Questionnaires for Seven Problematic Mobile Phone Use Scales

**Basic Information**

**Gender**:**1** Male, **2** Female

**Grade**: **1** Freshmen, **2** Sophomore, **3** Junior, **4** Senior, **5** Grade 1 master, **6** Grade 2 master, **7** Grade 3 master, **8** doctor

**Age**

**Group**: **1** paper-pencil, **2** Online

# Chinese Version of the Nomophobia Questionnaire（NMP-C）

7-point Likert-type (from 1 = Not meet at all to 7 = Completely in conformity with)

1. I feel uncomfortable if I don't have continuous access to information through my mobile phone.

2. I would be annoyed if I could not look information up on my mobile phone when I wanted to do.

3. Not being able to get news (e.g., happenings, weather, etc.) on my mobile phone makes me nervous.

4. I get annoyed when I can't use my mobile phone and/or its capabilities when I want to.

5. I get scared when my mobile phone battery runs out.

6. I will feel panic if my phone reaches its monthly data limit.

7. If the phone has no signal or can't connect to Wi-Fi, I will keep checking it.

8. If I can't use my mobile phone, I will be afraid of getting into trouble.

9. If my mobile phone is not around, I will worry that my family and friends will not be able to contact me.

10. I feel nervous when my mobile phone is not around and I cannot receive messages and calls.

11. When my mobile phone is not around and I can't keep in touch with my family and friends, I will be worried.

12. If I did not have my mobile phone with me, I would be nervous because I could not know if someone had tried to get a hold of me.

13. When my mobile phone is not around and I am disconnected from the network, I will be nervous.

14. If I did not have my mobile phone with me, I would be uncomfortable because I could not stay up-to-date with social media and online networks.

15. If I did not have my mobile phone with me, I would feel awkward because I could not check the network connection and online network update notification.

16. When my mobile phone is not around, I will feel anxious because I can't check my QQ, WeChat, email and other messages.

* Fear of being unable to obtain information: 1, 2, 3, 4
* Fear of losing convenience: 5, 6, 7, 8
* Fear of losing contact: 9, 10, 11, 12
* Fear of losing the Internet connection: 13, 14, 15, 16

# Mobile Phone Addiction Tendency Scale（MPATS）

5-point Likert-type (from 1 = Very inconsistent to 5 = Very well suited to)

1. If I haven't looked at my mobile phone for a while, I will immediately check whether there is a text message/missed call

2. I would rather choose to chat on my mobile phone than face-to-face communication.

3. When waiting for someone, I always call frequently to ask where the other person is. If I don't call, I will be impatient

4. If I don’t use my phone for a long time, I feel uncomfortable.

5. I can't pay attention in class because of calls and text messages.

6. I would feel lonely without my mobile phone.

7. I feel more confident when communicating with others on my mobile phone.

8. When my phone doesn't ring for a while, I feel uncomfortable and subconsciously check my phone for missed calls/messages.

9. I often have hallucinations of "my cell phone is ringing/my cell phone is vibrating".

10. I feel more fulfilled when I have more phone calls and text messages.

11. I am often afraid of my mobile phone turning off automatically.

12. My mobile phone is a part of me, and when it goes away, I feel like I've lost something.

13. My classmates and friends often say that I rely too much on my phone.

14. When the mobile phone is often disconnected and cannot receive the signal, I get anxious and become irritable.

15. In class, I often take the initiative to focus on the mobile phone and affect the class.

16. I find it more comfortable to communicate with others on my mobile phone.

* Withdrawal symptoms: 1, 4, 6, 8, 10, 12
* Salience: 5, 9, 13, 15
* Social comfort: 2, 7, 16
* Mood change: 3, 11, 14

# Smartphone Addiction Proneness Scale（SAPS）

4-point Likert-type (from 1 = Strongly disagree to 4 = Strongly agree)

1. Spending time on mobile phones makes me happier than spending time with family and friends.

2. I feel very painful if I am not allowed to play mobile phone.

3. I feel lost the whole world when I can't use the mobile phone.

4. I get restless without mobile phone.

5. I can't control the time of using mobile phone.

6. Even without a mobile phone, I won't worry.

7. Even when I think I should stop using my mobile phone, I will continue to use it and cannot stop.

8. Mobile phones won't distract me when studying.

9. I feel very panic when I can't use my mobile phone.

10. It has become a habit of me to spend a lot of time on my mobile phone.

* Disturbance of Adaptive Functions: 8
* Virtual Life Orientation: 1, 3
* Withdrawal: 2, 4, 6, 9
* Tolerance: 5, 7, 10

# Smartphone Addiction Inventory（SPAI）

4-point Likert-type (from 1 = Strongly disagree to 4 = Strongly agree)

1. Someone has told me more than once that I spend too much time on my phone.

2. I feel uncomfortable after I stop using my mobile phone for a period of time.

3. As long as I play mobile phone immediately will be energetic no matter how tired before.

4. The amount of time I spent on my mobile phone and the extra cost caused by it were more than I expected.

5. Although mobile phone use has a negative impact on my interpersonal relationship, the time spent online has not decreased.

