

## Internet Addiction Test (IAT) by Dr. Kimberly Young.

Internet Addiction Test (IAT) is a reliable and valid measure of addictive use of Internet, developed by Dr. Kimberly Young. It consists of 20 items that measures mild, moderate and severe level of Internet Addiction.

To begin, answer the following questions by using this scale:-

0	Does not apply
1	Rarely
2	Occasionally
3	Frequently
4	Often
5	Always

	Question	Scale					
1	How often do you find that you stay on-line longer than you intended?	1	2	3	4	5	0
2	How often do you neglect household chores to spend more time on-line?	1	2	3	4	5	0
3	How often do you prefer the excitement of the Internet to intimacy with your partner?	1	2	3	4	5	0
4	How often do you form new relationships with fellow on-line users?	1	2	3	4	5	0
5	How often do others in your life complain to you about the amount of time you spend on-line?	1	2	3	4	5	0
6	How often do your grades or school work suffers because of the amount of time you spend on-line?	1	2	3	4	5	0
7	How often do you check your email before something else that you need to do?	1	2	3	4	5	0
8	How often does your job performance or productivity suffer because of the Internet?	1	2	3	4	5	0
9	How often do you become defensive or secretive when anyone asks you what you do on-line?	1	2	3	4	5	0
10	How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?	1	2	3	4	5	0
11	How often do you find yourself anticipating when you will go on-line again?	1	2	3	4	5	0
12	How often do you fear that life without the Internet would be boring, empty, and joyless?	1	2	3	4	5	0
13	How often do you snap, yell, or act annoyed if someone bothers you while you are on-line?	1	2	3	4	5	0
14	How often do you lose sleep due to late-night log-ins?	1	2	3	4	5	0
15	How often do you feel preoccupied with the Internet when off-line, or fantasize about being on-line?	1	2	3	4	5	0
16	How often do you find yourself saying "just a few more minutes" when on-line?	1	2	3	4	5	0
17	How often do you try to cut down the amount of time you spend on-line	1	2	3	4	5	0

	and fail?						
<b>18</b>	How often do you try to hide how long you've been on-line?	1	2	3	4	5	0
<b>19</b>	How often do you choose to spend more time on-line over going out with others?	1	2	3	4	5	0
<b>20</b>	How often do you feel depressed, moody or nervous when you are off-line, which goes away once you are back on-line?	1	2	3	4	5	0

Total up the scores for each item. The higher your score, the greater level of addiction is.

**20 – 49 points:**

You are an average on-line user. You may surf the Web a bit too long at times, but you have control over your usage.

**50 – 79 points:**

You are experiencing occasional or frequent problems because of the Internet. You should consider their full impact on your life.

**80 – 100 points:**

Your Internet usage is causing significant problems in your life. You should elevate the impact of the Internet on your life and address the problems directly caused by you Internet usage.

Prepared & posted by [Dayu Internet Overuse Solution](http://www.dayu.com/Dayu-Internet-Overuse-Solution), the solution for internet overuse and online addiction. An online version is available at <http://www.internetoveruse.com/?p=171>


  
 UPDATE

EXPLORE

LEARN

□ FEATURED

 News  
 June 03, 2013

## Teen Smartphone Addiction Correlates With Psychopathology

IMNG Medical Media, 2013 Jun 03 , S Boschert

□ □ □

SAN FRANCISCO (IMNG) – The more that teens reported being addicted to the Internet or their smartphones, the higher they scored on nine subscales of psychopathology and problematic behavior, based on a study of 195 adolescents.

Greater smartphone addiction correlated with an increased likelihood of somatic symptoms, withdrawal, depression or anxiety, thought problems, delinquency, attention problems, aggression, and internalizing or externalizing problems, Dr. Jonghun Lee reported at the annual meeting of the American Psychiatric Association.

He and his coinvestigators measured the severity of smartphone or computer Internet addiction using a 2010 smartphone addiction rating scale and the Kimberly Young [Internet Addiction Test](#). They evaluated psychopathology scores using the Korean [Youth Self Report](#), said Dr. Lee, professor of psychiatry at the Catholic University of Daegu (Korea).

