

What is the first thing that you do when you get up in the morning?



How many hours a day do you get online?



Do you find yourself irritable when you are away from your computer or cellphone?



Do you spend more time with your family or your computer?



Do you often stay up later than usual just to stay online?



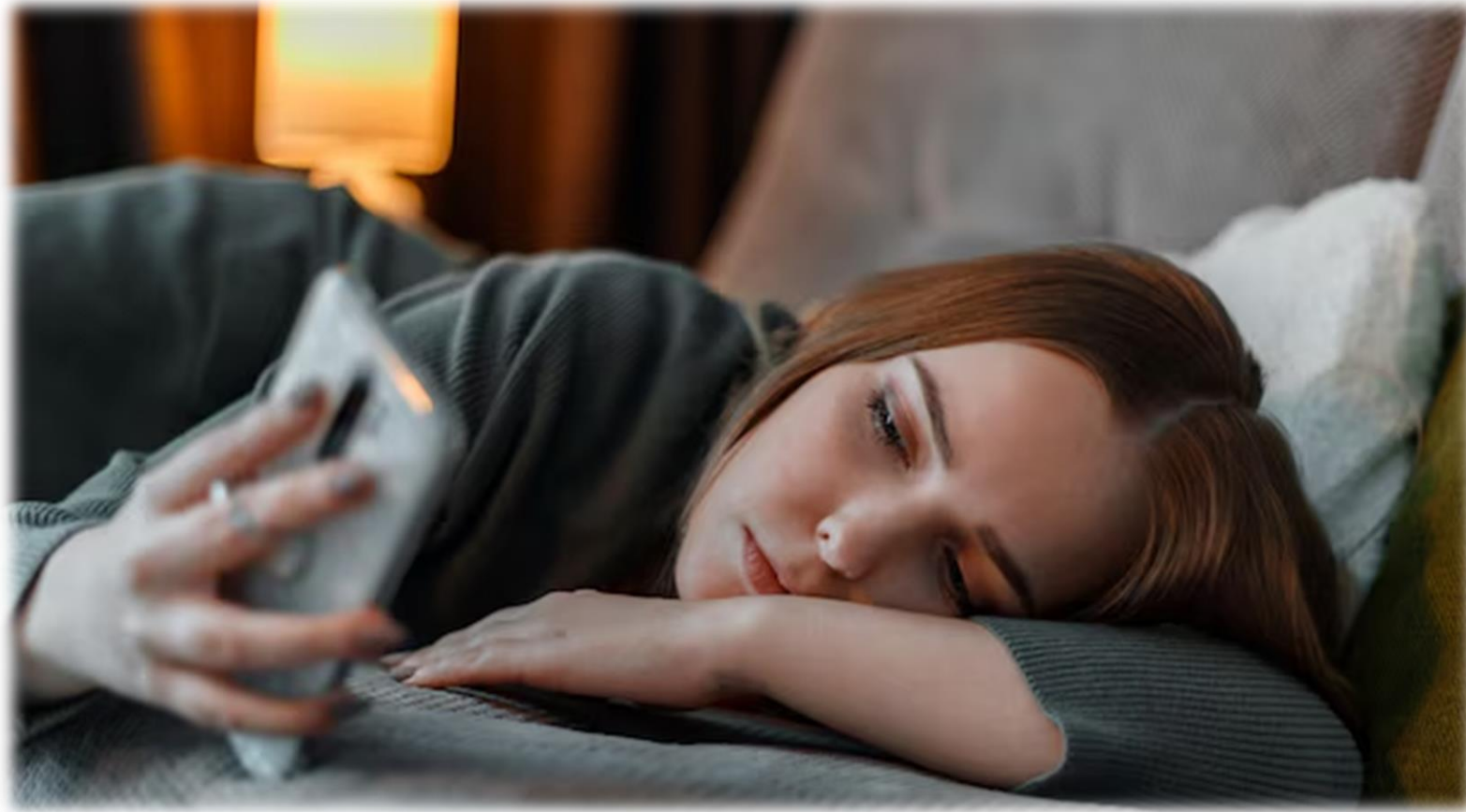
When using the internet, do you find that you lose track of time and feel surprised when you realize the time spent surfing the web?



Have you been ashamed of or tried to hide how much time you spend on your internet-connected device?



Do you use the internet to feel better when you are distressed, depressed or anxious?



Has anyone ever accused you of being an internet addict?



- 1. To check what time it is.**
- 2. In danger**
- 3. At risk**
- 4. Enter a competition**
- 5. Dim**
- 6. In vain**
- 7. To spend time on Instagram**
- 8. 8. When I go on a trip**
- 9. I hate watching movies on my phone**
- 10. I need to use a big screen**
- 11. Isolated**
- 12. It's an easier way.**
- 13. For solving our problems**
- 14. Inevitable**
- 15. I used to prefer**

- 16. Tradition / custom**
- 17.It was a waste of time.**
- 18.Too many online games**
- 19.Reputation**
- 20.Distractor**
- 21.Take refuge**
- 22.To put our mind at ease**
- 23.Accused of**
- 24.I'm Internet addicted.**
- 25.I'm an Internet addict.**