



Internet Addiction - Assessment

Title: Excessive Internet Use

Grade Level: 1st grade gymnasium – 2nd grade lyceum

Time: 10 minutes

Exercises

1. True/False (10 points):

- Preoccupation with the internet is a sign of internet addiction. **T/F**
- Most internet addicts are focused on internet gambling. **T/F**
- We shouldn't worry about someone when they lie about how much time they spend online. **T/F**
- Internet addiction can affect us both physically and emotionally. **T/F**
- Internet addiction is not a real addiction, like drug addiction or alcohol addiction. **T/F**

2. Distinguish between the effects and the signs of internet addiction (10 points):

Dry eyes

Severe
headaches

Lying about
internet use

Damaged
relationships

Preoccupation
with the internet

Restlessness

Moodiness

Carpal Tunnel
Syndrome

Sleep
disturbances

Irregular
diet

Effects of internet addiction:

Signs of internet addiction:

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