

Name \_\_\_\_\_

Date \_\_\_\_\_

## Media Addiction Quiz

1. Does your family have more than one TV set? Yes  No
2. Are you in front of a screen for more than 2 hours per day?\* Yes  No
3. Do you sometimes have trouble getting TV or video game jingles "out of your head"?  
Yes  No
4. Is there a TV/video game/computer playing in your home much or all of the time? Yes   
No
5. Do you have a TV, video game, and/or computer in your bedroom? Yes  No
6. Is it easy for you to turn off the TV/video game in the middle of a favorite show/game?  
Yes  No
7. Do you ever rush home, ditching friends and family, to catch a favorite TV show, play  
video games, or go on the computer? Yes  No
8. Do you frequently eat meals while in front of the TV, video games, or computer? Yes   
No
9. Have you ever caught yourself unintentionally mimicking a TV or video game character?  
Yes  No
10. Do you talk to and play with your friends more than you watch TV, play video games, and  
play with computers? Yes  No
11. Can you turn off the TV, computer, and video games OFF right now and leave them off  
for three days? Yes  No
12. Do you ever mindlessly surf through TV channels or the internet? Yes  No
13. Do you need TV, video game, or a computer to relax after a rough day? Yes  No
14. Do you feel edgy, anxious, or "not right" if there is no TV, video game, or a computer  
playing? Yes  No
15. Do you watch TV, play video games, and/or play on the computer more than spend time  
with your family? Yes  No
16. Do you ever watch the TV, play video games, or surf the internet longer than you intend  
to? Yes  No
17. Do you feel spend too much time with TV, video games, or computer? Yes  No
18. Have you missed a special event with friends or family because you were watching a TV  
program? Yes  No
19. Have you ever tried to quit watching TV, playing video games, or going on computer, but  
were unsuccessful? Yes  No
20. Do you have difficulty limiting the time you watch TV, play video games, or go on the  
computer? Yes  No

\*Note: Time spent on the computer for homework purposes does not count

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### To calculate your score:

For all questions, except for #6, #10, and #11, give yourself 1 point for every "Yes" answer and 0 points for every "No". For questions #6, #10, and #11 give yourself 0 points for every "Yes" answer and 1 point for every "No". Add your total.

**Your total:** \_\_\_\_\_

**0-6:** Great! Your TV, computer, and video games do not control of your life. You do. But keep an eye on how much time you spend with these activities to make sure an addiction does not sneak up on you.

**7-14:** It looks like you are moderately addicted to your TV, video games, or computer. The good news is that with a little effort, a list of fun non-screen activities, and a reasonable schedule you should be able to keep your addiction under control. Follow your dreams instead of staring at a screen.

**15-20:** Yikes. You probably have a serious addiction problem. You may need to take extreme steps, including getting rid of your TV or video games, to get in control of your time. Start with the device that squanders the most of your time. It may seem difficult, but life is too short to "watch" it go by.

Katherine Westphal created this quiz to raise awareness about the negative effects of TV and other media. You can learn more about the effects of TV by going to the website, TrashYourTV.com, and downloading the book *The Awful Truth About Television*. Go to <http://www.trashyourtv.com/awfultruth> and follow the instructions. Read the book and you will never look at your TV the same way again.