**Internet Gaming Disorder Scale–Short-Form (IGDS9-SF) (Pontes & Griffiths, 2015)**

**Instructions:** These questions will ask you about your gaming activity during the past year (i.e., last 12 months). By gaming activity we understand any gaming-related activity that has been played either from a computer/laptop or from a gaming console or any other kind of device (e.g., mobile phone, tablet, etc.) both online and/or offline.

|  | Never | Rarely | Sometimes | Often | Very Often |
| --- | --- | --- | --- | --- | --- |
| 1. Do you feel preoccupied with your gaming behavior? (Some examples: Do you think about previous gaming activity or anticipate the next gaming session? Do you think gaming has become the dominant activity in your daily life?) |  |  |  |  |  |
| 2. Do you feel more irritability, anxiety or even sadness when you try to either reduce or stop your gaming activity? |  |  |  |  |  |
| 3. Do you feel the need to spend increasing amount of time engaged gaming in order to achieve satisfaction or pleasure? |  |  |  |  |  |
| 4. Do you systematically fail when trying to control or cease your gaming activity? |  |  |  |  |  |
| 5. Have you lost interests in previous hobbies and other entertainment activities as a result of your engagement with the game? |  |  |  |  |  |
| 6. Have you continued your gaming activity despite knowing it was causing problems between you and other people? |  |  |  |  |  |
| 7. Have you deceived any of your family members, therapists or others because the amount of your gaming activity? |  |  |  |  |  |
| 8. Do you play in order to temporarily escape or relieve a negative mood (e.g., helplessness, guilt, anxiety)? |  |  |  |  |  |
| 9. Have you jeopardized or lost an important relationship, job or an educational or career opportunity because of your gaming activity? |  |  |  |  |  |

**Scoring information:**

Total scores can be obtained by summing up all responses given to all nine items of the IGDS9-SF and can range from a minimum of 9 to a maximum of 45 points, with higher scores being indicative of a higher degree of Internet Gaming Disorder. In order to differentiate disordered gamers from non-disordered gamers, researchers should check if participants have endorsed at least five criteria out of the nine by taking into account answers as ‘5: Very Often’, which translates as endorsement of the criterion.

**References:**

Pontes, H. M., & Griffiths, M. D. (2015). Measuring DSM-5 Internet Gaming Disorder: Development and validation of a short psychometric scale. *Computers in Human Behavior, 45*, 137-143. doi:10.1016/j.chb.2014.12.006