

Check your net addiction level

This is a simple test that helps you determine if your Internet use is too much and assess the level of Internet addiction, or use network services.

1. When using phones, laptops, tablets, I spend more time than expected.
 1. Never or rarely
 2. Sometimes
 3. Very often
2. I prefer to interact online rather than with my lover.
 1. Never or rarely
 2. Sometimes
 3. Very often
3. I would rather go online than do some miscellaneous things in the house
 1. Never or rarely
 2. Sometimes
 3. Very often
4. I see the quality of work or learning outcomes affected by the time spent using the Internet.
 1. Never or rarely
 2. Sometimes
 3. Very often
5. My friends and family always complain because I spend a lot of time with my phone, laptop or tablet.
 1. Never or rarely
 2. Sometimes
 3. Very often
6. When asked what to do online, I didn't want to answer.
 1. Never or rarely
 2. Sometimes
 3. Very often
7. Due to being online, I do not have high productivity or the ability to pay attention as before.
 1. Never or rarely
 2. Sometimes
 3. Very often
8. I checked social network accounts (Facebook, Instagram .), messages or emails before going to work or school.
 1. Never or rarely
 2. Sometimes
 3. Very often
9. I don't like other people bothering me when I'm using my phone, laptop and tablet.
 1. Never or rarely
 2. Sometimes
 3. Very often

10. I was worried about not using my phone, tablet or laptop.
 1. Never or rarely
 2. Sometimes
 3. Very often
11. I escaped from real life because of the things I found and could do online.
 1. Never or rarely
 2. Sometimes
 3. Very often
12. My life will be much less interesting and fun if I can't use the network.
 1. Never or rarely
 2. Sometimes
 3. Very often
13. I often postpone doing other things because I take the time to go online.
 1. Never or rarely
 2. Sometimes
 3. Very often
14. When working, at home or at school and the phone is turned off or lost, I am worried if I have missed anything.
 1. Never or rarely
 2. Sometimes
 3. Very often
15. I often wake up later than expected because I work online.
 1. Never or rarely
 2. Sometimes
 3. Very often
16. I would rather stay at home playing games, surfing social networks or doing something online than going out with friends.
 1. Never or rarely
 2. Sometimes
 3. Very often
17. I try to limit the use of my phone, tablet or laptop when it is not related to work / study, but is not successful.
 1. Never or rarely
 2. Sometimes
 3. Very often
18. When I didn't check the phone, I was afraid I missed something and it made me unhappy.
 1. Never or rarely
 2. Sometimes
 3. Very often

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