently lost a significant amount of funds from online stock trading that was previously allocated to other fiscal responsibilities.
3. You or the subject has become compulsive spending large periods at online auction sites bidding on non-essential products.
4. You or the subject has been confronted by a loved about obsessively playing off-line computer games.
resulting in financial and job-related problems.
5. You or the subject has been increasingly isolating from friends and family to play online games or online gambling.
6. You or the subject has been confronted by friends or family spending long periods participating in online fantasy games.
7. You or the subject are noticeably playing online games for increasing amounts of time
8. You or the subject habitually thinks about gaming, gambling or online shopping during other offline activities.
9. You or the subject habitually fantasizes about gaming, gambling or online shopping to escape from life problems or feelings of anxiety and depression.

10. You or the subject habitually lies to friends and family to conceal gaming, gambling or online shopping.

Information Implosion Fixated

Synonymous terms to the Information Implosion Fixated ICT user are "information addicts," "dataholics" or an ICT user suffering from "infobesity." Given the infinite amount of information and data available to all ICT users on the internet, the Information Implosion Fixated ICT user is fixated upon the unending amount of available information he/she can obtain, exchange and disseminates. Obsessed with information and data, this typology of Internet Addiction spends inordinate amounts of time engaged in compulsive Web surfing and database searches. For them, the amount of information is the addiction and not the themes of the information they acquire.

Sample Items from the Internet Addiction Risk Checklist (IARC)
(correct responses should be no, false or disagree)

1. You or the subject habitually thinks about wanting to be online to explore different subjects.
2. You or the subject habitually searches online looking for information and topics that are not of genuine interest.
3. You or the subject receives a flood of online information daily and feels pressured to open, answer or scan over all material.
4. You or the subject become overwhelmed by the information available when completing work tasks and feel pressured to review all online sources.
5. You or the subject habitually attempt to check all incoming emails fearing that by deleting them before reading will lead to negative consequences.
6. You or the subject habitually takes long periods to return to suspended work and/or tasks than expected.
7. You or the subject experiences intermittent memory loss and/or difficulty concentrating on work, school or home responsibilities due to habitual online usage.
8. You or the subject prefers spending time online rather than in reality with offline contacts engaging in offline activities.
9. You or the subject experiences regular time distortion events due to online activities.
10. You or the subject feels immediately compelled to access the internet when an unknown answer to a personal or social questions is posed for speculation.

Dark Side Fixated

Rarely discussed in the Internet Addiction typology research is the Dark Side Fixated ICT user. The Dark Side Fixated ICT user is an ICT who is obsessed with all thinks anti-social, racial, bigoted, violent, criminal, deviant and bizarre. This typology is one the following types: Information Accessibility Fixated, ICT Gaming & E-Commerce Fixated, Cyber Relationship Fixated or Cyber Sex Fixated, but the theme and content that colors their fixation is perceptually distorted. Serial Murder websites, Sado-Masochism adult dating sites, violence/death/murder and

obscene material, fascinated by dark elements of religious dogmas, attempts to socially connect with like-minded ICT users and seeks out like minded ICT users to taunt, disparage and scare others.

Sample Items from the Internet Addiction Risk Checklist (IARC)
(correct responses should be no, false or disagree)

1. You or the subject spends most time online searching for information themed with violence, obscenity or macabre.
2. You or the subject habitually spends time searching for bizarre or grotesque information online to share with others.
3. You or the subject finds little interest in benevolent and positive information online.
4. You or the subject fantasizes when online and offline about engaging in violent, deviant and/or bizarre activities.
5. You or the subject spends large amounts of time designing and creating online personas, usernames and profiles that are evil, death, darkness, deviant or violence themed.
6. You or the subject spends increasing periods engaged in fantasizing about meeting an intimate online contact that shares the same dark interests.
7. You or the subject requires dark themed content, online conversations and multimedia to feel gratification.
8. You or the subject increasingly attempts to dress, behave and mimic in a manner believed to be in line with created usernames, profiles and online identities.
9. You or the subject is increasingly isolating from friends and family to spend more time online seeking out others who share dark themes.
10. You or the subject increasingly engages in cyber harassment or cyber stalking activities attempting to control online users and inspire fear.

Master Internet Addiction Signs & Symptoms List
(Symptoms must include a progression of severity and not due to academic and/or employment responsibilities.)

AFFECTIVE
Personal Emotions
Example: I felt or was feeling.

Feel ICT usage is required to feel "normal" or satisfied.
Negative emotional states including guilt, shame, fear, sadness or anger.
Thinking about past ICT activity alternating about anticipating future ICT activity.
Feeling restless, moody, depressed, frustrated or irritable when attempting to curtail ICT usage.
Feelings of guilt, shame, anxiety or depression because of ICT usage.
Feelings of frustration, anger, tension & depression when ICT is inaccessible.
Feeling a need to engage in ICT usage at intervals that are more frequent.
Feeling a sense of loss of control related to habitual ICT usage.
Feeling "cravings" when ICT is not accessible.
Feeling a need to engage in ICT usage at intervals that are more frequent.
Feeling a sense of loss of control related to habitual ICT usage.
Feeling "cravings" when ICT is not accessible.

