Internet User Behavior Screening Scale

Below is a list of Internet-related behaviors or responses people sometimes have. Please read each one carefully, and check on the square (☑) that best describes how much the description fits you during the past 6 months. The number ranges from 1 to 4, the bigger the better fit.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Strongly disagree (1) | Strongly disagree (2) | Strongly disagree (3) | Strongly disagree (4) |
| 1. | I feel restless and irritable when the Internet is unavailable. | □ | □ | □ | □ |
| 2. | I find that I have been spending more and more time online. | □ | □ | □ | □ |
| 3. | I make it a habit to sleep less so that more time online. | □ | □ | □ | □ |
| 4. | Going online has had negative effects on my schoolwork performance. | □ | □ | □ | □ |