

Smartphone dependence test

This questionnaire is not supposed to be a diagnosis, nor can it replace a real psychological evaluation. The point of this questionnaire is purely for self-reflection - for you to observe your own behavior with some guiding questions, and to see if you can improve in certain parts of your digital life.

Indicate how frequently the following statements are true in your daily life.

0 – never; 1 – rarely; 2 – sometimes; 3 – often; 4 – frequently.

I spend more time than I'd like to texting, using social media, or browsing.	0	1	2	3	4
I put a limit on my mobile phone use, but I couldn't stick to it.	0	1	2	3	4
I use my phone whenever I'm bored (while waiting in line, between tasks...).	0	1	2	3	4
I have gone to bed later or slept less because I was using my mobile phone.	0	1	2	3	4
I zone out while scrolling through social media (Twitter, TikTok, Instagram...).	0	1	2	3	4
I have been criticized for an excessive use of my phone.	0	1	2	3	4
I use my phone more than 3h per day.	0	1	2	3	4
I refresh the feed and my notifications on social media for updates.	0	1	2	3	4
I keep notifications on for most or all of my applications.	0	1	2	3	4
I use my phone in inappropriate situations (i.e. while talking to other people).	0	1	2	3	4
I went on a digital detox and ended up falling into the same habits afterwards.	0	1	2	3	4
I feel the need to constantly post on social media so people don't forget me.	0	1	2	3	4
I check my social media notifications on impulse, or out of boredom.	0	1	2	3	4
I feel restless or lost without my phone.	0	1	2	3	4
I check notifications on my phone first thing in the morning.	0	1	2	3	4
I feel the need to use my phone more and more over time.	0	1	2	3	4
I use social media when I feel lonely.	0	1	2	3	4
I go on social media or play phone games to get out of social situations.	0	1	2	3	4
I get restless when I'm texting someone, so I keep checking for new messages.	0	1	2	3	4
I feel 'phantom vibrations' (thinking one's phone vibrated when it didn't).	0	1	2	3	4
I interact with people online more than people around me ('in real-life').	0	1	2	3	4
I scroll through negative comments even though it makes me feel bad.	0	1	2	3	4
I sleep next to my phone.	0	1	2	3	4
I bring my phone everywhere I go.	0	1	2	3	4

Explanation of the questionnaire:

The numbers on the right are not to be summed up – they are simply there for the ease of understanding. They could just as well be letters or colors. The goal of the questionnaire is for you to *read the prompt and think about your behavior*, and then observe how frequently you experience some of these things. It makes the self-reflection easier since everything is presented to you, as opposed to having to make up scenarios from scratch. *It is not supposed to be a diagnosis, only self-reflection.*