

Problematic Internet Use Questionnaire (PIUQ)

In the following you will read statements about your Internet use. Please indicate on a scale from 1 to 5 how much these statements characterize you.

	Never	Rarely	Some- times	Often	Always/ almost Always
1. How often do you fantasize about the Internet, or think about what it would be like to be online when you are not on the Internet?	1	2	3	4	5
2. How often do you neglect household chores to spend more time online?	1	2	3	4	5
3. How often do you feel that you should decrease the amount of time spent online?	1	2	3	4	5
4. How often do you daydream about the Internet?	1	2	3	4	5
5. How often do you spend time online when you'd rather sleep?	1	2	3	4	5
6. How often does it happen to you that you wish to decrease the amount of time spent online but you do not succeed?	1	2	3	4	5
7. How often do you feel tense, irritated, or stressed if you cannot use the Internet for as long as you want to?	1	2	3	4	5
8. How often do you choose the Internet rather than being with your friends?	1	2	3	4	5
9. How often do you try to conceal the amount of time spent online?	1	2	3	4	5
10. How often do you feel tense, irritated, or stressed if you cannot use the Internet for several days?	1	2	3	4	5
11. How often does the use of Internet impair your school performance?	1	2	3	4	5
12. How often do you feel that your Internet usage causes problems for you?	1	2	3	4	5
13. How often does it happen to you that you feel	1	2	3	4	5

depressed, moody, or nervous when you are not on the Internet and these feelings stop once you are back online?

14. How often do people in your life complain about spending too much time online?	1	2	3	4	5
15. How often do you realize saying when you are online, ‘just a couple of more minutes and I will stop’?	1	2	3	4	5
16. How often do you dream about the Internet?	1	2	3	4	5
17. How often do you choose the Internet rather than going out with somebody?	1	2	3	4	5
18. How often do you think that you should ask for help in relation to your Internet use?	1	2	3	4	5

Obsession	Neglect	Control disorder
1, 4, 7, 10, 13, 16	2, 5, 8, 11, 14, 17	3, 6, 9, 12, 15, 18

Evaluation: Total score can be calculated by adding up all 18 items and it ranges from 18 to 90. If the total score equals or exceeds 41 points, the respondent can be considered to be at risk of problematic Internet use. Subscale scores can be calculated by adding up the items belonging to the respective subscale. Both the subscale scores and the total score can be used in their continuous forms as well.

References

Demetrovics, Z., Szeredi, B., & Rózsa, S. (2008). The Three Factor Model of Internet Addiction: The Development of the Problematic Internet Use Questionnaire. *Behavior Research Methods, 40*(2), 563-574. [download pdf](#)

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