

THE AMERICAN ACADEMY OF CLINICAL SEXOLOGISTS

INFIDELITY IN THE WAKE OF MODERN TECHNOLOGY

Defining Infidelity in a New Era and Analyzing Treatment Modalities

A Dissertation Submitted to the Faculty of the American Academy of Clinical
Sexologists in Partial Fulfillment of the Requirements for the

Degree of Doctor of Philosophy

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TABLE OF CONTENTS

ACKNOWLEDGEMENTS.....	iii
ABSTRACT.....	v
APPROVAL.....	vi
I. CHAPTER INTRODUCTION.....	1
The Rise of Technology.....	1
Modern Technology and its Impact on Couples.....	4
II. REVIEW OF THE LITERATURE.....	8
New Ways to Have Relationships.....	8
Why Virtual Relationships.....	11
Sneaky Cheaters and Catching Them.....	15
Differing Opinions about Infidelity.....	17
Physical vs. Emotional Infidelity.....	23
Views by Gender about Infidelity.....	23
III. RESEARCH METHODOLOGY.....	28
Methodology.....	28
Research Questions.....	28
Participants.....	28
Procedures.....	40
Measures.....	42
Variables.....	43
IV. RESULTS AND DISCUSSION.....	44
Results.....	44
Technology.....	44

Infidelity.....	44
Technology and Infidelity.....	48
Reasons for Infidelity.....	54
Gender and Reasons.....	57
Infidelity Preferences	59
Defining Infidelity	63
V. TREATMENT	68
Treatment of offline Infidelity	68
Internet Addiction or Infidelity.....	77
Treatment of Online Infidelity	91
VI. RECOMMENDATIONS.....	104
Discussion.....	104
Limitations of the Study.....	104
Recommendations for Future Research	105
VII. BIBLIOGRAPHY	107
VIII APPENDICES	111
APPENDIX I	111
APPENDIX II.....	118
VITA.....	119

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ABSTRACT

INFIDELITY IN THE WAKE OF MODERN TECHNOLOGY

Defining Infidelity in a New Era and Analyzing Treatment Modalities

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The purpose of this dissertation was to examine the impact of modern technology on infidelity. A total of 445 participants completed the survey for this research study. An exploratory statistical analysis was completed. More than a third of participants (36 percent) report cheating in a relationship and over half (53 percent) of the sample had been cheated on. Further analysis indicated that technology did aid in over half of the infidelities reported. Participants indicated that cellular phones were frequently used to aid in infidelity as well as the Internet and Facebook.

APPROVAL

This dissertation submitted by Jodi Niswonger and Joey Nicole Pucci has been read and approved by faculty members of the American Academy of Clinical Sexologists.

The signatures below signify that the dissertation has been read, examined and approved by the committee and is therefore accepted as partial fulfillment of the requirements for the degree of Doctor of Philosophy.

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CHAPTER I

INTRODUCTION

The Rise of Technology

Existing in the information-age, it is easy to forget that using technology did not always mean clicking a button on a computer or using a smartphone to access the Internet. Technology defines our humanity and is the techniques and tools developed and used throughout history. Technology dates back as early as 2.5 million years ago with the development of stone technology known as Olduvai (a scraper used to butcher meat) (Potts & Shipman, 1981). Since the prehistoric period technology has come a long way into a new revolution of wireless capabilities, stem cell treatments, quantum computing, nuclear fusion, and artificial intelligence.

According to the National Academy of Engineering, the greatest engineering achievements of the 20th century include the telephone, computers, and the Internet. The Internet was first conceptualized in 1962 by Leonard Kleinrock a doctoral student at MIT (Constable & Somerville, 2003c). Ten years later, the Internet¹ makes a public debut linking 40 machines at the International Conference on Computer Communications in Washington, D.C. in 1972, Ray Tomlinson sent the first e-mail over the system. Domain

¹ Then known as a computer-linking scheme called ARPANET. It was not until 1983 when all ARPANET and attached networks began using the Transmission Control Protocol/Internet Protocol network, which was collectively named the Internet. (Constable & Somerville, 2003c)

name services such as “.com” and “.org” began in 1984 and in 1991, then came the release of the World Wide Web software, which was made available to the general population. In the 1990’s people were allowed to connect to the Internet via telephone line and modems, creating an immense international community where people could send and receive emails, use chat rooms and surf the Web.

According to Wright, we are in an era where “the Internet has ushered in vast, sweeping changes in the way people organize, collect, and disseminate information” (2008, p.1). We have moved past the days of plugging computers into telephone lines and have since transitioned into an era of wireless capabilities known as Wi-Fi. This technology allows for electronic devices (smartphone, tablet, etc.) to exchange data wirelessly, creating endless possibilities for the use of the Internet. Kahn (2013) states worldwide communication as being cost effective, providing access to diverse information and use is readily available from home and office.

In order to use the Internet, one must first obtain a device in which to access the Internet. In 1936, Claude Shannon’s thesis laid the groundwork for computers. In 1939, both the electronic and binary digital computers were developed. During the early 1950’s the first computer was designed for use in U.S. business and in 1955 disk drives were developed allowing storage of data. However, it was not until 1975 that marketing began for the first home computer and in 1977 the Apple II computer was released claiming it was “the home computer that’s ready to work, play, and grow with you” (Constable & Somerville, 2003a, para. 2). Two years later, the first laptop computer was designed. In 1981, International Business Machines (IBM) releases the IBM Personal Computer (PC)

costing under \$3,000 expanding the market for personal computers. Then in 1984 Apple developed Macintosh, which was a low-cost and easy-to-use computer. In the same year, Philips and Sony introduced the CD-ROM. Microsoft released the first windows operating system in 1985. Through the 1990's and 2000's computer technology exploded with a continuous expansion of memory and storage in ever-denser packages. Handheld computer technology was not popular until 1999 with the development of the Palm VII. At its release, the Palm VII was under \$600, it weighed 6.7 ounces, and it was a port for a wireless phone (Constable & Somerville, 2003b).

During the inception of phone technology, wireless capabilities would never have been considered a possibility by Alexander Graham Bell. Phones, known then as telephones, had to be connected by wires, which were laid underground or suspended from poles above ground. In 1900, telephone communication extended between major cities; however, it took 15 years for the first transcontinental telephone call. In 1947, American Telephone and Telegraph Company (AT&T) created the North American Number Plan allowing people to have personal phone numbers. This year Bell began to conceive the idea of "cell" frequencies and the transistor was invented making the future of mobile communication possible. Technology occurring in 1963, allowed for the first touch-tone telephone, replacing rotary telephones. Ten years later, phone technology advanced with the release of the first portable cell phone. In 1978, Chicago began the first public test of the cellular phone system. Four years later, in 1982, the Federal Communications Commission finally approved commercial cell phone service. In the next two decades, cell phone usage increased vastly while the size of the mobile phone

shrank. In 2000, there were more than a billion wireless phone users worldwide (Constable & Somerville, 2003d).

The introduction of a new technology known as the smartphone combines technology of both the computer and the cellular phone. The first smartphone, named The Simon, was released in 1993 by IBM (Reed, 2010). This was far from the smartphone of today with its “brick” like body style; yet, retailed for \$899 costing well above current market prices. The current ideals of a smartphone were established with the release of the 2002 Blackberry model 5810, which allowed users to send and receive e-mail and surf the Web on a smartphone. The following year, Palms reestablished their brand with the release of the Treo 600, which packed large RAM and processing power. However, the smartphone market exploded in 2007 with the release of the Apple iPhone. The Android operating system was introduced in 2007 and gained popularity in 2009 with the release of the Motorola Droid selling more than 1 million in the first few months on the Verizon Wireless market (Reed, 2010). Modern computers and smartphones will continue to improve with ever-changing advancements in technology.

For the purposes of this paper technology will include the use of the Internet, computers and smartphones.

Modern Technology and its Impact on Couples

Modern technology has created new ways to cheat on a partner. Due to the advancement of modern technology it is difficult to determine what constitutes cheating in our society. Ron Feintech, PhD became an AASECT-certified sex therapist in 1978 and he reported “back in those days the most commonly complained about form of non-

physical infidelity was when a woman found her husband's stash of Playboy or Hustler magazines in the family garage" (Melby, 2010, p. 4). Obviously, times have changed and therefore, the object of this research is to better define infidelity of committed couples online and offline, to discover the reasons people have affairs and to identify treatment modalities for online and offline affairs. According to Hertlein (2006) "People are using the Internet more frequently to form friendships and romances and to initiate affairs" (p. 366). Though this research is primarily focused on the negative impact technology can have on couples by being used as a tool to facilitate infidelity, it should also be noted that the Internet could improve a couple's sex lives. Due to the anonymity of the Internet, couples are discovering new ways to improve their sex lives; where they may have been too embarrassed to ask sexual questions or to purchase sexual items face to face with a salesperson. Couples are now able to discreetly purchase sex toys, books, erotica and other sexual items they would otherwise not purchase if they had to go to a public store.

In older couples, with sexual concerns, they are able to seek out information to improve sexual functioning that they otherwise may have been too embarrassed to ask someone about. One may search the Internet to find information about erectile dysfunction or vaginal dryness due to aging and discover remedies to treat these sexual issues (Gonyea, 2004). There is also a plethora of information on the Web about sexually transmitted diseases and pictures for people to look at and learn about preventions and treatments. There is also information on birth control, pregnancy and contraception.

The Internet has changed how people meet and begin relationships due to modern technology. People are now connecting with each other without having to meet face to

face. Though this may seem more convenient, there are obstacles, such as a lack of a physical connection, which was deemed important in romantic relationships in past decades. However, the benefit of online communication is people are able to create a persona of whom they think the other person may find attractive (Wieland, 2005). In some cases they may even fabricate their identity, by falsifying their true age, gender or appearance. They may lie about these descriptions in order to create more of an attraction than there would be otherwise, which is why Wieland (2005), referred to it as a pseudo-intimacy. Face to face contact may develop after having the pseudo-intimacy and people may chose to have an affair be it emotional or physical, which could lead to marital infidelity. Whether or not the couple meets face to face, an intimate relationship online only could still be considered a violation of the trust of the non-cheating person in a monogamous relationship (Wieland, 2005).

It should be noted that if the cheating partner does meet face to face for an affair there are more risks involved such as sexually transmitted disease, pregnancy and potential violence. Due to the fact that they would have actual physical contact, where online relationships do not have physical contact. According to Wieland (2005), “Meeting sexual partners on the Internet has been cited as one of the means by which a Syphilis outbreak was tracked” (p. 157). Another study conducted by McFarlane, Bull and Reimeijer in 2000, showed that individuals seeking partners from the Internet are at a greater risk for contracting a sexually transmitted disease, than those individuals who do not use the Internet (Wieland, 2005). This is likely because people that choose to use the Internet to find sexual partners, may be using the Internet to have anonymous sex or one-nightstands, which could raise their risk for sexual transmitted diseases.

Part of the reason people go online is to meet someone that is a real person, however, the nature of the technology behind the Internet is to exist between the realms of fantasy and reality (Gonyea, 2004). One of the benefits of the Internet is it offers an environment free from rejection, where people can explore sexuality without truly revealing their own identity. Furthermore, interactions on the Internet are more intimate than viewing images or prerecorded acts because they are interactive. Real life sex is more emotional and thus more threatening, due to vulnerability and the potential for face-to-face rejection (Gonyea, 2004).

Couples typically present for therapy related to Internet use because one partner has been engaging in Internet sexuality and the other partner opposes the interactions. Usually, the complaint is about the amount of time their partner is spending on the computer, this is what they typically notice prior to their discovery of their partner having Internet infidelity (Gonyea, 2004). Online relationships can progress quickly into secret phone calls, letters, emails and offline meetings. Others prefer the anonymity and do not meet face to face in order to maintain their imagined persona or because they like the distance of the anonymity of the Internet. Either way when a committed partner starts meeting his or her needs through an Internet affair it will likely have an adverse impact on the long-term committed face-to-face relationship (Young, Griffin-Shelley, O-Mara & Buchanan, 2000). According to the President of Matrimonial lawyers, growing divorce cases can be attributed to online infidelity (Wysocki & Childers, 2011).

CHAPTER II

REVIEW OF THE LITERATURE

New Ways to Have Relationships

A study conducted by Roscoe et al. of undergraduate respondents that measured their views on infidelity. The study concluded the respondents believed infidelity was classified in three categories, dating or spending time with someone other than your partner, sexual intercourse with someone that is not your current partner and engaging in other sexual behaviors like kissing, flirting and petting (Whitty, 2003). However, a study cited by Mileham (2004) discovered that people report feeling nearly as betrayed, hurt or angry by online infidelity, as they would if there was actual physical sexual contact. Mileham (2004) also reported that until couples can define infidelity and implement boundaries that work for them, online infidelity will continue to exist and drain the emotional and sexual energy out of committed relationships.

As described by Melby (2010), "Internet infidelity can take lots of different forms: secret texting, illicit emails, intimate instant messages, frank discussion of sexual subject matter, viewing of pornographic websites without the partner's knowledge or using other high tech devices such as video chatting or Facebook" (p.1). The Internet is facilitating sexual behaviors between two people such as in the case of cybersex, which is when two or more people are discoursing about sexual fantasies on the Internet typically accompanied by sexual self-stimulation. Similarly, hot chatting is when two or more people are discoursing about intimate information that goes beyond flirting, without sexual self-stimulation (Whitty, 2004).

