# Problematic Internet Use Questionnaire (PIUQ)

In the following you will read statements about your Internet use. Please indicate on a scale from 1 to 5 how much these statements characterize you

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Questions** | **never** | **rarely** | **sometimes** | **often** | **always** |
| 1 | How often do you fantasize about the Internet, or think about what it would be like to be online when you are not on the Internet? |  |  |  |  |  |
| 2 | How often do you neglect household chores to spend more time online? |  |  |  |  |  |
| 3 | How often do you feel that you should decrease the amount of time spent online? |  |  |  |  |  |
| 4 | How often do you daydream about the Internet? |  |  |  |  |  |
| 5 | How often do you spend time online when you’d rather sleep? |  |  |  |  |  |
| 6 | How often does it happen to you that you wish to decrease the amount of time spent online but you do not succeed? |  |  |  |  |  |
| 7 | How often do you feel tense, irritated, or stressed if you cannot use the Internet for as long as you want to? |  |  |  |  |  |
| 8 | How often do you choose the Internet rather than being with your partner? |  |  |  |  |  |
| 9 | How often do you try to conceal the amount of time spent online? |  |  |  |  |  |
| 10 | How often do you feel tense, irritated, or stressed if you cannot use the Internet for several days? |  |  |  |  |  |
| 11 | How often does the use of the Internet impair your work or your efficacy? |  |  |  |  |  |
| 12 | How often do you feel that your Internet usage causes problems for you? |  |  |  |  |  |
| 13 | How often does it happen to you that you feel depressed, moody, or nervous when you are not on the Internet and these feelings stop once you are back online? |  |  |  |  |  |
| 14 | How often do people in your life complain about spending too much time online? |  |  |  |  |  |
| 15 | How often do you realize saying when you are online, “just a couple of more minutes and I will stop”? |  |  |  |  |  |
| 16 | How often do you dream about the Internet? |  |  |  |  |  |
| 17 | How often do you choose the Internet rather than going out with somebody to have some fun? |  |  |  |  |  |
| 18 | How often do you think that you should ask for help in relation to your Internet use? |  |  |  |  |  |

**Subscales:**

* Obsession: Questions 1, 4, 7, 10, 13, 16
* Neglect: Questions 2, 5, 8, 11, 14, 17
* Control disorder: Questions 3, 6, 9, 12, 15, 18

**Scoring:**

1 point – never

2 points – rarely

3 points – sometimes

4 points – often

5 points – sometimes

= minimum score of 18, maximum score of 90

= each subscale contains six items, scores can thus range from 6 to 30 points