

Cyber-Addiction 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 cyber-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 cyber-use,
9. ___ Thinks about playing or cyber-use 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 cyber-use.
13. ___ Tries to limit cyber-use time but is unable to do so.
14. ___ Family members or friends complain about person's cyber-use.
15. ___ Continues to play or use in spite of negative consequences.
16. ___ Is only happy when playing or on-line.
17. ___ More and more friends are gamers or on-line friends.



18. ___ Plays games or stays on line longer than planned.

19. ___ Skips school or work to play or go on line.

20. ___ Denies that there is any problem in spite of negative consequences.

Scores range between 20 and 100. Scores above 59 indicate possible addiction.

