



Internet Addiction Test (IAT)

Based upon the following five-point scale, select the response that best represents the frequency of the behavior described in each question.

	NA	Rarely	Occasionally	Frequently	Often	Always
1. How often do you find that you stay online longer than you intended?	0	1	2	3	4	5
2. How often do you neglect household chores to spend more time online?	0	1	2	3	4	5
3. How often do you prefer the excitement of the Internet to intimacy with your partner?	0	1	2	3	4	5
4. How often do you form new relationships with fellow online users?	0	1	2	3	4	5
5. How often do others in your life complain to you about the amount of time you spend on online?	0	1	2	3	4	5
6. How often do your grades or school work suffer because of the amount of time you spend online?	0	1	2	3	4	5
7. How often do you check your email before something else that you need to do?	0	1	2	3	4	5
8. How often does your job performance or productivity suffer because of the Internet?	0	1	2	3	4	5
9. How often do you become defensive or secretive when anyone asks you what you do online?	0	1	2	3	4	5
10. How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?	0	1	2	3	4	5
11. How often do you find yourself anticipating when you will go online again?	0	1	2	3	4	5
12. How often do you fear that life without the Internet would be boring, empty and joyless?	0	1	2	3	4	5
13. How often do you snap, yell, or act annoyed if someone bothers you while you are online?	0	1	2	3	4	5

Please note: This screening tool is only for adults. It is not a diagnostic instrument and is only to be used by you if you are 18 years or older. You are encouraged to share your results with your Best Care EAP counselor or with a physician or health care provider. Methodist Health System dba Best Care EAP, disclaims any liability, loss or risk incurred as a consequence, directly or indirectly, from the use and application of this screen.



BEST CARE
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	NA	Rarely	Occasionally	Frequently	Often	Always
14. How often do you lose sleep due to late-night log-ins?	0	1	2	3	4	5
15. How often do you feel preoccupied with the Internet when off-line, or fantasize about being online?	0	1	2	3	4	5
16. How often do you find yourself saying "just a few more minutes" when online?	0	1	2	3	4	5
17. How often do you try to cut down the amount of time you spend online and fail?	0	1	2	3	4	5
18. How often do you try to hide you long you've been online?	0	1	2	3	4	5
19. How often do you choose to spend more time online over going out with others?	0	1	2	3	4	5
20. How often do you feel depressed, moody or nervous when you are off-line, which goes away once you are back online?	0	1	2	3	4	5

Total of each column _____ + _____ + _____ + _____ + _____ + _____ =
Grand Total _____

Scoring: The higher your score, the greater the creation of problems and possible addiction.
0-30 None 31-49 Mild 50-79 Moderate 80-100 Severe

If you are concerned about your score for the Internet Addiction Test, call your Best Care EAP today to speak confidentially with a professional counselor at 402.354.8000 or 800.801.4182.

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