

MediaWise® VIDEO AND COMPUTER GAME ADDICTION SURVEY™

Are you concerned about your friend?

Think about your friend's video game playing.
Look at the statements below. If you agree with the statement, check the box.

Agree

- My friend feels great while playing a video game.
- My friend feels unhappy, cranky or irritable when not playing.
- My friend is angry when I ask him/her to stop.
- My friend craves more playing time.
- My friend thinks about the game when not playing.
- More and more of my friend's friends are "on line friends."
- More and more of my friend's friends are gamers.
- My friend neglects family and friends in order to play video games.
- My friend neglects responsibilities at home, school, or at work.
- My friend tries to cut back on playing time but can't.
- My friend plays more often than he/she plans.
- My friend plays for longer periods than planned. He/she can't seem to quit.
- My friend sometimes lies about his/her playing time.
- My friend sometimes sneaks time to play. Sometimes late into the night.
- My friend spends more than twenty hours a week playing.
- My friend continues to play in spite of negative consequences.

- My friend has arguments with me about how much time he/she spends playing.
- My friend fails to eat regularly or neglects personal hygiene.
- My friend's games turn up as a top priority when he/she takes the *Mediawise "I'd Rather" Test*.

The higher the number of boxes checked, "Agree", the more likely that video game addiction is a problem.

What should you do?

Resources