

Internet Addiction Test

Name: _____ Date: _____

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	1	2	3	4	5
Not Applicable	Rarely	Occasionally	Frequently	Often	Always

Score	Question
	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 with your partner?
	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 school work 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 what you do online?
	10. How often do you block out disturbing thoughts about your life with soothing thoughts of 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, and 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 due to being online?
	15. How often do you feel preoccupied with the Internet when off-line, 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 to cut down the amount of time you spend online and fail?
	18. How often do you try to hide how long you've 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 off-line, which goes away once you are back online?
	TOTAL SCORE

Scoring Legend:

Score	Interpretation
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: