APPENDICES

Appendix -I

Name- Age-

Sex- Class-

Socio Economic Status Scale

Q 1. Monthly per capita income from all sources (total monthly income)

1. >50000 7
2. 20000-49999 6
3. 10000-19999 5
4. 5000-9999 4
5. 2500-4999 3
6. 1000-2499 2
7. <1000 1

Q 2. Education of the family head

1. Professional qualification with technical degrees or diplomas e.g. Doctor, Eng.
   CA, MBA 7
2. Post graduation (non-technical incl. Ph.D.) 6
3. Graduation 5
4. 10th class pass but <Graduation 4
5. Primary pass but <10th 3
6. <Primary but attended school for at least one year 2
7. Just literate but no schooling 1
8. Illiterate 0

Q 3. Occupation of the family head
1. Service in central/State/Public undertakings or Owner of a company employing >20 persons or self employed professional viz Doctors, CAs, Eng. etc. 5
2. Service in Private sector or independent business employing 2-20 persons 4
3. Service at shops, home, transport, own cultivation of land 3
4. Self employed e.g. shops, Rehdies or petty business with income >5000 2
5. Self employed with income <5000 (labourer, house wife) 1
6. None of the family member is employed 0

Q 4. Family possessions (presence of each item given below will carry score of 1.)
1. Refrigerator
2. TV
3. Radio/Transistor/Music system
4. AC
5. Washing Machine
6. Telephone
7. Mobile
8. Credit card
9. Sanitary lat.
10. Any newspaper subscribed throughout the month.

Q 5. Living in a type of house
1. Own house with 5 or more rooms 7
2. Own house with 3-4 rooms 6
3. Rented/Govt. house with 5 or more rooms 6
4. Own house with 1-2 rooms 5
5. Rented/Govt. house with 3-4 rooms 5
6. Rented/Govt. house with 1-2 rooms 4
7. Own jhuggi 3
8. Rented jhuggi 2
9. No place to live, pavement, mobile cart 1

Q 6. Possession of a vehicle or equivalent
1. 2 or more cars/Tractors/Trucks 4
2. 1 Car /Tractor/Truck 3
3. 1 or more scooter(s)/Bullock cart (s) 2
4. 1 or more cycles (not baby cycle) 1
5. None of the above 0

Q 7. No. of earning members in the family (Nuclear/Joint)
1. 3 or more members earning and income pooled 3
2. 2 or both husband and wife earning 2
3. Only 1 family member earning 1
4. No earning member 0

Q 8. No. of children head of the family has/had
1. 0-1 5
2. 2 4
3. 3 3
4. 4
5. 5
6. >6

Q 9. Facility of some essentials in the family
1. Both tap water supply and electricity 2
2. Only one of above two is present 1
3. None is present 0

Q10. Education of children (in relation to head of the family)
Note: Exclude under 5 children for this item. A child applicable here is one who is 5 yrs or above.
1. All children going/ever gone to school/college 3
2. >50% children ever gone/going to school/college 2
3. < 50% children ever gone/going to school/college 1
4. No child ever gone/going to school/college 0

Q 11. Employment of a domestic servant at home
1. Employed >2 full time servants on salary for domestic work 4
2. Employed only 1 full time servant on salary for domestic work 3
3. Employed > 3 part time servants on salary for domestic work 2
4. Employed 1-2 part time servants on salary for domestic work 1
5. Employed no servants for domestic work 0
Q 12. Type of locality the family is residing

1. Living in urban locality 5
2. Living in rural locality 4
3. Living in resettlement colony 3
4. Living in slums/jhuggis 2
5. No fixed living and mobile 1

Q 13. Caste of the family

1. Upper caste 4
2. OBC 3
3. Dalits 2
4. Tribals 1

Q. 14. Members of family gone abroad in last three years (official or personal)

1. Whole family 3
2. Only husband and wife 2
3. Only 1 family member 1
4. None 0

Q 15. Possession of agricultural land for cultivation

1. Own agricultural land >100 acres 5
2. Own agricultural land 51-100 acres 4
3. Own agricultural land 21-50 acres 3
4. Own agricultural land 6-20 acres 2
5. Own agricultural land 1-5 acres 1
6. No agricultural land