Another popular device used by people to correspond visually are web cams. These are cameras set up on a computer that sends real time video to other people's computers. However, the area of a web cam's view is small, therefore when people put on 'real time shows,' which is undressing and potentially performing sexual acts in front of the camera; the camera captures a small area, such as a only a woman's breasts. Viewers will see sections of a person's body instead of their whole self, which reinforce objectification and the genital focus of sex that we have in our culture (Gonyea, 2004).

There are 649 million Internet users worldwide, and many can be found in Internet chat rooms (Mileham, 2004). In Internet chat rooms, people typically share intimate information about themselves, their relationships and sexual fantasies rather quickly, likely due to the anonymity of the Web (Mileham, 2004). Com Score is a social network and a blogging tracking system that discovered in a 2008 study, that bloggers had an estimated 222 million users, Facebook had 200 million unique visitors, and My Space had 126 million unique users. Though it is unclear how many of these users were using these sites for sexually related communications. It is clear that sex is the most sought after topic there is on the Internet (Wysocki & Childers, 2011). According to the Kinsey Institute, more than half of all online spending is spent on something sexual in nature (Winter, 2012).

Another form of communicating through technology is called sexting, which is described as sending and receiving sexually explicit text messages and photos using cell phones, email and digital cameras (Wysocki & Childers, 2011). People are also placing dating advertisements, such as creating advertisements that are seeking friendships or

sexual encounters on websites like Craig's List. People are also able to create an Internet dating profile that can be matched with other people's dating profiles on sites like www.eharmony.com, www.match.com, and www.plentyoffish.com.

Controversially, a new dating service was launched by Noel Biderman and Darren Morgenstern, when they discovered 30 percent of the people on dating websites were either married or in a committed relationship and they were lying about their relationship status. As a result they created a site called www.AshleyMadison.com for married people seeking extramarital relations. On this site they can be honest with a new sexual partner about their relationship status. As of 2010, this site has 6,095,000 members (Wysocki & Childers, 2011). However, about 90 percent of their members are men (Durbin, 2003). Their controversial tag line is "Life is short. Have an affair" (Wysocki & Childers, 2011, p. 223).

Along with websites specifically designed to date people or assist people who want to cheat on their spouses, the Internet has over 4 million porn sites (Miller et al, 2004). One could make a case that none of these behaviors are cheating because there is no physical contact and it is just interaction with a computer. However, Whitty (2003) discovered it may be seen as just as much of a betrayal because, "It is perhaps not the amount of physical contact or the idea that one's partner is masturbating, but rather that their partner has a desire for another person and is seeking out a sexual encounter with an individual other than themselves" (p. 576). Therefore, the lust or desire for someone that is not their partner can be equally damaging to the relationship and create relationship jealousy and conflict.

Schneider, Weiss and Samenow (2012), analyzed the responses of 35 respondents who are in committed relationships with partners that participate in cybersex. The respondents reported that even when the sexual behaviors were limited to online interactions, they still lost trust in their loved ones, felt the need to seek help, and identified themselves as trauma victims.

Modern technology has changed the way people interact with pornography. Compared to past decades it is an immediate personalized experience, due to the VCR, On Demand cable service and the Internet it's available on a whim, without having to leave the house (Douthat, 2008). A 2004 study found that married individuals that cheated on their spouses were three times more likely to view Internet pornography, than married individuals that have not cheated on their spouses (Douthat, 2008).

Wysocki & Childers (2011), defined three different types of extramarital affairs. The first is a "brief encounter" such as a short relationship or a one-night-stand. The second is a "periodic sexual encounter" this relationship is longer than a brief encounter, but the individuals do not wish for it to be a deep long-term relationship. The third is an "instrumental and utilitarian affair" where the affair is for personal gain and sex is very important and the relationship is used as an escape from their current relationship.

Why virtual relationships?

According to Miller et al. (2004), "In 1991, the National Opinion Research Center at the University of Chicago asked married women if they have ever had sex outside of their marriage, and 10 percent said yes. When the same pollsters were asked the same question in 2002, the yes responses rose to 15 percent, while the number of men stayed

flat at about 22 percent” (p. 2). This indicates a rise in female’s infidelity, while the rate of male infidelity remains the same. At the same time, another survey conducted by The National Opinion Research Center found that 80 percent of Americans believe infidelity is “always wrong” (Miller et al., 2004). This percent is up from the 70 percent of Americans that reported infidelity is “always wrong” in the same survey conducted in 1970 (Miller et al, 2004). Interestingly, they discovered more women are cheating, even though society has become less accepting of infidelity.

There is a growing opportunity for online infidelity, due to the common use of the Internet, an increase in the use of chat rooms, online social networks, sexually related communications and pornographic websites (Henline, Lamke & Howard, 2007). Henline et al. (2007), reported a study by Maheu 2001, “which found that 72 percent of respondents knew someone that had engaged in a cyber affair” (p.113). However, online affairs are not just about sex. According to Melby (2010), a study conducted in 2003, found that the majority of respondents believed an emotional and intimate relationship was more of a betrayal than going to a strip club or watching pornography, when in a long-term romantic relationship.

In 1998, Dr. Al Cooper coined the term Triple-A Engine, which he defines as the first three factors that contribute to sexual discovery on the Internet. The three factors are anonymity, accessibility and affordability (Melby, 2010). Other researches added approximation and acceptability and most recently, Hertlein and Stevenson added ambiguity and accommodation as additional factors to assist in understanding online

romantic relations (Melby, 2010). The seven factors that contribute to sexual discovery are listed in table 1.

Table 1

The Seven Factors that Contribute to Sexual Discovery

Anonymity	Users are able to create idealized versions of themselves.
Accessibility	Computers, cell phones and other technology are easily attainable.
Affordability	The cost to participate is low.
Approximation	Online conversations are similar to offline conversations.
Acceptability	Online communication has readily become the social norm.
Ambiguity	The rules of behavior have not been clearly defined and established.
Accommodation	The difference between someone's perceived real self and idealized self.

Note. As referenced in Melby (2010)

After reviewing the above factors, one may see the lure of modern technology. However, people do not always consider the impact of their choices on others. People are likely to rationalize their choices by justifying them, even at the cost of potentially betraying someone they love and care about.

Sneaky Cheaters and Catching Them

Jealousy in a romantic relationship is viewed as the fear of losing an important person to a competitor. In research conducted by Nannini and Meyers 2000, they found women felt more distress over emotional and sexual infidelity than their male counterparts, but also found that they accepted less responsibility for their partner's choice to be unfaithful (Henline, Lamke & Howard, 2007). However, husbands are unwilling to accept responsibility for their wives infidelity as stated by Teich (2006) "Husbands are less forgiving than wives, making it more likely for a woman to be caught up in such an entanglement to be slammed with divorce" (p.86). In a study conducted by Yeniceri & Kokdemir (2006) they discovered "If there is a problem in the perceived quality of sexual life, men tend to find unfaithfulness quite reasonable" (p. 648). According to these studies, men do not take responsibility for their partner cheating, but if their sex life is poor they are likely to rationalize their own infidelity.

Due to the acceptability of smartphone use, it is possible to be sexting someone that is not your partner, in front of your current partner without them knowing. Therefore, infidelity is exciting because of the secrecy that is involved and online infidelity is easier to conceal than offline infidelity, due to passwords and the ability to conceal the behaviors, such as emptying caches (Melby, 2010).

In a study conducted by Derby, Knox and Easterling (2012), 268 undergraduates at a large university were surveyed to determine snooping behaviors in romantic relationships. Through their research, they discovered 66 percent of the respondents had engaged in snooping behaviors, mostly while their partner was in the shower. The snooping typically included looking at their partner's text messages, cell phone call logs and Internet history. Participants reported their reasons were they were curious or suspicious that their partner was cheating. They also discovered 36 percent of the respondents reported they found what they were looking for and 33 percent of the respondents said snooping confirmed their suspicions, while one fourth reported snooping reduced their suspicions (Derby, Knox & Howard, 2007).

In research conducted by Wysocki & Childers (2011), they discovered women are more likely to find real life dates on the Internet, where men were more likely to use the Internet to find online only sex partners. They also discovered males are more likely to cover up their tracks of infidelity on the Internet and they attribute this is likely because men are more aware of how to remove their tracks on the Internet than women are. However, in their study they found one woman that was very thorough in covering her tracks. She reported she uses a disposable email address, an alias, a disposable cell phone that is turned on only when she is using it and she erases it at the end of every day. She has a computer tech come in monthly to search for Spy-ware programs and she uses www.Zabasearch.com which is a skip trace search engine that keeps the information of the other people that live in the house with her. She requires all of her sexual partners to have a 9-panel STD test via www.tstd.org; and she uses airport hotels and she always uses cash (Wysocki & Childers, 2011). Based off of that respondent, one could assume

the pay off of cheating for her must be worth it for her to go through all of that work, or she really enjoys the excitement of the secrecy.

According to Houston (2011), there are apps that can cover up the signs of unfaithfulness. One of the apps is called Tiger-Text, which remotely deletes text messages related to infidelity. Another, called Sound-Cover, syncs with a cell phone to play background noises such as traffic, or office sounds to disguise the caller's location.

Although, technology has assisted unfaithful people to cover their tracks, technology is also helping the betrayed partner to uncover infidelities. Most Spy apps can turn any cell phone into a device used for surveillance, even though in many states using such a device without the other person's knowledge is unlawful. Another app assists people in uncovering unfaithful partners on cell phones. These apps are called Cell Phone Spy-Elite and SIM-Card-Spy, which allows a suspicious mate to uncover the questionable texts from the cheating partner's cell phone (Houston, 2011).

Differing Opinions about Infidelity

Not everyone believes online relationships are considered infidelity. In fact, Whitty (2004) cited a study conducted by Kitzinger & Powell in 1995, where respondents were asked to read a story of a person in a committed relationship whom began a relationship with someone else over the Internet. In the story, these two people never met face-to-face and the respondents were to determine whether or not they believe the online relationship would be considered infidelity. Not everyone was convinced this online relationship was a betrayal to the committed partner. In table 2 are the reasons the

respondents gave for why they believed the relationship was not infidelity are listed below in table 2.

Table 2

Reasons Respondents did not Consider an Online Relationship as Infidelity, Based on the Story they Read in the Study.

1. The relationship was just 'friendship.'
2. The interaction was flirting only or fun.
3. The relationship was with an object (computer) and not with a real person.
4. The interaction was with two people that have never met and did not intend to meet.
5. It could not be infidelity as there was no physical sex occurring.

Note. As referenced in Whitty (2004)

This study is interesting because it demonstrates the beliefs some people hold that online affairs are not infidelity. Another study, conducted by Mileham, where she recruited subjects from sites like Yahoo! and Microsoft's Married but Flirting, found that more than 80 percent of the respondents (though most were men), believed that initial online flirting is not considered cheating because it is only interacting with a computer (Jozefowicz, 2003). However, others still believe it is a huge betrayal to have an online affair and consider the betrayal similar to an offline affair. Mileham reports online interactions have a tendency to escalate and in fact out of the 87 respondents in this study 30 percent went on to meet face-to-face with someone they met online and out of those 26 people, all but two went on to have an offline affair (Jozefowicz, 2003).

Modern technology is also used in divorce hearings, According to a survey by the American Academy of Matrimonial Lawyers, 81 percent of attorneys report using social networking sites to gather evidence to use in court against cheating spouses, in custody cases and financial cases. For example, they explain they may use photos that a woman posted on a social networking site of her new jewelry she received from a lover who claims he cannot afford to pay child support for his children (Wysocki & Childers, 2011).

Researchers have identified signs to look for when someone suspects their spouse of cheating. Wysocki & Childers (2011) describe the signs to look out for as “your partner spending more time away from home, less frequent sex, less physical contact, your partner criticizing more, beginning to start fights and always mentioning another ‘friend’ in casual conversation” (p.221). Though people typically think men are more unfaithful, research has shown more and more females are turning to the Internet to find

sexual partners. The theory is that this is due to women knowing more about their own sexuality and what they want sexually than they did in previous decades. They also discovered females are more likely than their male counterparts to engage in sexting behaviors (Wysocki & Childers, 2011).

Psychologist Kimberly Young claims there are an increasing amount of cyber affairs that are breaking up stable marriages. She reports this is due to the anonymity and convenience of the Internet that provides an accessible escape from the stress of people's daily lives (Peterson, 2003). Infidelity can come in many forms and occur because of numerous reasons. No one can be truly exempt from being cheated on, however there are ways to prevent high-risk situations that could lead to infidelity.

Miami Beach psychologist M. Gary Neuman advises that couple's should set limits, build an emotional bond with each other and spend time daily nourishing their relationship. Neuman suggests doing kind things for each other and especially making time to talk to each other uninterrupted for 40 minutes a day, four times a week and go on a weekly date to safeguard their relationship (Teich, 2006). Peterson created tips for couples on how to safeguard their relationship from infidelity in table 3 that follows.

Table 3

Ways to Protect Relationships from Infidelity

Stay honest	Be honest and commit to sharing your attractions and temptations with your partner to take the secrecy out of it and to prevent acting on temptations.
Monitor your marriage	Realize if something is missing in your marriage and be willing to fix it.
Stay alert for temptations	Be alert and avoid dangerous temptations, because once emotionally involved it is difficult to get out.
Don't flirt "that is how affairs start"	Flirting is not innocent and can quickly lead to inappropriate interactions.
Recognize work can be a danger zone	Don't have lunch or breaks with the same person all of the time.
Beware of the lure of the Internet	Emotional affairs can develop quickly because people feel safe behind their computer screens.
Keep old flames from reuniting	Avoid meeting up with past lovers and if you do meet up with them bring your partner.
Value the intimacy of your marriage	Reveal as much as possible to your partner and it will be more difficult to top that intimacy with a new person.
Make sure your social network supports marriage	Surround yourself with happily married friends that do not condone cheating.

