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 (☑) 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.	☐	☐	☐	☐