

MediaWise® VIDEO AND COMPUTER GAME ADDICTION SURVEY™

Are you concerned about your video game playing?

Think about your video game playing.

Look at the statements below. If you agree with the statement, check the box.

Agree

- I feel great while playing a video game.
- I feel unhappy, cranky or irritable when not playing.
- I feel angry when someone asks me to stop.
- I crave more playing time.
- I think about the game when not playing.
- More and more of my friends are "on line friends."
- More and more of my friends are gamers.
- I neglect family and friends in order to play video games.
- I neglect responsibilities at home or at work.
- I try to cut back on playing time but can't.
- I play more often than I plan.
- I play for longer periods than planned. I can't seem to quit.
- I lie about my playing time.
- I sometimes sneak time to play. Sometimes late into the night.
- I spend more than twenty hours a week playing.
- I continue to play in spite of negative consequences.
- My family and friends think I play too much.

- I have arguments with family or friends about how much time I spend playing.
- I have large phone or credit bills for on-line games.
- My games turn up as a top priority when I take 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