

http://www.netaddiction.com/index.php?option=com_bfquiz&view=onepage&catid=46&Itemid=106

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. Click [here](#) to read the study. Developed by Dr. Kimberly Young, the IAT is a 20-item questionnaire that 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.

1. How often do you find that you stay on-line longer than you intended?

- Rarely
- Occasionally
- Frequently
- Often
- Always
- Does Not Apply

2. How often do you neglect household chores to spend more time on-line?

- Rarely
- Occasionally
- Frequently
- Often
- Always
- Does Not Apply

3. How often do you prefer the excitement of the Internet to intimacy with your partner?

- Rarely
- Occasionally
- Frequently
- Often
- Always
- Does Not Apply

4. How often do you form new relationships with fellow on-line users?

- Rarely
- Occasionally
- Frequently
- Often
- Always
- Does Not Apply

5. How often do others in your life complain to you about the amount of time you spend on-line?

- Rarely
- Occasionally
- Frequently
- Often
- Always
- Does Not Apply

6. How often do your grades or school work suffer because of the amount of time you spend on-line?

- Rarely
- Occasionally
- Frequently
- Often
- Always
- Does Not Apply

7. How often do you check your e-mail before something else that you need to do?

- Rarely
- Occasionally
- Frequently
- Often
- Always
- Does Not Apply

8. How often does your job performance or productivity suffer because of the Internet?

- Rarely
- Occasionally
- Frequently
- Often
- Always
- Does Not Apply

9. How often do you become defensive or secretive when anyone asks you what you do on-line?

- Rarely
- Occasionally
- Frequently
- Often

Always
Does Not Apply

10. How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?

Rarely
Occasionally
Frequently
Often
Always
Does Not Apply

11. How often do you find yourself anticipating when you will go on-line again?

Rarely
Occasionally
Frequently
Often
Always
Does Not Apply

12. How often do you fear that life without the Internet would be boring, empty, and joyless?

Rarely
Occasionally
Frequently
Often
Always
Does Not Apply

13. How often do you snap, yell, or act annoyed if someone bothers you while you are on-line?

Rarely
Occasionally
Frequently
Often
Always
Does Not Apply

14. How often do you lose sleep due to late-night log-ins?

Rarely
Occasionally
Frequently
Often
Always
Does Not Apply

15. How often do you feel preoccupied with the Internet when off-line, or fantasize about being on-line?

Rarely
Occasionally
Frequently
Often
Always
Does Not Apply

16. How often do you find yourself saying "just a few more minutes" when on-line?

Rarely
Occasionally
Frequently
Often
Always
Does Not Apply

17. How often do you try to cut down the amount of time you spend on-line and fail?

Rarely
Occasionally
Frequently
Often
Always
Does Not Apply

18. How often do you try to hide how long you've been on-line?

Rarely
Occasionally
Frequently
Often
Always
Does Not Apply

19. How often do you choose to spend more time on-line over going out with others?

Rarely
Occasionally
Frequently
Often
Always
Does Not Apply

20. How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back on-line?

Rarely
Occasionally
Frequently

Often
Always
Does Not Apply

After you've answered all the questions, add the numbers you selected 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? For example, if you answered 4 (often) to Question #2 regarding your neglect of household chores, were you aware of just how often your dirty laundry piles up or how empty the refrigerator gets?

Say you answered 5 (always) to Question #14 about lost sleep due to late-night log-ins. Have you ever stopped to think about how hard it has become to drag yourself out of bed every morning? Do you feel exhausted at work? Has this pattern begun to take its toll on your body and your overall health?