Physical vs. Emotional Infidelity

A committed relationship is typically characterized by “an explicit or implicit commitment regarding intimacy, including both sexual and emotional fidelity to one’s partner” (Fife, Weeks, & Gambescia, 2008, p. 316). However, definitions of physical and emotional infidelity often differ from person to person. According to Treger and Sprecher, emotional infidelity occurs when “a partner falls in love with another person” and physical infidelity is “where a romantic partner engages in sexual intercourse with another person” (2011, p. 413). Similarly, Carpenter (2012) defines emotional infidelity as “an intense emotional attachment outside her or his primary romantic relationship” where as physical infidelity occurs when “one partner has sexual relations outside her or his primary romantic relationship” (p. 25). For the purpose of this study, any physical sexual contact is considered a physical affair (i.e. kissing, oral sex, intercourse etc.) and an emotional affair is any intimate emotional connection (i.e. texting, e-mailing, chat rooms etc.).

Views by Gender about Infidelity

Evolutionary psychologists suggest men are more likely to be upset when discovering a partner has engaged in physical infidelity than if a partner had engaged in emotional infidelity; women were found to be more upset by emotional infidelity (Carpenter, 2012). Furthermore, Cann, Mangum and Wells (2001) discovered males are more distressed by physical infidelity and females are more distressed by emotional infidelity. Men define infidelity by a sexual act whereas women are “more likely to state that spending time with another and keeping secrets from a partner were acts of

infidelity” (Whitty, 2003, p. 570). Emotional infidelity is predicted to be distressing for women because it “signals a potential threat to a romantic partner’s commitment to the relationship” creating a threat to “emotional, sexual, and financial security” (Gibson, 2008, p. 345). Yet, for men, physical infidelity “threatens the mate-selection process that adheres to sexual exclusivity that insures paternity certainty” (Gibson, 2008, p. 345).

Despite these speculations, social-cognitive researchers argue gender differences do not exist. Carpenter (2012) supports this view by finding that male and female views of gender are more similar than different. Specifically, he discovered that when participants were forced to choose which type of infidelity is more distressing, both males and females reported emotional infidelity was more distressing than physical infidelity. However, when asked to rate level of distress, physical infidelity was rated as more distressing for both males and females (Carpenter, 2012).

Researchers found that physical infidelity elicited greater disgust and anger; however, males and females experienced mental trauma from emotional infidelity (Vaughn Becker, Sagarin, Guadagno, Millevoi, & Nicastle, 2004). In addition, Sabini and Green (2004) found that men are significantly more likely to report higher levels of anger over a physical infidelity than emotional infidelity. However, females in the Vaughn Becker study reported overall significantly higher intensity in their emotional reaction than that of their male counterparts. Whitty (2003) reports, males and females cheat for different reasons. Men report being more interested in the sexual relationship, whereas women are seeking a friendship, which is considered an emotional relationship (Whitty, 2003).

Sabini and Green (2004) indicated that previous studies have found “a small majority of men find sexual infidelity more distressing than emotional infidelity, whereas a large majority of women find emotional infidelity more distressing than sexual infidelity” (p. 1375). Whitty (2003) indicates women rate emotional behavior, outside of a committed relationship, as more distressing than sexual behavior. However, both males and females indicate physical infidelity as “more unacceptable and a greater betrayal than extra dyadic emotional behavior” (Whitty, 2003, p. 570). Men and women placed more blame on a partner for physical infidelity over emotional infidelity (Sabini & Green, 2004). Gender differences in jealousy, emotional responses and views on infidelity types may have an important impact on how clinicians address these issues in treatment.

At times, a gender gap is present when researching attitudes towards infidelity. For example, “men tend to judge a husband’s affair as more justifiable than a wife’s affair” (Whitty, 2003, p. 570). In a study by Sheppard, Nelson and Andreoli-Mathie (1995) males² rated infidelity as more acceptable than female participants. Additionally, women³ are more likely to end a relationship after discovering infidelity than males (Paul & Galloway, 1994).

When looking at who cheats in relationships, studies typically report that more men cheat than women (Atkins, Baucom, & Jacobson, 2001; Brown, 2001). However, this gender gap may close as gender roles change. Additionally, research is showing less of a gender difference in infidelity when younger samples are pooled. Although women

² This study’s sample was college students.

³ This study used undergraduate students as their sample.

currently have increased opportunities to engage in infidelity, than they previous had, those who are satisfied in their marriages (or relationships) are unaware of the availability to commit acts of infidelity (Brown, 2001). Furthermore, men report having a greater number of infidelities and “express greater interest in infidelity” (Atkins et al., 2001, p. 736). Brown’s (2001) review of the literature supports that more females expect to remain faithful during a committed relationship. A study by Dixit (2010) found that men (while in monogamous relationships) self report higher levels of willingness to cheat than their female counterparts. However, Dixit found that once participants were offered a date with a stranger, “the gender gap closed” considering women were just as likely as men to take the date (2010, p. 45).

Certain psychologists and anthropologists suggest women are more likely to cheat during ovulation. A person’s self-esteem can be a factor, which contributes to cheating. For example, women with low-self esteem are more likely to cheat (possibly seeking approval from others) whereas men with high-self esteem are more likely to cheat (possibly due to entitlement) (Dixit, 2010). In general, women who cheated reported higher levels of guilt then men (Atkins et al., 2001).

There is some evidence that suggest males and females engage in different types of infidelity (i.e. physical vs. emotional). For example, females (40.5 percent) tended to be more emotionally involved with their cheating-partner than unfaithful men (11.5 percent) (Atkins, Baucom, & Jacobson, 2001). Glass and Wright (1985) also found that females are more likely to engage in emotional infidelity, whereas males are more likely to engage in physical infidelity. Furthermore, men are more like to have “sexual-only”

infidelities, and women are more likely than men to have “emotional-only” infidelities (Atkins et al., 2001, p. 736). In addition, researchers have found that females report seeking infidelity because they are dissatisfied⁴ with the emotional connection in their current relationship (Brown, 2011; Glass & Wright, 1985). Males reported seeking infidelity because of sexual problems in their relationship, whereas females report problems with affection as a reason they cheat (Whitty, 2003). This may be explained by Gottman’s theory of gender and intimacy where “women see sex as following from emotional intimacy, while men see sex itself as a road to intimacy” (Goleman, 1989, p. J8). This study will examine how people define infidelity, how technology is used to facilitate infidelity, gender differences in who cheats and type of cheating, as well as participant’s infidelity preferences.

⁴ Gottman and Krokoff (1989) found that females who were unhappy in their marriage reported their husbands were too emotionally withdrawn. Furthermore, women who cheat self-report higher levels of marital dissatisfaction (Glass & Wright, 1985).

CHAPTER III

RESEARCH METHODOLOGY

Methodology

A survey was created and conducted, where attitudes were polled and then examined through a variety of statistical analyses. Cross tabulations were used to view different variables and responses to items. A comprehensive description of the participants, procedures and measures is included in the following section.

Research Question

The primary research question of this study is to explore the impact of modern technology on infidelity. Furthermore, the study will consider how people define infidelity as well as beliefs based on gender.

Participants

The 445 participants were obtained through an online sample (n=291), clients of an outpatient sex offender treatment program (n=108), clients of outpatient therapy (n=3) and graduate students from University of Nevada, Las Vegas (n=43). This is considered a convenience sample because researchers used participants available to them rather than a random probability sample. One unique feature of UNLV students is that they are older and often work full time. This may lead to more diverse attitudes than using a younger student body. In this study 1.4 percent of the sample indicated that they had been employed in the commercial sex industry and 10.9 percent disclosed they had purchased sex or some sex act from a prostitute. In addition, 10.8 percent of the sample indicated

they engaged in sex acts at a massage parlor. Moreover, 5.9 percent had participated in a swingers club.

Of the participants, 45.3 percent were female and 54.7 percent were male. There were fifteen participants that did not indicate their gender. The minimum age was nineteen and the maximum age was seventy-six. The mean age was thirty-eight with a standard deviation of eleven. There were twenty participants that did not indicate their age. The majority (50 percent) of the participants were married. Marital status is shown in table 4. There were four participants that did not respond to this item.

Only 15 percent of the participants were born in Las Vegas or Henderson. Participants region of birth is shown in table 5. Most of the participants (37 percent) have engaged in some college. Data for level of education may be viewed in table 6.

Language abilities were considered and only three participant indicated that they were not very comfortable reading English. Four respondents stated they were somewhat comfortable reading English. However, all other participants were comfortable/extremely comfortable reading English. English was the first language for the majority of the population (93 percent), while seven percent indicated that English was not their first language.

The majority of the participants (81 percent) indicated that their ethnicity was Caucasian. All categories that were reported for ethnicity are shown in table 7. Data on ethnicity was missing for nine participants. The majority of the participants (51.4 percent) self-reported their religion to be Christian. The following categories were used to describe religion are shown in table 8. Data from nine participants was missing.

Table 4

Marital Status (n=441)

Marital Status	Percentage	n
Married	50.1%	221
Single	24.7%	109
Committed Relationship	13.4%	59
Divorced	6.1%	27
Domestic Partnership	2.7%	12
Separated	1.6%	7
Widowed	0.9%	4
Common-Law	0.5%	2

Note. n=Sample size

Table 5

Region of Birth (n=324)

Region	Percentage	n
West	51.5%	167
Midwest	17.5%	57
South	12.0%	39
Outside the U.S.	10.0%	32
Northeast	9.00%	29

Table 6

Highest Level of Education Achieved (n=443)

Education Level	Percentage	n
Some College	37.0%	164
College Graduate (B.A., B.S.)	22.6%	100
Graduate School (M.A., PhD)	14.0%	62
High School Graduate/GED	11.0%	49
Some Graduate School	9.7%	43
Middle School-Some H.S.	2.9%	13
Vocational School	2.7%	12

Note. High School is abbreviated as H.S.

Table 7

Ethnicity (n=436)

Ethnicity	Percentage	n
Caucasian	81.0%	353
Hispanic	8.0%	35
Black/African American	4.8%	21
Asian	3.7%	16
Other	1.6%	7
Native Hawaiian/Pacific Islander	0.5%	2
American Indian/Alaska Native	0.5%	2

Table 8

Religion (n=436)

Religion	Percentage	n
Christian	51.4%	224
None	29.6%	129
Mormon	8.5%	37
Catholic	6.4%	28
Jewish	2.3%	10
Other	1.6%	7
Islamic/Muslim	0.2%	1

Participants were asked if they were a religious person and the majority of participants (24.7 percent) reported being “quite a bit” religious. Religiosity of participants is presented in table 9. Data from three participants was missing.

The vast majority of the population reported their sexuality as heterosexual (91.2 percent). Only 5.2 percent of the population indicated that they are bisexual and 3.6 percent are homosexual. The lower end of the range for age of first time engaging in sexual intercourse was twelve⁵ and the maximum was thirty-six. The mean age was seventeen with a standard deviation of 2.85. Participants’ age of first intercourse is shown in table 10. A large portion (97 percent) of the population indicated that they have had sexual intercourse, while three percent have not. Only four individuals did not respond. This is reported in table 11.

Overall, 26 percent of the population had engaged in sexual intercourse by age fifteen, 46 percent of the population had engaged by age sixteen, and 78 percent had engaged by age eighteen. These percentages are from 407 participants 28 people failed to answer this question and 12 responses were removed due to the age being under 12 years old. Currently, 55 percent of the population has sex weekly while 12 percent do not engage in sexual intercourse. Frequency of intercourse (and other types of sexual activities) is shown in table 12.

⁵Twelve people indicated their age of first intercourse to be during childhood (one person reported age four, two reported age nine, two reported age ten and seven reported age eleven). Since age twelve is at the end of later childhood where adolescence begins, it was used as the starting range.

Table 9

Religiosity (n=442)

Religiosity	Percentage	n
Quite a bit religious	24.7%	109
Somewhat religious	22.4%	99
A little religious	20.4%	90
Very religious	18.8%	83
Not at all religious	13.8%	61

Table 10

Age at First Intercourse for Sexually Active Participants

Age	Cumulative Percentage	n
12	2.2%	9
13	3.7%	15
14	7.1%	29
15	13.3%	54
16	19.4%	79
17	16.7%	68
18	15.5%	63
19-25	20.3%	83
26-39	1.6%	7

Table 11

Sexual Activity (n = 441)

Sexual Activity	Percentage	n
Sexually Active	96.8%	427
Not Sexually Active	3.2%	14

Table 12

Sexual Frequency (n = 445)

Type of sexual activity	None	Daily	Weekly	Monthly	Yearly	Did not respond
Intercourse	11.7%	3.4%	52.8%	20.4%	8.5%	3.1%
Masturbation	17.1%	9.2%	39.1%	23.8%	6.7%	4.0%
Viewing Pornography	49.0%	4.9%	15.5%	10.6%	15.7%	4.3%
Ideal Frequency of Intercourse	3.4%	27.0%	51.0%	6.7%	1.1%	10.8%

Note. n=Population size

Other questions (How often do you engage in masturbation and How often do you engage in viewing pornography) were asked to measure participant's sex drive. An individual's sex drive is described as their overall desire for sexual activity. Drive is measured by multiple factors including items, which reflect rates of intercourse, masturbation and the ideal or favored frequency of intercourse specified by the participant. There was a significant difference between men and women in regards to frequency of masturbation and viewing pornography. However there was no statistically significant difference in how often men and women engage in and desire sexual intercourse. On average men in this sample masturbate weekly while women reported monthly. The mean for pornography use of men was monthly⁶ versus yearly for women. Drive was measured to see if the participants were sexually active or if they had unusually high sex drives since the questionnaire is about sexual topics.

