

Screens, Gaming and Gambling Inventory

This exploratory questionnaire describes a person's relationship with screens, gaming, and gambling: the behaviors involved (social media, video games, gambling and betting, pornography, online shopping, videos and shows) and the components shared by behavioral addictions (loss of control, the place the behavior takes, cravings and withdrawal, consequences, use to manage emotions). It helps distinguish heavy use from problematic use and identify what the behavior is soothing, to guide treatment.

Number of questions	26 questions
Estimated duration	6 minutes
Language	English
Original name	Screens, Gaming and Gambling Inventory
Target audience	Adults
Category	Addictions

Preview of the 26 questions

Over the past three months, how often has this been true for you?

I keep gaming, gambling, or using screens even though I wanted to stop.

Never | Rarely | Sometimes | Often | Very often

Over the past three months, how often has this been true for you?

Screens, gaming, or gambling take priority over my other activities.

Never | Rarely | Sometimes | Often | Very often

Over the past three months, how often has this been true for you?

I feel a strong urge to game, gamble, or be on a screen.

Never | Rarely | Sometimes | Often | Very often

Over the past three months, how often has this been true for you?

I go to bed late because of screens, gaming, or gambling.

Never | Rarely | Sometimes | Often | Very often

Over the past three months, how often has this been true for you?

I escape into screens, gaming, or gambling when I feel sad or lonely.

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

Scoring

Each statement is scored from 0 (never) to 4 (very often) based on its frequency over the past three months. The six behaviors (social media, video games, gambling and betting, pornography, online shopping, videos and shows) are each assessed by a single statement, scored from 0 to 4, at the end of the questionnaire. The five components of use each combine 4 statements spread throughout the questionnaire, which cover screens, gaming, and gambling as a whole, giving a score from 0 to 16.

Reading the profile

There is no total score. Within each block, domains are ranked from most to least elevated, each with a description of what it covers and points to explore in the interview. The "Behaviors" block shows what the difficulty is about, and the components describe its nature. They distinguish heavy use, without loss of control or notable consequences, from problematic use; an elevated "Managing emotions" domain steers the work toward what the behavior is soothing.

Clinical cautions

The components do not say which behavior is involved: when several behaviors are elevated, the interview establishes which one comes with loss of control and consequences. The questionnaire contains no question about thoughts of suicide, which are more common with problem gambling, especially when there is debt: they should be explored in the interview when the "Gambling and betting" domain is elevated. In-store shopping, work, exercise, eating, and offline sexuality are not explored.

Limitations

This exploratory questionnaire has not undergone psychometric validation and has no cutoffs. It supports the clinical interview and does not provide a diagnosis.

Scoring example

Scoring

BEHAVIORS

Video games 4 / 4

Time spent playing video games beyond what the person would like.

Areas to explore: the games played, the length of sessions, online and team play, in-game purchases.

See also: IGDS9-SF, GAS.

Gambling and betting 4 / 4

Gambling and betting (sports betting, casino games, poker, lotteries, scratch-off tickets) beyond what the person would like.

Areas to explore: the games played, online or in person, the amounts wagered, losses, debts and borrowing, chasing losses.

See also: CPGI, SOGS.

Pornography 2 / 4

Viewing pornography beyond what the person would like.

Areas to explore: the time spent, the times and states that lead to it, the impact on sexuality and the couple, the shame associated with it.

See also: HBI.

Online shopping 2 / 4

Online shopping beyond what the person would like, including in games and apps.

Areas to explore: the amounts spent, purchases regretted or never used, the emotional state before buying, financial difficulties.

Videos and shows 1 / 4

Videos (platforms, short videos) and shows watched beyond what the person would like.

Areas to explore: the platforms, viewing times (evening, night, meals), the effect on sleep.

See also: IAT.

Social media 0 / 4

Time spent on social media beyond what the person would like.

Areas to explore: the apps used, the times of day, what the person is looking for there (connection, distraction, comparison with others).

See also: IAT.

COMPONENTS OF USE

Consequences 8 / 16

The impact of use on sleep, work or school, relationships, and money.

Areas to explore: sleep, delays and failures, conflict with loved ones, spending and what the person has already lost.

Managing emotions 8 / 16

Use aimed at soothing stress, sadness, loneliness, or boredom, or at avoiding worries.

Areas to explore: what the person feels just before, what use brings them in the moment, underlying anxiety, depressed mood, or loneliness.

See also: GAD-7, PHQ-9.

Loss of control 7 / 16

Difficulty controlling when use starts, how long it lasts, or when it happens, and breaks that do not hold.

Areas to explore: the times when use gets out of hand, the limits the person sets and what makes them give way, tools already tried (timers, blockers, deleted apps).

Place in daily life 6 / 16

The place use takes in the person's thoughts and schedule, at the expense of other activities and relationships.

Areas to explore: a typical day, activities given up, what the person still invests in outside screens, gaming, or gambling.

Cravings and withdrawal 5 / 16

Strong urges, automatic habits, reactions to prompts (notifications, ads), and discomfort when use is impossible.

Areas to explore: triggers (places, times, emotions, notifications), reactions when cut off, the environment (phone in the bedroom, apps installed).

No validated clinical or psychometric cutoffs have been established for this test yet. The results should therefore be considered exploratory indicators, meant to support the clinical interview, not diagnostic findings.

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 Emily T. - Online CBT Psychologist