6. Sleep time is less than 4 hours due to playing with mobile phones. This has happened to me more than once.

7 In the last three months, the time I use my mobile phone has obviously increased

8. I will feel depressed and disappointed after stop using mobile phone for a period of time.

9. I can't control my impulse to play mobile phone.

10. I found that I had less time to get along with and communicate with my friends due to my addiction to mobile phones.

11. I feel eye discomfort and back pain due to excessive mobile phone use .

12. Mobile phone use has a certain negative impact on my study and work performance.

13. I feel that I have missed some messages after stop using my mobile phone for a period of time.

14. My interaction with my family is reduced because of playing mobile phone.

15. My entertainment activities have been reduced due to playing mobile phone.

16. I will have the impulse to open it again after I stop using mobile phone.

17. I tried to spend less time on mobile phone, but efforts were in vain.

18. Playing with mobile phones has become a habit. My sleep time and sleep quality have decreased.

19. I need to spend a lot of time on mobile phone to achieve the same satisfaction as before.

20. If I didn't have mobile phone, I couldn't have meal.

* Compulsive behavior: 3, 4, 5, 8, 9, 10, 15, 17
* Functional impairment: 6, 10, 11, 12, 14, 18, 19
* Withdrawal: 2, 13, 16, 20
* Tolerance: 1, 7

# Smartphone Addiction Scale for College Students（SASC）

5-point Likert-type (from 1 = Strongly unacceptable to 5 = Strongly acceptable)

1. My classmates and friends said that I spent too much time on mobile phone.

2. I feel that I need to spend more time on mobile phone to be satisfied.

3. A direct result of spending time on mobile phone is that my learning efficiency decreases.

4. Friends and family complain that I use mobile phone too much.

5. When I am sad, the first thing I think of is playing mobile phone.

6. If my mobile phone is not around for a period of time, I often worry about missing the calls.

7. Playing mobile phone has affected my academic performance.

8. The delay caused by playing mobile phone has brought me a lot of trouble.

9. If I can't use mobile phone for a period of time, I will feel very anxious.

10. I find it hard to sleep because I use mobile phone to check on my friends.

11. My academic performance has decreased because of playing with mobile phone.

* withdrawal behavior: 6, 9
* salience behavior: 1, 2, 4
* social comfort: 5, 10
* negative effects: 3, 7, 8, 11

# Smartphone Addiction Scale for Chinese Adults（SASCA）

5-point Likert-type (from 1 = Strongly unacceptable to 5 = Strongly acceptable)

1. Mobile phone is such a big part of my life that I find it hard to sit still without it.

2. If I don't use mobile phone for a period of time, I will feel uneasy.

3. I feel restless and irritable when mobile phone have no signal or Internet access.

4. I want to play mobile phone as soon as I wake up every morning.

5. My life would become very boring without mobile phone.

6. I prefer to chat with my friends and watch web pages on mobile phone, rather than communicate directly with my family or friends in real life.

7. Using mobile phone has a negative impact on my personal safety, such as looking at mobile phone when crossing the road, driving or waiting, resulting in danger.

8. Even when I'm out with my family or eating, I can't stop playing mobile phone.

9. I often fail to complete my work or learning tasks on time because of playing mobile phone.

10. I will delay what I have planned because of mobile phone use.

11. When I am working or studying, it is difficult to concentrate due to mobile phone use.

12. I feel neck pain due to excessive mobile phone use.

13. I have experienced dizziness or eye irritation due to excessive mobile phone use.

14. I don't get enough sleep and feel tired from using mobile phone too much.

* Withdrawal: 1, 2, 3, 4, 5
* Salience: 6, 7, 8
* social impairment: 9, 10, 11
* somatic discomfort: 12, 13, 14

# Mobile Phone Addiction Scale（MPAS）

5-point Likert-type (from 1 = Never to 5 = Always)

1. I tried to hide from others how long I used my mobile phone

2. I received a mobile phone bill that I couldn't afford

3. I always feel that I don't have enough time to play mobile phone.

4. I find it difficult for me to turn off mobile phone.

5. If I haven't checked the information or turned on mobile phone for a period of time, I will feel very anxious.

6. If I didn't have mobile phone, I would feel very lost.

7. If there is no mobile phone, my friends will find it difficult to get in touch with me.

8. When I feel isolated, I use mobile phone to communicate with others.

9. When I feel lonely, I use mobile phone to communicate with others.

10. When I feel depressed, playing mobile phone will make me better.

11. I found myself on my mobile phone when I should be doing something else, and that did cause some problems.

* Inability to Control Craving: 1, 2, 3
* Feeling Anxious & Lost: 4, 5, 6, 7
* Withdrawal/Escape: 8, 9, 10
* Productivity Loss: 11