Young KS. Internet addiction: the emergence of a new clinical disorder. Cyberpsychol Behav. 1998;1(3):237-44.

文章中找不到具体的概括，但引用该文章的其他文章均采用以下表述：

While there is still considerable controversy surrounding the exact definition of Internet addiction, there is some consensus on the following symptoms: a) persistent preoccupation with the Internet; b) increasing frequency of the time spent on the Internet; c) frequent unsuccessful attempts to control the time spent online; d) when cut down or interrupted the Internet use, the user feels tired, shaky, or depressed; e) irritability when the user attempts to stop the use of the Internet; f) longer permanence on the Internet in relation to what was previously planned; g) jeopardizing of important relationships or even professional work and education due to the use of the Internet; h) lying to others about the amount of time spent on the Internet; i) use of the Internet as a form of escapism for everyday problems

虽然围绕网络成瘾的确切定义仍存在相当大的争议，但对以下症状存在一些共识：a）对互联网的持续关注; b）增加在互联网上花费的时间; c）经常不成功地控制在线时间; d）当减少或中断因特网使用时，用户感到疲倦，不稳或沮丧; e）当用户试图停止使用互联网时易怒; f）与以前计划的相比，互联网上的持久性更长; g）由于使用互联网而危及重要关系甚至专业工作和教育; h）向其他人说谎在互联网上花费的时间; i）使用互联网作为日常问题的逃避现实形式