Q 16. Possession of non-agricultural land/land for housing or other type of land
1. Own non-agricultural land/land for housing > 1000 Sq Yards 3
2. Own non-agricultural land/land for housing 501-1000 Sq. Yards 2
3. Own non-agricultural land/land for housing 25-500 Sq. Yards 1
4. Own non-agricultural land/land for housing < 25 Sq. Yards – OR Does not own non-agricultural land/land for housing at all 0

Q 17. Presence of milch cattles in the family for business or non-business purposes
1. Own 4 or more milch cattles 3
2. Own 1-3 milch cattles 2
3. Own 1 milch cattle 1
4. Does not own any milch cattle 0

Q 18. Presence of non milch cattles or pet animals in the family
1. Own 2 or more 2
2. Own 1 1
Q 19. Besides the house in which the family is living, the family owns other house or shop or shed etc. of any size whether given on rent or not

1. Owns 3 or more 3
2. Owns 2 or more 2
3. Owns 1 1
4. Does not own any 0

Q 20. Positions held (besides the positions as employee) by any one member in the family

1. Holding position of 3 or more official or non-official organizations viz. president/chairman/Secretary/ Treasurer etc. 4
2. Holding position of 1-2 official or not-official organizations viz. president/chairman/Secretary/ Treasurer etc. 3
3. Holding position as member only of executive or other committees of official or non-official organizations. 2
4. Does not hold any such position 1

Q 21. Parental support in the form of non-movable property

1. >50 acres of agricultural land -OR -a house/plot >1000 sq yards -OR -Both 4
2. 21-50 acres of agricultural land -OR-a house/plot 501- 1000 sq yards -OR Both 3
3. 1-20 acres of agricultural land -OR -a house /plot 100-500 sq yards -OR- Both 2
4. No agricultural land - BUT - a house/plot 25-100 sq yards 1
5. No parental property 0

Q22. Total amount of income tax paid by the family (include all the earning members IT)

1. >10 lacs 7
2. 1-10 lacs 6
3. >50000 but <1 lac 5
4. >20000 - <50000 4
5. >10000-<20000 3
6. >5000-<10000 2
7. <5000 1
8. Nil 0

Total Score

SCORING SYSTEM

<table>
<thead>
<tr>
<th>Social Status</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Upper High</td>
<td>&gt;76</td>
</tr>
<tr>
<td>2. High</td>
<td>61-75</td>
</tr>
<tr>
<td>3. Upper Middle</td>
<td>46-60</td>
</tr>
<tr>
<td>4. Lower Middle</td>
<td>31-45</td>
</tr>
<tr>
<td>5. Poor</td>
<td>16-30</td>
</tr>
<tr>
<td>6. Very Poor</td>
<td>&lt; 15</td>
</tr>
</tbody>
</table>
APPENDIX-II

Internet Addiction Test (IAT) by Young (1998)

Direction: The following scale is about using the internet. Please read each carefully. After you have done so, choose only one number for each item and do not skip any item. All questionnaires will be treated confidentially.

<table>
<thead>
<tr>
<th>Question</th>
<th>Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>0  Does not apply</td>
<td></td>
</tr>
<tr>
<td>1  Rarely</td>
<td></td>
</tr>
<tr>
<td>2  Occasionally</td>
<td></td>
</tr>
<tr>
<td>3  Frequently</td>
<td></td>
</tr>
<tr>
<td>4  Often</td>
<td></td>
</tr>
<tr>
<td>5  Always</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Question</th>
<th>Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong> How often do you find that you stay online longer than you intended?</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td><strong>2</strong> How often do you neglect household chores to spend more time on line?</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td><strong>3</strong> How often do you prefer the excitement of the Internet to intimacy with your partner?</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td><strong>4</strong> How often do you form new relationship with fellow on line users?</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td><strong>5</strong> How often do others in your life complain to you about the amount of time you spend online?</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td><strong>6</strong> How often do your grade or school work suffers because of the amount of time you spend on line?</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td><strong>7</strong> How often do you check your email before something else that you need to do?</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td><strong>8</strong> How often does your job performance or productivity suffer because at the Internet?</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td><strong>9</strong> How often do you become defensive or secretive when anyone asks you what you do online?</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td><strong>10</strong> How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td><strong>11</strong> How often do you find yourself anticipating when you will go</td>
<td>0 1 2 3 4 5</td>
</tr>
<tr>
<td></td>
<td>Question</td>
</tr>
<tr>
<td>---</td>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>12</td>
<td>How often do you fear that life without the Internet would be boring, empty and joyless?</td>
</tr>
<tr>
<td>13</td>
<td>How often do you snap, yell, or act annoyed if someone bothers you while you are online?</td>
</tr>
<tr>
<td>14</td>
<td>How often do you lose sleep due to late night log-ins?</td>
</tr>
<tr>
<td>15</td>
<td>How often do you feel preoccupied with the Internet when offline or fantasize about being online?</td>
</tr>
<tr>
<td>16</td>
<td>How often do you find yourself saying “just few minutes” when online?</td>
</tr>
<tr>
<td>17</td>
<td>How often do you try to cut down the amount of time you spend online and fail?</td>
</tr>
<tr>
<td>18</td>
<td>How often do you try to hide how long you’ve been online?</td>
</tr>
<tr>
<td>19</td>
<td>How often do you choose to spend more time online over going out with others?</td>
</tr>
<tr>
<td>20</td>
<td>How often do you feel depressed, moody or nervous when you are offline, which goes away once you are back online?</td>
</tr>
</tbody>
</table>
### Mobile Addiction Test by Bianchi and Philips (2005)

