

Pathways Institute for Impulse Control
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INTERNET USE QUESTIONNAIRE

1. Has online use ever made you or your home life unhappy?
2. Has online use caused trouble for you in your relationships?
3. Have you fought with your partner over your online use?
4. Do you lose hours, days or nights of sleep due to your online activity?
5. Has your online use affected your work performance or studies?
6. Has your online use caused problems at your work place?
7. Have you stopped eating due to online use?
8. Have you stopped exercising due to online use?
9. Have you lost interest in other activities or hobbies due to online use?
10. Do you reach for the computer when you are lonely, angry, tired or sad?
11. Do you reach for the computer after a conflict or argument?
12. Have you gotten involved in things online you'd never gotten involved in before such as:
Pornography, gambling, gaming, chats, shopping?
13. Have you ever gotten into trouble with the law (or become involved in illegal activities)
due to online activities?
14. Do you find yourself online even though you have nothing you need to accomplish rather
passing time or trying to deal with boredom?
15. Are any of the above-mentioned online activities becoming an additional problem for
you now?
16. Have you tried to stop or control your online time without success?
17. Have you tried to unplug or quit without success?
18. Do you find yourself checking email or websites all the time?
19. Have you changed your behavior so you are always able to access the Internet such as no
longer camping or going out in nature?
20. Have you lost relationships or stopped being in contact with friends or family?
21. Do you ever feel high from time spent online?
22. Do you ever feel numb from time spent online?
23. Are you spending most of your free time online?

***If you have answered YES to any of these questions you could benefit from a professional evaluation. Please contact Pathways Institute for Impulse Control for information about treatment. All inquiries are strictly confidential.**

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