

Smartphone Addition Scale — Short Version

Do you own a smartphone? Yes _____ No _____

If **yes**, please continue. If **no**, skip the rest of this questionnaire.

Please rate each answer according to how true you feel it is for you.

1. I miss work that I planned, due to smartphone use.

1	2	3	4	5	6
Strongly disagree	Disagree	Weakly disagree	Weakly agree	Agree	Strongly agree

2. I have a hard time concentrating in class, while doing assignments, or while working, due to smartphone use.

1	2	3	4	5	6
Strongly disagree	Disagree	Weakly disagree	Weakly agree	Agree	Strongly agree

3. I feel pain in my wrists or at the back of my neck while using a smartphone.

1	2	3	4	5	6
Strongly disagree	Disagree	Weakly disagree	Weakly agree	Agree	Strongly agree

4. I wouldn't be able to stand not having a smartphone.

1	2	3	4	5	6
Strongly disagree	Disagree	Weakly disagree	Weakly agree	Agree	Strongly agree

5. I feel impatient and fretful when I am not holding my smartphone.

1	2	3	4	5	6
Strongly disagree	Disagree	Weakly disagree	Weakly agree	Agree	Strongly agree

6. I have my smartphone on my mind even when I am not using it.

1	2	3	4	5	6
Strongly disagree	Disagree	Weakly disagree	Weakly agree	Agree	Strongly agree

7. I would never give up using my smartphone even if my daily life were greatly affected by it.

1	2	3	4	5	6
Strongly disagree	Disagree	Weakly disagree	Weakly agree	Agree	Strongly agree

8. I constantly check my smartphone so as not to miss conversations between other people on Twitter, Facebook, Snapchat, Instagram, TikTok, or other social media.

1	2	3	4	5	6
Strongly disagree	Disagree	Weakly disagree	Weakly agree	Agree	Strongly agree

9. I use my smartphone longer than I intend.

1	2	3	4	5	6
Strongly disagree	Disagree	Weakly disagree	Weakly agree	Agree	Strongly agree

10. People around me tell me that I use my smartphone too much.

1	2	3	4	5	6
Strongly disagree	Disagree	Weakly disagree	Weakly agree	Agree	Strongly agree