Please read the following statements and rate how much each item pertains to you. You should only mark one response for each statement.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Not true at all</th>
<th>Somewhat true</th>
<th>True Very true</th>
<th>Extremely True</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I can never spend enough time on my mobile phone</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>I have used my mobile phone to make myself feel better when I was feeling alone</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>3</td>
<td>I find myself occupied on my mobile phone when I should be doing other things and it causes problems</td>
<td></td>
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<tr>
<td>4</td>
<td>All my friends own a mobile phone</td>
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<tr>
<td>5</td>
<td>I have tried to hide from others how much time I spend on my mobile phone</td>
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</tr>
<tr>
<td>6</td>
<td>I lose sleep due to the time I spend on my mobile phone</td>
<td></td>
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<tr>
<td>7</td>
<td>I have received mobile phone bills I could not afford to pay</td>
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<tr>
<td>8</td>
<td>When out of range for some time, I become preoccupied with the thought of missing a call</td>
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</tr>
<tr>
<td>9</td>
<td>Sometimes, when I am on the mobile phone and I am doing other things, I get carried away with the conversation and I don’t pay attention to what I am doing</td>
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<tr>
<td>10</td>
<td>The time spend on the mobile phone has increased over the last 12 months</td>
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<tr>
<td>11</td>
<td>I have used my mobile phone to talk to others when I was feeling isolated</td>
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<tr>
<td>12</td>
<td>I have attempted to spend less time on my mobile phone but am unable to</td>
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<tr>
<td>13</td>
<td>I find it difficult to switch off my mobile phone</td>
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<td></td>
<td>Description</td>
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<tr>
<td>14</td>
<td>I feel anxious if I have not checked for messages or switched on my mobile phone for some time</td>
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<tr>
<td>15</td>
<td>I have frequent dreams about the mobile phone</td>
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<tr>
<td>16</td>
<td>My friends and family complain about my use of the mobile phone</td>
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<tr>
<td>17</td>
<td>If I don’t have a mobile phone, my friends would find it hard to get in touch with me</td>
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<tr>
<td>18</td>
<td>My productivity has decreased as a direct result of the time I spend on the mobile phone.</td>
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<tr>
<td>19</td>
<td>I have aches and pains that are associated with my mobile phone use</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>20</td>
<td>I find myself engaged on the mobile phone for longer periods of time than intended</td>
<td></td>
<td></td>
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<tr>
<td>21</td>
<td>There are times when I would rather use the mobile phone than deal with others more pressing issues</td>
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<tr>
<td>22</td>
<td>I am often late for appointment because I’m engaged on the mobile phone when I shouldn’t be</td>
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</tr>
<tr>
<td>23</td>
<td>I become irritable if I have to switch off my mobile phone for meetings, dinner, engagements or at the movies</td>
<td></td>
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</tr>
<tr>
<td>24</td>
<td>I have been told that I spend too much time on my mobile phone</td>
<td></td>
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<tr>
<td>25</td>
<td>More, than once I have been in trouble because my mobile phone has gone off during a meeting, lecture or in a theatre</td>
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</tr>
<tr>
<td>26</td>
<td>My friends don’t like it when my mobile phone is switched off</td>
<td></td>
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</tr>
<tr>
<td>27</td>
<td>I feel lost without my mobile phone</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
APPENDIX-IV

