**Are You Addicted to the Internet? Quiz**

***Instructions:*** This is a screening measure to help you determine whether you might have an unhealthy relationship with the Internet. This screening measure is not designed to make a diagnosis or take the place of a professional diagnosis or consultation. For each item, indicate the extent to which it is true, by checking the appropriate box next to the item.

***Once you are finished, tally your points by doing the following: 1 point: Never or rarely 2. Sometimes 3. Often Regularly***

***1.* Do you find that you stay online longer than you intended?**

Never or rarely

Sometimes

Often or regularly

***2.* Do you prefer the excitement of the Internet to recreational activity?**

Never or rarely

Sometimes

Often or regularly

***3.* Do you neglect household chores to spend more time online?**

Never or rarely

Sometimes

Often or regularly

***4.* Does your work (or school work) suffer because of the amount of time you spend online?**

Never or rarely

Sometimes

Often or regularly

***5.* Do you form new relationships with others online?**

Never or rarely

Sometimes

Often or regularly

***6.* Do others in your life complain to you about the amount of time you spend online?**

Never or rarely

Sometimes

Often or regularly

***7.* Do you become defensive when someone questions your time spent online?**

Never or rarely

Sometimes

Often or regularly

***8.* Have you ever noticed that your relationships suffers because of the time spent online?**

Never or rarely

Sometimes

Often or regularly

***9.* Do you check your social media before something else that you need to do?**

Never or rarely

Sometimes

Often or regularly

***10.* Do you snap, yell, or act annoyed if someone bothers you while you are online?**

Never or rarely

Sometimes

Often or regularly

***11.* Do you find yourself anxiously anticipating when you will go online again?**

Never or rarely

Sometimes

Often or regularly

***12.* Do you find your online life or the online life of others more interesting than real life?**

Never or rarely

Sometimes

Often or regularly

***13.* Do you fear that life without the Internet would be boring, empty, or joyless?**

Never or rarely

Sometimes

Often or regularly

***14.* Do you find yourself saying "just a few more minutes" when online?**

Never or rarely

Sometimes

Often or regularly

***15.* Do you feel preoccupied with the Internet when off-line, or fantasize about being online?**

Never or rarely

Sometimes

Often or regularly

***16.* Do you lose sleep due to being online late at night?**

Never or rarely

Sometimes

Often or regularly

***17.* Do you try to hide how long you've been online?**

Never or rarely

Sometimes

Often or regularly

***18.* Do you choose to spend more time online over going out with others?**

Never or rarely

Sometimes

Often or regularly

***19.* Have you tried to cut down the amount of time you spend online and failed?**

Never or rarely

Sometimes

Often or regularly

***20.* Do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back online?**

Never or rarely

Sometimes

Often or regularly