

Internet Addiction Test

How do you know if you're already addicted or rapidly tumbling toward trouble? The Internet Addiction Test is the first validated and reliable measure of addictive use of the Internet. Developed by Dr. Kimberly Young, the IAT, this 20-item questionnaire measures mild, moderate, and severe levels of Internet Addiction.

To assess your level of addiction, answer the following questions using this scale:

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

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| _____ 1. How often do you find that you stay on-line longer than you intended? | _____ 11. How often do you find yourself anticipating when you will go on-line again? |
| _____ 2. How often do you neglect household chores to spend more time on-line? | _____ 12. How often do you fear that life without the Internet would be boring, empty, and joyless? |
| _____ 3. How often do you prefer the excitement of the Internet to intimacy with your partner? | _____ 13. How often do you snap, yell, or act annoyed if someone bothers you while you are on-line? |
| _____ 4. How often do you form new relationships with fellow on-line users? | _____ 14. How often do you lose sleep due to late-night log-ins? |
| _____ 5. How often do others in your life complain to you about the amount of time you spend on-line? | _____ 15. How often do you feel preoccupied with the Internet when off-line, or fantasize about being on-line? |
| _____ 6. How often do your grades or school work suffer because of the amount of time you spend on-line? | _____ 16. How often do you find yourself saying "just a few more minutes" when on-line? |
| _____ 7. How often do you check your e-mail before something else that you need to do? | _____ 17. How often do you try to cut down the amount of time you spend on-line and fail? |
| _____ 8. How often does your job performance or productivity suffer because of the Internet? | _____ 18. How often do you try to hide how long you've been on-line? |
| _____ 9. How often do you become defensive or secretive when anyone asks you what you do on-line? | _____ 19. How often do you choose to spend more time on-line over going out with others? |
| _____ 10. How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet? | _____ 20. How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back on-line? |

Total the numbers for each response to obtain a final score. The higher your score, the greater your level of addiction and the problems your Internet usage causes. Here's a general scale to help measure your score:

20 - 49 points: You are an average on-line user. You may surf the Web a bit too long at times, but you have control over your usage.

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

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.

After you have identified the category that fits your total score, look back at those questions for which you scored a 4 or 5. Did you realize this was a significant problem for you?

This quiz has been adapted from http://www.netaddiction.com/index.php?option=com_bfquiz&view=onepage&catid=46&Itemid=106