

**DO YOU WANT TO KNOW IF YOU
HAVE ADDITIVE INTERNET
BEHAVIOR?**

(Circle the answer that expresses you)

The real world seems dull and empty to me.

YES

NO

**When I'm interrupted from spending hours on
the internet, I get angry and irritable.**

YES

NO

**Many times I lose track of real time and stay
online longer than I had planned.**

YES

NO

I am extremely tired and sleepy everyday.

YES

NO

I don't sleep at fixed times.

YES

NO

**Most of the time I neglect to play basketball (or
some other sport), which is my favorite sport.**

YES

NO

Performance in my school subjects is gradually declining.	
YES	NO
Many times at night I forget to brush my teeth and take a bath.	
YES	NO
Many times I feel pain in my lower back and my eyes are irritated.	
YES	NO
Many times it causes tension with my siblings and parents when they interrupt me from being online.	
YES	NO