

Internet-Addiction Symptom Checklist©

David Walsh, Ph.D.
Mind Positive Parenting

(Scoring Instructions. 1=never; 2= rarely; 3= sometimes; 4=often; 5= constant)

1. ___ Spends more and more time playing video games or online activities.
2. ___ Argues about and resists any restrictions put on video game or internet use.
3. ___ Withdraws from friends and activities to spend time playing.
4. ___ Repeatedly breaks family rules about when and how much game playing is allowed.
5. ___ Sneaks and lies about game playing or internet use.
6. ___ Neglects school work and other responsibilities because of play or use.
7. ___ Throws temper tantrums when limits are imposed.
8. ___ Neglects relationships because of internet-use.
9. ___ Thinks about playing or being online when not actively doing so.
10. ___ Is unhappy or depressed when not playing or using computer/Internet.
11. ___ Neglects sleep in order to play or use computer/Internet.
12. ___ Neglects personal hygiene and appearance because of gaming or online.
13. ___ Tries to limit gaming or internet time but is unable to do so.
14. ___ Family members or friends complain about person's gaming or internet use.
15. ___ Continues to play or use in spite of negative consequences.
16. ___ Is only happy when playing or online.
17. ___ More and more friends are gamers or online friends.

18. ___ Plays games or stays online longer than planned.

19. ___ Skips school or work to play or go online.

20. ___ Denies that there is any problem in spite of negative consequences.

Scores range between 20 and 100. Scores above 59 indicate concern..