s-IAT

Instruction:

Below you will find a list of questions. Please read each question carefully and answer them to the best of your ability. Only choose one response and please be sure to answer every question. There are no right or wrong answers; it is important that you rate the questions in a kind of matter, which fits best for you.

Date:		
Investigator's code:		
Participant's code:		

		never	rarely	sometimes	often	very often
1	How often do you find that you stay on-line longer than you intended?					
2	How often do you neglect household chores to spend more time on-line?					
3	How often do your grades or school work suffer because of the amount of time you spend on-line?					
4	How often do you become defensive or secretive when anyone asks you what you do on-line?					
5	How often do you snap, yell, or act annoyed if someone bothers you while you are on-line?					
6	How often do you lose sleep due to being online late at night?					
7	How often do you feel preoccupied with the Internet when off-line, or fantasize about being on-line?					
8	How often do you find yourself saying "just a few more minutes" when on-line?					
9	How often do you try to cut down the amount of time you spend on-line and fail?					
10	How often do you try to hide how long you've been on- line?					
11	How often do you choose to spend more time on-line over going out with others?					
12	How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back on-line?					