Procedures

Data for this study was collected in various ways. The primary data collection method was through an on-line survey hosted by Survey Monkey. Researchers uploaded their survey onto Survey Monkey and posted hyperlinks on multiple Facebook pages. The hyperlink asked participants to take a few minutes to complete a survey for a doctoral dissertation. Participants were able to anonymously answer the survey without

⁶ This mean may be affected by the large percentage of male sex offenders in this sample as pornography use is considered a violation of sex offender supervision conditions and their treatment contract.

administrators knowing their identity and submitted it via the Internet. Researchers also sent text messages to individuals who would likely participate in the survey.

The secondary form of data collection was done in a sex offender treatment program. As part of the sex offender treatment program clients engage in a relaxation exercise facilitated by other members or the group therapist. Clients were given the option to voluntarily participate in this study during their relaxation time. A group facilitator passed out all materials and explained the study. The participants were told that their participation in the study was completely voluntary and at anytime during the study they were allowed to skip questions and/or not complete the survey without penalty. In addition, they were made aware that the study was anonymous, their name would not be associated with their responses in any way, and they should not write any identifying information on their materials. Once participants verbally indicated they understood the directions, a questionnaire containing the above-mentioned materials was passed out and the group therapists left the room to ensure confidentiality. When the participants completed the questionnaire, a group member placed the questionnaire into an envelope, which was sealed after all participants completed. Then the group therapist returned to the room and debriefed with the group.

A very small percent of participants were collected from an outpatient therapy office. Clients were told about the survey as they checked in for their appointment. If they were interested office receptionist handed the survey to the participant. They were made aware that the study was anonymous, their name would not be associated with their responses in any way, and they should not write any identifying information on their

materials. Once participants completed the survey they returned the materials to the receptionist who placed the completed survey in an envelope.

Finally researchers collected information from University of Nevada, Las Vegas students who are working on obtaining Masters of Social Work degrees. Practicum students were given surveys to pass out in class. They informed participants that the study was anonymous, their name would not be associated with their responses in any way, and they should not write any identifying information on their materials. Once participants completed the survey they returned it to the practicum student who placed the completed surveys in an envelope. The completed surveys were then returned to researchers.

Measures

The following instruments were administered: a survey containing questions about infidelity, technology use, and a basic demographics sheet including information about sexual activity. The survey (Appendix I) consists of a total of 37 items, nine of which were measuring attitudes and perceptions about infidelity. These items were measured using various responses including yes/no, multiple choice, and open responses.

The infidelity items being examined in this study were primarily compiled from information published in research as well as clinical experiences. The items related to reasons why people cheat in relationships were scale items from the Infidelity Questionnaire (INFQ) published by Yeniceri and Kokdemir (2006). The authors created additional items in order to cover the scope of the study. These items include information on participant technology use and beliefs about technologies effect on infidelity.

A basic demographics sheet (Appendix I) including information about sexual activity and experience in the sex work industry was administered at the beginning of the questionnaire.

Variables

The variables used in the cross tabulations include gender, technology use, cheating behavior, technology in relation to infidelity, reasons for cheating, and how participants defined technology. Demographic information (e.g., age, experience working in the sex industry) was collected for future analyses.

CHAPTER IV

RESULTS AND DISCUSSION

Results

This study aimed to examine if and how technology is used during infidelity. It looked at types of technology used, what type of infidelity was reported and why infidelity occurred. Gender differences in responses were analyzed. A comprehensive description of the findings is included in the following section.

Technology

Participants were asked about their technology use. A large majority (86 percent) used a desktop and/or a laptop. Many (64 percent) used a tablet such as an iPad. Half of participants used a web cam. The vast majority of participants (80 percent) used a smartphone. More than half (54 percent) of the sample used an iPod and only 33 percent used WebTV. Other technologies participants reported using included: cell phones, e-readers, pagers, camera equipment, two-way radios, typewriters, and video game systems. Technology use is shown in table 13.

Infidelity

When looking at infidelity, 160 participants (37 percent) reported cheating on a partner. However the majority (63 percent) of participants reported being faithful. Nine participants did not report their fidelity. More men (63 percent of cheaters, n=100) reported infidelity than women (37 percent of cheaters, n=60). Physical affairs were the most common (50 percent) infidelity reported, followed by a combination of physical and emotional infidelity (38 percent). Only eight percent of cheaters reported an emotional

affair. Seven cheaters did not disclose the type of cheating. Infidelity patterns are shown in table 14.

Table 13

Technology Use

Technology Type	Percentage	n ⁷
Desktop	86%	334
Laptop	86%	330
Smartphone	80%	307
iPod	54%	133
Tablet	50%	198
Video Cam	50%	112
WebTV	33%	64

⁷Data represents percentage of participants who use this technology. Not all participants answered every item. Therefore, n is representative of the number of participants who answered yes to the item.

Table 14

Infidelity (n=160)

Infidelity Type	Percentage	n
Physical Affair	50%	79
Physical & Emotional Affair	38%	61
Emotional Affair	8%	13
Unknown	4%	7

Note. Some participants did not give a response to this item and therefore were categorized as an unknown infidelity type.

In order to measure how many people had been cheated on in their relationships participants were asked *has a partner ever cheated on you while in a relationship that was longer than one month where fidelity was expected?* More than half of the population (54 percent) reported their partner had cheated on them. Only eleven participants did not answer this item. Data for this item is listed in table 15.

Technology and Infidelity

When looking at how technology impacts infidelity it was discovered that more than half (54 percent) of the cheating population in this study used technology as an aid for infidelity. Two of the cheaters did not disclose if technology was used as an aid for their infidelity. This is shown in table 16. Breaking down types of technology yielded 33 percent of cheaters⁸ used Facebook, 61 percent used the Internet and 73 percent used cellular phones to aid in their infidelity. These numbers may actually be higher as only half of the cheaters answered these questions. Other types of technology cheaters reported were adult dating sites, texting, e-mail, Craigslist, MySpace, IM chat, Internet pornography, Skype, Twitter, Classmates.com, Black Planet, Adam4adam, Lifeout.com, and Gay.com. Technology used to aid infidelity is listed in table 17.

⁸ Only 84 cheaters answered the question about using Facebook to aid infidelity; and 85 cheaters responded to the questions about Internet and cell phone use. The percentages described here are based on the n of the cheaters who responded and not the cheater population n.

Cheaters were also asked how much the use of technology contributed to their infidelity. The majority of cheater (58 percent) indicated technology contributed to their infidelity. However, 42 percent of cheaters indicated technology did not contribute to infidelity. Interestingly, some cheaters who indicated technology did not at all contribute to their infidelity reported using technology to cheat. Therefore, the above percentage of technology contribution is actually higher than reported⁹. Only nine cheaters did not answer this question. A detailed outline of technology contribution is reported in table 18.

⁹ If these responses are added to the n for technology contribution then 62 percent of cheaters used technology to aid infidelity and 38 percent did not use technology.

Table 15

Has a Partner Ever Cheated on you Where Fidelity was Expected (n=434)

Were you cheated on?	Percentage	n
Yes	53%	228
No	47%	206

Table 16

Technology Aid in Infidelity (n=158)

Cheaters	Percentage	n
Cheaters who used technology as an aid to infidelity	54%	85
Cheaters who did not use technology as an aid to infidelity	46%	73

Table 17

Technology Used to Aid Infidelity (Facebook n=84; Other Technologies n=85)

Technology	Percentage	n
Cellular Phones	73%	62
Internet	61%	52
Facebook	33%	28

Table 18

Technological Contribution to Infidelity (n=151)

Contribution Level	Percentage	n
Mostly	21%	32
Somewhat	19%	29
A Little	17%	26
Not at All	42%	64

Note. Percentages are represented as they were reported.

Reasons for Infidelity

Participants reported infidelity for various reasons. The primary reason for infidelity identified by cheaters was item 31(g) *thinking the other person was attractive*; as 73 percent¹⁰ of cheaters said this was a factor in their infidelity. Almost a quarter (24 percent¹¹) of cheaters identified with item 31(m) *feeling sexually out of control*. Only one cheater¹² indicated item 31(t) *having an arranged marriage as a reason for infidelity*. Reasons for infidelity are listed in table 19. Cheaters identified other reasons they sought infidelity including: being under the influence of alcohol/drugs, fighting frequently, peers influences¹³, immaturity, discovering current partners previous marriage, feeling desirable, excitement of doing something wrong, and using infidelity as a way to end current relationship.

¹⁰ Not all cheaters responded to these items. This percentage is based off those who responded (n=100)

¹¹ This is based on those who responded to this item (n=67)

¹² This is based on those who responded to this item (n=61)

¹³ Participant responses included: “friend convinced me to cheat”; “wife’s friend.”

Table 19

Reasons for Infidelity

Reason	Percentage	n ¹⁴
Partner not involved	44%	85
Insensitive partner	44%	82
Think current relationship is a mistake	52%	84
Think current relationship will end	61%	84
Being seduced	43%	79
Opportunity to cheat	50%	74
Thinking the other person is attractive	73%	100
Desire to have sex with someone other than current partner	67%	84
Just to get back at current partner	67%	66
Thinking cheating is a game	8%	62
Think cheating is a right	5%	62
Unsatisfying sexual relationship	60%	97
Sexually out of control	24%	67
Current partner unable to have sex	9%	64
Decrease in partners drive	46%	79
Decrease in sexual activity	34%	74
Higher sexual desire frequency	51%	85
Partner that does not want to engage in certain sex acts	31%	71
Marrying young	28%	72

¹⁴ Data represents percentage of participants that responded yes to the item. Not all participants answered every item. Therefore, n is representative of the number of participants who replied to the item.

Table 19

Reasons for Infidelity Continued

Arranged marriage	.02%	61
Few sexual relationships prior to current relationship	18%	68
Seeking arousal	33%	70
Seeking new sexual experiences	51%	75
Seeking sexual enjoyment	55%	85
Bored in relationship	48%	87
Cheating because partner cheated	35%	65
Partner is unwilling to have a sexual relationship	15%	67

Gender and Reasons

Research on gender and infidelity often postulates that women cheat because they are missing an emotional connection in their current relationship and males typically cheat for the physical components of infidelity. Items 31(a) *being in a relationship where your partner was not involved* and 31(b) *being in a relationship with an insensitive partner* is geared towards the emotional deficits in relationships. Unfortunately not all cheaters gave responses to these questions. Men reported higher frequency of infidelity due to emotional deficits in their relationship. Specifically, 54 percent of male cheaters and 46 percent of female cheaters report infidelity was due to their partner not being involved; 58 percent of male cheaters and 42 percent of female cheaters report infidelity due to an insensitive partner. These data should be interpreted with caution as not all cheaters responded possibly skewing the results.

When looking at the sexual/physical reasons for infidelity, the gender gap widens. Items 31(h) *having the desire to have sex with someone who is not your current partner*, 31(l) *having a unsatisfying sexual relationship with your current partner*, 31(n) *current partner is not able to have a sexual relationship*, 31(o) *decrease in current partners sexual desire/drive*, 31(p) *decrease in sexual activity*, 31(q) *having a higher sexual desire frequency than current partner*, 31(r) *having a sexual partner that does not want to engage in certain sex acts (i.e. anal sex, oral sex etc.)*, 31(v) *seeking arousal*, 31(w) *seeking new sexual experiences*, 31(x) *seeking sexual enjoyment*, 31(aa) *current partner is unwilling to have a sexual relationship* were used to measure sexual/physical reasons for infidelity. A detailed description of responses is available in table 20.

Table 20

Gender and Sexual/Physical Reasons for Infidelity

Reason	Male Percentage	Female Percentage	n ¹⁵
Desire to have sex with someone other than current partner	79%	21%	56
Unsatisfying sexual relationship	69%	31%	58
Current partner unable to have sex	67%	33%	6
Decrease in partners drive	78%	22%	36
Decrease in sexual activity	80%	20%	25
Higher sexual desire frequency	81%	19%	43
Partner that does not want to engage in certain sex acts	91%	9%	22
Seeking arousal	83%	17%	23
Seeking new sexual experiences	84%	16%	38
Seeking sexual enjoyment	77%	23%	47
Partner is unwilling to have a sexual relationship	80%	20%	10

¹⁵ Data represents percentage of participants that responded yes to the item. Not all participants answered every item. Therefore, n is representative of the number of participants who answered yes to the item.