BEHAVIORAL
Personal Actions
Example: I acted, said, tried, etc.

Increasing neglect of basic hygiene.
More time is spent using ICT then planned.
Engaging in high-risk ICT activities.
Lower productivity and performance at school or work.
Repeatedly using ICT as a replacement for relationships.
An increase in isolating from friends and loved ones to spend time using ICT.
Spending more time socializing using ICT than offline.
Difficulty completing tasks at work, school or at home due to ICT usage.
Failed attempts to control or reduce ICT usage.
Deception & Dishonesty employed regarding ICT usage.
Physical changes such as loss of sleep, weight loss or gain, backaches or headaches.
Recent loss of close relationship, job, academic or career opportunity due to ICT usage.
Pattern of ICT tolerance by needing better ICT, more ICT software or more hours of ICT use.
Actively hiding Internet Addiction behaviors from friends and loved ones.
Pattern of relapse defined as being unable to fulfill ICT control goals.
Habitually seeking new relationships with fellow ICT users.
A prior history of abuse with ICT, mood/mind altering chemicals or behavioral addictions.
A past or present history of mood disorders or other mental illness.
Habitually checking emails or social media profiles daily.

Persistently attempting to engage peers in controlling ICT usage.
Friends or family complains about ICT usage and/or themes of ICT content investigated.
Becomes easily agitated when ICT usage is interrupted by family or friends.

COGNITIVE
Personal Thoughts
Example: I thought or was thinking.

Frequent thoughts related to future ICT usage.
Think more ICT usage time is the answer when feeling negative or frustrated.
Difficulty concentrating, failing memory or loss of time awareness.
Obsessive thoughts about Internet addiction, but not seeking help.
Minimizing thoughts of negative consequences caused by Internet Addiction.
Using thoughts of ICT usage to block out disturbing thoughts about life.

PERCEPTUAL
Personal Interpretation
Example: I assumed, believed, denied, minimized, etc.

Denial of Internet Addiction.
Loss of interest in hobbies and other activities.
Loss of interest in friends and significant others.
Becoming defensive when confronted by others about ICT usage.
ICT usage produces a sense of euphoria, anticipation or excitement.
Experiencing an internal desire to increase ICT usage time.
Decreased sense of achievement, accomplishments or meaningful purpose from ICT usage.
View ICT usage as therapeutic to alleviate feelings of helplessness, guilt, anxiety and depression.
Believe ICT usage can be effectively used to control moods. (positive and negative)
Psychological or physiological withdrawal sensations when ICT inaccessible.
Prefers the excitement attributed to ICT as opposed to intimacy a partner.

Internet Addiction Risk Checklist
(IARC)

Internet Addiction Risk Checklist (IARC): The Internet Addiction Risk Checklist (IARC) is a 100- item risk assessment designed to investigate if an Information and Communications Technology (ICT) user is engaging in pathological use of the internet and ICT. The checklist statements have been categorized into cognitive, affective, behavioral and perceptual sections all themed surrounding the compulsive dependent use of digital devices. The IARC can be taken as a self-assessment and when assessing others. Although the IARC is a general assessment for pathological ICT usage, supplement items have been added to focus on the areas of Cyber Sex, Cyber Relationship, Gaming & Online Commerce, Information Implosion & Dark Side ICT usage.

Note: Responding "Yes, I Agree, True" to any of the statements provided in the IARC does not confirm you or the person being queried meets a formal definition of Internet Addiction or Internet Use Disorder (IUD.) In fact, as of May 2013, there is no widely accepted formal definition of Internet Addiction or a widely accepted clinically validated set of diagnostic criteria. The purpose of the IARC is to be used as a screening tool, data collection technique and educational blueprint. The correct responses to each of the IARC items should be "No, I Disagree, False."

IARC ITEM DEFINITIONS

I. ICT: The acronym, ICT, stands for Information and Communications Technology. Information is an umbrella term representing all forms of telecommunication, information technology, broadcast media, audio and video processing, transmission, the internet and non-internet enabled electronic devices.

II. Habitual: The term "habitual" is a qualitative word representing frequent usage of ICT. The term "habitual," being a qualitative term, means that the IARC respondent may have varying interpretations of what frequent usage of ICT means. For purposes of the IARC, the definition of the term "habitual" is defined as "a fixed pattern," "daily routine" or "persistent" behavior(s). It should be noted that the term does not imply a physical dependence upon the internet, but represents a routine behavior that may or may not be perceived by the subject as compulsive.

As stated above, responding "Yes, I Agree, True" to any of the statements does not confirm you or the person being queried meets a formal definition of Internet Addiction or a widely accepted clinically validated set of diagnostic criteria. However, affirmative responses to ten or more of the statements are a strong indicator that you or the person being queried may be suffering from an Internet Addiction (aka Internet Use Disorder.)

