

EtreCheckPro version: 6.8.7 (68068)

Report generated: 2024-12-25 20:07:20

Download EtreCheckPro from <https://etrecheck.com>

Runtime: 2:56

Performance: Excellent

Problem: Computer is too slow

Description:

massive lag starts to occur when I drag the file and active the cmd tab option

If I restart, the issue goes away but comes back after some time

NOTE It only happens with the mouse, trackpad works just fine

Tried using other mice, still the same issue

Major Issues: None

Minor Issues:

These issues do not need immediate attention but they may indicate future problems or opportunities for improvement.

No Time Machine backup - Time Machine backup not found.

Heavy RAM usage - Apps are using a large amount of RAM.

Apps crashing - There have been numerous app crashes.

Apps with heavy CPU usage - There have been numerous cases of apps with heavy CPU usage.

Clean up - There are orphan files that could be removed.

Unsigned files - There are unsigned software files installed. These files could be old, incompatible, and cause problems. They should be reviewed.

Limited permissions - More information may be available with Full Disk Access.

Hardware Information:

MacBook Pro (14-inch, 2021)

Status: Supported

MacBook Pro Model: MacBookPro18,3

Apple M1 Pro (m1) CPU: 8-core

16 GB RAM - Not upgradeable

Battery: Health = Normal - Cycle count = 4

Video Information:

Apple M1 Pro

Color LCD 2704 x 1756

Drives:

disk0 - APPLE SSD AP0512R 500.28 GB (Solid State - TRIM: Yes)

Internal Apple Fabric NVM Express

disk0s1 [APFS Container] 524 MB

disk1 [APFS Virtual drive] 524 MB (Shared by 4 volumes)

disk1s1 - iSCPreboot (APFS) [APFS Preboot] (6 MB used)

disk1s2 - xART (APFS) (6 MB used)

disk1s3 - Hardware (APFS) (3 MB used)

disk1s4 - Recovery (APFS) [Recovery] (20 KB used)

disk0s2 [APFS Container] 494.38 GB

disk3 [APFS Virtual drive] 494.38 GB (Shared by 6 volumes)

disk3s1 (APFS) [APFS Container] (11.20 GB used)

disk3s1s1 - Macintosh HD (APFS) [APFS Snapshot] (11.20 GB used)

disk3s2 - Preboot (APFS) [APFS Preboot] (6.84 GB used)

disk3s3 - Recovery (APFS) [Recovery] (1.04 GB used)

disk3s4 - Update (APFS) (2 MB used)

disk3s5 - Data (APFS) [APFS Virtual drive] (383.23 GB used)
disk3s6 - VM (APFS) [APFS VM] (3.22 GB used)
disk0s3 [APFS Container] 5.37 GB
disk2 [APFS Virtual drive] 5.37 GB (Shared by 2 volumes)
disk2s1 - Recovery (APFS) [Recovery] (1.77 GB used)
disk2s2 - Update (APFS) (3 MB used)

Mounted Volumes:

disk1s1 - iSCPreboot [APFS Preboot]
Filesystem: APFS
Mount point: /System/Volumes/iSCPreboot
Used: 6 MB
Shared values
Size: 524 MB
Free: 504 MB

disk1s2 - xART
Filesystem: APFS
Mount point: /System/Volumes/xarts
Used: 6 MB
Shared values
Size: 524 MB
Free: 504 MB

disk1s3 - Hardware
Filesystem: APFS
Mount point: /System/Volumes/Hardware
Used: 3 MB
Shared values
Size: 524 MB
Free: 504 MB

disk3s1s1 - Macintosh HD [APFS Snapshot]
Filesystem: APFS
Mount point: /
Read-only: Yes
Used: 11.20 GB
Shared values
Size: 494.38 GB
Free: 88.70 GB
Available: 98.59 GB

disk3s2 - Preboot [APFS Preboot]
Filesystem: APFS
Mount point: /System/Volumes/Preboot
Used: 6.84 GB
Shared values
Size: 494.38 GB
Free: 88.70 GB

disk3s4 - Update
Filesystem: APFS
Mount point: /System/Volumes/Update
Used: 2 MB
Shared values
Size: 494.38 GB
Free: 88.70 GB

disk3s5 - Data [APFS Virtual drive]
Filesystem: APFS
Mount point: /System/Volumes/Data
Encrypted
Used: 383.23 GB
Shared values
Size: 494.38 GB
Free: 88.70 GB
Available: 98.59 GB

disk3s6 - VM [APFS VM]
Filesystem: APFS
Mount point: /System/Volumes/VM
Used: 3.22 GB
Shared values
Size: 494.38 GB
Free: 88.70 GB

USB:

