



INTERNET ADDICTION TEST

- This questionnaire consists of 20 statements.
- After reading each statement carefully, based upon the 5-point Likert scale, please select the response (0, 1, 2, 3, 4 or 5) which best describes you.
 - 0 = Not Applicable
 - 1 = Rarely
 - 2 = Occasionally
 - 3 = Frequently
 - 4 = Often
 - 5 = Always
- If two choices seem to apply equally well, circle the choice that best represents how you are most of the time during the past month.
- Be sure to read all the statements carefully before making your choice.
- The statements refer to offline situations or actions unless otherwise specified.

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

SCORING

- The IAT total score is the sum of the ratings given for the 20 item responses.
- Each item is rated on a 5-point scale ranging from 0 to 5.
- The maximum score is 100 points. The higher the score is, the higher is the severity of your problem.

Total scores that range from:

- 0 to 30 points are considered to reflect a normal level of Internet usage.
- 31 to 49 indicate the presence of a mild level of Internet addiction.
- 50 to 79 reflect the presence of a moderate level.
- 80 to 100 indicate a severe dependence upon the Internet.

Source: Center for Internet Addiction Recovery by Dr Kimberly S young