INTERNET ABUSE

Internet Abuse: Internet Abuse (aka Internet Addiction & Internet Use Gaming Disorder) is an umbrella concept defining a child or adult's compulsive and progressive abuse of the internet and electronic devices designed to obtain, exchange or disseminate information. Although the internet is the predominate arena in which Internet Abuse takes place, electronic devices and communications channels not internet enabled are also included in the definition. Internet Abuse causes dysfunctional cognitive, affective, behavioral & perceptual intrapersonal consequences accompanied with employment, academic, familial, peer & intimate partner interpersonal consequences. On a continuum of severity, ranging from absent to mild, cessation of Internet and/or electronic device usage causes withdrawal symptomology, psychological and/or physiological, combined with perceptual tolerance. Also on a continuum of severity, Internet Abusive online users engage in criminal, deviant and/or deceptive online activities ranging from absent to severe.

The chronic and more debilitating condition, Internet Dependence, is more chronic, severe and self-destructive. Internet Abuse is segmented into six typologies as follows: Cyber Sex Fixated, Cyber Relationship Fixated, Internet Gaming & Online Commerce Fixated, Information Implosion Fixated, Dark Side Fixated and NOS (Not Otherwise Specified) Fixated. The NOS Fixated typology applies to internet abusing online users who share more than one typology, has a co-existing mental illness or medical condition causing psychiatric dysfunction.

Internet Addiction Disorder: Type I
by Michael Nuccitelli Psy.D., C.F.C., iPredator Inc. (2013)
www.ipredator.co

Checklist Directions
Internet Addiction Risk Checklist (IARC)

1. To complete the checklist, you are required to respond to each statement with 1 of 4 choices as follows:

A. Y__ (Yes, Agree, True)
B. N__ (No, Disagree, False)
C. IDK__ (I Do Not Know, I Did Not Know, I Am Unsure)
D. DNA__ (Does Not Apply, Not Applicable, Not Relevant)

3. Only answer "Yes" or "No" to statements you are positive about or almost certain in your decision with minimal doubt.

4. If there is a statement you do not understand, respond with choice D. DNA__ (Does Not Apply, Not Applicable, Not Relevant)

5. If there is a statement that does not apply to you or the subject being queried, respond with choice D. DNA__ (Does Not Apply, Not Applicable, Not Relevant). For example, if a checklist statement discusses mobile devices, but you do not own a mobile device, you would respond with choice D. Does Not Apply, Not Applicable or Not Relevant.

6. Please provide a response to each statement with 1 of the 4 responses before calculating your final score. The IARC has been designed to make scoring easy to compile. Simply add up your correct responses (+1) along with (+1) for your D. DNA__ (Does Not Apply, Not Applicable, Not Relevant) responses and use the score key below the checklist to check your score.

7. Prior to taking the checklist, please review to the two definitions listed below and refer back to them is needed. The definition of Information and Communications Technology (ICT) and iPredator is as follows:

I. ICT: The acronym, ICT, stands for Information and Communications Technology. Information is an umbrella term representing all forms of telecommunication, information technology, broadcast media, audio and video processing, transmission, the internet and non-internet enabled electronic devices.

II. Habitual: The term "habitual" is a qualitative word representing frequent usage of ICT. The term "habitual," being a qualitative term, means that the IARC respondent may have varying interpretations of what frequent usage of ICT means. For purposes of the IARC, the definition of the term "habitual" is defined as "a fixed pattern," "daily routine" or "persistent" behavior(s). It should be noted that the term does not imply a physical dependence upon the internet, but represents a routine behavior that may or may not be perceived by the subject as compulsive.

8. Below the IARC are Internet Addiction subtype specific statements the respondent may choose to include. The subtypes include Cyber Sex, Cyber Relationship, Gaming & Online

Commerce, Information Accessibility & Dark Side ICT. Each subtype specific includes ten items and are calculated in the final score.

CORRECT RESPONSES TO ALL IARC ITEMS ARE NO, DISAGREE, FALSE

Internet Addiction Risk Checklist (IARC): The Internet Addiction Risk Checklist (IARC) is a 100- item risk assessment designed to investigate if an Information and Communications Technology (ICT) user is engaging in pathological use of the internet and ICT. The checklist statements have been categorized into cognitive, affective, behavioral and perceptual sections all themed surrounding the compulsive dependent use of digital devices. The IARC can be taken as a self-assessment and when assessing others. Although the IARC is a general assessment for pathological ICT usage, supplement items have been added to focus on the areas of Cyber Sex, Cyber Relationship, Gaming & Online Commerce, Information Implosion & Dark Side ICT usage.

Internet Addiction Risk Checklist
(IARC)

Subjects Gender: Male__ Female__ N/A__
Age: Teen (11-20) __Young Adult (21-25) __Adult (26+) __
Average Daily Online Activity: 0-1 Hour__1-3 Hours__3-5 Hours__5+ Hours__

A. Y__ (Yes, Agree, True)
B. N__ (No, Disagree, False)
C. IDK__ (I Do Not Know, I Did Not Know, I Am Unsure)
D. DNA__ (Does Not Apply, Not Applicable, Not Relevant)

