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If you have internet addiction, then what you should do? Read our recommendations below this response sheet.

Re-Start Test

1. Do you frequently find yourself on the Internet longer than you intended? Does a few minutes turn into a few hours? Do you get irritated or cranky if your online time is interrupted?

- Yes
- Yes

Positive

2. Is your social life suffering because of all the time you spend online? Are you neglecting your family and friends? Do you feel like no one in your “real” life.

- Yes
- No

Positive

3. Are you feeling guilty or defensive about your Internet use.

- Yes
- No

Positive

4. Do you hide your Internet use or lie to your boss and family about the amount of time you spend on the computer.

- Yes

No

Positive

5. Do you use the Internet as an outlet when stressed, sad, or for sexual gratification or excitement? Have you tried to limit your Internet time but failed?

Yes

No

Positive

6. Do you suffer pain and numbness in hands and wrists because of excessive computer use.

Yes

No

Positive

7. Do you suffer from dry eyes or strained vision after computer use.

Yes

No

Positive

8. Are you getting these often after computer use.

Back aches and neck aches

severe headaches

Sleep disturbances

weight gain or weight loss

None of the above

Positive

9. You are using the Internet to distract yourself from your worries and fears.

- True
- False

Positive

10. You are using internet because you want to escape from feelings of depression.

- True
- False

Positive

11. You are using internet to make new relationships and withdrew social activities in your own society.

- True
- False

Positive

12. You're an unhappy teenager (If you are not teenager then proceed to next question)

- True
- False

Positive

13. Which activity you will do after connecting to internet. Select below

- I will watch videos (especially porn)