

# INTENTA

human solutions for digital being

## Informal Gaming Self-Assessment

The following set of questions are part of an informal screening process and is not a tool for diagnosis. For a proper assessment, please seek the help of a professional.

Mark each answer as a yes by checking the box. If your answer is no, leave it blank.

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- Do you spend a lot of time thinking about games even when you're not playing, or planning when you can play next?
  - Do you feel restless, irritable, moody, angry, anxious, bored, or sad when you try to cut down or stop gaming, or when you are unable to play?
  - And do you feel the need to play for increasing amounts of time, play more exciting games, or use more powerful equipment to get the same amount of excitement you used to get?
  - Have you felt you should play less, but are unable to cut back on the amount of time you spend playing games?
  - And have you lost interest—or reduced participation—in other recreational activities due to gaming?
  - Have you continued to play a game even though you knew about the negative consequences, such as not getting enough sleep, being late to school/work, spending too much money, having arguments with others, or neglecting important duties?
  - Have you been deceptive, or lied to family, friends, or others about how much you game? Or tried to keep your family or friends from knowing how much you game?
  - Do you game to escape from or forget about personal problems, or to relieve uncomfortable feelings such as guilt, anxiety, helplessness, or depression?
  - And finally, have you risked or lost significant relationship, job, educational, or career opportunities because of gaming?
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Scoring Results: \_\_\_ / 9

This is an informal assessment used for education purposes only. If you scored between 3 and 4 “Yes” (checked) answers, then you may be at risk of developing a gaming problem. If you scored 5 or more, then you may have a problem with gaming.

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