

Master Questionnaire on Digital/Internet/Gaming Addiction and Mental Health

Section A: Demographics & Family Background

1. Age (in years): _____
 2. Gender:
 - Male
 - Female
 - Other
 3. Educational Status:
 - 8th standard
 - 9th standard
 - 10th standard
 - Other: _____
 4. Occupation (if applicable): _____
 5. Type of Family:
 - Nuclear
 - Joint
 - Other
 6. Socio-economic Background:
 - Low
 - Middle
 - High
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Section B: Digital Media & Internet Use

7. On average, how many hours per day do you spend online (excluding academic/work-related use)?
 - Less than 2 hours
 - 2–4 hours
 - 4–6 hours
 - More than 6 hours
8. What is your **primary online activity**?
 - Social Media (Instagram, Facebook, etc.)
 - Online Gaming
 - Streaming/Entertainment (YouTube, OTT, etc.)
 - Information/Education
 - Other: _____
9. How often do you stay online longer than intended?
 - Never
 - Rarely
 - Sometimes
 - Often
 - Always
10. Have you ever neglected sleep, meals, or responsibilities due to internet/gaming/smartphone use?
 - Yes
 - No

Section C: Behavioral & Emotional Indicators

- Do you feel **restless/irritated** when you can't get online or play?
- Never
- Rarely

- Sometimes
 - Often
 - Always
12. Have you tried to reduce your online/gaming time but failed?
- Yes
 - No
13. Do you **hide or lie** about how much time you're online/gaming??
- Yes
 - No
14. Has your academic/work performance suffered due to excessive internet/gaming use?
- Yes
 - No
15. Do you prefer being online rather than spending time with family/friends offline?
- Yes
 - No
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Section D: Mental Health & Well-being

16. In general, how would you describe your mental health?
- Excellent
 - Very good
 - Good
 - Fair
 - Poor
17. During the past 12 months, have you seriously thought about suicide?
- Yes
 - No
18. Have you ever attempted suicide in your lifetime?
- Yes
 - No
19. Have you been told by a health professional that you may be at risk of depression, anxiety, or an eating disorder?
- Yes
 - No

Section E: Family & Social Impact

20. Do family members complain about the time you spend online/gaming?
- Yes
 - No
21. Have your relationships with friends/family been negatively affected by your online/gaming habits?
- Yes
 - No
22. Do you **skip going out/meeting people** to stay online or play?
- Yes
 - No

Covers demographics, usage patterns, behavioral symptoms, emotional indicators, mental health risks, family/social impact.

Removes duplicates (e.g., sleep neglect, lying, withdrawal symptoms).

Retains diagnostic criteria aligned with WHO/ICD-11 Internet Gaming Disorder & DSM-5 Internet Addiction features.

Is short enough for field data collection (~10–12 minutes response time).

Mapping to Diagnostic Constructs (DSM-5/ICD-11) and Source Scales

Legend of constructs

- **Salience/Preoccupation (SAL)**
- **Withdrawal (WDR)**
- **Tolerance/Escalation (TOL)**
- **Loss of control/Failed cut-down (LOC)**
- **Mood modification/Coping (MM)**
- **Conflict/Concealment (CNF)**
- **Functional impairment (IMP)** — academic/work/sleep/relationships
- **Displacement of activities (DSP)** — choosing online over offline

Q#	Item (short label)	Primary construct(s)	Closest original items this consolidates
1	Age	— (demographic control)	—
2	Gender	— (demographic control)	—
3	Education	— (demographic control)	—
4	Occupation	— (demographic control)	—
5	Family type	— (context)	—
6	Socio-economic background	— (context)	—
7	Daily online hours	TOL / usage intensity	IAT Q1 (overuse), PIUQ time-loss
8	Primary activity (SM/gaming/streaming/edu)	Profiling (route to subscales)	SMD domain, IGDT domain
9	Stay online longer than intended	TOL, LOC	IAT Q1/Q5; PIUQ Q5
10	Neglect sleep/meals/responsibilities	IMP	IAT Q2/Q6/Q3; PIUQ Q3/Q8
11	Restless/irritable when can't access	WDR	IGDT Q2; SMD Q2; PIUQ Q1
12	Tried to cut down but failed	LOC	IGDT Q4; SMD Q4; IAT Q8
13	Lie/hide about time online	CNF	IGDT Q7; SMD Q7
14	School/work suffered	IMP	IGDT Q10; SMD Q10; IAT Q3
15	Prefer online over offline socials	DSP (also IMP)	IGDT Q5; SMD Q5; PIUQ Q6
16	Self-rated mental health	Global MH anchor	—
17	Serious suicidal ideation (12m)	Safety flag	—
18	Lifetime suicide attempt	Safety flag	—

