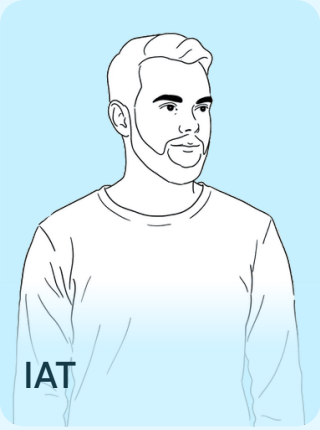


Internet Addiction Test (IAT)

The IAT is designed to measure an individual's level of dependence on or addiction to Internet use across various aspects of their life. It assesses the potential negative impact of Internet use on daily activities, social relationships, and productivity.

Number of questions	20 questions
Estimated duration	5 minutes
Language	English
Original name	Internet Addiction Test
Target audience	Adolescents and adults
Authors	Dr. Kimberly Young (2016)
Category	Addictions

Preview of the 20 questions

In the past month, to what extent have you been affected by:

Do you ever stay on the Internet longer than you originally intended?

No | Rarely | Occasionally | Frequently | Often | Always

In the past month, to what extent have you been affected by:

Do you ever neglect household chores in order to spend more time on the Internet?

No | Rarely | Occasionally | Frequently | Often | Always

In the past month, to what extent have you been affected by:

Do you ever prefer the excitement/fun of the Internet to intimacy with your partner?

No | Rarely | Occasionally | Frequently | Often | Always

In the past month, to what extent have you been affected by:

Do you ever form new relationships with Internet users?

No | Rarely | Occasionally | Frequently | Often | Always

In the past month, to what extent have you been affected by:

Do your loved ones criticize you for spending too much time on the Internet?

No | Rarely | Occasionally | Frequently | Often | Always

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 scored on a scale from 1 to 5, indicating the frequency and intensity of behaviors associated with Internet use. The total score is obtained by summing the responses and is interpreted to assess the level of dependence.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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★★★★★

“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

 Laura V. - Online Psychologist