

## Game Addiction Inventory for Adults (GAIA)

Please state your level of agreement or disagreement with the following statements. Select 0 if you Strongly Disagree, 1 if you Disagree, 2 if you are Neutral, 3 if you Agree, and 4 if you Strongly Agree.

Item #	Statetement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	Arguments have sometimes arisen at home because of the time I spend on video games	0	1	2	3	4
2	I feel angry when I am unable to play video games	0	1	2	3	4
3	Video games are unimportant in my life	0	1	2	3	4
4	I often play video games to feel better	0	1	2	3	4
5	I feel lonely when I am not able to play video games	0	1	2	3	4

6	I have tried to hide the negative effects of my video game play (e.g. claiming to play less than you do, lying, faking illness, forging school transcripts)	0	1	2	3	4
7	I think that I am addicted to video games	0	1	2	3	4
8	I feel irritable when I am unable to play video games	0	1	2	3	4
9	It would not matter to me if I never played video games again	0	1	2	3	4
10	I often play video games to release stress	0	1	2	3	4
11	I miss my game character when I am unable to play video games	0	1	2	3	4

12	I feel a sense of shame about negative effects in my life resulting from my video game play	0	1	2	3	4
13	I am sometimes late for engagements because I am playing video games	0	1	2	3	4
14	I feel anxious when I am unable to play video games	0	1	2	3	4
15	The less I have to do with video games, the better	0	1	2	3	4
16	I often play video games to change my mood, relax tension or feel more excited	0	1	2	3	4
17	I have nothing else to do besides play video games	0	1	2	3	4
18	I often regret neglecting other tasks due to my video game play	0	1	2	3	4

19	My social life has sometimes suffered because of me playing video games	0	1	2	3	4
20	I have had increased conflict with other people when I am unable to play video games	0	1	2	3	4
21	I rarely think about playing video games when I am not using a computer or gaming console	0	1	2	3	4
22	I often play video games to forget about my life outside of gaming	0	1	2	3	4
23	I feel sad when I am unable to play video games	0	1	2	3	4
24	Playing video games has sometimes interfered with my work	0	1	2	3	4
25	I pay little attention when people talk about video games	0	1	2	3	4

26	I feel like something is wrong or off when I am unable to play video games	0	1	2	3	4
27	When I am not playing video games I often feel agitated	0	1	2	3	4
28	I often fail to get enough sleep because of playing video games	0	1	2	3	4
29	I often feel that I spend more money than I can afford on video games	0	1	2	3	4
30	I have made unsuccessful attempts to reduce the time I spend playing video games	0	1	2	3	4
31	I sometimes neglect important things because of an interest in video games	0	1	2	3	4

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