



## One in Four Employees Addicted to the Web, According to New Survey From Websense Inc.

*But Only 8 Percent of Companies Report Any Knowledge of Workplace Cyber-Addiction*

SAN DIEGO Aug. 21, 2002 -- Even though 25 percent of employees report feeling addicted to the Internet, only 8 percent of companies report any knowledge of workplace cyber-addiction, according to a survey released today from Websense Inc. This reality gap could create serious legal and productivity problems for organizations, warn Internet addiction experts.

The survey - conducted by Harris Interactive and commissioned by Websense - polled 305 employees and 250 human resource managers from companies with up to 38,000 employees. The report found that workers spend more than one entire workday each week surfing non-work-related Web sites. In addition, 24 percent of workers reported that shopping sites are the most addictive online content. News (23 percent), pornography (18 percent), gambling (8 percent) and auctions (6 percent) followed on the list of most addictive Web categories.

Perhaps most importantly for employers, the survey found that many workers access addictive Web sites at work. For example, 67 percent of workers access news sites for personal reasons, and 37 percent access shopping and auction sites at the office. In addition, 2 percent of employees admit accessing pornography and 2 percent admit gambling online at work.

"Studies have shown that from 25 to 50 percent of cyber-addiction is occurring at the workplace," said Dr. Marlene Maheu, an Internet addiction expert and CEO of Pioneer Development Resources, Inc. - an organization dedicated to developing Internet and telehealth aids. "That means employees are getting paid to participate in activities that are not work-related."

While employees report accessing addictive content at the office, many corporations are failing to manage these types of Web sites in the workplace. For example, while 78 percent of employers block employee access to pornography, only 47 percent block access to gambling sites, 20 percent block shopping and auction sites, and 4 percent block news.

"The survey shows there is a huge gap between what employees are doing on the Internet and what employers know," said Harold Kester, chief technology officer for Websense Inc. "Left unchecked, free and open Internet use can lead to severe productivity and legal liability issues for organizations. Fortunately, employee Internet management (EIM) software makes it possible to balance work and personal Web surfing without it getting out of hand." For more information or to view the complete survey, please visit <http://www.websense.com/company/news/research/webatwork2002.pdf>.

About Websense, Inc.

Websense Inc. (NASDAQ: WBSN) is the worldwide leader of employee Internet management (EIM) solutions. Websense Enterprise software enables businesses to manage how their employees use the Internet, improving productivity, conserving network bandwidth and storage costs, and mitigating legal liability. Ranked the highest quality database in a recent test of EIM products, Websense delivers the most effective and comprehensive solution in the industry.

Founded in 1994, Websense serves more than 17,500 worldwide customers, ranging in size from 100-person firms to global corporations. These include more than half of the Fortune 500, approximately one-third of Japan's Nikkei 225 and half of the UK's FTSE 100, encompassing more than 12 million customer seats, pre-paid on a subscription basis. Websense has strategic technology relationships with CacheFlow (NASDAQ: CFLO), Check Point (NASDAQ: CHKP), Cisco (NASDAQ: CSCO), Microsoft (NASDAQ: MSFT), NetScreen (NASDAQ: NSCN), Network Appliance (NASDAQ: NTAP), SonicWALL (NASDAQ: SNWL) and others. For more information, visit [www.websense.com](http://www.websense.com).

### CONTACT

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