Preliminary Self-Assessment Survey on Digital Addiction

Personal information:

Age:_____

Gender:_____

Occupation:_____

Section 1: digital usage

How much time do you spend online, on average, each day, excluding time spent for work purposes?

◯ Less than 3 hours
◯ 3 to 5 hours
◯ More than 5 hours

Which activities do you mainly perform online? (You may select multiple options)

◯ social media
◯ Video or music streaming
◯ Online gaming
◯ Online shopping
◯ other:_____

Do you find yourself using the internet to fill up free time?

◯ yes
◯ no
◯ sometimes

Do you find good using the internet to relax?

◯ yes
◯ no
◯ sometimes

Section 2: Emotional and Behavioral Impact

Do you feel irritable or anxious when you cannot access the internet?

◯ yes
◯ no

Do you have difficulty controlling the amount of time you spend online?

◯ yes
◯ no

Has internet use ever negatively interfered with your personal, work, or academic relationships? (e.g., missed deadlines, canceling a social engagement to stay home)

◯ yes
◯ no
◯ sometimes

Section 3: Specific Habits

Do you ever lose track of time while you are online?

◯ yes
◯ no
◯ sometimes

Do you use the internet or devices (smartphone, computer) in situations where it would be better to avoid them? (e.g., while driving, during meals, in class/at school)

◯ yes
◯ no
◯ sometimes

Have you ever lied about the amount of time you spend online?

◯ yes
◯ no
◯ sometimes

Section 4: Final Considerations

Do you believe that the use of the internet and devices is indispensable for your life (excluding academic and work reasons)?

◯ yes
◯ no

Do you believe that the use of the internet and devices has a negative effect on your life or on your relationships with others?

◯ yes
◯ no
◯ sometimes

Co-funded by the European Union

Preliminary Self-Assessment Survey on Digital Addiction

Personal information:

Age:_____

Gender:_____

Occupation:_____

Section 1: digital usage

How much time do you spend online, on average, each day, excluding time spent for work purposes?

◯ Less than 3 hours **(1 point)**
◯ 3 to 5 hours **(2 points)**
◯ More than 5 hours **(3 points)**

Which activities do you mainly perform online? (You may select multiple options)

◯ social media **(1 point)**
◯ Video or music streaming **(1 point)**
◯ Online gaming **(1 point)**
◯ Online shopping **(1 point)**
◯ other:_____**(1 point)**

Do you find yourself using the internet to fill up free time?

◯ yes **(2 points)**
◯ no **(0 point)**
◯ sometimes **(1 point)**

Do you find good using the internet to relax?

◯ yes **(2 points)**
◯ no **(0 point)**
◯ sometimes **(1 point)**

Section 2: Emotional and Behavioral Impact

Do you feel irritable or anxious when you cannot access the internet?

◯ yes **(2 points)**
◯ no **(0 point)**

Do you have difficulty controlling the amount of time you spend online?

◯ yes **(2 points)**
◯ no **(0 point)**

Has internet use ever negatively interfered with your personal, work, or academic relationships? (e.g., missed deadlines, canceling a social engagement to stay home)

◯ yes **(2 points)**
◯ no **(0 point)**
◯ sometimes **(1 point)**

Section 3: Specific Habits

Do you ever lose track of time while you are online?

◯ yes **(2 points)**
◯ no **(0 point)**
◯ sometimes **(1 point)**

Do you use the internet or devices (smartphone, computer) in situations where it would be better to avoid them? (e.g., while driving, during meals, in class/at school)

◯ yes **(2 points)**
◯ no **(0 point)**
◯ sometimes **(1 point)**

Have you ever lied about the amount of time you spend online?

◯ yes **(2 points)**
◯ no **(0 point)**
◯ sometimes **(1 point)**

Section 4: Final Considerations

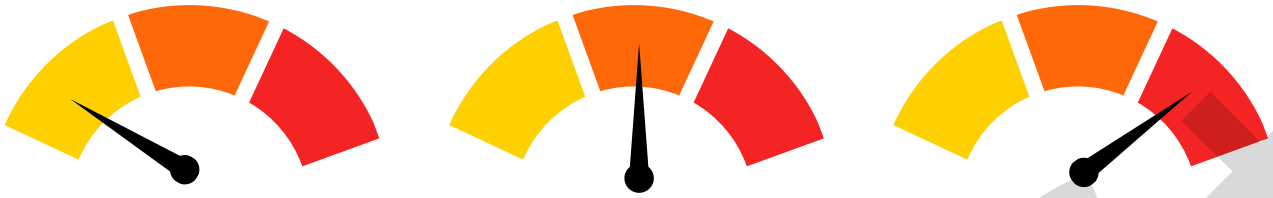
Do you believe that the use of the internet and devices is indispensable for your life (excluding academic and work reasons)?

◯ yes **(2 points)**
◯ no **(0 point)**

Do you believe that the use of the internet and devices has a negative effect on your life or on your relationships with others?

◯ yes **(2 points)**
◯ no **(0 point)**
◯ sometimes **(1 point)**

Co-funded by the European Union



Yellow User (2 to 8 points)

PROFILE: You do not believe that the use of devices and the internet is fundamental to your daily life. You have a good command of the time spent between offline and online activities.
ADVICE: Choose at least 2 activities from the grid (at least 1 with a weekly frequency) and continue to monitor the time you spend online.

Orange User (9 to 18 points)

PROFILE: You spend a large part of your free time on social media or online. Your command of the time spent between offline and online activities should be improved and motivated. You do not always manage to put down your devices, especially your mobile phone, but recognizing the problem of hyper-connection is already a step forward.
ADVICE: Choose at least 4 activities from the grid (at least 2 with a weekly frequency) and continue to monitor the time you spend online.

Red User (19 to 28 points)

PROFILE: You suffer significantly from detachment from devices and technological tools, especially social media. You lose track of time and too often take refuge in your online world to fill time and find stimuli. However, this leads you to get bored easily and not fully manage daily life situations. It will not be easy to leave your phone at home for a few hours, but with the right compromise, you can allow yourself half an hour less per day.
ADVICE: Choose at least 6 activities from the grid (at least 1 daily and 2 with a weekly frequency), organize evenings with family or friends, and continue to monitor the time you spend online.

Co-funded by
the European Union