

**CYBER ADDICTION RECOVERY CENTER
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CHILD/TEEN TECHNOLOGY ADDICTION TEST

SCORING:

DOES NOT APPLY= 0

RARELY=1

OCCASIONALLY=2

FREQUENTLY=3

OFTEN=4

ALWAYS=5

1. How much time does your child spend playing video games *per day*?
 none
 1 to 2 hours
 3 to 5 hours
 6 to 8 hours
 more than 8 hours

2. How much time does your child spend on the internet *per day* (playing on-line games, researching areas of interest, down loading music and videos, YouTube, chat rooms, instant messaging)?
 none
 1 to 2 hours
 3 to 5 hours
 6 to 8 hours
 more than 8 hours

3. Does your child refuse to accept time limits set for video gaming and on-line use?
 does not apply
 rarely
 occasionally
 frequently
 often
 always

0-1-2-3-4-5 score _____

4. Does your child eat meals while online or when gaming?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

5. Does your child reject physical activities (swimming, biking, hiking, sports, park play, camping) in favor of gaming and/or being online?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

6. Does your child engage in lengthy discussions/monologues about video games and/or on-line activities?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

7. Has your child gained weight as a result of video gaming and on-line activities?

- no
- yes

(If yes, how much weight? _____lbs)

8. Does your child complain of body aches/pains related to video gaming and/or on-line use? (carpal tunnel syndrome, stiff neck, back pain, eye strain)

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

9. Does your child neglect household chores in order to continue gaming or staying on-line?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

10. Does your child prefer to spend time gaming or being on-line rather than spend time with family?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

11. Does your child say s/he has made friends via gaming and on-line activities but spends the majority of his/her time alone gaming and/or being online?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

12. Do your child's grades suffer as a result of gaming and/or on-line use?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

13. Does your child play a video game, check his/her email or go online to chat before doing anything else (e.g., chores, homework, saying hello, having a check-in conversation, etc.).

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

14. Does your child complain that all activities are boring/useless except for gaming or being on-line?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

15. Does your child lose track of time when gaming or on-line (time warp)?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

16. Does your child argue any time limit on gaming or on-line use is “unfair”?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

17. Does your child attempt to hide how long s/he has been gaming or on-line?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

18. Does your child become defensive and/or secretive when asked what s/he is doing on-line or what game s/he is playing?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

19. Does your child spend time alone in his/her room when on-line or when playing video games?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

20. Does your child snap, yell and/or act annoyed if interrupted when on-line or when gaming?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

21. Does your child experience fatigue during the day due to staying up late gaming or being on-line?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

22. Does your child use energy drinks or caffeinated beverages while gaming or when on-line?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

23. Does your child prefer to engage in gaming or on-line activities rather than spend time with peers from school or peers from the community?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

24. Does your child become angry or belligerent when you place a time limit on gaming, on-line activities, or using a smart phone?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

25. Does your child appear depressed, moody, or agitated when “unplugged” from gaming and/or the internet?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

26. Does your child seem to use video gaming and/or being on-line as a way of coping with social skills problems, anxiety, depression, and/or social isolation?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

27. Does your child use the internet for viewing pornography?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

28. Does your child use a smartphone (or other cell phone) to send sexually explicit images or text messages?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

29. Does your child engage in compulsive texting, Facebook checking, and/or instant messaging? (100 texts per day? Multiple hours per day on Facebook posting messages and photos? Switch tasking between texting, Facebook, and instant messaging?)

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

30. Does your child use Ebay, Amazon or other on-line retail businesses in excess of time and financial limits that you have set?

- does not apply
- rarely
- occasionally
- frequently
- often
- always

0-1-2-3-4-5 score _____

TOTAL SCORE= _____

Scoring:

26 – 64 Average gaming and online use (*child is spending no more than 1.5 hours per day on-line or gaming and is able to participate successfully in home, school, and social roles and functions*).

