Problematic Internet Use Symptom Checklist
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(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 of 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.