

## **Video Game Addiction Questionnaire**

### **Survey developed by Dr. Paul Gentile**

Over time, have you been spending much more time thinking about playing video games, learning about video-game playing, or planning the next opportunity to play?

1. Do you need to spend more and more time and/or money on video games in order to feel the same amount of excitement?
2. Have you tried to play video games less often or for shorter periods of time, but are unsuccessful?
3. Do you become restless or irritable when attempting to cut down or stop playing video games?
4. Have you played video games as a way of escaping from problems or bad feelings?
5. Have you ever lied to family or friends about how much time you play video games?
6. Have you ever stolen a video game from a store or a friend, or have you ever stolen money to buy a video game?
7. Do you sometimes skip household chores in order to spend more time playing video games?
8. Do you sometimes skip doing homework in order to spend more time playing video games?
9. Have you ever done poorly on a school assignment or test because you spent too much time playing video games?
10. Have you ever needed friends or family to give you extra money because you spent too much money on video game equipment, software, or game/Internet fees?

Total your "Yes", "Sometimes", and "No" answers.

Kids are considered to be pathological gamers if they responded with a "Yes" or "Sometimes" to at least 6 of these 11 questions.