

Warning Signs of Internet Addiction

- | | YES | NO |
|--|--------------------------|--------------------------|
| • Does he/she often find him/herself staying online longer than he/she intended? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does he/she often neglect school work or other social activities to spend more time online? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does he/she often form new relationships with fellow online users? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Do friends or family of the youth often complain to him/her about the amount of time he/she spends online? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does his/her grades or school work suffer because of the amount of time he/she spends online? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does he/she often check his/her email before something else that he/she needs to do? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does his/her academic performance or productivity suffer because of the Internet? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does he/she often become defensive or secretive when anyone asks him/her what he/she does online? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does he/she often block out disturbing thoughts about his/her life with soothing thoughts of the Internet? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does he/she often anticipate when he/she will go online again? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does he/she often fear that life without the Internet would be boring, empty and joyless? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does he/she often snap, yell or act annoyed if someone bothers him/her while he/she is online? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does he/she often lose sleep due to late-night log-ins? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does he/she often feel preoccupied with the Internet when offline or fantasise about being online? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does he/she often say "just a few more minutes" when online? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does he/she often try to cut down the amount of time spent online and fail? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does he/she often try to hide how long he/she has been online? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does he/she often choose to spend more time online over going out with others? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does he/she often feel depressed, moody or nervous when he/she is offline, which goes away once he/she is back online? | <input type="checkbox"/> | <input type="checkbox"/> |