

PROBLEMATIC AND RISKY INTERNET USE SCREENING SCALE (PRIUSS)

Please answer the questions below based on how you have felt and conducted yourself regarding your Internet use over the **past 6 months**. Please do your best to interpret these questions as they apply to your own experiences and feelings.

When considering your Internet use time, think about **any time you spend online**, whether you are using a computer or a mobile device. Do not include time you spend texting unless you are **using text messages to interact with an online application** such as Facebook or Twitter.

Place an ✖ in the box which best describes your answer.

How often ...

	Never	Rarely	Sometimes	Often	Very Often
1. do you choose to socialize online instead of in-person?	0	1	2	3	4
2. do you have problems with face to face communication due to your internet use?	0	1	2	3	4
3. do you experience increased social anxiety due to your internet use?	0	1	2	3	4
4. do you fail to create real-life relationships because of the internet?	0	1	2	3	4
5. do you skip out on social events to spend time online?	0	1	2	3	4
6. do your offline relationships suffer due to your internet use?	0	1	2	3	4
7. do you feel irritated when you're not able to use the internet?	0	1	2	3	4
8. do you feel angry because you are away from the internet?	0	1	2	3	4
9. do you feel anxious because you are away from the internet?	0	1	2	3	4
10. do you feel vulnerable when the internet isn't available?	0	1	2	3	4
11. do you experience feelings of withdrawal from not using the internet?	0	1	2	3	4
12. do you put internet use in front of important, everyday activities?	0	1	2	3	4
13. do you avoid other activities in order to stay online?	0	1	2	3	4
14. do you neglect your responsibilities because of the internet?	0	1	2	3	4
15. do you lose motivation to do other things that need to get done because of the internet?	0	1	2	3	4
16. do you lose sleep due to nighttime internet use?	0	1	2	3	4
17. does time on the internet negatively affect your school performance?	0	1	2	3	4
18. do you feel you use the internet excessively?	0	1	2	3	4

Add columns + + + + =

Total score

Scale Description

The Problematic and Risky Internet Use Screening Scale (PRIUSS) was developed for use in adolescents, and reflects a data-driven, conceptual framework of the nature of Problematic Internet Use (PIU) as a component of adolescent and young adult health.¹

The PRIUSS has 18 items and three subscales: (1) *Social Impairment* (items 1-6), which assesses the impact of internet use on both offline and online social interactions; (2) *Emotional Impairment* (items 7-11), which assesses degree of emotional attachment to Internet use, and (3) *Risky/Impulsive Internet Use* (items 12-18), which assess salient problematic behaviors regarding Internet use.²

Scoring Guideline

A cut-off of 25 for the overall scale score is proposed for identifying those at risk for PIU.³ Screening studies have suggested that 11% of adolescents may be at risk for PIU, as measured by the PRIUSS and using this scoring guideline.⁴

1. Moreno MA, Jelenchick LA, Christakis DA. Problematic Internet Use Among Older Adolescents: A Conceptual Framework. *Computers in Human Behavior*. 2013;29(4):1879-1887.
2. Jelenchick LA, Eickhoff J, Christakis DA, et al. The Problematic and Risky Internet Use Screening Scale (PRIUSS) for adolescents and young adults: Scale development and refinement. *Computers in Human Behavior*. 2014;35(0):171-178.
3. Jelenchick L, Moreno M. 104. The Problematic and Risky Internet Use Screening Scale (PRIUSS): a New Tool for Assessing Problematic Internet Use in Adolescents and Young Adults. *Journal of Adolescent Health*. 2013;52(2):S71-S71.
4. Jelenchick LA, Christakis DA, Moreno MA. A longitudinal evaluation of Problematic Internet Use (PIU) symptoms in older adolescents. Pediatric Academic Societies; 2014; Vancouver, BC.

For more information regarding the PRIUSS, or if you would like to use the PRIUSS for research or clinical practice, please contact:

Megan A. Moreno, MD, MEd, MPH

Associate Professor, Division of Adolescent Medicine, Seattle Childrens Hospital
Center for Child Health Behavior and Development
PI: Social Media and Adolescent Health Research Team
M/S CW8-6, PO Box 5371, Seattle, WA 98145-5005
Phone: 206.884.1424
Fax: 206.884.7801
Email: megan.moreno@seattlechildrens.org

Lauren Jelenchick, MPH

Medical Scientist Training Program, University of Minnesota Medical School
B681 Mayo, 420 Delaware St SE
Minneapolis, MN 55455
Phone: (414) 254-8314
Email: ljelenchick@gmail.com