19	Told at risk of depression/anxiety/eating disorder	MH comorbidity anchor	—
20	Family complains about time online	CNF / IMP	IAT Q5; PIUQ Q6/Q9
21	Relationships harmed	IMP	IGDT Q9; SMD Q9; PIUQ Q6/Q9
22	Avoid social/outdoor activities for online use	DSP / SAL	IGDT Q5; SMD Q5

Scale

Q#	Variable	Response options (examples)	Coding
1	Age	open numeric	integer years
2	Gender	Male / Female / Other	as entered (or 0/1/2)
3	Education	8/9/10/other	0/1/2/3
4	Occupation	text	—
5	Family type	Nuclear / Joint / Other	0/1/2
6	SES	Low / Middle / High	0/1/2

Section B — Digital Media & Internet Use (Q7–Q10)

- **Q7:** usage intensity (optional covariate)
- **Q8:** primary activity (routing/analysis)
- **Q9–Q10: included in Core Symptom Index (CSI)**

Q#	Item	Response scale	Coding
7	Daily online hours (non-academic)	<2h / 2–4h / 4–6h / >6h	0 / 1 / 2 / 3 (optional)
8	Primary online activity	SM / Gaming / Streaming / Education / Other	one-hot (optional)
9	“I stay online longer than I planned.”	Never / Rarely / Sometimes / Often / Always	0 / 1 / 2 / 3 / 4
10	“I neglect sleep/meals/responsibilities because of online use.”	Never / Rarely / Sometimes / Often / Always	0 / 1 / 2 / 3 / 4

Section C — Behavioral & Emotional Indicators (Q11–Q15)

- All included in CSI

Q#	Item	Response scale	Coding
11	Withdrawal: “I feel restless/irritable when I can’t get online or play.”	Never / Rarely / Sometimes / Often / Always	0 / 1 / 2 / 3 / 4
12	Loss of control: “I tried to reduce my online/gaming time but couldn’t.”	Never / Rarely / Sometimes / Often / Always	0 / 1 / 2 / 3 / 4
13	Concealment: “I hide or lie about how much time I spend online/gaming.”	Never / Rarely / Sometimes / Often / Always	0 / 1 / 2 / 3 / 4
14	Impairment: “My school/college/work has suffered because of my online/gaming use.”	Never / Rarely / Sometimes / Often / Always	0 / 1 / 2 / 3 / 4
15	Displacement: “I prefer being online rather than meeting people offline.”	Never / Rarely / Sometimes / Often / Always	0 / 1 / 2 / 3 / 4

Section D — Mental Health & Well-being (Q16–Q19)

- Not part of CSI (used for context/comorbidity and safety)

Q#	Item	Response scale	Coding
16	Self-rated mental health	Excellent / Very good / Good / Fair / Poor	4 / 3 / 2 / 1 / 0 <i>(higher = better)</i>
17	Serious suicidal thoughts (past 12 months)	Yes / No	1 / 0 (<i>Safety flag</i>)
18	Lifetime suicide attempt	Yes / No	1 / 0 (<i>Safety flag</i>)
19	Told at risk of depression/anxiety/eating disorder	Yes / No	1 / 0

Section E — Family & Social Impact (Q20–Q22)

- All included in CSI

Q#	Item	Response scale	Coding
20	“My family complains about the time I spend online/gaming.”	Never / Rarely / Sometimes / Often / Always	0 / 1 / 2 / 3 / 4
21	“My relationships have been negatively affected by my online/gaming habits.”	Never / Rarely / Sometimes / Often / Always	0 / 1 / 2 / 3 / 4
22	“I skip going out/meeting people to stay online or play.”	Never / Rarely / Sometimes / Often / Always	0 / 1 / 2 / 3 / 4

Scoring

Core Symptom Index (CSI)

- Items included: Q9–Q15, Q20–Q22 (11 items)
- Per-item range: 0–4
- Total range: 0–44 (higher = more problematic use)

Cut-offs (screening, adjust after pilot):

- 0–10: Low risk
- 11–20: At-risk (brief advice/monitor)
- 21–29: Problematic use likely (structured assessment)
- ≥30: High risk / addictive pattern (consider referral)

Calibrate with your pilot ($n \approx 50–100$) using internal consistency ($\alpha \geq 0.75$) and ROC against a gold standard (e.g., IGDT-10 ≥ 5).

Optional Subscales (for analysis)

- Withdrawal (WDR): Q11 (0–4)
- Control/Tolerance (CTL): Q9 + Q12 (0–8)
- Concealment/Conflict (CNF): Q13 + Q20 (0–8)
- Functional Impairment (IMP): Q10 + Q14 + Q21 (0–12)
- Displacement/Salience (DSP): Q15 + Q22 (0–8)