

Internet User Behavior Screening Scale

Instruction

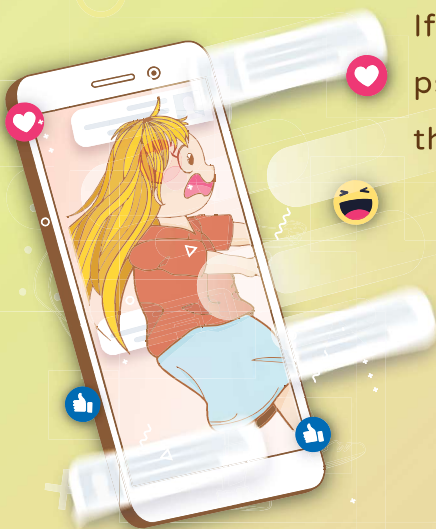
Below is a list of Internet-related behaviors or responses people sometimes have after they have online experiences.

Please read each one carefully, and check on the square that best describes how much the description fits you during the past 6 months. The number ranges from 1 to 4, the bigger the better fit. Please check only on one number for each item and do not skip any items.

	strongly disagree (1)	somewhat disagree (2)	somewhat agree (3)	strongly agree (4)
1 . I feel restless and irritable when the Internet is disconnected or unavailable.				
2 . I find that I have been spending more and more time online.				
3 . I make it a habit to sleep less so that more time online.				
4 . Going online has had negative effects on my schoolwork performance.				

Scores and Recommendations

If the total score is higher than 11, we recommend that you go to psychological counseling and medical service .Also you can call the 24-hour free counseling hotline:1925.



Taipei Community Mental Health Center
(02)3393-7885

廣告