COGNITIVE

1. You or the subject use thoughts of ICT usage to block out disturbing thoughts about life.
2. You or the subject thinks more ICT usage time helps when feeling negative or frustrated.
3. You or the subject thinks habitually interacting with a group of online contacts never met in person is not a problem.
4. You or the subject habitually thinks about future ICT usage.
5. You or the subject thinks habitually using private codes or lingo with a select group of online contacts is not a problem.
6. You or the subject are having concentration difficulties, memory problems and time awareness distortions due to ICT usage.
7. You or the subject thinks quickly deleting online information if friends, loved ones or coworkers unexpectedly walk in is not a problem.
8. You or the subject thinks habitually posting online information, considered by others, as cryptic or jumbled is not a problem.
9. You or the subject thinks about the negative consequences being caused by internet addiction, but minimize the consequences.
10. You or the subject thinks habitually posting derogatory online information about others is not a problem.
11. You or the subject thinks about internet addiction, but does no not seek help or consult with a loved one.
12. You or the subject thinks habitually posting online information about others, without their consent or knowledge, is not a problem.
13. You or the subject thinks habitually using a private online identity that is not for internet safety purposes is not a problem.
14. You or the subject thinks habitually responding to contacts from online strangers is not a problem.
15. You or the subject thinks habitually discussing with online contacts violent, prejudicial or hate based topics is not a problem.
17. You or the subject thinks habitually participating in anonymous video or instant messaging chat room sites is not a problem.
18. You or the subject thinks ignoring important responsibilities because of ICT usage is not a problem.

19. You or the subject thinks hiding compulsive ICT usage from friends and relatives is not a problem.

20. You or the subject thinks about ways to deceive friends, family members or co-workers about the actual cost and time of ICT involvement.

21. You or the subject habitually thinks about ways to use ICT for longer periods without considering the consequences.

22. You or the subject thinks neglecting academic, work or household chores to spend more time online is not a problem.

23. You or the subject thinks being online is preferable to intimacy with a significant other.

24. You or the subject thinks forming new relationships with online users is just as important as establishing offline relationships.

25. You or the subject thinks, when others complain about the amount of time spent online, it is not a problem or they are exaggerating.

<p style="color:red; text-align:center">
A. Y__ (Yes, Agree, True)
B. N__ (No, Disagree, False)
C. IDK__ (I Do Not Know, I Did Not Know, I Am Unsure)
D. DNA__ (Does Not Apply, Not Applicable, Not Relevant)
</p>

AFFECTIVE

26. You or the subject feels ICT usage is required to feel "normal" or satisfied.

27. You or the subject has feelings of guilt, shame, fear, sadness or anger when ICT is unavailable.

28. You or the subject feels aroused when discussing past and future ICT activities.

29. You or the subject becomes restless, moody, depressed or irritable when attempting to curtail ICT usage.

30. You or the subject has feelings of guilt, shame, anxiety or depression from habitual ICT usage.

31. You or the subject feels frustrated, angry, tense & depressed when ICT is inaccessible.

32. You or the subject feels secure when engaging in ICT usage at intervals that are more frequent.

33. You or the subject feels a loss of control related to habitual ICT usage.

34. You or the subject has "craving" feelings when ICT is not accessible.

35. You or the subject feels strongly about needing to engage in ICT activities.

36. You or the subject feels a sense of loss when having to stop ICT usage.

37. You or the subject experience anxiety feelings when ICT becomes inoperable.

38. You or the subject feels ICT usage will always alleviate negative emotions.

39. You or the subject uses the internet to escape or relieve a depressed mood (e.g. feelings of helplessness, guilt, anxiety).

40. You or the subject feels anxiety, irritability, boredom or depression after several days without internet activity.

41. You or the subject feels less depressed, moody or nervous immediately after getting back online.

42. You or the subject feels aroused when fantasizing about being online.

43. You or the subject feels joyful anticipation and excitement just prior to going online.

44. You or the subject feels annoyed if bothered online.

45. You or the subject secretly fears that life without the Internet would be empty, and joyless.
46. You or the subject feels passionate about a religious, political or societal movement and online activities take priority over responsibilities.
47. You or the subject feels passionate about a religious, political or societal movement and spends increasingly greater amounts of time online.
48. You are the subject feels hesitant to discuss family, career or offline information to online contacts that could lead to identification.
49. You or the subject feels pride and satisfaction using ICT to obtain people's identity that was previously unknown.
50. You or the subject does not feel embarrassed contacting others online without a clear reason or obvious connection.

A. Y__ (Yes, Agree, True)
B. N__ (No, Disagree, False)
C. IDK__ (I Do Not Know, I Did Not Know, I Am Unsure)
D. DNA__ (Does Not Apply, Not Applicable, Not Relevant)

