

THE INTERNET ADDICTION TEST (IAT)

ADMINISTRATION

Simply instruct the client to answer the 20-item questionnaire based on the following five-point Likert scale. Clients should consider only the time spent online for non-academic or non-job purposes when answering. That is, they should consider recreational use.

To assess the level of addiction, clients should answer the following questions using this scale:

0 = Not Applicable	1 = Rarely
2 = Occasionally	3 = Frequently
4 = Very Often	5 = Always

1. How often do you find that you stay online longer than you intended?
2. How often do you neglect household chores to spend more time online?
3. How often do you prefer the excitement of the Internet to intimacy with your partner?
4. How often do you form new relationships with fellow online users?
5. How often do others in your life complain to you about the amount of time you spend online?
6. How often do your grades or schoolwork suffer because of the amount of time you spend online?
7. How often do you check your email before something else that you need to do?
8. How often does your job performance or productivity suffer because of the Internet?
9. How often do you become defensive or secretive when anyone asks you what you do online?
10. How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?
11. How often do you find yourself anticipating when you will go online again?
12. How often do you fear that life without the Internet would be boring, empty, and joyless?
13. How often do you snap, yell, or act annoyed if someone bothers you while you are online?
14. How often do you lose sleep due to late night log-ins?
15. How often do you feel preoccupied with the Internet when offline, or fantasize about being online?
16. How often do you find yourself saying "Just a few more minutes" when online?
17. How often do you try to cut down the amount of time you spend online and fail?
18. How often do you try to hide how long you've been online?
19. How often do you choose to spend more time online over going out with others?
20. How often do you feel depressed, moody, or nervous when you are offline, which goes away once you are back online?

After all the questions have been answered, add the numbers for each response to obtain a final score. The higher the score range, the greater the level of addiction, as follows:

Normal	: Range 0 - 30points
Mild	: 31 - 49points
Moderate	: 50 -79points
Severe	: 80 - 100points