Television Addiction Test by Smith (1986)

Please read the following statements and rate how much each item pertains to you. You should only mark one response for each statement.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>When I come home from work, school or shopping. I turn on the TV within five minutes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>When I am watching TV at night I go to bed later than I plan to</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>I’ll watch anything that’s on TV</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>I feel nervous after watching TV</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>I feel guilty about how much TV I watch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>I go out socially at least two times a week</td>
<td></td>
<td></td>
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<tr>
<td>7</td>
<td>I spend at least an hour a day talking to the people I live with</td>
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<tr>
<td>8</td>
<td>I forget to watch a TV show that I want to see</td>
<td></td>
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</tr>
<tr>
<td>9</td>
<td>I feel depressed after watching TV</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>10</td>
<td>I cancel other plans in order to watch TV</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>While I’m watching TV, I feel angry at myself for watching TV</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>I watch only the programs that I like</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>13</td>
<td>I have decided to give up TV for periods of time</td>
<td></td>
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</tr>
<tr>
<td>14</td>
<td>I lose track of the time while I am watching TV</td>
<td></td>
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</tr>
<tr>
<td>15</td>
<td>I feel guilty when someone else sees me</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>watching TV</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>I feel depressed when I can’t watch TV</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>I can’t think of anything to do on the weekends and holidays</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>18</td>
<td>I sneak peeks at the TV when no one is around</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>19</td>
<td>Everything I do is for a purpose</td>
<td></td>
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</tr>
<tr>
<td>20</td>
<td>I avoid watching TV because I might enjoy it, want to watch more and do, nothing else</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>21</td>
<td>It’s easy for me to find ways to relax and have fun</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>I have fears of losing control or going crazy</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>23</td>
<td>I’m too busy to watch TV</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>I feel nervous when I can’t watch TV</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>When I’m watching TV, I feel like I can’t stop</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>After an evening of TV, I forget what I have watched</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>I can’t walk away from the TV once it is on</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
**Video game Addiction Test by Lemmens et al. (2009)**

Please read the following statements and rate how much each item pertains to you. You should only mark one response for each statement.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very often</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Did you think about playing a game all day long?</td>
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<tr>
<td>2</td>
<td>Did you spend much free time on game?</td>
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<tr>
<td>3</td>
<td>Have you felt addicted to a game?</td>
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<td>4</td>
<td>Did you play longer than intended?</td>
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<tr>
<td>5</td>
<td>Did you spend increasing amounts of time on games?</td>
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<tr>
<td>6</td>
<td>Were you unable to stop once you started playing?</td>
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<tr>
<td>7</td>
<td>Did you play games to forget about real life?</td>
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<tr>
<td>8</td>
<td>Have you played games to release stress?</td>
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<tr>
<td>9</td>
<td>Have you played games to feel better?</td>
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<tr>
<td>10</td>
<td>Were you unable to reduce your game time?</td>
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<tr>
<td>11</td>
<td>Have others unsuccessfully tried to reduce your game</td>
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<td></td>
<td>Question</td>
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<tr>
<td>12</td>
<td>Have you failed when trying to reduce game time?</td>
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<tr>
<td>13</td>
<td>Have you felt bad when you were unable to play?</td>
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<tr>
<td>14</td>
<td>Have you become angry when unable to play?</td>
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<tr>
<td>15</td>
<td>Have you become stressed when unable to play?</td>
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<tr>
<td>16</td>
<td>Did you have fights with others (e.g., family, friends) over your time spent on games?</td>
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<td>17</td>
<td>Have you neglected others (e.g., family, friends) because you were playing games?</td>
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<tr>
<td>18</td>
<td>Have you lied about time spent on games?</td>
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<tr>
<td>19</td>
<td>Has your time on games caused sleep deprivation</td>
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<tr>
<td>20</td>
<td>Have you neglected other important activities (e.g., school, work, sports) to play games?</td>
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<tr>
<td>21</td>
<td>Did you feel bad after playing for a long time?</td>
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</tbody>
</table>
APPENDIX-VI

Revised Neo Personality Inventory (NEO-PI-R) by Costa and McCrae (1992):

Please read each item carefully and circle the one answer that best corresponds to your agreement and or disagreement.
Circle “SD” if the statement is definitely false or if you **strongly disagree**.
Circle “D” if the statement is mostly false or if you **disagree**.
Circle “N” if the statement is about equally true or false, if you cannot decide, or if you are **neutral** on the statement.
Circle “A” if the statement is mostly true or if you **agree**.
Circle “SA” if the statement is definitely true or if you **strongly agree**.