BEHAVIORAL

51. You or the subject has increasingly neglected basic hygiene due to ICT usage.
52. You are the subject habitually spend more time online than planned.
53. You or the subject engages in high-risk ICT activities.
54. You or the subject are less productive at school or work due to ICT usage.
55. You or the subject repeatedly uses ICT as a replacement for relationships.
56. You or the subject are isolated from friends and loved ones more to spend time using ICT.
57. You or the subject is spending more time socializing using ICT than offline.
58. You or the subject has been reprimanded at work, school or at home due to ICT usage.
59. You or the subject have attempted and failed reducing ICT usage.
60. You or the subject employs deception & dishonesty to hide compulsive ICT usage.
61. You or the subject have experienced a loss of sleep, weight loss or gain, backaches, headaches or other physical problems due to ICT usage.
62. You or the subject has recently lost a close relationship, job, academic or career opportunity due to ICT usage.
63. You or the subject have a pattern of ICT tolerance by needing better ICT, more ICT software or more hours of ICT use.
64. You or the subject have actively hid compulsive internet behaviors from friends and loved ones.
65. You or the subject has relapsed defined as being unable to fulfill ICT control goals.
66. You or the subject has Habitually seeking new relationships with fellow ICT users.
67. You or the subject has prior histories of abuse with ICT, mood/mind altering chemicals or behavioral addictions.
68. You or the subject has a past or present history of mood disorders or other mental illness.
69. You or the subject habitually checks emails or social media profiles daily.
70. You or the subject has persistently attempted to engage peers in controlling ICT usage.
71. You or the subject has friends or family who complain about ICT usage and/or themes of ICT content investigated.

72. You or the subject has become easily agitated when ICT usage is interrupted by family or friends.
73. You or the subject disregards the known harmful consequences from compulsive internet usage.
74. You or the subject continues to use the internet despite knowledge of a persistent physical or psychological problem.
75. You or the subject is spending less time practicing internet safety.

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A. Y__ (Yes, Agree, True)
B. N__ (No, Disagree, False)
C. IDK__ (I Do Not Know, I Did Not Know, I Am Unsure)
D. DNA__ (Does Not Apply, Not Applicable, Not Relevant)
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PERCEPTUAL

76. You or the subject has been confronted being in denial of internet addiction.
77. You or the subject has noticed a loss of interest in hobbies and other activities.
78. You or the subject has noticed a loss of interest in friends and significant others.
79. You or the subject senses becoming more defensive when confronted about ICT usage.
80. You or the subject admits ICT usage produces a consistent sense of euphoria, anticipation or excitement.
81. You or the subject experiences an internal desire to increase ICT usage time.
82. You or the subject experiences a sense of achievement, accomplishment or meaningful purpose from ICT usage.
83. You or the subject view ICT usage as therapeutic to alleviate feelings of helplessness, guilt, anxiety and depression.
84. You or the subject believes ICT usage can be effectively used to control moods. (positive and negative)
85. You or the subject believes psychological or physiological withdrawal sensations, when ICT is inaccessible, does not indicate an internet addiction.
86. Prefers the excitement attributed to ICT as opposed to intimacy a partner.
87. You or the subject views habitually impersonating others online or using a fake identity is not problematic.
88. You or the subject believes having multiple usernames with different profiles, not explained by internet safety practices, is an acceptable practice.
89. You or the subject believes secretly visiting websites, blogs or social networking sites is not problematic.
90. You or the subject views spending large amounts of time online in private without rational reason is not a problem.
91. You or the subject views spending large amounts of time using researching what others have posted that is not related to online reputation monitoring is normal. .
92. You or the subject believes exaggerating online about erroneous events and events not crucial to one's livelihood is not a problem.
93. You or the subject sense others may be getting upset from contacting them multiple times a day without expressed invitation.
94. You or the subject attempts to add "buddies" or "friends" to social media lists, despite not personally knowing the online recipients and view the actions as acceptable.

95. You or the subject habitually asks others for personal information that has little merit for obtaining and believe it is not rude.

96. You or the subject habitually fantasize about uses ICT to contact people's family, friends or colleagues, despite having no clear connection to them.

97. You or the subject is experiencing an increase in internet use is required to achieve satisfaction.

98. You or the subject believes having a negative experience when unable to access the internet is natural.

99. If you or the subject has a history of mental illness, it is not important to be cautious with habitual online activities.

100. You or the subject perceives internet addiction and problematic internet is a fictitious problem made up by the media and healthcare professionals.

Yes Answers___No Answers___I Do Not Know___Does Not Apply___

No Answers___ + Does Not Apply___ = IARC Score___

CORRECT RESPONSES TO ALL IARC ITEMS ARE NO, DISAGREE, FALSE

INTERNET DEPENDENCE

Internet Dependence: Internet Dependence (aka Internet Addiction & Internet Use Gaming Disorder) is an umbrella concept defining a child or adult's compulsive and progressive dependency upon the internet and electronic devices designed to obtain, exchange or disseminate information. Although the internet is the predominate arena in which Internet Dependence takes place, electronic devices and communications channels not internet enabled are also included in the definition. Internet Dependence causes dysfunctional cognitive, affective, behavioral & perceptual intrapersonal consequences accompanied with employment, academic, familial, peer & intimate partner interpersonal consequences. On a continuum of severity, ranging from mild to severe, cessation of Internet and/or electronic device usage causes withdrawal symptomology, psychological and/or physiological, combined with perceptual tolerance. Also on a continuum of severity, Internet Dependent online users engage in criminal, deviant and/or deceptive online activities ranging from mild to severe.

The mild and less debilitating condition, Internet Abuse, is not as chronic, severe or self-destructive. Internet Dependence is segmented into six typologies as follows: Cyber Sex Fixated, Cyber Relationship Fixated, Internet Gaming & Online Commerce Fixated, Information Implosion Fixated, Dark Side Fixated and NOS (Not Otherwise Specified) Fixated. The NOS Fixated typology applies to internet dependent online users who share more than one typology, has a co-existing mental illness or medical condition causing psychiatric dysfunction.

