IGDS9-SF

Internet Gaming Disorder Scale (IGDS9-SF)

The IGDS9-SF is a 9-item self-administered scale that assesses the severity of gaming disorder according to DSM-5 criteria. It is a quick tool, well suited to screening for and clinically monitoring Internet gaming disorder in adults and adolescents.

Number of questions	9 questions
Estimated duration	3 minutes
Language	English
Original name	Internet Gaming Disorder Scale
Target audience	Adolescents and adults
Authors	Daria J. Kuss, Halley M. Pontes, Mark D. Griffiths (2015)
Category	Addictions

Preview of the 9 questions

During the past year (i.e., last 12 months):

Do you feel preoccupied with your gaming behavior?

Some examples: Do you think about previous gaming activity or anticipate the next gaming session? Do you think gaming has become the dominant activity in your daily life?

Never | Rarely | Sometimes | Often | Very Often

During the past year (i.e., last 12 months):

Do you feel more irritability, anxiety or even sadness when you try to either reduce or stop your gaming activity?

Never | Rarely | Sometimes | Often | Very Often

During the past year (i.e., last 12 months):

Do you feel the need to spend increasing amount of time engaged gaming in order to achieve satisfaction or pleasure?

Never | Rarely | Sometimes | Often | Very Often

During the past year (i.e., last 12 months):

Do you systematically fail when trying to control or cease your gaming activity?

Never | Rarely | Sometimes | Often | Very Often

During the past year (i.e., last 12 months):

Have you lost interests in previous hobbies and other entertainment activities as a result of your engagement with the game?

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 5-point Likert scale (from "never" to "very often"). The total score is the sum of the points for each item (minimum 9, maximum 45). A high score suggests greater severity of Internet gaming disorder. A cutoff is generally set at 21 or higher to indicate significant risk.

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Laura V. - Online Psychologist