

Internet Addiction Scale (Chen)

Focusing on the last three months, rate the degree to which each statement matches your experience

- 1 Does not match my experience at all
- 2 Probably does not match my experience
- 3 Probably matches my experience
- 4 Definitely matches my experience

Items

1. I was told more than once that I spend too much time online.	1	2	3	4
2. I feel uneasy once I stop going online for a certain period of time.	1	2	3	4
3. I find that I have been spending longer and longer periods of time online.	1	2	3	4
4. I feel restless and irritable when the Internet is disconnected or unavailable.	1	2	3	4
5. I feel energized online.	1	2	3	4
6. I stay online for longer periods of time than intended.	1	2	3	4
7. Although using the Internet has negatively affected my relationships, the amount of time I spend online has not decreased.	1	2	3	4
8. More than once, I have slept less than four hours due to being online.	1	2	3	4
9. I have increased substantially the amount of time I spend online.	1	2	3	4
10. I feel distressed or down when I stop using the Internet for a certain period of time.	1	2	3	4
11. I fail to control the impulse to log on.	1	2	3	4
12. I find myself going online instead of spending time with friends.	1	2	3	4
13. I get backaches or other physical discomfort from spending time surfing the net.	1	2	3	4
14. Going online is the first thought I have when I wake up each morning.	1	2	3	4
15. Going online has negatively affected my schoolwork or job performance.	1	2	3	4
16. I feel like I am missing something if I don't go online for a certain period of time.	1	2	3	4
17. My interactions with family members have decreased as a result of Internet use.	1	2	3	4
18. My recreational activities have decreased as a result of Internet use.	1	2	3	4

Items

19. I fail to control the impulse to go back online after logging off for other work.	1	2	3	4
20. My life would be joyless without the Internet.	1	2	3	4
21. Surfing the Internet has negatively affected my physical health.	1	2	3	4
22. I have tried to spend less time online but have been unsuccessful.	1	2	3	4
23. I make it a habit to sleep less so that more time can be spent online.	1	2	3	4
24. I need to spend an increasing amount of time online to achieve the same satisfaction as before.	1	2	3	4
25. I fail to have meals on time because of using the Internet.				
26. I feel tired during the day because of using the Internet late at night.	1	2	3	4

Scoring: The minimum and maximum scores of the CIAS are 26 and 104. Higher scores indicate a more severe level of Internet addiction. Respondents with scores of 64 and above were classified as Internet addicted