

Self-test Internet use (Short CIUS)

Please tick the answer that applies to you in the questionnaire. There are no right or wrong answers, only your assessment counts. Internet use also includes access via tablets, smartphones or other internet-enabled devices.

Points	0 never	1 rare	2 some- times	3 often	4 very often
1. How often do you find it difficult to stop using the internet when you are online?	0	0	0	0	0
2. How often do other people (e.g. partner, children, parents, friends) tell you that you should use the internet less?	0	0	0	0	0
3. How often do you sleep too little because of the internet?	0	0	0	0	0
4. How often do you neglect your everyday commitments because you prefer to go online?	0	0	0	0	0
5. How often do you go online when you feel down?	0	0	0	0	0

Evaluation

For each answer, 0 to 4 points can be scored. A positive test score of 7 or more points indicates an Internet-related disorder, i.e. risky use, harmful use or dependent use of the Internet.

Source Short CIUS: Bischof, G., Bischof, A., Besser, B. & Rumpf, H.J. (2016) Problematische und pathologische Internetnutzung: Entwicklung eines Kurzscreenings (PIEK). Abschlussbericht an das Bundesministerium für Gesundheit, Lübeck: Universität zu Lübeck, Klinik für Psychiatrie und Psychotherapie