Internet Addiction Disorder: Type II

by Michael Nuccitelli Psy.D., C.F.C., iPredator Inc. (2013)

www.ipredator.co

Supplemental Typology Specific Items
(NOS Internet Fixated Not Included)

A. Y__ (Yes, Agree, True)
B. N__ (No, Disagree, False)
C. IDK__ (I Do Not Know, I Did Not Know, I Am Unsure)
D. DNA__ (Does Not Apply, Not Applicable, Not Relevant)

Cyber Sex Fixated

1. You or the subject spends increasing amounts of time focused on sexually themed information online.
2. You or the subject is involved in multiple online romantic or sexual affairs that are kept secret.
3. You or the subject has failed to cut back on habitually visiting online pornography websites and/or sexually themed adult dating sites.
4. Sexually themed online activities have interfered with you or the subject's work, school or household responsibilities.
5. Sexually themed online activities have interfered with you or the subject's intimate partnerships.
6. You or the subject habitually collects internet pornographic images and videos.
7. You or the subject fantasizes about online sexual acts or experiences, which would be illegal if carried out or implemented.
8. Has your social or family interactive time decreased due to online fantasy involvement?
9. You or the subject is secretive and deceptive about the amount of time spent online engaged in sexually themed activities.
10. You or the subject becomes agitated, irritable or anxious when unable to access online sexually themed information.

A. Y__ (Yes, Agree, True)
B. N__ (No, Disagree, False)
C. IDK__ (I Do Not Know, I Did Not Know, I Am Unsure)
D. DNA__ (Does Not Apply, Not Applicable, Not Relevant)

Cyber Relationship Fixated

1. You or the subject habitually engages with romantic partners met online, while being involved in a marital or other primary relationship.
2. You or the subject increasingly feels lonesome when not able to access the internet to contact online relationships.
3. You or the subject has become habitually focused upon online involvement to engage with partners, family or friends.
4. You or the subject spends significant amounts of time in chat rooms and other online venues driven by the fantasy of locating an intimate partner.

5. You or the subject is increasingly preoccupied with using the internet to finding online intimate or sexual partners.
6. You or the subject is becoming more enveloped by thoughts of meeting a special person online.
7. You or the subject views online relationships as more rewarding than offline relationships.
8. You or the subject spends all available online time engaged in social networking, chat rooms and/or messaging new or hopeful online contacts.
9. You or the subject increasingly engages in fantasy about an abstract or newly introduced online contact
10. You or the subject habitually believes a new online contact's attributes, geographic location or stories despite having information that may suggest otherwise.

A. Y__ (Yes, Agree, True)
B. N__ (No, Disagree, False)
C. IDK__ (I Do Not Know, I Did Not Know, I Am Unsure)
D. DNA__ (Does Not Apply, Not Applicable, Not Relevant)

Internet Gaming & Online Commerce Fixated

1. You or the subject has recently been unable to pay bills due to money loss from online gambling.
2. You or the subject has recently lost a significant amount of funds from online stock trading that was previously allocated to other fiscal responsibilities.
3. You or the subject has become compulsive spending large periods at online auction sites bidding on non-essential products.
4. You or the subject has been confronted by a loved about obsessively playing off-line computer games.
resulting in financial and job-related problems.
5. You or the subject has been increasingly isolating from friends and family to play online games or online gambling.
6. You or the subject has been confronted by friends or family spending long periods participating in online fantasy games.
7. You or the subject are noticeably playing online games for increasing amounts of time
8. You or the subject habitually thinks about gaming, gambling or online shopping during other offline activities.
9. You or the subject habitually fantasizes about gaming, gambling or online shopping to escape from life problems or feelings of anxiety and depression.
10. You or the subject habitually lies to friends and family to conceal gaming, gambling or online shopping.

A. Y__ (Yes, Agree, True)
B. N__ (No, Disagree, False)
C. IDK__ (I Do Not Know, I Did Not Know, I Am Unsure)
D. DNA__ (Does Not Apply, Not Applicable, Not Relevant)

Information Implosion Fixated

1. You or the subject habitually thinks about wanting to be online to explore different subjects.
2. You or the subject habitually searches online looking for information and topics that are not of genuine interest.
3. You or the subject receives a flood of online information daily and feels pressured to open, answer or scan over all material.
4. You or the subject become overwhelmed by the information available when completing work tasks and feel pressured to review all online sources.
5. You or the subject habitually attempt to check all incoming emails fearing that by deleting them before reading will lead to negative consequences.
6. You or the subject habitually takes long periods to return to suspended work and/or tasks than expected.
7. You or the subject experiences intermittent memory loss and/or difficulty concentrating on work, school or home responsibilities due to habitual online usage.
8. You or the subject prefers spending time online rather than in reality with offline contacts engaging in offline activities.
9. You or the subject experiences regular time distortion events due to online activities.
10. You or the subject feels immediately compelled to access the internet when an unknown answer to a personal or social questions is posed for speculation.