1. I am not a worrier.
2. I really like most people I meet.
3. I have a very active imagination.
4. I tend to be cynical and skeptical of others’ intentions.
5. I’m known for my prudence and common sense.
6. I often get angry at the way people treat me.
7. I shy away from crowds of people.
8. Aesthetic and artistic concerns aren’t very important to me.
9. I’m not crafty or sly.
10. I would rather keep my options open than plan everything in advance.
11. I rarely feel lonely or blue.
12. I am dominant, forceful, and assertive.
13. Without strong emotions, life would be uninteresting to me.
14. Some people think I’m selfish and egotistical.
15. Some people think I’m selfish and egotistical.
16. In dealing with other people, I always dread making a social blunder.
17. I have a leisurely style in work and play.
18. I’m pretty set in my ways.
19. I would rather cooperate with others than compete with them.
20. I am easy-going and lackadaisical.
21. I rarely overindulge in anything.
22. I often crave excitement.
23. I often enjoy playing with theories or abstract ideas.
24. I don’t mind bragging about my talents and accomplishments.
25. I’m pretty good about pacing myself so as to get things done on time.
26. I often feel helpless and want someone else to solve my problems.
27. I have never literally jumped for joy.
28. I believe letting students hear controversial speakers can only confuse and mislead them.
29. Political leaders need to be more aware of the human side of their policies.
30. Over the years I’ve done some pretty stupid things.
31. I am easily frightened.
32. I don’t get much pleasure from chatting with people.
33. I try to keep all my thoughts directed along realistic lines and avoid flights of fancy.
34. I believe that most people are basically well-intentioned.
35. I don’t take civic duties like voting very seriously.
36. I’m an even-tempered person.
37. I like to have a lot of people around me.
38. I am sometimes completely absorbed in music I am listening to.
39. If necessary, I am willing to manipulate people to get what I want.
40. I keep my belongings neat and clear.
41. Sometimes I feel completely worthless.
42. I sometimes feel completely worthless.
43. I rarely experience strong emotions.
44. I try to be courteous to everyone I meet.
45. Sometimes I’m not as dependable or reliable as I should be.
46. I seldom feel self-conscious when I’m around people.
47. When I do things, I do them vigorously.
48. I think it’s interesting to learn and develop new hobbies.
49. I can be sarcastic and cutting when I need to be.
50. I have a clear set of goals and work toward them in an orderly fashion.
51. I have trouble resisting my cravings.
52. I wouldn’t enjoy vacating in Las Vegas.
53. I find philosophical arguments boring.
54. I’d rather not talk about myself and my achievements.
55. I waste a lot of time before setting down to work.
56. I feel I am capable of coping with most of my problems.
57. I have sometimes experienced intense joy or ecstasy.
58. I believe that laws and social policies should change to reflect the needs of a changing world.

59. I’m hard-headed and tough-minded in my attitudes.

60. I think things through before coming to a decision.

61. I rarely feel fearful or anxious.

62. I’m known as a warm and friendly person.

63. I have an active fantasy life.

64. I believe that most people will take advantage of you if you let them.

65. I keep myself informed and usually make intelligent decisions.

66. I am known as hot-blooded and quick-tempered.

67. I usually prefer to do things alone.

68. Watching ballet or modern dance bores me.

69. I couldn’t deceive anyone even if I wanted to.

70. I am not a very methodical person.

71. I am seldom sad or depressed.

72. I have often been a leader of groups I have belonged to.

73. How I feel about things is important to me.

74. Some people think of me as cold and calculating.

75. I pay my debts promptly and in full.

76. At times I have been so ashamed I just wanted to hide.

77. My work is likely to be slow but steady.

78. Once I find the right way to do something, I stick to it.

79. I hesitate to express my anger even when it’s justified.
80. When I start a self-improvement program, I usually let it slide after a few days.

