

Gaming Addiction Screening

This survey was published by a research study at the Iowa State University conducted by Douglas Gentile, PhD. The following questions are based on diagnostic criteria for addictive gambling behavior.

This survey can serve as a guide to determine if video games may be a problem in your life; however, it cannot provide a “clinical diagnosis.”

1. Over time, have you been spending much more time playing video games, learning about video game playing, or planning the next opportunity to play?
2. Do you need to spend more time and money on video games to feel the same amount of excitement as other activities in your life?
3. Have you tried to play video games for shorter durations of times but have been unsuccessful?
4. Do you become restless or irritable when you attempt to cut down or stop playing video games?
5. Have you played video games as a way to escape problems or negative feelings?
6. Have you lied to family or friends about how much you play video games?
7. Have you ever stolen a video game from a store or a friend or stolen money to buy a video game?
8. Do you sometimes skip household chores in order to play more video games?
9. Do you sometimes skip homework or work in order to play more video games?
10. Have you ever done poorly on a school assignment, test, or work assignment because you spent so much time playing video games?
11. Have you ever needed friends or family to give you extra money because you've spent too much of your own money on video games, software, or Internet game fees?

If you answered “yes” to six or more of these questions, then you most likely have an addiction to video games. If you answered “yes” to five or fewer questions, you may have a problem.