

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.