Male cheaters (86 percent) report having a higher opportunity for infidelity than female cheaters (14 percent). However, half of the cheaters reported opportunity was not a factor in their infidelity. Male cheaters also appear to be more vindictive as 79 percent of those who answered yes to item 31(i) *just to get back at your current partner*, were men. In addition, 91 percent of cheaters who identified item 31(z) *cheated because your current partner cheated on you* as why they cheated were males. Furthermore, only male cheaters indicated item 31 (k) *thinking cheating is a right* and item 31(j) *thinking cheating is a game*. Only 16 cheaters affirmed item 31 (m) *feeling sexually out of control*; 75 percent of respondents were men. Male cheaters (71 percent¹⁶) reported item 31(e) *being seduced* more often than female cheaters. Men were also more likely to report item 31(s) *marrying at a young age* as a reason for infidelity. The gender gap narrowed a bit for item 31(y) *being bored in current relationship* as 64 percent of male cheaters and 36 percent of female cheaters indicated boredom as a reason for infidelity. Women cheaters (67 percent¹⁷) were more likely than male cheaters to use alcohol/drugs as an excuse for infidelity.

Infidelity Preference

Participants were asked and about infidelity preference in item 36 *If your partner cheated on you would you prefer your partner to have a Physical Affair (Involving any*

¹⁶ This percentage is based on males and females that indicated being seduced lead to infidelity (n=34).

¹⁷ Percentages are based on males and females that indicated alcohol /drugs as a reason they cheated (n=3).

sexual contact with someone they are attracted to) or an Emotional Affair (Involving an intimate relationship with someone they are attracted to without sexual contact)? There was not a huge difference in preference as 52 percent of participants preferred an emotional infidelity compared to 48 percent of participants who preferred a physical infidelity. The females in this sample did not report an overwhelming preference for emotional infidelity, as suggested by previous infidelity research. Fifty-five percent of females indicated a preference for emotional infidelity over physical infidelity. Male preference responses were split almost evenly. Fifteen percent of participants did not answer this item. Infidelity preference is shown in tables 21 and 22.

Table 21

Infidelity Preference (n=377)

Type	Percentage	n
Emotional	52%	196
Physical	48%	181

Table 22

Infidelity Preference by Gender (n=369)

Type	Male Percentage	Female Percentage	n
Emotional	50.3%	55%	194
Physical	49.7%	45%	175

Defining Infidelity

Participants were asked *How do you define cheating?* This item was designed to help researchers define infidelity in broader terms, including technology. Items related to physical sexual contact scored the highest (items 37(a) *vagina sex*; 37(b) *giving oral sex*; 37(c) *fondling someone's genitals that is not your current partner*; 37(m) *anal sex*; 37(n) *kissing*; 37(q) *sex with a prostitute*; 37(u) *participating in a swingers club without your partner*; 37(y) *if your partner has sex with someone of their same-sex without you there*; 37(z) *receiving oral sex*; 37(ii) *anonymous sex*; and 37(qq) *participating in an anonymous sex club without your current partner*). The majority of participants considered emotional infidelity cheating since, 83 percent indicated item 37(cc) *emotional affair - sharing intimate details with someone other than your current partner was cheating* and 81 percent considered item 37(dd) *emotional (texting only affair)* as cheating. Items pertaining to pornography scored the lowest (items 37(g) *frequenting an adult bookstore*; 37(ee) *viewing pornography*; and 37(ff) *masturbating to pornography*). Items related to technology use had a range of responses from 88 percent – 44 percent of participants who considered these items cheating. A list of technological infidelity is presented in table 20. Participants self-reported other classifications of infidelity including: any inappropriate contact, any sexual or emotional intimacy with another person meant to be kept a secret from your partner, any sexual or intimate act that involves deceiving your current partner, anything that doesn't have your current partners approval and involves sexual or significant emotional contact (other than platonic friendship), flirting with intent to follow through... looking up ex-partners in hopes of getting back together, if there is an opportunity to pursue sexual

intercourse or act with someone other than partner its cheating. Data¹⁸ on defining infidelity is listed in table 21.

¹⁸ Data represents percentage of participants that responded yes to the item. Not all participants answered every item. Therefore, n is representative of the number of participants who answered yes to the item.

Table 23

Technological Infidelity

Infidelity Type	Percentage	n ¹⁹
Sexting	88.6%	318
Setting up an on-line profile	83.4%	283
On-line only relationship	83.3%	275
Using a web cam to expose self	81.4%	250
Emotional-texting only affair	80.5%	256
Posting nude photos on the internet	72.5%	208
Using a web cam to view nudity	66.3%	165
Discussing sex in chat rooms	66.0%	171
Avatar sex	55.0%	121
Not identifying relationship on social media	49.3%	99
Looking up an ex-partner on Facebook	43.5%	60

¹⁹ Data represents percentage of participants that responded yes to the item. Not all participants answered every item. Therefore, n is representative of the number of participants who answered yes to the item.

Table 24

Defining Infidelity

Infidelity Type	Percentage	n
Vaginal sex	97.80%	409
Giving oral sex	97.80%	409
Anal sex	97.80%	396
Receiving oral sex	97.00%	399
Sex with a prostitute	95.40%	391
Fondling someone's genitals that's not current partner	95.30%	384
Participating in anonymous sex club without partner	94.90%	336
Anonymous sex	93.20%	370
Participating at swingers club without partner there	91.90%	361
Partner having sex with someone same-sex without you in room	91.70%	343
Kissing	91.40%	344
Masturbating in front of someone who is not your current partner	89.70%	341
Phone sex	89.40%	322
Sexting	88.60%	318
Setting up an on-line profile	83.40%	283
On-line only relationship	83.30%	275
Emotional affair	83.10%	281
Using a webcam to expose self	81.40%	250
Trying to be a "pick-up artist"	81.10%	257
Partner having sex with someone (same-sex) while you are in room	80.60%	249
Emotional – text only affair	80.50%	256
Participating in anonymous sex club with partner	74.70%	172
Posting nude photos on internet	72.50%	208
Giving a lap dance	68.30%	164

Table 24

Defining Infidelity Continued

Participating at a swingers club with partner there	66.50%	169
Using web cam to view nudity	66.30%	165
Playing strip poker	66.30%	161
Solely viewing at swingers club	66.10%	168
Discussing sex in chat rooms	66.00%	171
Masturbating at adult bookstore	60.90%	148
Body shot	58.30%	134
Receiving a lap dance	57.50%	127
Skinny dipping	55.40%	133
Avatar sex	55.00%	121
Frequenting a strip club	52.10%	107
Not identifying relationship on social media	49.30%	99
Flirting	46.30%	93
Thoughts of someone other than partner while having sex	45.80%	87
Masturbating to fantasies of someone other than your current partner	45.60%	89
Looking up an ex-partner on Facebook	43.50%	60
Masturbation	41.40%	75
Masturbating to pornography	37.90%	69
Frequenting an adult book store	35.00%	62
Viewing pornography	34.80%	62

CHAPTER V

TREATMENT

Treatment for Offline Infidelity

According to Atkins, Marin, Lo, Klann & Hahlweg (2010), “couples therapist report extramarital affairs as one of the most damaging problems that couples face and one of the most difficult problems to treat” (p. 212). Some clinician report that 50 percent -65 percent of their couples started treatment due to infidelity (Atkins, Baucom, and Jacobson, 2001). In addition clinicians often question their ability or knowledge in the area of infidelity (Smith, 2011; Fife et al., 2008). Furthermore, couples that seek treatment for infidelity are more distressed than couples who do not report infidelity (Atkins, Eldridge, Baucom, & Christensen, 2005).

Despite this perceived hardship, treatment outcomes for infidelity seem to be promising (Atkins et al., 2010; Blow & Hartnett, 2005; Atkins, Eldridge, Baucom, Christensen, 2005; Gordon, Baucom, Snyder, 2004). For example, Atkins et al. (2005) report couples who disclosed infidelity prior to or during therapy showed greater improvement in satisfaction than couples who did not experience infidelity. Dr. Gerald Weeks suggested paring infidelity couples treatment with individual therapy to increase individual insight and awareness (Smith, 2011).

Fife et al. (2008) identify three aspects of assessment important to use during treatment including: individual risk factors (i.e. personal beliefs, defense mechanisms, and expectations, etc.), the couple’s relationship dynamics (i.e. patterns in communication, conflict resolution, etc.), and family of origin influences. Assessment considerations adapted by Fife et al. (2008) include the following:

1. Type of infidelity (i.e. physical, emotional, on-line)
2. Time frame/duration of infidelity; frequency of contact; location of encounters
3. History of past infidelity (i.e. number of previous affairs; sex addiction issues)
4. Relationship of infidelity-partner to both the cheating and non-cheating partner
5. Degree of collusion by the non-cheating partner
6. Perceived attractiveness of the infidelity-partner
7. Social and cultural context of infidelity

Researchers suggest assessing risk factors including: “low marital satisfaction, poor self-esteem, a permissive attitude toward infidelity, justification, social and cultural norms, and biological factors (Fife et al., 2008). Gerald Weeks states the strongest risk factor in correlation to infidelity is diminished marital satisfaction (Smith, 2011).

Academics have found that when providing therapy to couples that have experienced infidelity it “may be useful for clinicians to focus on the relationship as a whole, rather than concentrating only on the infidelity” (Blow & Hartnett, 2005, p. 229). This idea is further supported by Gerald Weeks identification of common errors clinicians make in infidelity treatment including not creating a rule of confidentiality, issues with counter transference and not using a systematic model or theory of counseling (Smith, 2011). Clinician should also understand the importance of structure in treating infidelity, which is easily provided with cognitive-behavior interventions (Snyder, Baucom, & Gordon, 2007).

Snyder, Baucom, and Gordon (2008) suggest an integrative approach where clients process the impact, identify and explore factors leading to the infidelity, and make an informed decision on moving on. Their “affair-specific intervention model” is a couple-

based treatment designed to “address both individual and relationship consequences of infidelity to have been empirically examined and supported in clinical research” (p. 300). Fife, Weeks and Gambescia’s approach to treatment is similar to the Snyder, Baucom, and Gordon’s model and includes five interrelated phases including: crisis management and assessment, systemic considerations, facilitating forgiveness, treating factors that contribute to infidelity, and promoting intimacy through communication (2008). This model is outlined in table 25.

Table 25

Fife, Weeks and Gambescia's Integrative Approach to Treating Infidelity

Phase	Process	Clinicians Responsibilities	Couples Responsibilities
Phase 1 Crisis Management	Focuses on emotional reactions, commitment, accountability and trust, assessment.	<p>Clinicians need to provide a safe environment.</p> <p>Explain feelings and how they will diminish in time.</p> <p>Clinicians need to stay non-judgmental.</p> <p>Assess for commitment (related to therapy & relationship)</p> <p>Clinicians should assess the infidelity as well as risk factors</p>	<p>Couples are encouraged to listen to each other.</p> <p>Couples are taught that trust is built through time, honest communication, and accountability.</p> <p>Couples are encouraged to create a communication plan.</p> <p>Couples are asked to create a definition of infidelity for their relationship.</p>
Phase 2 Systemic Considerations	Focuses on treatment needs (i.e. couples, individual therapy) and the relational and systemic factors of the relationship.	<p>Clinicians help couples evaluate relationship prior to infidelity.</p> <p>Clinicians may use a genogram to assess for intergenerational patterns.</p> <p>Clinicians use reframing to help couples view problems and highlight positive aspects of relationship which couples often miss</p>	<p>Couples are encouraged to share accountability for quality of relationship.</p>
Phase 3 Facilitation forgiveness	Forgiveness is a crucial aspect of treatment. Unifying factors such as empathy & relational commitment is important.	<p>Clinicians must understand the interrelated nature of the forgiveness process.</p> <p>Clinicians encourage cheating partner to use empathic listening.</p> <p>Clinicians normalize feelings.</p>	<p>Couples are encouraged to define forgiveness.</p> <p>Couples are asked to reflect on shared goals, their connection, and love, in order to facilitate commitment and hope.</p> <p>Cheating partner is asked to apologize.</p>

Table 25

Fife, Weeks and Gambescia's Integrative Approach to Treating Infidelity Continued

<p>Phase 4 Treating Factors that Contribute to Infidelity</p>	<p>Focuses on understand why infidelity occurred and how to prevent.</p>	<p>Clinicians focus on intimacy-based issues. Clinician explores relationship expectations.</p>	<p>Couples are asked about their commitment, passion (romance; physical attraction; sexual desire) and intimacy. Couples are asked to reflect on expectations.</p>
<p>Phase 5 Enhancing Intimacy through Communication</p>	<p>Identifies importance of communication and how it can limit emotional closeness/intimacy.</p>	<p>Clinicians evaluate couples communication and identify improvements.</p>	<p>Couples may be taught reflective listening and assertive communication skills (i.e. I statements).</p>

Fife et al. (2008) discuss the importance of conveying (without judgment) infidelity and its associated deception is intolerable in a committed relationship. Another important consideration when treating infidelity is an understating of the negative emotional and behavioral effects, which both partners may experience. According to Snyder et al. (2008) these negative effects include the following:

