

## THE QUESTIONNAIRE CONCERNING THE ADDICTIONS TO THE INTERNET

- 1) Have you ever shared your personal details with anyone on-line?
  - a) Yes
  - b) No
  
- 2) Do you use anti-virus protection?
  - a) Yes
  - b) no
  
- 3) Do you think your anti-virus protection is good enough?
  - a) yes
  - b) no
  
- 4) Have you ever undergone a cyber-attack?
  - a) yes
  - b) no
  - c) I don't know
  
- 5) Do you know what firewall is?
  - a) Yes
  - b) No
  
- 6) Do you know how firewall works?
  - a) yes
  - b) no
  
- 7) How often do you make backups?
  - a) At least once a week
  - b) At least once a month
  - c) rarely
  - d) I don't do it at all
  
- 8) How often do you delete temp files?
  - a) At least once a week
  - b) At least once a month
  - c) rarely
  - d) I don't do it at all
  
- 9) How often do you change passwords?
  - e) At least once a week
  - f) At least once a month
  - g) rarely
  - h) I don't do it at all

- 10) Do you consider yourself being safe on the Internet?
- a) Yes
  - b) No
  - c) I'm not sure

#### THE QUESTIONNAIRE CONCERNING THE ADDICTIONS TO THE INTERNET

- 11) How much time do you spend on the Internet a day?
- c) Less than 1 hour
  - d) 1-3 hours
  - e) More than 3 hours
  - f) Not at all

- 12) Can you imagine life without the Internet?
- c) Yes
  - d) No

- 13) Which of the opinions applies to you?
- c) I have more friends on-line
  - d) I have more friends in reality

- 14) What would you rather do in your free time?
- d) Play computer games
  - e) Chat with your friends on-line
  - f) Go out with your friends
  - g) Watch TV
  - h) Read a book
  - i) Other \_\_\_\_\_

- 15) Do you think spending a lot of time on the Internet has an impact on your personality?
- c) Yes
  - d) No
  - e) I have never thought of it

- 16) What is your priority in everyday life? Order the activities starting with the most important for you.
- c) Doing sport
  - d) Staying in front of your PC
  - e) Doing your homework
  - f) Going out with friends

- 17) Do you think that staying in front of your computer is better than meeting your friends?

- e) Yes
- f) No

18) When you are miserable, do you

- a) Write about it on Facebook
- b) Write about it on your blog
- c) Tell about it to your friend or family
- d) Do nothing

19) How long do you think you may live without the Internet?

- a) I can't live without the Internet?
- b) One day
- c) One week
- d) One month or more

20) Do you think you are addicted to the Internet?

- d) Possibly
- e) Yes
- f) No
- g) I don't know



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