

## APPENDIX

### The Internet Overuse Scale

#### SECTION - A

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Gender: \_\_\_\_\_

Occupation: \_\_\_\_\_

Education: \_\_\_\_\_

Marital Status: \_\_\_\_\_

Equipment used for internet: laptop/computer/mobile/others: \_\_\_\_\_

Hours on Internet per day: \_\_\_\_\_

Name of the Websites/Applications used frequently: \_\_\_\_\_

Purpose of using these websites/Applications: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Instructions:** Given below are some statements that best describe the effects of internet. Read each statement carefully and think how you feel when you use internet for longer time. There are different response options given on the scale. Tick (✓) the one which describes your experience the best. To explain this, an example is given below. There is no right or wrong answer. Please give the answers honestly. Your details and all the responses will be kept confidential and will be used for research purpose only. The scale is given to you. Read each statement carefully and mark your responses in the answer sheet only. **DO NOT WRITE ANYTHING ON THE SCALE.**

**Ex.** My life is boring without the Internet.

In this statement, if you feel that you are getting fun and entertainment from internet and without internet you feel bored then tick on the option "almost always true".

No	Your rating				
Ex.	Almost always true	Usually true	Occasionally true	Usually not true	Almost never true

**Read each statement carefully and mark your answers in the answer sheet.**

1. I am friendlier online than in real life.
2. I do not worry about relationship commitment when socializing online.
3. Due to my involvement with the internet, I have jeopardized or lost career opportunity.
4. I keep checking my notifications even before some urgent task I have to take up.
5. I say or do things on the internet that I could never do offline.
6. My use of the internet sometimes seems beyond my control.
7. Internet makes me calm.
8. Online relationship can be more fulfilling than offline.
9. If I can't go online, I feel I cannot think straight.
10. I use the internet when,
  - a. I had bad interpersonal experience
  - b. I am angry
  - c. I feel neglected
11. I am unable to reduce the amount of time I spend online even though I want to.
12. I have more fun with the people online than others.
13. Last week, I got less than four hours sleep at night because I was using the net.
14. My productivity at work has decreased since I have started enjoying being online.
15. I spend less time doing activities which I previously found pleasurable like playing outdoor games.
16. I am more myself online than in real life.
17. Due to my involvement with the internet, I have jeopardized or lost,
  - a. a significant relationship
  - b. job
  - c. educational opportunity
18. I do not like to sacrifice my sleep for the internet/online activities.
19. I do not like to get late for my work/school/college.
20. If I can't go online, I feel
  - a. angry
  - b. irritable

Understanding the nature of internet overuse.....

- c. restless
- d. anxious
- e. moody
- f. jittery
- g. memory difficulties
- h. uncomfortable
- i. depressed

- 21. I am used to sacrificing sleep time so I can spend more time online.
- 22. I have reduced my interaction with family and friends because of the time dedicated to being online.
- 23. I eat food half-heartedly as internet occupies most of my attention.
- 24. When I tried to cut down the excessive amount time I spend online, my fingers have done typing movements voluntarily or involuntarily.
- 25. I have lied to family, friends or a significant other like a therapist or an employer to conceal (hide) the amount of time I spend online or the type of content I access.
- 26. I find myself constantly thinking about the internet even when offline.
- 27. I have stopped going for movies in multiplexes, live shows like concerts and plays, or watching sports matches with friends because I feel I can watch them online.
- 28. If it weren't for my computer, I wouldn't have any fun at all.

## **SECTION - B**

**Instructions:** Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement. Tick (✓) the one which describes your experience the best.

	Statement	Strongly Agree	Agree	Disagree	Strongly Disagree
1	On the whole, I am satisfied with myself.				
2	At times I think I am no good at all.				
3	I feel that I have a number of good qualities.				
4	I am able to do things as well as most other people.				
5	I feel I do not have much to be proud of.				
6	I certainly feel useless at times.				
7	I feel that I'm a person of worth, at least on an equal plane with others.				
8	I wish I could have more respect for myself.				
9	All in all, I am inclined to feel that I am a failure.				
10	I take a positive attitude toward myself.				

### **SECTION - C**

**INSTRUCTIONS:** The statements in this section are dealing with one's subjective feelings of loneliness as well as feelings of social isolation. Indicate how often each of the statements below is descriptive of you. Tick (✓) the one which describes your experience the best.

	Statement	Never	Rarely	Sometimes	Often
1	I feel in tune with the people around me.				
2	I lack companionship.				
3	There is no one I can turn to.				
4	I do not feel alone.				
5	I feel part of a group of friends.				
6	I have a lot in common with the people around me.				
7	I am no longer close to anyone.				
8	My interests and ideas are not shared by those around me.				
9	I am an outgoing person.				
10	There are people I feel close to.				
11	I feel left out.				
12	My social relationships are superficial.				
13	No one really knows me well.				
14	I feel isolated from others.				
15	I can find companionship when I want it.				
16	There are people who really understand me.				
17	I am unhappy being so withdrawn.				
18	People are around me but not with me.				
19	There are people I can talk to.				
20	There are people I can turn to.				