65 – 103 Gaming and online use are causing significant day-to-day problems (*child is spending more than 3 hours per day on-line and/or gaming, is constantly arguing about screen time, is refusing to attend to chores and homework, is beginning to show signs of social isolation and is preferring electronic forms of entertainment to all “off-line” forms of recreation*).

104 – 130 Gaming and online use are causing severe problems (*these problems include complete social isolation, depression, chronic fatigue, school failure, defiance/non-compliance related to limits on technology use, weight gain, orthopedic problems, loss of sense of reality, and addiction symptoms such as emotional agitation and/or depression when “off-line*).

Key risk factors:

Childhood onset depression and anxiety disorders, social skills deficits, Asperger’s Syndrome, ADHD, preferring technology to “off-line” forms of recreation and socialization, preferred social isolation, preferred withdrawal from family, secretive behaviors, emotional agitation and/or depression when “off-line, school performance problems, viewing and storing of pornography, and physical symptoms such as back and joint pain and weight gain.

Games that pose the greatest risk:

0 to 10 scale (0=no risk and 10=risk for addiction)

10/10: MMORPG’s (massively multiplayer online role-playing games) such as Entropia Universe, RuneScape, Final Fantasy, and World of Warcraft.

8/10: RTS (real time strategy games) such as Civilization, Age of Empires, Command and Conquer.

7/10: FPS (first person shooter) such as Halo, Call of Duty, and Counterstrike.

5/10: Manage and Control Games (God Games) such as Sims, Roller Coaster Tycoon, Black and White.

4/10: Educational Games that include geography, math, economics, politics, and history.

3/10: Old School Games such as mazes, races, battles that can be played by the entire family played on old platforms like Nintendo 64, PlayStation 1, or Sega’s Dreamacast.

2/10: Physical Simulation Games such as Dance Dance Revolution or Wii teenic, bowling, baseball, and boxing.

1/10: Puzzle Games that include logic, language and trivia.

Getting Help

If you or your child/teen is showing signs of compulsive/addictive behavior related either to the internet or gaming (or both) you will need to seek assistance through books, websites, and/or a trained mental health professional. There are several excellent books that provide valuable information about the effects of technology on children/teens/adults and offer proven techniques for reducing compulsive or addictive behavior:

Cyber Junkie by Kevin Roberts

Video Games and Your Kids by Hilarie Cash and Kim McDaniel

Caught in the Web and Tangled in the Web by Kimberly Young

Internet Addiction: A Handbook and Guide edited by Kimberly Young

Surviving the Technological Alteration of the Modern Mind by Dr. Gary Small

Virtually You: The Dangerous Powers of the E-Personality by Dr. Elias Aboujaoude

ReWired: Understanding the iGeneration and the Way They Learn by Dr. Larry Rosen

The Shallows: What the Internet is Doing to Our Brains by Nicholas Carr

Alone Together: Why We expect More From Technology and Less From Each Other by Dr. Sherry Turkle

Game Addiction: The Experience and the Effects by Neils Clark and P. Shavaun Scott

Unplugged: My Journey Into the Dark World of Video Game Addiction by Dr. Ryan Van Cleave

Websites that are very helpful to parents who have children who are at risk for addiction or have crossed the line into addictive behavior include: **The Center for Media and Child Health, The Berkman Center for Internet and Society, The Internet Safety Zone, Netfamilynews, Connectsafely, The Internet Safety Zone, reSTART.**

With respect to locating a mental health professional with experience in cyber and/or gaming addiction I am available for a consultation and treatment. It is of crucial importance to address compulsive/addictive behaviors as early as possible. There is growing evidence that ongoing compulsive use of gaming and the net can produce changes in brain functioning that may have long-term negative consequences in terms of social, emotional, and cognitive development. The long-term use of

technology, when it takes over a child's life, can lead to the interruption of typical developmental. The group that is particularly at risk is teens -- as this is a time that involves dynamic and rapid changes in social, emotional, and academic capacities and skills. If a teen is withdrawn, isolated, and locked into a fantasy world, they are susceptible to being derailed from normative development: academic excellence, social competence, community integration, and long term partnerships/marriage.