

Internet Gaming Disorder Test (IGD-20)

The IGD-20 is a self-report tool designed to assess the symptoms and problems associated with Internet gaming disorder. It covers various aspects such as preoccupation, withdrawal, excessive use, conflict, and impacts on daily life.

Number of questions	20 questions
Estimated duration	15 minutes
Language	English
Original name	Internet Gaming Disorder Test
Target audience	Adolescents and adults
Authors	Halley M. Pontes, Orsolya Király, Zsolt Demetrovics, Mark D. Griffiths (2014)
Category	Addictions

Preview of the 20 questions

Long gaming sessions often make me lose sleep.

Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

I never play games to make myself feel better.

Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

I have significantly increased my gaming time this year.

Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

When I'm not playing, I feel more short-tempered.

Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

Because of gaming, I've lost the interest I had in other hobbies.

Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

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

Responses are rated on a Likert-type scale, usually from 1 to 5. The total score is calculated by adding the response values, with a high score indicating the potential presence of gaming disorder symptoms.

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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