網路使用習慣自我篩檢量表

下面是一些有關個人使用網路情況的描述,請評估你最近6個月的實際情形 是否與句中的描述一致。請依照自己的看法來勾選 ☑。由1至4,數字越大, 表示句中所描述的情形與目前你實際的情形越相像。

		實	際	情	況
		極不符合(1)	不符合(2)	符 合 (3)	非常符合(4)
1.	想上網而無法上網的時候,我就會感到坐立不安				
2.	我發現自己上網休閒的時間越來越長				
3.	我習慣減少睡眠時間,以便能有更多時間上網休閒				
4.	上網對我的學業已造成一些不好的影響				

Internet User Behavior Screening Scale

Below is a list of Internet-related behaviors or responses people sometimes have. Please read each one carefully, and check on the square (\Box) that best describes how much the description fits you during the past 6 months. The number ranges from 1 to 4, the bigger the better fit.

		Strongly disagree (1)	Somewhat disagree (2)	Somewhat agree (3)	Strongly agree (4)
1.	I feel restless and irritable when the Internet is unavailable.				
2.	I find that I have been spending more and more time online.				
3.	I make it a habit to sleep less so that more time online.				
4.	Going online has had negative effects on my schoolwork performance.				