USB 3.1 bus
<Empty>

USB 3.1 bus
<Empty>

USB 3.1 bus
E-Signal - USB Gaming Mouse

Network:

Interface en4: Ethernet Adapter (en4)
Interface en5: Ethernet Adapter (en5)
Interface en6: Ethernet Adapter (en6)
Interface en0: Wi-Fi
802.11 a/b/g/n/ac/ax
Interface bridge0: Thunderbolt Bridge
Interface en7: iPhone

System Software:

macOS Sequoia 15.2 (24C101)
Time since boot: Less than an hour

Security:

Gatekeeper: App Store and identified developers
System Integrity Protection: Enabled
Secure Boot: Full Security

Antivirus software: Apple and Malwarebytes

Unsigned Files:

Running app: /Applications/Mos.app/Contents/MacOS/Mos

Apps: 2

System Extensions:

[Not Loaded] Malwarebytes Engine - version 5.9.0 (Malwarebytes Corporation - installed 2024-12-23)
Application: /Applications/Malwarebytes.app - version 5.9.0 (Malwarebytes Corporation - installed 2024-12-23)

Description: The Malwarebytes Engine extension manages your connection to the Malwarebytes VPN service.

[Not Loaded] AdBlockVPNMacOSProvider - version 2.1.8 (App Store - installed 2024-12-20)
Application: /Applications/AdBlock.app - version 2.1.8 (App Store - installed 2024-12-20)

System Launch Daemons:

[Not Loaded] 41 Apple tasks
[Loaded] 220 Apple tasks
[Running] 147 Apple tasks
[Other] 2 Apple tasks

System Launch Agents:

[Not Loaded] 21 Apple tasks
[Loaded] 239 Apple tasks
[Running] 186 Apple tasks

Launch Daemons:

[Not Loaded] com.adobe.acc.installer.v2.plist (Adobe Inc. - installed 2024-12-22)
Executable: /Library/PrivilegedHelperTools/com.adobe.acc.installer.v2

[Running] com.apphousekitchen.aldente-pro.helper.plist (AppHouseKitchen GmbH - installed 2024-12-22)
Executable: /Library/PrivilegedHelperTools/com.apphousekitchen.aldente-pro.helper

[Running] com.malwarebytes.mbam.rtprotection.daemon.plist (Malwarebytes Corporation - installed 2024-12-23)
Command: /Library/Application Support/Malwarebytes/MBAM/Engine.bundle/Contents/PlugIns/RTPProtectionDaemon.app/Contents/MacOS/RTPProtectionDaemon -i Malwarebytes-Mac-5.9.0.1975.pkg

[Running] com.malwarebytes.mbam.settings.daemon.plist (Malwarebytes Corporation - installed 2024-12-23)
Executable: /Library/Application Support/Malwarebytes/MBAM/Engine.bundle/Contents/PlugIns/SettingsDaemon.app/Contents/MacOS/SettingsDaemon

Launch Agents:

[Not Loaded] com.adobe.AdobeCreativeCloud.plist (Adobe Inc. - installed 2024-12-22)
Command: /Applications/Utilities/Adobe Creative Cloud/ACC/Creative Cloud.app/Contents/MacOS/Creative Cloud --showwindow=false --onOSstartup=true

[Not Loaded] com.adobe.ccxprocess.plist (Adobe Inc. - installed 2024-12-23)
Command: /Applications/Utilities/Adobe Creative Cloud Experience/CCXProcess/CCXProcess.app/Contents/MacOS/CCXProcess --openAtBoot

[Running] com.malwarebytes.mbam.frontend.agent.plist (Malwarebytes Corporation - installed 2024-12-23)
Executable: /Library/Application Support/Malwarebytes/MBAM/Engine.bundle/Contents/PlugIns/FrontendAgent.app/Contents/MacOS/FrontendAgent

User Launch Agents:

[Not Loaded] com.adobe.ccxprocess.plist (Adobe Inc. - installed 2024-12-23)
Command: /Applications/Utilities/Adobe Creative Cloud Experience/CCXProcess/CCXProcess.app/Contents/MacOS/CCXProcess --openAtBoot

[Not Loaded] com.google.GoogleUpdater.wake.plist (Google LLC - installed 2024-12-20)

Command: ~/Library/Application
Support/Google/GoogleUpdater/Current/GoogleUpdater.app/Contents/MacOS/GoogleUpdater --wake-all
--enable-logging
--vmodule=*/components/update_client/*=2,*/chrome/enterprise_companion/*=2,*/chrome/updater/*=2

[Not Loaded] com.google.keystone.agent.plist (Not signed - installed 2024-12-20)
<Empty>

[Not Loaded] com.google.keystone.xpcservice.plist (Not signed - installed 2024-12-20)
<Empty>

