Tech Addiction Inclusion Criteria

(Adapted from DSM-5-TR Internet Gaming Disorder Framework)

The criteria below are adapted from the DSM-5-TR Internet Gaming Disorder (IGD) diagnostic framework to include a broader range of potentially harmful technology use behaviors, including but not limited to: gaming, pornography, social media, short-form video, and general screen use. This tool is intended to aid providers in identifying patterns consistent with behavioral addiction and to support inclusion decisions for structured intervention programs.

Instructions: Replace "[Tech]" with the specific behavior of concern. Responses should reflect experiences over the past 12 months.

Criteria 9-Item Checklist

Client meets inclusion if they endorse 5 or more of the following symptoms:

- ☐ 1. Preoccupation: Preoccupied with [Tech] use (e.g., persistent thoughts, mental planning, craving).
- ☐ 2. Withdrawal: Experiences symptoms such as irritability, anxiety, or sadness when [Tech] is unavailable.
- ☐ 3. Tolerance: Needs to engage in [Tech] for increasing amounts of time to achieve satisfaction.
- ☐ 4. Loss of control: Has made unsuccessful efforts to reduce or stop [Tech] use.
- ☐ 5. Loss of interest: Reduced participation in previously enjoyed hobbies or activities due to [Tech].
- ☐ 6. Continued use despite problems: Persists in [Tech] use despite knowing it causes problems (e.g., interpersonal, academic, occupational).
- ☐ 7. Deception: Has lied to others (e.g., family, therapist) about the extent of [Tech] use.
- ☐ 8. Escape: Uses [Tech] to relieve negative moods such as guilt, anxiety, or helplessness.
- ☐ 9. Risk to functioning: Has risked or lost significant relationships, job, or educational opportunities due to [Tech].

Scoring

0-4	Below inclusion threshold
5-6	Meets inclusion criteria; moderate behavioral impact
7-9	Meets inclusion criteria; high severity and impairment

Sources:
1. Luo T, Wei D, Guo J, Hu M, Chao X, Sun Y, Sun Q, Xiao S, Liao Y. Diagnostic Contribution of the DSM-5 Criteria for Internet Gaming Disorder. Front Psychiatry. 2022 Jan 5;12:777397. doi: 10.3389/fpsyt.2021.777397. PMID: 35069285; PMCID: PMC8766757.
2. American Psychiatric Association. (n.d.). Internet gaming. https://www.psychiatry.org/patients-families/internet-gaming

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