

HOW TO KNOW IF SOMEONE HAS A SCREEN-TIME PROBLEM



Think about how you, your partner or your child would score on the following questionnaire.

Answers should be given on a five-point scale:

(0) Never, (1) Seldom, (2) Sometimes, (3) Often, (4) Very often

1. How often do you find it hard to get off a screen once you're on one?
2. How often do you stay on a screen even though you say you'll stop?
3. How often do others (e.g. partner, children, parents, friends) say you should 'get off that screen now'?
4. How often do you choose screen time over time with others?
5. How often does screen time cost you sleep?
6. How often do you find yourself wishing you were on a screen when you're not?
7. How often do you think you should use screens less often?
8. How often have you tried unsuccessfully tried to spend less time on screens?
9. How often do you neglect the things you should be doing (work, school or family life) because you prefer to engage with your screens?
10. How often do you use your screens as a distraction when you are feeling down?
11. How often do you use a screen to escape or get relief from negative feelings?
12. How often do you feel restless, frustrated or irritated when you cannot be on your screens?

Total score: ___ out of 48

The higher the score, the more problematic screen usage may be for the person.

NOTE: Loosely adapted from the Compulsive Internet Use Scale (which is a questionnaire psychologists use to identify people who use the Internet and screens in compulsive and unhealthy ways).

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