

# Youth Internet Addiction Tool

The 20 questions below can help assess the symptoms of internet addiction, which enable parents and social workers to take appropriate intervention early on. Please think about whether the young person exhibits behaviors that meet the following descriptions during long holidays or the periods of extended internet use.

Note: the following online duration does not include school or work related time.

	Never	Very Rarely	Rarely	Often	Very Often	Always
	0	1	2	3	4	5
Disobey parent specified online duration						
Neglect normal duties (e.g. homework, chores) because of internet use						
Prefer online activities to spending time with family						
Meet friends online						
Receive complaints about spending too much time online						
Hurt academic performance due to internet use						
Get online immediately after coming home						
Become unsociable after acquiring online habits						
Hesitate to disclose online activities						
Secretly go online						
Spend a lot of time using the computer						
Receive phone calls from friends met on the internet						
Show irritation when disturbed during internet use						
Tire from extensive internet use						
Wish to go online when offline						
Lose temper when family						

interferes with your online duration						
Choose internet over past hobbies						
Become angry when family set limit to online duration						
Choose internet over going out with friends						
Feel depressed, nervous, or emotional when offline, but the feeling disappears as soon as going online						
Total Score (Sum of the scores of all 20 questions)						

Sum up your score. Generally speaking, higher scores suggest more severe addiction	
0-19	Congratulations! You are a normal internet user.
20-49	Your internet use has yet to cause major problems in your life. Despite sometimes spending too much time online, the situation is still under control.
50-79	Be careful! Your internet habits are already causing problems to your life. You should be more aware of how your internet use is affecting you. Learn to control how much you use the internet.
80-100	Darn! Your internet addiction is causing severe damage to your life. You should confront this problem and seek professional help.

Hong Kong Family Welfare Society. Translation authorized by U.S. Center for online and Internet Addiction