

Based upon the following five-point Likert Scale, select the response that best represents the frequency of the behavior described in the following 20-item questionnaire.

**0** = Not Applicable

**1** = Rarely

**2** = Occasionally

**3** = Frequently

**4** = Often

**5** = Always

1. \_\_\_ How often do you find that you stay online longer than you intended?
2. \_\_\_ How often do you neglect responsibilities to spend more time online?
3. \_\_\_ How often do you prefer the excitement of the Internet to time with family and friends?
4. \_\_\_ How often do you form new relationships with fellow users 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 e-mail before something else that you need to do?
8. \_\_\_ How often does your school/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 late-night log-ins?
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 or nervous when you are off-line, which stops once you are back online?

After all the questions have been answered, add the numbers for each response to obtain a final score. The higher the score, the greater the level of addiction and creation of problems resultant from such Internet usage. The severity impairment index is as follows:

**NONE 0 – 30 points**

**MILD 31- 49 points:** You are an average online user. You may surf the Web a bit too long at times, but you have control over your usage.

**MODERATE 50 -79 points:** You are experiencing occasional or frequent problems because of the Internet. You should consider their full impact on your life.

**SEVERE 80 – 100 points:** Your Internet usage is causing significant problems in your life. You should evaluate the impact of the Internet on your life and address the problems directly caused by your Internet usage.

