

Ten-Item Internet Gaming Disorder Test (IGDT-10)

Please read the statements below regarding video gaming. The questionnaire refers to VIDEO GAMES (both online and offline, played on any platform), but the reference to 'game' or 'gaming' is used for the sake of simplicity. Please, indicate on the scale from 0 to 2 (Never, Sometimes, Often) to what extent, and how often, these statements applied to you over the **PAST 12 MONTHS!**

	Never	Sometimes	Often
1. When you were not playing, how often have you fantasized about gaming, thought of previous gaming sessions, and/or anticipated the next game?	0	1	2
2. How often have you felt restless, irritable, anxious and/or sad when you were unable to play or played less than usual?	0	1	2
3. Have you ever felt the need to play more often or played for longer periods to feel that you have played enough?	0	1	2
4. Have you ever unsuccessfully tried to reduce the time spent on gaming?	0	1	2
5. Have you ever played games rather than meet your friends or participate in hobbies and pastimes that you used to enjoy before?	0	1	2
6. Have you played a lot despite negative consequences (for instance losing sleep, not being able to do well in school or work, having arguments with your family or friends, and/or neglecting important duties)?	0	1	2
7. Have you tried to keep your family, friends or other important people from knowing how much you were gaming or have you lied to them regarding your gaming?	0	1	2
8. Have you played to relieve a negative mood (for instance helplessness, guilt, or anxiety)?	0	1	2
9. Have you risked or lost a significant relationship because of gaming?	0	1	2
10. Have you ever jeopardized your school or work performance because of gaming?	0	1	2

Administration: if you wish to assess problematic online gaming, the part “VIDEO GAMES (both online and offline, played on any platform)” can be replaced with “ONLINE GAMES” in the instruction.

Scoring: In order to measure the DSM-5 criteria items are recoded into a dichotomous format according to the following: answers “Never” and “Sometimes” are evaluated as the criterion is not met (0 point), while “Often” is evaluated as the criterion is met (1 point).

Important: Question 9 and 10 belong to the same criterion, that is, answer “Often” on either Item 9 or Item 10 (or both items) means only 1 point.

Evaluation: DSM-5 considers the case clinically relevant if five or more criteria are met. However, the IGDT-10 self-report scale can only be used as a screening instrument, to estimate the risk of IGD. An official diagnosis should always be made using clinical diagnostic interviews.

References

- Király, O., Slezcka, P., Pontes, H. M., Urbán, R., Griffiths, M. D., & Demetrovics, Z. (2015). Validation of the Ten-Item Internet Gaming Disorder Test (IGDT-10) and evaluation of the nine DSM-5 Internet Gaming Disorder criteria. *Addictive Behaviors, 64*, 253-260. doi: 10.1016/j.addbeh.2015.11.005
- Király, O., Bőthe, B., Diaz, J. R., Rahimi-Movaghar, A., Lukavska, K., Hrabec, O., . . . Demetrovics, Z. (2019). Ten-Item Internet Gaming Disorder Test (IGDT-10): Measurement invariance and cross-cultural validation across seven language-based samples. *Psychology of Addictive Behaviors, 33*, 91-103. doi: 10.1037/adb0000433