

## Problematic Internet Use Questionnaire Short-Form (PIUQ-SF-6)

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 spend time online when you'd rather sleep?	1	2	3	4	5
2. 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
3. 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
4. How often do you try to conceal the amount of time spent online?	1	2	3	4	5
5. How often do people in your life complain about spending too much time online?	1	2	3	4	5
6. How often does it happen to you that you feel depressed, moody, or nervous when you are not on the Internet and these feelings stop once you are back online?	1	2	3	4	5

Obsession	Neglect	Control disorder
2, 6	1, 5	3, 4

**Evaluation:** Total score can be calculated by adding up all 6 items and it ranges from 6 to 30. If the total score equals or exceeds 15 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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