

Problematic Online Gaming Questionnaire (POGQ)

Please read the statements below regarding *online gaming*. The questionnaire REFERS TO ONLINE GAMES exclusively, but we use the expression 'game' in each statement for simplicity's sake.

Please indicate on the scale from 1 to 5 to what extent, and how often, these statements apply to you!

	Never	Seldom	Occasionally	Often	Almost always / Always
1. When you are not gaming, how often do you think about playing a game or think about how would it feel to play at that moment?	1	2	3	4	5
2. How often do you play longer than originally planned?	1	2	3	4	5
3. How often do you feel depressed or irritable when not gaming only for these feelings to disappear when you start playing?	1	2	3	4	5
4. How often do you feel that you should reduce the amount of time you spend gaming?	1	2	3	4	5
5. How often do the people around you complain that you are gaming too much?	1	2	3	4	5
6. How often do you fail to meet up with a friend because you were gaming?	1	2	3	4	5
7. How often do you daydream about gaming?	1	2	3	4	5
8. How often do you lose track of time when gaming?	1	2	3	4	5
9. How often do you get irritable, restless or anxious when you cannot play games as much as you want?	1	2	3	4	5
10. How often do you unsuccessfully try to reduce the time you spend on gaming?	1	2	3	4	5

11. How often do you argue with your parents and/or your partner because of gaming?	1	2	3	4	5
12. How often do you neglect other activities because you would rather game?	1	2	3	4	5
13. How often do you feel time stops while gaming?	1	2	3	4	5
14. How often do you get restless or irritable if you are unable to play games for a few days?	1	2	3	4	5
15. How often do you feel that gaming causes problems for you in your life?	1	2	3	4	5
16. How often do you choose gaming over going out with someone?	1	2	3	4	5
17. How often are you so immersed in gaming that you forget to eat?	1	2	3	4	5
18. How often do you get irritable or upset when you cannot play?	1	2	3	4	5

Preoccupation	Immersion	Withdrawal	Overuse	Interpersonal conflicts	Social isolation
1, 7	2, 8, 13, 17	3, 9, 14, 18	4, 10, 15	5, 11	6, 12, 16

Administration: if you wish to assess problematic video gaming in general, the part “REFERS TO ONLINE GAMES” can be replaced with “REFERS TO VIDEO GAMES” in the instruction.

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 66 points, the respondent can be considered to be at risk of problematic gaming. 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., Urbán, R., Nagygyörgy, K., Farkas, J., Griffiths, M. D., Pápay, O., . . . Oláh, A. (2012). The development of the Problematic Online Gaming Questionnaire (POGQ). *PLoS ONE*, 7(5), e36417. doi: 10.1371/journal.pone.0036417 [download pdf](#)