

## **GENERALIZED PROBLEMATIC INTERNET USE SCALE 2 (GPIUS 2)**

### Citation Information:

Caplan, S. E. (2010). Theory and measurement of generalized problematic Internet use: A two-step approach. *Computers in Human Behavior*, 26, 1089–1097.

Instructions: Please use the scale below to rate the extent to which you agree with each of the following statements :

- 1 Definitely disagree
- 2 Mostly disagree
- 3 Somewhat disagree
- 4 Slightly disagree
- 5 Slightly agree
- 6 Somewhat agree
- 7 Mostly agree
- 8 Definitely agree

- 1 I prefer online social interaction over face-to-face communication.
- 2 I have used the Internet to talk with others when I was feeling isolated.
- 3 When I haven't been online for some time, I become preoccupied with the thought of going online
- 4 I have difficulty controlling the amount of time I spend online.
- 5 My internet use has made it difficult for me to manage my life.
- 6 Online social interaction is more comfortable for me than face-to-face interaction.
- 7 I have used the Internet to make myself feel better when I was down.
- 8 I would feel lost if I was unable to go online.
- 9 I find it difficult to control my Internet use.
- 10 I have missed social engagements or activities because of my Internet use.
- 11 I prefer communicating with people online rather than face-to-face.
- 12 I have used the Internet to make myself feel better when I've felt upset.
- 13 I think obsessively about going online when I am offline.
- 14 When offline, I have a hard time trying to resist the urge to go online.
- 15 My Internet use has created problems for me in my life.

Item for each subscale (either sum or average the items listed to obtain a score for the subscale).

Preference for Online Social Interaction: 1, 6, 11

Mood Regulation: 2, 7, 12

Cognitive Preoccupation: 3, 8, 13

Compulsive Internet Use: 4, 9, 14

Negative Outcomes: 5, 10, 15