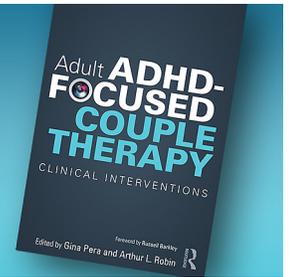# Adult ADHD-Focused Couple Therapy: Clinical Interventions

With Gina Pera and Arthur L. Robin, PhD

Dear Reader,

This is **The Internet Addiction Test (IAT),** a companion worksheet for Chapter 9, "Cyber-Addictions," by Kevin Roberts, MA, in *Adult ADHD-Focused Couple Therapy: Clinical Interventions* (Routledge, 2016), by Gina Pera and Arthur L. Robin, PhD.

The (IAT), developed by Kimberly Young, PsyD, is the first validated measure of addictive use of the Internet. It has been adapted to cover other forms of "cyber-behaviors," including gaming, social media, and smart-phone use. Clients should be encouraged apply this broader interpretation of words such as "online" or "The Internet."

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The Internet Addiction Test

The Internet Addiction Test (IAT) is the first validated and reliable measure of addictive use of the Internet. Developed by Kimberly Young, PsyD, the 20-item IAT measures mild, moderate, and severe levels of Internet Addiction.

This quiz has been adapted as a companion worksheet to Chapter 9, "Cyber-Addictions," in *ADHD-Focused Couple Therapy: Clinical Interventions* (Routledge, 2015), to cover more specific forms of "cyber-behaviors"—including Internet and computer use, gaming, social media, and smart-phone use. As you answer these questions, aim for this broader interpretation of words such as "online" or "The Internet."

You may complete this questionnaire by rating the applicability of each question to yourself or a partner—or both. Rate the extent to which each question has applied over the *past six months*. On a separate sheet of paper, note any other problems created by excessive use of electronic technology.

Your Name_____   Today's Date_____

Check one of the following: _____I am rating myself   _____I am rating (Name) _____

Use this scale to answer the 20 questions below: **1 = Rarely \ 2 = Occasionally \ 3 = Frequently \ 4 = Often\ 5 = Always**

_____ 1. How often do you find that you stay on-line longer than you intended?

_____ 2. How often do you neglect household chores to spend more time on-line?

_____ 3. How often do you prefer the excitement of the Internet to intimacy with your partner?

_____ 4. How often do you form new relationships with fellow on-line users?

_____ 5. How often do others in your life complain to you about the amount of time you spend online?

_____ 6. How often do your grades or (school)work suffer because of the amount of time you spend on-line?

_____ 7. How often do you check your e-mail before something else that you need to do?

_____ 8. How often does your job performance or productivity suffer because of the Internet?

_____ 9. How often do you become defensive or secretive when anyone asks you what you do on-line?

_____ 10. How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?

_____ 11. How often do you find yourself anticipating when you will go on-line again?

_____ 12. How often do you fear that life without the Internet would be boring, empty, and joyless?

_____ 13. How often do you snap, yell, or act annoyed if someone bothers you while you are online?

_____ 14. How often do you lose sleep due to late-night log-ins?

_____ 15. How often do you feel preoccupied with the Internet when off-line, or fantasize about being on-line?

_____ 16. How often do you find yourself saying "just a few more minutes" when on-line?

_____ 17. How often do you try to cut down the amount of time you spend on-line and fail?

_____ 18. How often do you try to hide how long you've been on-line?

_____ 19. How often do you choose to spend more time on-line over going out with others?

_____ 20. How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back on-line?

Total the numbers for each response to obtain a final score. The higher your score, the more problems your excessive Internet usage creates in your life. Here's a general scale to help measure your score:

20 - 49 points: You are an average user. You may surf the Web a bit too long at times, but you have control over your usage.

50 -79 points: You are experiencing occasional or frequent problems with over-usage. You should consider their full impact on your life.

80 - 100 points: Your usage is causing significant problems in your life. You should evaluate the impact on your life and address the problems directly caused by your Internet usage.