[Running] com.grammarly.ProjectLlama.Shepherd.plist (Grammarly, Inc - installed 2024-12-22)
Executable: /Applications/Grammarly Desktop.app/Contents/Library/LaunchAgents/Grammarly Desktop
Helper.app/Contents/MacOS/Grammarly Desktop Helper

[Loaded] com.grammarly.ProjectLlama.cleanup.plist (Grammarly, Inc - installed 2024-12-22)
Command: ~/Library/Application
Support/com.grammarly.ProjectLlama/GRLoginHelper.app/Contents/MacOS/GRLoginHelper cleanup

[Not Loaded] mega.mac.megaupdater.plist (Not signed - installed 2024-12-20)
Executable: /Applications/MEGAsync.app/Contents/MacOS/MEGAUpdater

User Login Items:

[Not Loaded] LaunchAtLoginHelper (AppHouseKitchen GmbH - installed 2024-11-21)
Modern Login Item
/Applications/AIDente.app/Contents/Library/LoginItems/LaunchAtLoginHelper.app

[Not Loaded] CleanMyMac_5_MAS_HealthMonitor (App Store - installed 2024-12-23)
Modern Login Item

/Applications/CleanMyMac_5_MAS.app/Contents/Library/LoginItems/CleanMyMac_5_MAS_HealthMonitor.app

[Not Loaded] CleanMyMac_5_MAS_Menu (App Store - installed 2024-12-23)
Modern Login Item
/Applications/CleanMyMac_5_MAS.app/Contents/Library/LoginItems/CleanMyMac_5_MAS_Menu.app

[Loaded] GRLoginHelper (Grammarly, Inc - installed 2024-12-22)
Modern Login Item
/Applications/Grammarly Desktop.app/Contents/Library/LoginItems/GRLoginHelper.app

[Not Loaded] StartUpHelper (Spotify - installed 2024-12-18)
Modern Login Item
/Applications/Spotify.app/Contents/Library/LoginItems/StartUpHelper.app

[Not Loaded] PasswordsMenuBarExtra (Apple - installed 2024-12-07)
Modern Login Item
/System/Applications/Passwords.app/Contents/Library/LoginItems/PasswordsMenuBarExtra.app

[Not Loaded] WeatherMenu (Apple - installed 2024-12-07)
Modern Login Item
/System/Applications/Weather.app/Contents/Library/LoginItems/WeatherMenu.app

Applications:

782 Apple apps
111 3rd party apps
11 x86-only apps
2 unsigned apps

App Extensions:

Widgets:

[Loaded] PowerPointWidgetKit - /Applications/Microsoft PowerPoint.app

Safari extensions:

[Loaded] Adblock Icon - /Applications/Adblock.app

[Loaded] Grammarly for Safari - /Applications/Grammarly for Safari.app

Plugins:

[Loaded] Intents - /Applications/WhatsApp.app

Notification providers:

[Loaded] ServiceExtension - /Applications/WhatsApp.app

Share services:

[Loaded] Telegram - /Applications/Telegram.app

Finder sync extensions:

[Loaded] Adobe Content Synchronizer Finder Extension - /Applications/Utilities/Adobe Sync/CoreSync/Core Sync.app

Ad-blockers:

[Loaded] Adblock Engine - /Applications/Adblock.app

QuickLook Previews:

[Loaded] EtreCheckQuickLook - ~/Downloads/EtreCheckPro.app
com.etresoft.etrecheck4 *.etrecheck

Backup:

Time Machine information is limited without Full Disk Access

Performance:

System Load: 5.06 (1 min ago) 4.46 (5 min ago) 4.98 (15 min ago)

Nominal I/O usage: 4.94 MB/s

File system: 9.22 seconds

Write speed: 5015 MB/s

Read speed: 4837 MB/s

CPU Usage Snapshot:

Type Overall

System: 9 %

User: 17 %

Idle: 74 %

Top Processes Snapshot by CPU:

Process (count) CPU (Source - Location)

WindowServer 40.18 % (Apple)

EtreCheckPro 21.38 % (Etresoft, Inc.)

kernel_task 13.57 % (Apple)

com.apple.WebKit.WebContent (17) 12.30 % (Apple)

Telegram 11.54 % (App Store)

Top Processes Snapshot by Memory:

Process (count) RAM usage (Source - Location)

Google Chrome Helper (Renderer) (22) 2.20 GB (Google LLC)

com.apple.WebKit.WebContent (18) 1.18 GB (Apple)

plugin-container (12) 971 MB (Mozilla Corporation)
EtreCheckPro 901 MB (Etresoft, Inc.)
Discord Helper (Renderer) 259 MB (Discord, Inc.)

