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TITLE: - R&N Internet addiction Scale

AUTHORS: DR RINKU GARG

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This scale is designed to assess internet addiction through a set of 16 questions. Each question is scored on a 5 points Likert Scale. Internet addiction will be tested according to below mentioned 7 components.

1. Salience, 2. Tolerance, 3. Mood modification, 4. Withdrawal, 5. Relapse, 6. Conflict, 7. Problems

Time frame we are using for this assessment is past 6 months.

1. Do you check your e-mail/online messages frequently?

- Not at all
- Rarely
- Sometimes
- Often
- Very often
- Always

2. Do your relatives and friends complain about you spending more time online?

- Not at all
- Rarely
- Sometimes
- Often
- Very often
- Always

3. Do you feel that you stay online longer than planned for the day?

- Not at all
- Rarely
- Sometimes
- Often
- Very often
- Always

4. Do you feel that using internet has affected your daily routine?

- Not at all
- Rarely



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- Sometimes
- Often
- Very often
- Always

5. Do you neglect your job/college/school work for spending more time on internet?

- Not at all
- Rarely
- Sometimes
- Often
- Very often
- Always

6. Do you feel bad if your family/friends disturb you when you are online?

- Not at all
- Rarely
- Sometimes
- Often
- Very often
- Always

7. Do you get angry and argument with your family members/friends if they ask you to get offline?

- Not at all
- Rarely
- Sometimes
- Often
- Very often
- Always

8. Do you feel that life without internet is very boring and empty?

- Not at all
- Rarely
- Sometimes
- Often
- Very often
- Always

9. Do you look for excuses to go online?

- Not at all
- Rarely

- Sometimes
- Often
- Very often
- Always

10. Do you often stay awake/lose sleep to be online?

- Not at all
- Rarely
- Sometimes
- Often
- Very often
- Always

11. Do you feel you give less time to your hobbies because of spending more time on internet?

- Not at all
- Rarely
- Sometimes
- Often
- Very often
- Always

12. Do you think that duration of your internet usage has increased progressively?

- Not at all
- Rarely
- Sometimes
- Often
- Very often
- Always

13. Do you use internet as a distractor from disturbing/depressing thoughts?

- Not at all
- Rarely
- Sometimes
- Often
- Very often

- Always
14. Do you feel that staying online enhances your mood and cheers you up?
- Not at all
 - Rarely
 - Sometimes
 - Often
 - Very often
 - Always
15. Do you feel that you often fail when you try to restrict your internet usage?
- Not at all
 - Rarely
 - Sometimes
 - Often
 - Very often
 - Always
16. Do you feel upset if you are not able to access internet?
- Not at all
 - Rarely
 - Sometimes
 - Often
 - Very often
 - Always

Scoring criteria

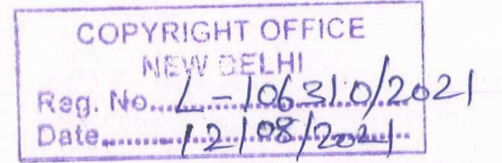
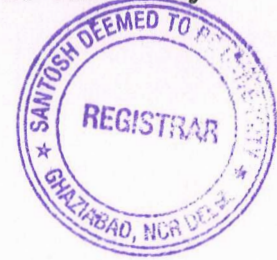
- Not at all = 0
- Rarely = 1
- Sometimes = 2
- Often = 3
- Very often = 4
- Always = 5

| Score | Level |
|-------|-----------------------------|
| 0-19 | Normal internet usage |
| 20-39 | Mild internet addiction |
| 40-59 | Moderate internet addiction |
| 60-80 | Severe internet addiction |

VC 21-5-21^v
Santosh Deemed to be University

Place ...Ghaziabad

Dated...14/6/21...



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