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A. Y__ (Yes, Agree, True)
B. N__ (No, Disagree, False)
C. IDK__ (I Do Not Know, I Did Not Know, I Am Unsure)
D. DNA__ (Does Not Apply, Not Applicable, Not Relevant)

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Dark Side Fixated

1. You or the subject spends most time online searching for information themed with violence, obscenity or macabre.
2. You or the subject habitually spends time searching for bizarre or grotesque information online to share with others.
3. You or the subject finds little interest in benevolent and positive information online.
4. You or the subject fantasizes when online and offline about engaging in violent, deviant and/or bizarre activities.
5. You or the subject spends large amounts of time designing and creating online personas, usernames and profiles that are evil, death, darkness, deviant or violence themed.
6. You or the subject spends increasing periods engaged in fantasizing about meeting an intimate online contact that shares the same dark interests.
7. You or the subject requires dark themed content, online conversations and multimedia to feel gratification.
8. You or the subject increasingly attempts to dress, behave and mimic in a manner believed to be in line with created usernames, profiles and online identities.

9. You or the subject is increasingly isolating from friends and family to spend more time online seeking out others who share dark themes.

10. You or the subject increasingly engages in cyber harassment or cyber stalking activities attempting to control online users and inspire fear.

Yes Answers___No Answers___I Do Not Know___Does Not Apply___

No Answers___ + Does Not Apply___ = IARC Score___

CORRECT RESPONSES TO ALL IARC ITEMS ARE NO, DISAGREE, FALSE

Note: Just as all the Information Age tools, it is recommended to take the IARC on a quarterly basis if Internet Addiction issues are a concern. The goal for healthy Information and Communications Technology (ICT) functioning is to score a 90 or higher. "IDK" & wrong responses should be addressed immediately with a structured plan of action. Although obtaining a score of 90 or higher indicates a minimal probability of suffering a pathological Internet Use Disorder (aka Internet Disorder,) it is still crucial to remain vigilant in taking note of ICT usage becoming a compulsive dependency. As Information and Communications Technology continues to expand, it will become increasingly important to manage and monitor online activities to not convert to a psychopathological condition.
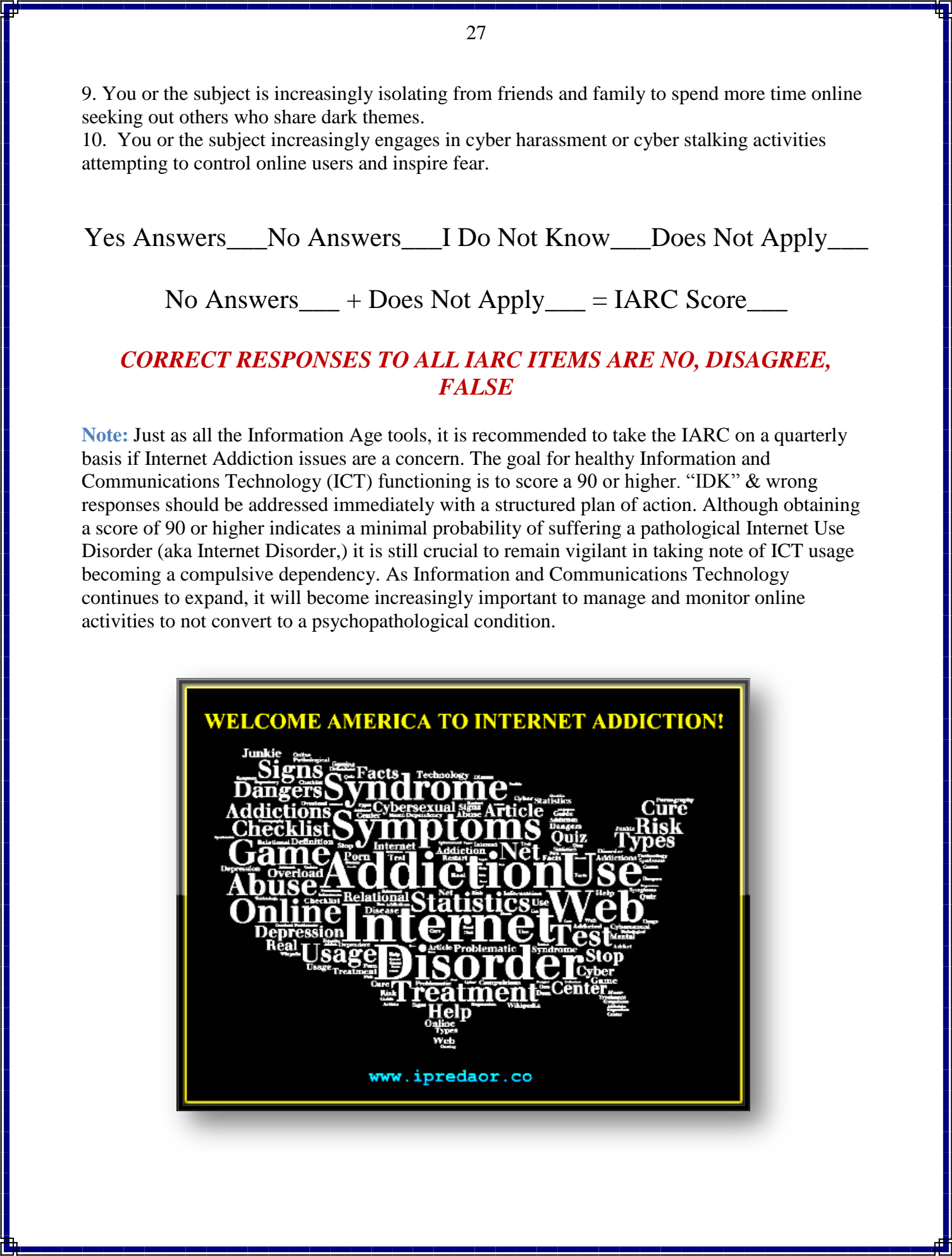
IARC Scoring Key