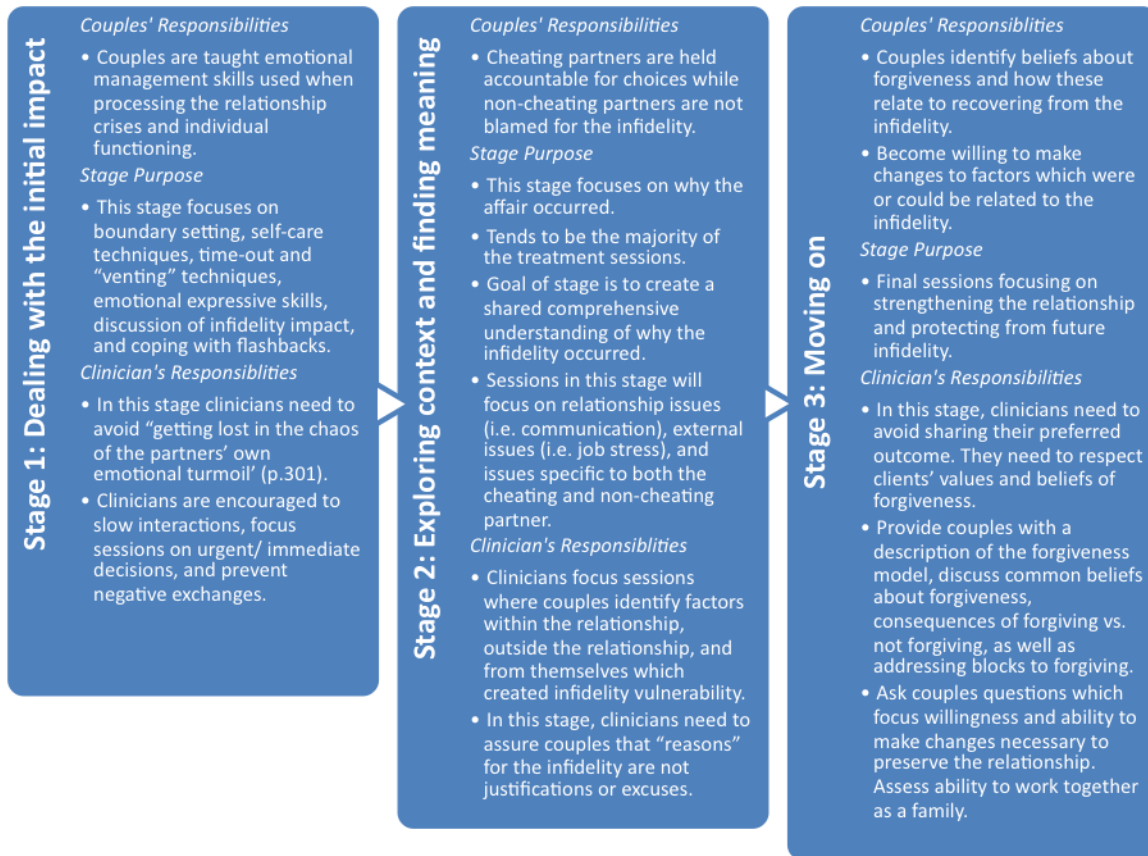
1. Partner Violence
2. Depression
3. Suicidal Ideation
4. Acute Anxiety
5. Symptoms Similar to Posttraumatic Stress Disorder (PTSD)
 - a. Violation of fundamental assumption regarding their partner
 - b. Violation of fundamental assumption regarding themselves
 - c. Violation of fundamental assumption regarding their relationship
 - d. Shattering of Core Beliefs
6. Vacillating Feelings of Rage
7. Overwhelming Powerlessness
8. Victimization
9. Abandonment

Fife et al. (2008) identified common feelings associated with infidelity including: shock, confusion, anger, denial, grief, pessimism, and self-doubt. Snyder, Baucom, and Gordon's model is similar to a trauma-based approach, which indicates a critical component of the model "involves developing a changed understanding of why the injury or betrayal

occurred and reconstruction a new meaning for the event” (2008, p. 301). A detailed description of their three-stage model can be seen in table 26 listed below.

Table 26

Snyder, Baucom, and Gordon's (2008, p. 301) Integrative Approach to Treating Infidelity.



Snyder et al. (2008) report effective infidelity treatment requires “explicit, active interventions by the therapist to establish and maintain a therapeutic environment” (p. 301). According to Snyder et al. (2008) to achieve this goal clinicians must accomplish the following three tasks:

1. Establish and environment of safety and trust
2. Demonstrate competence
3. Prepare the couple for therapy by providing a conceptual model of treatment

However, Weeks indicates that clinicians treating couples need to first and foremost establish their rules for confidentiality (Smith, 2011). Weeks suggests using a confidentiality rule he calls “accountability with discretion” where clinicians indicate they will maintain clients confidence as long as it does not hinder with the couples therapy, at which point he suggests having the client disclose the secret in session (Smith, 2011, p. 335).

In treating infidelity, a couple’s discussion of the infidelity must be balanced (not allowing for domination) which is achieved through a structured therapeutic session (Snyder et al., 2008). Clinicians should avoid encouraging and/or supporting unrealistic commitments couples may suggest such as never speaking again (particularly if the couple has children or work together). Weeks discusses the importance of the cheating partner’s accountability. When treating infidelity the cheating partner must take accountability for the infidelity as well as validate the feelings of the non-cheating partner (Smith, 2011).

Typically trust is a shared goal after infidelity, as the cheating partner will want to instill trust in the relationship and the non-cheating partner will want to regain trust in the relationship. Since rebuilding trust is an essential component of infidelity treatment it is imperative the clinician encourages the cheating partner to be honest about new boundaries set with the person they had an affair with (Snyder et al., 2008). Weeks indicates trust is something that is regained slowly and couples need to be aware that trust will not return immediately (Smith, 2011). Regaining trust is a good indicator that couples are in the processes of moving on emotionally. Snyder et al. (2008) defines “moving on” involving the following factors:

“(a) each partner regains a balanced view of the other person and their relationship, they commit not to let their hurt or anger rule their thoughts and behavior toward the partner or dominate their lives, they voluntarily give up the right to continue punishing the partner for her or his actions or demanding further restitution, and (d) they decide where to continue in the relationship based on realistic assessment of both its positive and negative effects” (p. 304).

In an interview with Dr. Gerald Weeks discussing offline and online infidelity, Travis Smith asks “is this new phenomenon of Internet infidelity more difficult to treat than the traditional affair” (Smith 2011, p. 334). Weeks believes there is not a great difference in treating either infidelity, however, at times, it is more difficult when it is a “real person” because the non-cheating partner becomes hyperaware of the cheating partners’ whereabouts (Smith, 2011). However, Weeks explains, “the computer just makes things easier” because people can continue the infidelity without their partner knowing (Smith 2011, p. 335). He stated, in on-line infidelity “I see more people slip. They say, ‘I want to

quit, but I'm on the computer and I get an e-mail from the other person, or I get a chat invite, and it's just easier, and so I find myself wanting to talk to them because I think I can get away with it'" (Smith 2011, p. 335). The next section will discuss the difference between Internet addiction and infidelity.

Internet Addiction or Infidelity

The term Internet Addiction Disorder (IAD) is used to describe pathological compulsive Internet use. Dr. Ivan Goldberg, coined the term IAD along with the terms 'Webaholic' and 'Pathological Computer Use Disorder' (Wieland, 2005). The Diagnostic and Statistical Manual, IV (American Psychiatric Association, 2000) does not currently identify an Internet disorder. However, it is described under the category of Impulse Control Disorder, Not Otherwise Specified (Wieland, 2005).

Young (1998) stated, "In behavior-oriented addiction, those who get hooked are addicted to what they do and the feelings they experience when they are doing it" (Wieland, 2005). Therefore, people can be addicted to almost anything besides the usual, drugs, alcohol and gambling. The prevalence of IAD is difficult to estimate. Young (1998) estimates there were 56 million Internet users in 1997; based on the prevalence of other addictions, 5-10 percent of these Internet users will most likely experience IAD (Wieland, 2005). This number has likely been raised dramatically in the last 14 years; therefore the people that are experiencing IAD are likely significantly higher.

Wieland (2005) identified predisposing factors to IAD similar to individuals in recovery from alcohol, drug, gambling and overeating addictions. In Young's survey conducted in 1998, the respondents mainly had a history of suffering from depression,

anxiety and poor self-esteem. He concluded, computers are used to escape from problems at work, loneliness, relationship issues and financial problems. Putnam (2000) reports, “Intrapersonal factors associated with online sexual compulsivity include personality disorders, mood and anxiety disorders, and substance abuse and dependence” (Gonyea, 2004, p. 379).

Wieland (2005) identified signs and symptoms of IAD, including poor hygiene, lack of concern for one’s health, lack of physical exercise, poor nourishment and sleep deprivation. This is due to the obsessive hours spent on the computer, while neglecting one’s life. He also identifies other conditions such as cyber shakes (psychomotor agitation/typing of the fingers), carpal tunnel syndrome, body injuries, migraine headaches, numbness or pain in fingers (Wieland, 2005).

Young (1998) identified what is too much time on the computer. He claims 10 hours a day on a weekday and between 10-14 hours a day on a weekend, therefore, between 40-78 hours a week of time not used for productive work or home activities would be considered problematic Internet use and it could be an addiction (Wieland 2005). Other symptoms of IAD include craving Internet time, euphoria when online, denial about the time spent online, concealing time spent online, and repeated attempts to cut back on time spent online (Wieland, 2005). See table 27 for Internet Addiction Characteristics by Wieland.

Table 27

Internet Addiction Characteristics

Cyber sexual addiction	Use of adult websites for cybersex and pornography.
Cyber relationship addiction	Over-involvement with online relationships.
Net compulsions	Online gambling, shopping, and stock trading.
Information overload	Web surfing and database searching.
Addiction to Interactive computer games	Addiction to playing interactive computer games.

Note. Found in Wieland (2005, p. 154).

According to Young (1997), men and women experience IAD differently. She explains men tend to be seeking information, playing games and having cyber sex or looking at pornography; where women tend to use the Internet for support, friendship, romance and to complain about their current partners (Wieland, 2005).

It is important to identify signs of IAD not only for people in committed relationships, but especially for therapists that could be facing the new challenges of IAD in patients. A chart of the signs and symptoms of IAD are listed in table 28 below.

Table 28

Signs and Symptoms of Internet Addiction Disorder

General disregard for one's health
Reduction in physical activities craving more time on the computer
Neglecting family and friends
Lying to others as to how much time one spends on the computer
General decrease in socializing that disrupts relationships
Cyber shakes- psychomotor agitation and typing motions of the fingers
Physical signs of computer use such as Carpal Tunnel Syndrome, poor posture, back aches, migraines, poor personal hygiene, irregular eating, sleep deprivation, eye strain, dry eyes, lack of sleep (which can affect immune functioning), hormone secretion patterns, cardiovascular, and digestive patterns
Fantasy and dreams about the Internet
Trouble in school or with employees because of deteriorating performance as a result of excessive computer use
Financial difficulties and debt
Excessive time online and compulsive desire to do so
Euphoria when online
Inability to control the behavior
Repeated attempts to cut down or stop, only to return to the behavior
Denial that the problem exists, continuous behavior despite consequences
Feelings of withdrawal, anxiety, depression, when not being able to log-on

Note. Adapted from Orzack & Young (1998) and Byerley (1990) found in Wieland (2005, p.157).

Similarly, Carnes, Delmonico and Griffin (2001) describe a sexual addict as a person in pain that suffers from feeling bad and unworthy and they believe sex is his or her most important need. Carnes and his colleagues (2001) also describe a sexually addictive cycle as preoccupation, sexual compulsivity and despair (Wieland, 2005).

Wieland (2005) states, “Cooper (1998) further developed five hallmarks for sexual compulsions, behaviors that must endure for at least six months, denial, unsuccessful attempts to discontinue behavior, excessive amounts of time dedicated to the behavior, the behavior has a negative impact on social, recreational, psychological, and occupational functioning, and repetitious behavior despite negative consequences” (p.158).

Wieland (2005) reported, “The National Council on Sexual Addiction and Compulsivity (www.ncsac.org) estimates that there are 60 million Internet users, 300 million web pages, and 2 million Americans who are sexually addicted Internet users both in and out of recovery” (Wieland, 2005, p. 158). Wieland (2005) also cited Young’s Internet Addiction Test from 1998 (see Table 29) a helpful assessment tool to assist people and mental health professionals to identify addictive Internet behavior.

Gonyea (2004), defines problematic Internet use as “being uncontrollable, markedly distressing, time consuming, or resulting in social, occupational, or financial difficulties not during hypo manic or manic episodes” (p. 379). They further explain that research indicates a link between problematic Internet use and online sexual compulsivity and hypersexual disorder as defined in the DSM IV (Gonyea, 2004). Shapira et al., describes that “In one study, 100% of respondents diagnosed with problematic Internet use also met DSM IV criteria for Impulse Control Disorder, Not Otherwise Specified, indicating Internet use is more impulsive than compulsive” (Gonyea, 2004, p. 379).

Table 29

Young's Internet Addiction Test

To assess your level of addiction, answer the following questions using this scale:				
1= not at all	2= rarely	3= occasionally	4= often	5= always
1. How often do you find that you stay online longer than you intended?				
2. How often do you neglect household chores to spend more time online?				
3. How often do you prefer the excitement of the Internet to intimacy in your relationship?				
4. How often do you form new relationships with fellow online users?				
5. How often do others in your life complain to you about the amount of time you spend online?				
6. How often do your grades or schoolwork suffer because of the amount of time you spend online?				
7. How often do you check your email before something else that you need to do?				
8. How often does your job performance or productivity suffer because of the Internet?				
9. How often do you become defensive or secretive when anyone asks you about what you do online?				
10. How often do you block out disturbing thoughts about your life with soothing thoughts about the Internet?				
11. How often do you find yourself anticipating when you will go online again?				
12. How often do you fear that life without the Internet would be boring, empty or joyless?				
13. How often do you snap, yell, or act annoyed if someone bothers you while you are online?				
14. How often do you lose sleep because of late night log ins?				
15. How often do you feel preoccupied with the Internet when offline, or fantasize about being online?				
16. How often do you find yourself saying, "just a few more minutes" when online?				
17. How often do you try and cut down the amount of time you spend online and fail?				