Top Processes Snapshot by Network Use:

Process Input / Output (Source - Location)

Telegram 37 MB / 255 KB (App Store)
com.apple.WebKit.Networking 19 MB / 1010 KB (Apple)
mDNSResponder 202 KB / 144 KB (Apple)
Spotify 205 KB / 35 KB (Spotify)
CapCut 23 KB / 25 KB (BYTEDANCE PTE. LTD.)

Top Processes Snapshot by Energy Use:

Process (count) Energy (0-100) (Source - Location)

WindowServer 17 (Apple)
com.apple.WebKit.WebContent (18) 14 (Apple)
RTProtectionDaemon 10 (Malwarebytes Corporation)
Google Chrome Helper (Renderer) (22) 5 (Google LLC)
Safari 4 (Apple)

Virtual Memory Information:

Physical RAM: 16 GB

Free RAM: 79 MB
Used RAM: 12.98 GB
Cached files: 2.94 GB

Available RAM: 3.02 GB
Swap Used: 1.72 GB

Software Installs (past 60 days):

Install Date Name (Version)

2024-12-20 XProtectPlistConfigData (5272)
2024-12-20 XProtectPayloads (149)
2024-12-20 macOS 15.2 (15.2)
2024-12-20 MRTConfigData (1.93)
2024-12-20 Gatekeeper Compatibility Data (1.0)
2024-12-20 WhatsApp (24.25.79)
2024-12-20 RosettaUpdateAuto (1.0.0.0.1.1733569445)
2024-12-20 Grammarly for Safari (9.75)
2024-12-20 Telegram (11.5)
2024-12-20 AdBlock (2.1.8)
2024-12-22 Command Line Tools for Xcode (15.3)
2024-12-22 Bitdefender Virus Scanner (3.18)
2024-12-22 "Malwarebytes for Mac Uninstaller"
2024-12-23 CleanMyMac (5.0.4)
2024-12-23 Malwarebytes for Mac (1.0)
2024-12-23 Adobe 2023 - 2024 Patcher (1.0)
2024-12-23 ARM64 (1.7)
2024-12-23 CCXP (2.2.1)
2024-12-23 Ps 25.2 [Monter Group] (25.2)

Clean up:

~/Library/LaunchAgents/mega.mac.megaupdater.plist
/Applications/MEGAsync.app/Contents/MacOS/MEGAUpdater
Executable not found

Diagnostics Information (past 60 days):

2024-12-25 17:10:39 WindowServer - High CPU Use (5 times)

First occurrence: 2024-12-22 15:41:27

Executable: /System/Library/PrivateFrameworks/SkyLight.framework/Versions/A/Resources/WindowServer

2024-12-25 09:22:00 signpost_reporter - High CPU Use

Executable: /usr/libexec/signpost_reporter

2024-12-24 09:13:08 RTProtectionDaemon.app - High CPU Use (2 times)

First occurrence: 2024-12-22 12:23:06

2024-12-23 17:10:26 CapCut.app - High CPU Use (6 times)

First occurrence: 2024-12-21 12:49:22

Executable: /Applications/CapCut.app

2024-12-23 11:31:46 BitdefenderVirusScanner.app - High CPU Use (7 times)

First occurrence: 2024-12-20 20:15:02

2024-12-23 03:41:49 spotlightknowledge - High CPU Use

Executable: /System/Library/Frameworks/CoreSpotlight.framework/spotlightknowledge

2024-12-23 00:04:48 Firefox.app - High CPU Use

Executable: /Applications/Firefox.app

2024-12-22 21:14:28 Mos - Crash

Executable: /Applications/Mos.app

Details:

libsystem_c.dylib: abort() called

2024-12-20 18:29:15 secd - Crash (2 times)

Executable: /usr/libexec/secd

2024-12-20 18:28:25 UsageTrackingAgent - Crash (2 times)

Executable: /System/Library/PrivateFrameworks/UsageTracking.framework/Versions/A/UsageTrackingAgent

2024-12-20 18:21:32 siriactionsd - Crash (2 times)

Executable: /System/Library/PrivateFrameworks/VoiceShortcuts.framework/Versions/A/Support/siriactionsd

2024-12-20 15:48:45 ANECompilerService - High CPU Use

Executable:

/System/Library/PrivateFrameworks/AppleNeuralEngine.framework/XPCServices/ANECompilerService.xpc/Contents/MacOS/ANECompilerService

2024-12-20 15:45:09 lsd - Crash (2 times)

Executable: /usr/libexec/lsd

2024-12-20 15:36:16 PerfPowerServices - Crash (14 times)

First occurrence: 2024-12-20 15:14:11

Executable: /usr/libexec/PerfPowerServices

Details:

libsystem_c.dylib: abort() called

End of report