Science Fair Project: Internet Addiction

My name is Jacob Corwin and for my 5th grade science fair project I am going to test whether the internet is addictive. If you are willing to help with my science fair project, please complete the addiction survey on pages 2-6. Compute your score on the survey and enter it on question 1 below (I do not need your specific responses to the addiction survey – only your total score). Then send me your answers on questions 1-7 below. You can email your responses to either my Mom (slocorwin@gmail.com) or my Dad (scorwin@nd.edu). Thank you for your help on my science fair project.

1. Please enter your score from the internet addiction survey here:_______________

2. Gender:
   a. Male
   b. Female

3. Age: _____________

4. Approximately how many hours per week do you spend on the internet?
   a. 0-4
   b. 5-8
   c. 9-12
   d. 13-16
   e. 17-20
   f. >20

5. One what type of site do you spend most of your internet time?
   a. Facebook or other social networking sites
   b. Fantasy sports
   c. YouTube
   d. News services
   e. Online gaming
   f. Other: _________________________

6. Using what type of device to you typically access the internet?
   a. Home or office computer
   b. iPhone or similar Smartphone
   c. iPad or other tablet device
   d. Other: _________________

7. Describe any ways in which you feel your use of the internet has affected your life in either a positive or negative way.
Internet Addiction Survey

This Internet Addiction Survey was developed by Dr. Kimberly Young. To assess your level of addiction, answer the following questions using the scale below. After you’ve answered all the questions, add the numbers you selected for each response to obtain a final score.

1 = Rarely.
2 = Occasionally.
3 = Frequently.
4 = Often.
5 = Always.
0 = Does Not Apply.

1. How often do you find that you stay on-line longer than you intended?
   - Rarely
   - Occasionally
   - Frequently
   - Often
   - Always
   - Does Not Apply

2. How often do you neglect household chores to spend more time on-line?
   - Rarely
   - Occasionally
   - Frequently
   - Often
   - Always
   - Does Not Apply

3. How often do you prefer the excitement of the Internet to spending time with friends/family?
   - Rarely
   - Occasionally
   - Frequently
   - Often
   - Always
   - Does Not Apply
4. **How often do you form new relationships with fellow on-line users?**
   - Rarely
   - Occasionally
   - Frequently
   - Often
   - Always
   - Does Not Apply

5. **How often do others in your life complain to you about the amount of time you spend on-line?**
   - Rarely
   - Occasionally
   - Frequently
   - Often
   - Always
   - Does Not Apply

6. **How often do your grades or school work suffer because of the amount of time you spend on-line?**
   - Rarely
   - Occasionally
   - Frequently
   - Often
   - Always
   - Does Not Apply

7. **How often do you check your e-mail before doing something else that you need to do?**
   - Rarely
   - Occasionally
   - Frequently
   - Often
   - Always
   - Does Not Apply

8. **How often does your job performance or productivity suffer because of the Internet?**
   - Rarely
   - Occasionally
   - Frequently
   - Often
   - Always
   - Does Not Apply
9. How often do you become defensive or secretive when anyone asks you what you do on-line?
   - Rarely
   - Occasionally
   - Frequently
   - Often
   - Always
   - Does Not Apply

10. How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?
    - Rarely
    - Occasionally
    - Frequently
    - Often
    - Always
    - Does Not Apply

11. How often do you find yourself anticipating when you will go on-line again?
    - Rarely
    - Occasionally
    - Frequently
    - Often
    - Always
    - Does Not Apply

12. How often do you fear that life without the Internet would be boring, empty, and joyless?
    - Rarely
    - Occasionally
    - Frequently
    - Often
    - Always
    - Does Not Apply

13. How often do you snap, yell, or act annoyed if someone bothers you while you are on-line?
    - Rarely
    - Occasionally
    - Frequently
    - Often
    - Always
    - Does Not Apply
14. How often do you lose sleep due to late-night log-ins?
   - Rarely
   - Occasionally
   - Frequently
   - Often
   - Always
   - Does Not Apply

15. How often do you feel preoccupied with the Internet when off-line, or fantasize about being on-line?
   - Rarely
   - Occasionally
   - Frequently
   - Often
   - Always
   - Does Not Apply

16. How often do you find yourself saying "just a few more minutes" when on-line?
   - Rarely
   - Occasionally
   - Frequently
   - Often
   - Always
   - Does Not Apply

17. How often do you try to cut down the amount of time you spend on-line and fail?
   - Rarely
   - Occasionally
   - Frequently
   - Often
   - Always
   - Does Not Apply

18. How often do you try to hide how long you've been on-line?
   - Rarely
   - Occasionally
   - Frequently
   - Often
   - Always
   - Does Not Apply
19. How often do you choose to spend more time on-line over going out with others?
- Rarely
- Occasionally
- Frequently
- Often
- Always
- Does Not Apply

20. How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back on-line?
- Rarely
- Occasionally
- Frequently
- Often
- Always
- Does Not Apply

Interpreting your results:
The higher your score, the greater your level of addiction and the problems your Internet usage cause. Here's a general scale to help measure your score.

- **20 - 49 points:** You are an average on-line user. You may surf the Web a bit too long at times, but you have control over your usage.
- **50 -79 points:** You are experiencing occasional or frequent problems because of the Internet. You should consider their full impact on your life.
- **80 - 100 points:** Your Internet usage is causing significant problems in your life. You should evaluate the impact of the Internet on your life and address the problems directly caused by your Internet usage.