Table 29

Young's Internet Addiction Test Continued

18. How often do you hide how long you have been online?

19. How often do you choose to spend more time online over going out with others?

20. How often do you feel depressed, moody, or nervous when you are offline, which goes away once you are back online?

Note. Referenced by Wieland (2005, p.156) originally cited in Young (1998, p. 31-33).

Answer all questions. Add up number selected. The higher the score, the higher level of Internet addiction. Evaluate the score based on the following scale.

20-39 Points: average online user

40-69 Points: frequent problems exist regarding use of the Internet

70-100 Points: Internet usage is causing significant problems in life

Chaney and Dew (2003) shared a study of sexually compulsive participants that reported symptoms of dissociation and depersonalization during online sexual activity, including losing a sense of time, sense of self and self-identity, they felt disconnected from their thoughts, feelings and actions, as well as having poor interpersonal relationships (Jones & Hertlein, 2012).

It is important to determine one's Internet behavior as either Internet addiction versus Internet infidelity because the classification will dictate the appropriate treatment, number of sessions, whether or not the therapy will be for individual counseling or couple's counseling and to what extent the therapist will believe the problem is individually or couple based (Jones & Hertlein, 2012). Nelson and colleagues (2005) discovered little agreement upon professional's definition of Internet infidelity or treatment strategies for treating Internet infidelity (Hertlein, 2011). In table 30 below, Jones & Hertlein (2012) describe the four key dimensions in distinguishing problematic Internet behaviors.

Table 30

Four Key Dimensions in Distinguishing Problematic Internet Behaviors

Dimension	Internet Addiction	Internet Sex Addiction	Internet Infidelity
Involved Parties	Primarily an individual activity	Primarily an individual activity	Primarily a relational activity, generally an identifiable third person
View of Problem	Characterized by time (hours) spent on the Internet	Characterized by the content of activities, online or otherwise	Characterized by the content of activities online, time spent online is primarily conducted in secret from the primary partner
Physical Symptoms	Tolerance, withdrawal are key concepts with regard to online opportunities	Tolerance, withdrawal are key concepts with regard to exposure to sexually explicit material	Tolerance, withdrawal do not play a part
Presence/Absence of Addictive Properties	Speed, accessibility, potency of information are factors	Speed, accessibility, potency of information are factors	Relationship, sexual, and connection are factors

Note. Found in Jones and Hertlein (2012, p.119).

As identified in the chart above there are four categories to help distinguish between Internet Addiction, Internet Sex Addiction and Internet Infidelity. The first category is involved parties, as the only behavior that typically involves another person is Internet infidelity (Jones & Hertlein, 2012).

The view of the problem, many researchers have defined the main symptom of Internet Addiction as the number of hours one would need to be on the Internet to classify them as having an Internet Addiction. For example, Young (1996) defines those who have an Internet Addiction as an individual whose Internet activities add up to 19-38 hours or more per week, this is compared to non-addicts who typically spend 4.7 hours on the computer weekly (Jones & Hertlein, 2012). However, Grohol (1999) disagrees with these findings and instead believes the non-addict spends 5-20 hours online a week and the addict spends 18-48 hours online a week (Jones & Hertlein, 2012). However, Schneider et al., (2002) believes the focus should not be on the time a person is on the Internet, but rather the potential sexual activities of the person online. Therefore, they propose therapists take a thorough sexual history of the person and an assessment of three key areas: amount of time on the computer a week, the times during the day the person is online and the content of the online activities (Jones & Hertlein, 2012).

The third dimension, physical symptoms, identifies three major categories tolerance, withdrawal and cravings. Griffiths (2000) refined this to include salience, mood modification, tolerance, withdrawal symptoms, conflict, and relapse (Jones & Hertlein, 2012). Young (1998) found that some of the respondents in her research reported having cravings similar to those of people experiencing nicotine withdrawal. Finding out whether or not the client's Internet use has significantly increased over time can help a clinician

determine the patient's tolerance. Also a client's motivation for Internet use such as using the Internet as a distraction, stress-relief, or to just feel better. They may be feeling withdrawal symptoms if they report anxiety moodiness or being irritable.

Lastly, addictive properties such as accessibility and approximation can help a therapist determine the difference in a potential diagnosis. In the addictive categories speed and accessibility were major factors in contrast to the Internet infidelity category where relationship and sexual connection were the factors (Jones & Hertlein, 2012). Table 30 lists Young's Internet Addiction Test, which may assist clinicians in identifying the type of behavior exhibited by their patient. Treatment options for Internet Addiction are Cognitive Behavioral Therapy, psychopharmacology, addiction treatment or self help support groups further explained in table 31 (Wieland, 2005).

Table 31

Treatment Options for Sexual Addiction

Cognitive Behavioral Therapy (CBT)	Based on Beck's theory (1976) that thoughts determine feelings. CBT can help the client identify thoughts and feelings that are creating the person to meet their needs in an unhealthy way on the Internet. The stages identified are precontemplation, contemplation, preparation, maintenance, and termination. In CBT the therapist will also assist the client in identifying thinking errors. ²⁰
Psychopharmacology	Behavioral therapies are often combined with medications. Selective serotonin reuptake inhibitors such as Luvox, Zoloft and Prozac are prescribed to treat OCD and depression and anxiety disorders. Depression is often a co-morbidity for those with Internet Addiction. Depression is linked to those with higher Internet use.
Addictions Treatment and Self Help Groups	There is a Center for Online Addiction at it's web site http://www.netaddiction.com and other resources include Institute for Addiction Recovery at http://www.addictionrecov.org and the Computer Addiction Services at http://www.computeraddiction.com and The National Counsel on Sex Addiction and Compulsivity at http://www.ncsac.org . There are also 12 step programs available for community support such as Sexual Addicts Anonymous http://www.sexaa.org .

Note. Found in (Wieland, 2005).

²⁰ Examples of thinking errors commonly used in addictions.

Stonewalling- "What I do on the computer is my business."

Blaming- "It's not my fault, my wife got me hooked on this."

Excusing- "Other people use the Internet, why cant I?"

Minimizing- "Hey, It's just a machine."

Rationalizing- "I'll quit the Internet tomorrow."

Attacking- "You have a lot of nerve asking me to quit the Internet" (Wieland, 2005, p.153).

Treatment of Online Infidelity

In 2006, Teich wrote, “Emotional infidelity is intense but invisible, erotic but unconsummated. Such delicious paradoxes make it every bit as dangerous as adultery” (Teich, 2006, p.81). This quote demonstrates that though a relationship may be emotional and not physical it can still be very damaging in a committed couple’s relationship and due to the prevalence of modern technology it is at everyone’s fingertips. In table 32, Teich (2006) explains telltale signs of a person that is inclined to be emotionally unfaithful.

Table 32

Signs that a Person is Inclined to Emotional Infidelity

Have a special confidante at the office, that is receptive to your feelings and fears that you do not discuss with your partner.
Share personal information and discuss negative feelings about your partner.
Meeting a friend for dinner and a drink to discuss your partner and staying out late and not calling your partner.
Humiliate your partner in front of others, saying he or she is a loser or sexually inadequate.
Have the energy to tell your stories only once and saving the juicy details for an office or Internet friend.
Hook up at a high school reunion, feel a spark and decide to reconnect on the Internet or through email.
Keep secret or password protect your Internet accounts or gets upset if your partner looks at you private messages.

Note. Found in Teich (2006, p. 83).

As discussed in previous chapters there are numerous ways to conceal an affair and due to technology having an affair is easier than ever. Mc Carthy (2006) believes it is the secrecy of the affair that is so damaging. He explains the importance of ‘putting everything out on the table’ as the way to begin the healing process. He states, many people think that too much discussion about the affair is harmful; however, he disagrees and advocates that the cheating partner disclose all the information to the non-cheating partner in order to be able to process the information and move forward. He also believes intimacy should resume as soon as possible, in order to restore closeness (Teich, 2010).

In general therapists report using solution focused, Trans-Generational theories and Emotionally Focused therapies when treating couples for online infidelity (Hertlein, 2011). Conducting therapy should first start with a proper and thorough assessment and diagnosis of whether or not infidelity in the specific patient is a compulsion or an addiction. In table 33 below, there are five errors that should be avoided by therapists when doing therapy with people that have Internet addictions.

Table 33

Five Errors Therapists Should Avoid When Treating Clients with Internet Addictions

Don't assume the patient/involved partner is addicted to the computer or sex. Do a thorough assessment.
Don't assume a woman who cheats online is more pathological than a man. Women are just as technologically savvy as a man and their rates for infidelity are almost as high.
Don't treat a second-order change problem from a first-order perspective. Such as moving a computer to a more public place. He states this is a mistake because computers and smart phones are everywhere.
Not having a clear definition of the problem. Have a thorough exam that includes physical (alcohol/caffeine), emotional, and sexual factors.
Not considering the self of therapist in your work. Be aware of personal bias.

Note. Found in Melby (2010, p. 4).

Another aspect of online cheating is how the unfaithful partner may be scrutinized, since every email and text message becomes suspect to the non-cheating partner (Melby, 2010). According to Young et al., (2000) “The ACE model proposes three variables anonymity, convenience, and escape that can lead to virtual adultery” (p. 62).

The anonymity of electronic transactions allows people to secretly engage in erotic chats without getting caught by their spouse. The anonymity also gives the user a perceived sense of control of the content, tone and nature of the online experience. Cyber affairs often begin in chat rooms, which allow people to have real time conversations using screen names. Since there are no facial signs to evaluate, there is a decrease of feeling judged or rejected, the anonymity usually allows for a more open discussion and increases the users feelings of comfort (Young et al., 2010).

Email, chat rooms, news groups and role-playing games make meeting new people very convenient. People are able to socialize and begin relationships in the privacy and convenience of their own homes. Sex is the most searched topic and as many as a third of Internet users have been to some type of sexual site (Young et al., 2000). The sexual encounters occur in the privacy of a person’s home or office, which helps reduce their inhibitions. People are seduced by titles such as Cheating Wife or Lonely Husband and though they may be initially surprised by the willingness of others to have affairs, this sometimes seduces and intrigues them. Regardless of the way it occurs it is likely to cause significant damage in the person’s face-to-face committed relationship (Young et al., 2000).

An online affair with or without a sexual component may create a type of high, which is a characteristic of addictions. According to Young (2000), “The high provides an

emotional or mental escape and serves to reinforce the behavior” (p. 64). Table 34 below is a checklist of potential behaviors displayed by someone having a cyber affair. Table 35, has a list of guidelines for treating couples involved with a cyber affair. It is important for professionals to appropriately screen the extent of the problem.

Websites for additional professionally developed screens can be found in appendix II (Young et al., 2000).

Table 34

Detection of a Suspected Cyber Affair

Change in sleep patterns	Chat rooms and meeting place don't heat up until late at night, so an unfaithful partner may stay up late or get up early.
A demand for privacy	70% of people surveyed found that they kept secret the amount of time they were online for sexual pursuits. The person may move the computer or password protect it.
Other responsibilities ignored	Anytime someone increases their time online their other responsibilities will likely suffer.
Evidence of lying	The offending partner may hide credit card bills for online services or telephone bills.
Personality changes	People confronted with their Internet use may become angry, demonstrating denial and blaming or rationalization.
Loss of interest in sex	Some cyber affairs evolve into phone sex, or actual in person sex, however, cybersex alone often includes mutual masturbation. If someone's sex drive decreases it could be because they found another sexual outlet.
Declining investment in the relationship	Those involved in a cyber affair may have less energy to engage in previously enjoyed intimate activities. They may avoid discussing long-term plans.

Note. Found in Young et al. (2000).

Table 35

Guidelines for Treating Couples Involved With a Cyber Affair

Set specific goals	Goals should be established in the counseling session. By setting goals it will help the therapist evaluate the couple's expectations.
Use nonjudgmental language	The therapist should encourage healthy communication skills and teach the couple to use "I statements." The therapist should help clients stay focused on one issue at a time.
Reduce shame	Clients will need an opportunity to feel and own their own shame. The therapist should look for co-dependency in partners.
Use empathic listening	Help clients to actively listen and be respectful and supportive when offering feedback.
Consider other alternatives	If face-to-face couple's therapy is not helpful or worse possibly harming, then individual counseling should be explored.

Note. Found in Young et al. (2000).

How to rebuild marital trust Young et al., (2000).

- Rules for computer use at home: Help the couple identify reasonable ground rules, such as moving the computer to a public area or putting software such as Freedom or Integrity, which block adult websites on the computer. If addiction is an issue then the computer may have to be removed for a period of time or indefinitely.
- Avoid defensiveness-like rationalizing: Clients may minimize or rationalize their behaviors, in example, “it was only on the computer, it wasn’t real” and it is important for therapists to not support these thinking errors and instead teach them ways to take accountability for their choices. In clients with an addiction, additional support of a 12-step program may also be helpful to increase accountability, usually due to peer confrontation of thinking errors and shared support.
- Review Commitment: Therapists should encourage clients to set relationship enhancing goals to increase positive interaction and intimacy to renew their commitment to each other. Encourage couples to engage in previously enjoyed activities with each other. While increasing clients’ awareness of potential problems.

As explained in an earlier chapter the seven A's, acceptable, accessible, affordable, anonymous, approximation, ambiguity and accommodation are important to remember when treating clients with Internet infidelity. This is important for treatment because these factors create an almost impossibility to completely avoid technology and therefore they need to be included in the treatment plan (Hertlein, 2011).