81. I have little difficulty resisting temptation.

82. I have sometimes done things just for “Kicks” or “thrills”.

83. I enjoy solving problems or puzzles.

84. I’m better than most people, and I know it.

85. I am a productive person who always gets the job done.

86. When I’m under a great deal of stress, sometimes I feel like I’m going to pieces.

87. I am not a cheerful optimist.

88. I believe we should look to our religious authorities for decisions on moral issues.

89. We can never do too much for poor and elderly.

90. Occasionally I act first and think later.

91. I often feel tense and jittery.

92. Many people think of me as somewhat cold and distant.

93. I don’t like to waste my time daydreaming.

94. I think most of the people I deal with are honest and trustworthy.

95. I often come into situations without being fully prepared.

96. I am not considered a touchy.

97. I really feel the need for other people if I am by myself for long.

98. I am intrigued by the patterns I find in art and nature.

99. Being perfectly honest is a bad way to do business.

100. I like to keep everything in its place so I know just where it is.
101. I have sometimes experienced a deep sense of guilt or sinfulness.

102. In meetings, I usually let others do the talking.

103. I seldom pay much attention to my feelings of the moment.

104. I generally try to be thoughtful and considerate.

105. Sometimes I cheat when I play solitaire.

106. It doesn’t embarrass me too much if people ridicule and tease me.

107. I often feel as if I’m bursting with energy.

108. I often try new and foreign foods.

109. If I don’t like people, I let them know it.

110. I work hard to accomplish my goals.

111. When I am having my favorite foods, I tend to eat too much.

112. I tend to avoid movie that are shocking or scary.

113. I sometimes lose interest when people talk about very abstract, theoretical matters.

114. I try to be humble.

115. I have trouble making myself do what I should.

116. I keep a cool head in emergencies.

117. Sometimes I bubble with happiness.

118. I believe that the different ideas of right and wrong that people in other societies have may be valid for them.

119. I have no sympathy for panhandlers.

120. I always consider the consequences before I take action.

121. I’m seldom apprehensive about future.

122. I really enjoy talking to people.
123. I enjoy concentrating on a fantasy or daydream and exploring all its possibilities, letting it grow and develop.

124. I’m suspicious when someone does something nice for me.

125. I pride myself on my sound judgment.

126. I often get disgusted with people I have to deal with.

127. I prefer jobs that let me work alone without being bothered by other people.

128. Poetry has little or no effect on me.

129. I would hate to be thought of as a hypocrite.

130. I never seem to be able to get organized.

131. I tend to blame myself when anything goes wrong.

132. Other people often look to me make decisions.

133. I experience a wide range of emotions or feelings.

134. I’m not known for my generosity.

135. When I make a commitment, I can always be counted on to follow through.

136. I often feel inferior to others.

137. I’m not as quick and lively as other people.

139. When I’ve been insulted, I just try to forgive and forget.

140. I don’t feel like I’m driven to get ahead.

141. I seldom give in to my impulses.

142. I like to be where the action is.

143. I enjoy working on “mind-twister”-type puzzles.

144. I have a very high opinion of myself.

145. Once I start a project, I almost always finish it.

146. It’s often hard for me to make up my mind.
147. I don’t consider myself especially “light-hearted”.
148. I believe that loyalty to one’s ideals and principles is more important than “open-mindedness”.
149. Human need should always take priority over economic considerations.
150. I often do things on the spur of the moment.
151. I often worry about things that might go wrong.
152. I find it easy to smile and be outgoing with strangers.
153. If I feel my mind starting to drift off into daydreams, I usually get busy and start concentrating on some work or activity instead.
154. My first reaction is to trust people.
155. I don’t seem to be completely successful at anything.
156. It takes a lot to get me mad.
157. I’d rather vacation at a popular beach than an isolated cabin in the woods.
158. Certain kinds of music have an endless fascination for me.
159. Sometimes I trick people into doing what I want.
160. I tend to be somewhat fastidious or exacting.
161. I have a low opinion of myself.
162. I would rather go my own way than be a leader of others.
163. I seldom notice the moods or feelings that different environments produce.
164. Most people I know like me.
165. I adhere strictly to my ethical principles.
166. I feel comfortable in the presence of my bosses or other authorities.
167. I usually seem to be in a hurry.
168. Sometimes I make changes around the house just to try something different.
169. If someone starts a fight, I’m ready to fight back.
170. I strive to achieve all I can.
171. I sometimes eat myself sick.
172. I love the excitement of roller coasters.
173. I have little interest in speculating on the nature of the universe or the human condition.
174. I feel that I am no better than others, no matter what their condition.
175. When a project gets too difficult, I’m inclined to start a new one.
176. I can handle myself pretty well in a crisis.
177. I am a cheerful, high-spirited person.
178. I consider myself broad-minded and tolerant of other people’s lifestyles.
179. I believe all human beings are worthy of respect.
180. I rarely make hasty decisions.
181. I have fewer fears than most people.
182. I have strong emotional attachment to my friends.
183. As a child I rarely enjoyed games of make-believe.
184. I tend to assume the best about people.
185. I’m a very competent person.
186. At times I have felt bitter and resentful.
187. Social gatherings are usually boring to me.
188. Sometimes when I am reading poetry or looking at a work of art, I feel a chill or wave of excitement.
189. At times I bully or flatter people into doing what I want them to do.
190. I’m not compulsive about cleaning.
191. Sometimes things look pretty bleak and hopeless to me.