Score: (**1-10**)
Category: Guaranteed Internet Addiction and Extremely Vulnerable.
Risk Potential: Alarmingly High.
Present and/or Future Internet Addiction Consequences: Certain.
Intervention Plan: Professional Consultation Highly Advised.
Level of Urgency: Urgent Attention Required.

Score: (**11-29)**
Category: Prime Internet Addiction and Extremely Vulnerable.
Risk Potential: High.
Present and/or Future Internet Addiction Consequences: Almost Certain.
Intervention Plan: Professional Consultation Highly Advised.
Level of Urgency: Immediate Attention Required.

Score: (**30-39**)
Category: Probable Internet Addiction and Extremely Vulnerable.
Risk Potential: Moderately High.
Present and/or Future Internet Addiction Consequences: Involvement Likely.
Intervention Plan: Professional Consultation Highly Advised.
Level of Urgency: Immediate Attention Strongly Recommended.

Score: (**40-55**)
Category: Likely Internet Addiction and Moderate Vulnerability.
Risk Potential: Moderate.
Present and/or Future Internet Addiction Consequences: Involvement Suspected.
Intervention Plan: Create and Implement an Internet Addiction Prevention Plan.
Level of Urgency: Immediate Attention Recommended.

Score: (**56-78**)
Category: Possible Internet Addiction and Moderate Vulnerability.
Risk Potential: Moderate.
Present and/or Future Internet Addiction Consequences: Involvement Possible.
Intervention Plan: Increase Internet Addiction Prevention Strategies.
Level of Urgency: Immediate Attention Suggested.

Score: (**79-89**)
Category: Skilled Internet Addiction Prevention and Low Vulnerability.
Risk Potential: Mild.
Present and/or Future Internet Addiction Consequences: Possible, but Unlikely.
Intervention Plan: Continue Internet Addiction Prevention Strategies.
Level of Urgency: Not Urgent, Important to Address if Score Below 80.

Score: (**90-100**)
Category: Advanced Internet Addiction Prevention Skills and Minimal Vulnerability.
Risk Potential: Minimal.
Present and/or Future Internet Addiction Consequences: Unlikely.
Intervention & Education Plan: Consider Educating Others.
Level of Urgency: 0%, All Internet Addiction Prevention Activated & Addressed.

iPredator Inc.

iPredator Inc. is a New York State based Information Age Forensics Company founded to provide educational and advisory products & services to consumers and organizations on cyberbullying, cyber harassment, cyberstalking, cybercrime, internet defamation, cyber terrorism, online sexual predation and the new field being pioneering called Information Age Forensics. Created by a NYS licensed psychologist and certified forensic consultant, Michael Nuccitelli Psy.D., their goal is to reduce victimization, theft and disparagement from online assailants.

In addition to assisting citizens, their mission is to initiate a national sustained educational & awareness campaign with the help of private, state and federal agencies. Dr. Nuccitelli and iPredator Inc. colleagues' associates regular update their criminal psychology, cybercrime & forensics blog, Dark Psychology, and Internet Safety & iPredator blog, Dr. Internet Safety. The parent website, www.iPredator.co, offers site visitors an enormous database on Cyber Criminal Psychology, Internet Safety and Cyber Attack Prevention.

For online users interested in learning more about Dark Psychology & iPredator outside the website, please visit their iPredator & Dark Psychology Google + Community pages and all are welcomed to contribute. Although iPredator Inc. has joined a multitude of social networking sites, feel free to visit the social sites listed below used as their information and announcement vehicles. Dr. Nuccitelli and iPredator Inc. consultants are always available, at no cost, to interact with media. To invite Dr. Nuccitelli to conduct training, educational services or consultation, please email him at drnucc@ipredatorinc.com or via phone at 347-871-2416.

- Google +: The iPredator
- Linked In: iPredator
- Twitter: TheiPredator
- YouTube: iPredator Team
- Facebook: The iPredator

"The formal acceptance of online users being capable of suffering from an internet addiction by the professional community is proof of a two-fold message. One, the Information Age has brought to civilization the wonders of digital technology and rapid access to information. Two, and as with all positives comes negatives, the dark side of cyberbullying, cyberstalking, online sexual predation and now, internet addiction." Michael Nuccitelli, Psy.D. (2013) iPredator Inc.

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