GAS

Game Addiction Scale (GAS)

The Game Addiction Scale (GAS) is a self-report questionnaire that measures video game addiction according to the criteria for gaming disorder. It assesses the frequency and intensity of problematic video game-related behaviors over a given period, exploring the impact on social, school or work life.

Number of questions	21 questions
Estimated duration	7 minutes
Language	English
Original name	Game Addiction Scale
Target audience	Adolescents, young adults
Authors	Jeroen S. Lemmens, Patti M. Valkenburg, Jochen Peter (2009)
Category	Addictions

Preview of the 21 questions

How often during the last six months...

Did you think about playing a game all day long?

Never | Rarely | Sometimes | Often | Very often

How often during the last six months...

Did you spend much free time on games?

Never | Rarely | Sometimes | Often | Very often

How often during the last six months...

Have you felt addicted to a game?

Never | Rarely | Sometimes | Often | Very often

How often during the last six months...

Did you play longer than intended?

Never | Rarely | Sometimes | Often | Very often

How often during the last six months...

Did you spend increasing amounts of time on games?

Never | Rarely | Sometimes | Often | Very often

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated on a Likert scale from 1 to 5 (or 1 to 7 depending on the version), ranging from "never" to "very often". A high total score indicates a greater risk of addiction. The addiction cutoff varies across studies, but a certain number of items rated ≥3 (or ≥4 in some versions) suggests problematic addiction.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

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★★★★★

“I've been using Mentaal for 2 months now, and this tool has revolutionized the way I see care, and my schedule!”

Romane L. - Online CBT Psychologist