



Erasmus +. KA2 Strategic Partnership Project for VET
„ICT in the social-educational consulting process to address the issue of drop-out from the education system (TICS)“
2015-1-FR01-KA020-015032

SURVEY QUESTIONNAIRE

"Consumer perceptions and practices of young digital natives"

The IAT was the first validated instrument for the assessment of internet and computer addiction. A study by Kimberly Young (cited below) found that the IAT is a reliable measure, covering the most important elements characteristics of pathological internet use.

Using this scale of 5 choices, answer how often the questions below apply to your online behaviour:

1- You are?	a man	a woman
2- Your country?	NETHERLANDS	
3- How old are you?		
4- Did you already left school?	YES	NO
5- If yes, did you left school after achieving any academics diploma?	YES	NO
Are you currently? <u>number</u> (1) still at school? (2) In a training centre? (3) Unemployed?	<u>Write the appropriate</u>	
Other situation, please specify...		

	Rarely or never	Every once in a while	Sometimes	Often	Always
1. Do you find that you stay online longer than you intended?	1	2	3	4	5
2. Do you neglect household chores to spend more time online?	1	2	3	4	5
3. Do you prefer the excitement of the internet to intimacy with your partner?	1	2	3	4	5
4. Do you form new relationships with fellow online users?	1	2	3	4	5
5. Do others in your life complain to you about the amount of time you spend online?	1	2	3	4	5
6. Does your work suffer because of the amount of time you spend online? (E.g., postponing things, not meeting deadlines, etc.)	1	2	3	4	5
7. Do you check your email before something else you need to do?	1	2	3	4	5
8. Does your job performance or productivity suffer because of the internet?	1	2	3	4	5
9. Do you become defensive or secretive when anyone asks you what you do online?	1	2	3	4	5
10. Do you block disturbing thoughts about your life with soothing thoughts of the internet?	1	2	3	4	5
11. Do you find yourself anticipating when you will go online again?	1	2	3	4	5
12. Do you fear that life without the internet would be boring, empty or joyless?	1	2	3	4	5
13. Do you snap, yell, or act annoyed if someone bothers you while you are online?	1	2	3	4	5
14. Do you lose sleep due to late night internet use?	1	2	3	4	5
15. Do you feel preoccupied with the internet when not online, or fantasize about being online?	1	2	3	4	5
16. Do you find yourself saying "Just a few more minutes" when online?	1	2	3	4	5
17. Do you try to cut down on the amount of time you spend online and fail?	1	2	3	4	5
18. Do you try and hide how long you've been online?	1	2	3	4	5
19. Do you choose to spend more time online over spending time out with others?	1	2	3	4	5
20. Do you feel depressed, moody, or nervous when you are not online, and do these feelings go awhile when you go back online?	1	2	3	4	5

Référence : Widyanto L, McMurran M. *The psychometric properties of the internet addiction test. Cyberpsychol Behav.* 2004 Aug;7(4):443-50



The final result is obtained by summing the result of the different items

From 20 to 49 points: no overuse of Internet

From 50 to 79 points: problematic use of Internet with possible consequence on your everyday life

From 80 to 100: problematic use of Internet with severe consequences on your everyday life

*ICT information & communication technologies