Smartphone use in Korea has rocketed from uncommon to ubiquitous in the past 3 years. The number of smartphone users ballooned from approximately 470,000 in 2009 to nearly 33 million in 2012. In December 2010, 8% of Korean youths aged 5-19 years old used smartphones, but by June 2012 67% of that age group had smartphones, he said. The Korean Ministry of Public Administration and Security reported in 2012 that 11% of children and 8% of all ages were addicted to smartphones and 10% of children and 8% of all ages were addicted to the Internet, he added.

“We should try to screen for smartphone addiction as well as Internet/computer addiction in adolescents” to help manage the mental and physical effects of these digital addictions, Dr. Lee said.

He described one Korean news report that observed students on a lunch break at an 1,100-student middle school. Recess traditionally has been a time for kids to run and play between classes, but only five or six students were playing soccer during this lunch break. The rest were gathered in clusters by the bleachers next to the soccer field, looking at smartphones. Korean experts fear that the effects of smartphone use also are negatively affecting academic performance.

Previous studies have suggested that smartphone overuse or addiction to computers or the Internet correlated with an increased risk for depression, he said. Signs of smartphone addiction might include using the smartphone before bedtime or

in the bathroom, and abnormal behavior after losing a smartphone, among other symptoms.

The current study is a preliminary one on the subject, and the findings were limited by its cross-sectional design, the use of only a self-report form for measuring psychopathology, and the lack of a standardized smartphone addiction scale at the start of the study, Dr. Lee said.

The many functions of smartphones, also called personal digital assistants, help make them addictive, he said. Almost anywhere, anytime, the user can access the Internet, retrieve information, play online games, take photos or videos, play music or videos, or access a global positioning system for navigation, among other features.

Dr. Lee reported having no relevant financial disclosures.

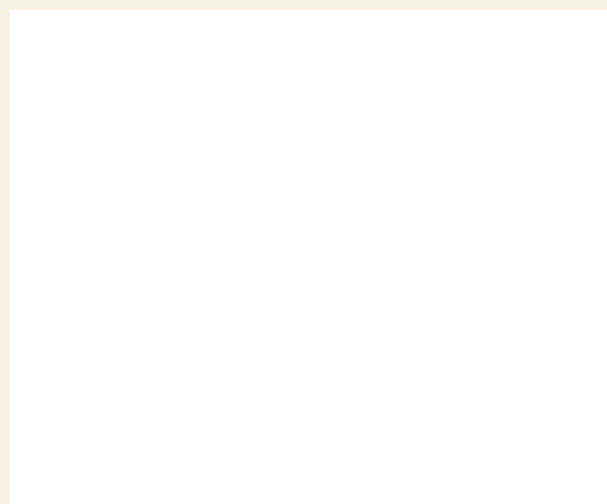


Copyright © 2013 International Medical News Group

## Most Read This Week

- [Reducing Gray Matter Atrophy With Vitamin B](#)
- [The Evaluation of Scrotal and Epididymal Pain in the Primary Care Setting](#)
- [Antipsychotics Linked to Sudden Cardiac Death Risk](#)
- [High Potency Statins and Diabetes](#)
- [Statins and the Effect on Kidney Function](#)

ADVERTISEMENT



## Recently Updated

[Functional Outcomes May Improve With Early Intensive BP Lowering After Acute Intracerebral Hemorrhage](#)

[Tobacco Use Remains a Significant Risk Factor for STEMI](#)

[Rivaroxaban Appears Safe, Effective in Patients With Heart Failure and Afib](#)

[Stepwise Approach in Hypertrophic Obstructive Cardiomyopathy Resistant to First-Line Treatment](#)

[Warm Compresses With Massage Raise Risk for Corneal Damage](#)

#### ADVERTISEMENT



[help](#)



[contact us](#)



[advertise](#)

[about us](#)

[Privacy Policy](#)

[Terms and Conditions](#)

# ELSEVIER

Copyright © 2013 Elsevier Inc.  
All rights reserved.