

Short Compulsive Internet Use Scale (Short CIUS)

Please mark the answer in the questionnaire that best applies to your Internet use. There are no right or wrong answers, only your assessment counts.

Internet use refers to all activities that you use for private purposes via computers, laptops, tablets, smartphones or other Internet-enabled devices.

	Never (0)	Seldom (1)	Some- times (2)	Often (3)	Very often (4)
1. How often do you find it difficult to stop using the Internet when you are online?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. How often do you prefer to use the Internet instead of spending time with others (e.g., partner, children, parents, friends)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. How often are you short of sleep because of the Internet?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. How often do you neglect your daily obligations (work, school, or family life) because you prefer to go on the Internet?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. How often do you go on the Internet when you are feeling down?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you for your information.