

The Internet Addiction Test

In answering the following questions, only consider the time you spent online for nonacademic or non-job-related purposes. Answer the questions below using the following scale:

- 1 = Rarely
- 2 = Occasionally
- 3 = Frequently
- 4 = Often
- 5 = Always

- How often do you find that you stay online longer than you intended?
- How often do you neglect household chores to spend more time online?
- How often do you prefer the excitement of the Internet to intimacy you're your partner?
- How often do you form new relationships with fellow online users?
- How often do others in your life complain to you about the amount of time you spend online?
- How often do your grades or schoolwork suffer because of the amount of time you spend online?
- How often do you check your e-mail before something else that you need to do?
- How often does your job performance or productivity suffer because of the Internet?
- How often do you become defensive or secretive when anyone asks you what you do online?
- How often do you block disturbing thoughts about your life with soothing thoughts of the Internet?
- How often do you find yourself anticipating when you will go on line again?
- How often do you fear that life without the Internet would be boring, empty, and joyless?
- How often do you snap, yell, or act annoyed if someone bothers you while you are online?
- How often do you lose sleep due to late-night log-ins?
- How often do you feel preoccupied with the Internet when off line, or fantasize about being online?
- How often do you find yourself saying "just a few more minutes" when online?
- How often do you try to cut down the amount of time you spend online and fail?
- How often do you try to hide how long you've been online?
- How often do you choose to spend more time on line over going out with others?
- How often do you feel depressed, moody, or nervous when you are offline, which goes away once you are back online?

In your opinion should the term addiction be applied to conditions such as gambling, eating, the internet?
