SAS

Smartphone Addiction Scale (SAS)

The Smartphone Addiction Scale (SAS) is a self-report questionnaire designed to measure the level of behavioral addiction associated with smartphone use. It identifies the extent and dimensions of dependence by looking at aspects such as tolerance, withdrawal, excessive daily use, and interference with daily life.

Number of questions	33 questions
Estimated duration	10 minutes
Language	English
Original name	Smartphone Addiction Scale
Target audience	Adolescents and adults
Authors	Min Kwon, Jungsun Lee, Wonho Kim, Sung Rae Park, Yeong Sik Min, Young-Chul Choi, Young-Jin Kim, In Young Chung, Yoon Sik Choi (2013)
Category	Addictions

Preview of the 33 questions

Missing planned work due to smartphone use

Strongly disagree | Disagree | Weakly disagree | Weakly agree | Agree | Strongly agree

Having a hard time concentrating in class, while doing assignments, or while working due to smartphone use

Strongly disagree | Disagree | Weakly disagree | Weakly agree | Agree | Strongly agree

Experiencing lightheadedness or blurred vision due to excessive smartphone use

Strongly disagree | Disagree | Weakly disagree | Weakly agree | Agree | Strongly agree

Feeling pain in the wrists or at the back of the neck while using a smartphone

Strongly disagree | Disagree | Weakly disagree | Weakly agree | Agree | Strongly agree

Feeling tired and lacking adequate sleep due to excessive smartphone use

Strongly disagree | Disagree | Weakly disagree | Weakly agree | 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

Each item is rated on a 6-point Likert scale ranging from 1 (strongly disagree) to 6 (strongly agree). The item scores are added up, with a higher score indicating a greater degree of addiction. Cutoffs have been proposed in the literature to guide interpretation according to sex and type of use.

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- Automatic scoring
- Results sent by email

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★★★★★

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 Laura V. - Online Psychologist