

# Internet Addiction Test

Name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

Sex: \_\_\_\_\_ Age: \_\_\_\_\_

How long have you been using the Internet?: \_\_\_\_\_

Do you use the Internet for work?

Yes  No

Instructions: Read each statement carefully and select the response (0-5) that best describes you for the past month most of the time. Be sure to read all the statements carefully before making your choice. The statements refer to offline situations/actions unless otherwise specified. Legend: 0=Not Applicable, 1=Rarely, 2=Occasionally, 3=Frequently, 4=Often, 5=Always

**How often do you find that you stay online longer than you intended?**

0  1  2  3  4  5

**How often do you neglect household chores to spend more time online?**

0  1  2  3  4  5

**How often do you prefer the excitement of the Internet to intimacy with your partner?**

0  1  2  3  4  5

**How often do you form new relationships with fellow online users?**

0  1  2  3  4  5

**How often do others in your life complain to you about the amount of time you spend online?**

0  1  2  3  4  5

**How often do your grades or school work suffer because of the amount of time you spend online?**

0  1  2  3  4  5

**How often do you check your email before something else that you need to do?**

0  1  2  3  4  5

**How often does your job performance or productivity suffer because of the Internet?**

0  1  2  3  4  5

**How often do you become defensive or secretive when anyone asks you what you do online?**

0  1  2  3  4  5

**How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?**

0  1  2  3  4  5

**How often do you find yourself anticipating when you will go online again?**

0  1  2  3  4  5

**How often do you fear that life without the Internet would be boring, empty, and joyless?**

0  1  2  3  4  5

How often do you snap, yell, or act annoyed if someone bothers you while you are online?

0  1  2  3  4  5

How often do you lose sleep due to being online?

0  1  2  3  4  5

How often do you feel preoccupied with the Internet when off-line, or fantasize about being online?

0  1  2  3  4  5

How often do you find yourself saying "just a few more minutes" when online?

0  1  2  3  4  5

How often do you try to cut down the amount of time you spend online and fail?

0  1  2  3  4  5

How often do you try to hide how long you've been online?

0  1  2  3  4  5

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

0  1  2  3  4  5

How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back online?

0  1  2  3  4  5

**TOTAL SCORE:** \_\_\_\_\_

Scoring Legend: 0-30 Normal level of internet usage, 31-49 Mild level of Internet addiction, 50-79 Moderate level of internet addiction, 80-100 Severe dependence upon the internet

**Notes**