192. In conversations, I tend to do most of the talking.

193. I find it easy to empathize—to feel myself what others are feeling.

194. I think of myself as a charitable person.

195. I try to do jobs carefully, so they won’t have to be done again.

196. If I have said or done the wrong thing to someone, I can hardly bear to face them again.

197. My life is fast-paced.

198. On a vacation, I prefer going back to a tried and true spot.

199. I’m hard-headed and stubborn.

200. I strive for excellence in everything I do.

201. Sometimes I do things on impulse that I later regret.

202. I’m attracted to bright colors and flashy styles.

203. I have a lot of intellectual curiosity.

204. I would rather praise others than be praised myself.

205. There are so many little jobs that need to be done that I sometimes just ignore them all.

206. When everything seems to be going wrong, I can still make good decisions.

207. I rarely use words like “fantastic!” or “sensational!” to describe my experiences.

208. I think that if people don’t know what they believe in by the time they’re 25, there’s something wrong with them.

209. I have sympathy for others less fortunate than me.

210. I plan ahead carefully when I go on a trip.
211. Frightening thoughts sometimes come into my head.
212. I take a personal interest in the people I work with.
213. I would have difficulty just letting my mind wander without control or guidance.
214. I have a good deal of faith in human nature.
215. I am efficient and effective at my work.
216. Even minor annoyances can be frustrating to me.
217. I enjoy parties with lots of people.
218. I enjoy reading poetry that emphasizes feelings and images more than story lines.
219. I pride myself on my shrewdness in handling people.
220. I spend lot of time looking for things I’ve misplaced.
221. Too often, when things go wrong, I get discouraged and feel like giving up.
222. I don’t find it easy to take charge of a situation.
223. Odd things-like certain scents or the names of distant places-can evoke strong moods in me.
224. I go out of my way to help others if I can.
225. I’d really have to be sick before I’d miss a day of work.
226. When people I know do foolish things, I get embarrassed for them.
227. I am a very active person.
228. I follow the same route when I go someplace.
229. I often get into arguments with my family and co-workers.
230. I’m something of a “workaholic”.
231. I am always able to keep my feelings under control.
232. I like being part of the crowd at sporting events.
233. I have a wide range of intellectual interests.
234. I’m a superior person.
235. I have a lot of self-discipline.
236. I’m pretty stable emotionally.
237. I laugh easily.
238. I believe that the “new morality” of permissiveness is no morality at all.
239. I would rather be known as “merciful” than as “just”.
240. I think twice before I answer a question.
Feedback form of Multimedia addicted adolescents after intervention

In this feedback form, students were explained about everyday use of the techniques learnt in order to prevent the relapse of Multimedia addiction symptoms. Session was terminated by thanking the students, parents and school administration.

Feedback form

1- Do you like in this intervention session?
   Yes                                           No

2- Which session do you like most?
   Ice braking
   Meditation
   Who am I
   Behaviour modification
   Setting goals and time management

3- Do you have any other suggestions to make this intervention more useful to reduce multimedia addiction? Please write it

4- What you have learnt in this module? Please write it

5- Your overall reaction to the intervention module
   Excellent
Good
Bad

6- This intervention programme was useful for you
   Agree                           Disagree

7- Was the content and language understandable for you?
   Yes                             No

8- Would you like to attend it’s another session?
   Yes                             No