Hertlein, Weeks and Gambescia (2008) created a “framework which provides the therapist a structure to attend to five dimensions in a client’s system; individual biological, individual psychological, dyadic, family-of-origin, and socio-cultural. This approach summarized in table 36 has been applied to a variety of sexual functioning issues such as Erectile Dysfunction, Hypoactive Sexual Disorder, Sexual Addiction, Vaginismus and Dyspareunia and infidelity” (Hertlein, 2011, p. 166).

Table 36

Managing Dilemmas within Internet Infidelity Treatment

Dimension	Individual	Dyadic	Family-of-Origin	Socio-cultural
Assessment	Anxiety management skills, accommodation, triggers, fears preventing change.	Relationship stress/communication and fear.	History of intimacy avoidance and/or triangulation in response to anxiety, poor communication	Accessibility Anonymity Acceptability
Treatment	Resolving Underlying emotions,	Resentment, issue of power and control, communication skills training.	Connection to a family legacy.	Peer group, norms, Approximation Affordability Ambiguity
Accounting for self-of-therapist	Examine your personal characteristics and biases using table 37 below.	Intimacy management, communication skills, telling the story, forgiveness, type of information	Moderating effects of family influences, loyalty	Ambiguity
Moving forward	How will each person move forward from this point? Accommodation	Should I encourage the non-involved spouse to monitor partner's activities?	How has the concept of one's family changed? Acceptability	How is the couple managing the seven As? Accommodation

Note. Found in Hertlein (2011, p.167).

Table 37

Sample Self-of-Therapist Assessment Questions

Dimension	Individual	Dyadic	Family-of-origin	Socio-cultural
Values and feelings related to infidelity.	How did your own infidelity impact you negatively, if at all? How did it impact you positively, if at all?	How did your partner's infidelity impact you negatively, if at all? How did it impact you positively, if at all?	How did infidelity within your parent's relationship impact you negatively, if at all? How did it impact you positively, if at all?	What are your views and beliefs about infidelity in general?
Values and feelings related to technology.	How do you believe technology/Internet helps people? How do you believe technology/Internet affects people negatively?	How do you believe technology/Internet facilitates relationships? How do you believe technology/Internet hinders couples relationships?	What was the role of Internet/technology in your family of origin?	What is the role of technology use in society? According to society and cultural, what are expected uses? Inappropriate uses?

Note. Found in Hertlein (2011, p.170).

Learning to manage dilemmas will assist therapists by encouraging a more comprehensive assessment, while exploring their own self-awareness of their biases, allowing the therapists to still incorporate their own personal theoretical framework (Hertlein, 2011).

CHAPTER VI

RECOMMENDATIONS

Discussion

This research study was a strong first step towards identifying the use of technology and how it aids infidelity. The data analysis confirmed that technology is used frequently to aid infidelity. Moreover, the use of technology makes concealing infidelity as easy as the touch of a button. Infidelity can occur in front of the non-cheating partner without them ever knowing, particularly with the use of texting, e-mailing, and social media.

Researchers have started to adapt treatment modalities to help therapists work with couples experiencing Internet infidelities. The additional factor of technology use (including frequency) needs to be addressed during the assessment phase. There are many different treatment options available to therapists. Despite which model a therapist uses, it is important to establish confidentiality, confidence, and competence when treating couples with infidelity.

Limitations of Study

The primary limitation of this study is the sample. The majority of the population was on-line, using Survey-Monkey, posted on researchers and associated friends Facebook pages. This is a non-probability sample, which limits research ability to generalize the results. A large portion of participants were from an outpatient sex-offender treatment program. There are concerns when using a court-mandated population. For example, they may not believe the survey is voluntary and/or confidential. This is a concern when interpreting the results as these participants may have been dishonest for fear of their

responses being known. On the other hand this population's social desirability may be high as they may have a tendency to give responses congruent with societal norm. University students accounted for the remainder of the population. While university students are often used in research, this will limit the ability to generalize the findings. Therefore, this research should be replicated among a more diverse population.

Due to the highly sexual atmosphere associated with Las Vegas (i.e. slogans like "what happens in Vegas, stays in Vegas"), it is possible that native Las Vegans may hold different attitudes about infidelity. Therefore, this study should be replicated with a population outside of Las Vegas. Furthermore, participants' responses may be hiding their true biases. In future studies, participants' social desirability could be looked at in an effort to control for hidden bias. Another issue to consider is whether or not participants understood all items being asked.

Further analysis needs to be run focusing on the demographics and personal characteristics of participants. For example, do men and women differ in their attitudes, does age, sex drive, religiosity, or ethnicity change response patterns? There is more analysis that can and will be done with the data collected but this dissertation was focusing on whether or not technology aided in infidelity.

Recommendations for Future Research

This study should be replicated with a different population in order to generalize the findings. Gender, age, race and other factors should be compared between group responses on the infidelity items. Additional items asking about technology use should be included in

future studies. This new information about the use of technology in infidelity is potentially useful and could be used in initial assessments for therapy to aid in treatment.

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APPENDICES VIII

Appendix I

Infidelity and Modern Technology Survey

PLEASE READ THIS PAGE BEFORE COMPLETING THE QUESTIONNAIRE

1. The general purpose of this survey is to investigate beliefs about infidelity. You will also be asked to provide some demographic information (i.e. age, gender). You may choose to refuse to answer any questions that make you uncomfortable. Participation is completely **VOLUNTARY** and you have the right to refuse to participate and withdraw from the study at any time.

2. All of the information provided is **COMPLETELY ANONYMOUS**. To ensure anonymity please do not make any identifying marks on the answer sheets (please do NOT write any names or identification numbers on the forms). No names or other identifying information will be written on the answer sheets once they are collected. The information collected will be completely confidential and will be reported in group form, keeping individual responses anonymous.

3. Completed answers booklets should be placed into the envelope marked research. This envelope will be sealed at the end of the session to ensure confidentiality.

THIS RESEARCH IS BEING CONDUCTED BY **JODI NISWONGER AND JOEY PUCCI** AS PARTIAL COMPLETION OF A DOCTORIAL PROGRAM. JODI AND JOEY CAN BE REACHED AT **898-5311**.

Demographics

Please answer each question. This is a completely anonymous survey, so please honestly answer as many questions as possible.

1. Age: _____ 2.
Gender: Male Female

3. Highest level of education you have completed: *(Please circle one)*

1. Middle School	2. Some High School	3. High School Graduate
4. GED	5. Some College	6. College Graduate (B.A.)
7. Vocational School	8. Some Graduate/Professional School (M.A., M.D., Ph.D., etc)	9. Graduate/Professional School (M.A., M.D., Ph.D., etc)
	10. Other (please specify): _____	

4. City of Birth: _____

5. If born outside of Las Vegas, how long have you been living here? _____

6. What is your first language? _____

7. On a scale of 1 to 5, how comfortable are you at READING/UNDERSTANDING English? *(Please circle one)*

1	2	4	3	5
not at all comfortable		somewhat comfortable		
		extremely comfortable		

8. What do you consider BEST describes your ethnic origin? *(Please circle one)*

Asian	American Indian or Alaska Native	Black/African-American
Hispanic		
Native Hawaiian or Other Pacific Islander	White/Caucasian	
Other: _____		

9. What religion do you belong to? *(Please circle one)*

- | | | |
|-----------|--------------|-------------------------------------|
| 1. None | 2. Christian | 3. Mormon |
| 4. Jewish | 5. Islamic | 6. Other (<i>please specify</i>): |
| | | _____ |

10. Do you think of yourself as a religious or spiritual person? (*Please circle one*)

- | | | | | |
|-------------------|-----------------|-------------|--------------------|---------------------|
| 1 | 2 | 3 | 4 | 5 |
| <i>Not at all</i> | <i>A little</i> | <i>Some</i> | <i>Quite a bit</i> | <i>Very much so</i> |

11. What is your sexual orientation? (*Please circle one*)

- | | | |
|--------------|----------|------------|
| Heterosexual | Bisexual | Homosexual |
|--------------|----------|------------|

12. What is your current relationship status? (*Please circle one*)

- | | | |
|----------------------|-----------------------------|------------|
| Domestic Partnership | Single | Married |
| | Divorced | Separated |
| Widowed | In a committed relationship | Common-Law |

Survey

13. Have you ever engaged in sexual intercourse?

Yes No

14. If yes, at what age did you first have sexual intercourse?

15. Have you ever been employed in the commercial sex industry?

Yes No

16. Have you ever participated in a swingers' club and/or an anonymous sex club?

Yes No

17. If yes, how often? (*Once a week etc.*) _____

18. Have you ever purchased sex (or some other service) from a prostitute?

Yes No

19. If yes, how often? (*Once a week etc.*) _____

20. If yes, what service(s) have you purchased?

21. Have you ever frequented a massage parlor?

Yes

No

22. If yes, how often? (*Once a week etc.*) _____

23. If yes, what service(s) have you purchased while at a massage parlor?

How often do you currently engage in the following behaviors?

24. Intercourse

yearly

daily

never

weekly

monthly

25. Masturbation daily weekly monthly
 yearly never

26. View Pornography daily weekly monthly yearly never

27. How often would you like to have intercourse?

daily weekly monthly yearly never

28. What type of technology have you used in the past or are currently using?
 (Please check all that apply)

- Desktop Computer
- Laptop Computer
- Tablet/ iPad
- Video Cam
- Smartphone
- iPod
- Web TV
- Other _____

29. While in a relationship that lasted longer than one month, where fidelity was expected, did you cheat? Yes No

30. If yes, was it a Physical Affair Emotional Affair
 Both

*Physical Affair is defined as any sexual contact *Emotional Affair is defined as an intimate relationship with someone you are attracted to without sexual contact

31. What was your reason for cheating? (Please check all that apply)

- Being in a relationship where your partner was not involved
- Being in a relationship with an insensitive partner
- Think the current relationship was a mistake
- Think the current
- Having the desire to have sex with someone who is not your current partner
- Just to get back at your current partner
- Thinking cheating is a game
- Thinking cheating is a
- Current partner is not able to have a sexual relationship
- Decrease in current partners sexual desire/drive
- Decrease in sexual activity
- Having a higher sexual desire frequency than current partner
- Having a sexual partner that does not want to engage in certain sex acts (i.e. anal sex, oral sex etc.)
- Marrying at a young age
- Having an arranged marriage
- Having few sexual relationships prior to current relationship
- Seeking arousal

- relationship will end
- Being seduced
- Getting an opportunity to cheat
- Thinking the other person is attractive
- right
- Having a unsatisfying sexual relationship with your current partner
- Feeling sexually out of control
- Seeking new sexual experiences
- Seeking sexual enjoyment
- Being bored in current relationship
- Cheating because your current partner cheated on you
- Current partner is unwilling to have a sexual relationship
- Other_____

32. Has a partner ever cheated on you while in a relationship that was longer than one month where fidelity was expected? Yes _____ No _____

33. Has Technology (i.e. Facebook, use of internet, texting, etc.) ever facilitated in or aided infidelity in your relationships? Yes _____ No _____

34. If Yes, Which device was used (i.e. Facebook, cell phone, internet, etc.)?

35. How much did the use of technology contribute to the infidelity? *(Please Circle One)*

Mostly Somewhat A little Not at all

36. If your partner cheated on you would you prefer your partner to have a Physical Affair (Involving any sexual contact with someone they are attracted to) or an Emotional Affair (Involving an intimate relationship with someone they are attracted to without sexual contact)? (Please circle one)

Physical Affair Emotional Affair

37. How do you define cheating? *(Please check all that apply)*

- Vaginal sex
- Giving oral sex
- Fondling someone's genitals that is not your current partner
- Phone sex
- Receiving a lap dance
- Giving a lap
- Anal sex
- Kissing
- Masturbating in front of someone who is not your current partner
- Frequenting a strip club
- Sex with a prostitute
- Receiving oral sex
- Masturbation
- Sexting (sending sex related texts or emails)
- Emotional affair - sharing intimate details with someone other than your current partner
- Emotional (texting only affair)
- Viewing pornography
- Masturbating to pornography

- dance
- Frequenting an adult book store
- Trying to pick-up someone who is not your partner without intent to have sexual contact (i.e. Pick-up artist)
- Masturbating to fantasies of someone other than your current partner
- Skinny dipping
- Setting up a online dating profile
- If your partner has sex with someone of their same-sex while you are in the room
- Masturbating at an adult book store
- Posting nude photos of self on the internet
- Solely viewing people at a swinger's club
- Participating in a swinger's club without your current partner
- Participating in a swinger's club with your current partner
- Flirting
- If your avatar has sex with another avatar
- If your partner has sex with someone of their same-sex without you there
- Using web cam to view nudity or sex
- Using web cam to expose self to others
- Anonymous sex
- Discussing sexually explicit content in chat rooms
- Not identifying your relationship status when using social media (i.e. Facebook)
- Having a relationship with someone online only
- Having thoughts of someone other than your current partner during sex
- Playing strip poker (or other games involving nudity)
- Taking a body shot off of someone who is not your current partner
- Participating in an anonymous sex club with your current partner
- Participating in a anonymous sex club without your current partner
- Looking up an ex-partner on Facebook
- Other_____

Appendix II

Screening Tools

Cyber sexual addiction test

(www.netaddiction.com/cybersexual_addiction.htm)

Online sex addiction questionnaire

(www.onlinesexaddict.com/osaq.html)

VITA
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