**Internet Addiction**

This 20-question inventory measures “excessive internet use” which does not meet the criteria for a

clinical addiction (since it appears to lack many of the characteristics normally associated with *bona fide*

addiction). Below is a 10-question version you may decide to use.

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

Rarely Occasionally Frequently Often Always Does Not Apply

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

Rarely Occasionally Frequently Often Always Does Not Apply

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

Rarely Occasionally Frequently Often Always Does Not Apply

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

Rarely Occasionally Frequently Often Always Does Not Apply

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

Rarely Occasionally Frequently Often Always Does Not Apply

**How often do you lose sleep due to late-night log-ins?**

Rarely Occasionally Frequently Often Always Does Not Apply

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

Rarely Occasionally Frequently Often Always Does Not Apply

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

Rarely Occasionally Frequently Often Always Does Not Apply

Scoring is 0 = Does Not Apply, 1 = Rarely, 2 = Occasionally, 3 = Frequently, 4 = Often, 5 = Always. Sum

the totals. Range is 0 to 40, with higher numbers indicating higher levels internet “addiction.” This is ***not a***

***medical or psychological screening***, and high scores would simply indicate a possible imbalance in this

area of one’s life.