

## INTERNET ADDICTION TEST

Name \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Age \_\_\_\_\_ Years Online \_\_\_\_\_ Do you use the Internet for work? \_\_\_\_\_ Yes \_\_\_\_\_ No

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. 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.

0 = Not Applicable

1 = Rarely

2 = Occasionally

3 = Frequently

4 = Often

5 = Always

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, moody, or nervous when you are off-line, which goes away once you are back online?

## **SCORING**

The IAT total score is the sum of the ratings given by the examinee 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; scores of **31 to 49** indicate the presence of a mild level of Internet addiction; **50 to 79** reflect the presence of a moderate level; and scores of **80 to 100** indicate a severe dependence upon the Internet.

If you have any queries or doubts related to this scale or your responses, you can email us on **[counselor@iitk.ac.in](mailto:counselor@iitk.ac.in)**