



- [Internet Addiction Assessment \(IAA\)](#)

“Internet Addiction” is a controversial theorized mental disorder, the existence and/or importance of which is still being debated among the psychological community. While this screening test *may* reveal some of the more pathological aspects of internet and smartphone use, it should not be used as a definitive diagnostic test.

Using this scale of 5 choices, answer how often the situations below apply to you and your use of computers or smartphones:

Patient's Name _____ Date _____

Therapist _____

	Never	Rarely	Sometimes	Often	Always
1. I find myself using my smartphone or computer longer than I planned to.					
2. I would rather be on my smartphone or computer than interact with my partner.					
3. I would rather spend time online than do things around the house.					
4. My performance in school or at work suffers because of the amount of time I spend online.					
5. People close to me are concerned about the amount of time I spend on my smartphone or computer.					
6. When asked what I do online, I prefer not to answer.					
7. My productivity and attentiveness suffer because of the amount of time I spend online.					
8. I check my social media, text messages, or emails first thing after waking up.					
9. I am bothered when people interrupt me while I am using my computer or smartphone.					
10. I feel anxious when I do not have my smartphone with me.					
11. I use the internet to escape from my real life.					
12. I would be less interesting and happy without access to the internet.					
13. I put off things I have to do by using my computer or smartphone.					

14. When I am unable to use my smartphone, I miss it or think about what I could be doing online.					
15. I stay up later at night than I had intended due to doing things online.					
16. I would rather stay home and use the internet than go out with friends.					
17. I have tried to reduce my smartphone or internet use without success.					
18. I am concerned about missing out on thing online when not checking my smartphone.					