

# Dépistage/Évaluation du Besoin d'Aide - Utilisation Problématique d'Internet (DÉBA-UIP), V. 1.1

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Name

Date of birth

<input type="text"/>	<input type="text"/>	<input type="text"/>	-	<input type="text"/>	<input type="text"/>	-	<input type="text"/>	<input type="text"/>
Year				Month			Day	

Age

Women  
 Men

**1. In the past 12 months, excluding time spent on schoolwork, your job, and other obligations, how often did you use screens to :**

	Never	Once	Some times	Every month	1 to 2 times a week	Several times a week	Every day	What is the average length of your sessions?
a) game / play, indicate your favorite games:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/> min. <input type="text"/> hrs.
b) maintain / participate in / develop your social network (Facebook, Instagram, Habouki, Snapchat, TikTok, Twitter, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/> min. <input type="text"/> hrs.
c) talk (chat room, instant messaging, texting)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/> min. <input type="text"/> hrs.
d) watch YouTuber, influencer or entertainment videos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/> min. <input type="text"/> hrs.
e) watch video games or eSports or Fantasy sports (Twitch, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/> min. <input type="text"/> hrs.
f) get informed (blogs, forums, medias, Wikipedia, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/> min. <input type="text"/> hrs.
g) create content for the Internet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/> min. <input type="text"/> hrs.
h) date people (Bumble, Grindr, Tinder, Zoosk, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/> min. <input type="text"/> hrs.
i) watch series, movies or TV (Netflix, Apple TV+, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/> min. <input type="text"/> hrs.

**2. In the last 12 months, excluding time spent on schoolwork, your job, and other obligations, how many hours on average per week did you spent on screen activities ?** Fill in the circle.

- less than 1 hour (0)
- 21 to 30 hours (12)
- 51 to 60 hours (24)
- 81 to 90 hours (36)
- 1 to 10 hours (4)
- 31 to 40 hours (16)
- 61 to 70 hours (28)
- 91 and over (40)
- 11 to 20 hours (8)
- 41 to 50 hours (20)
- 71 to 80 hours (32)

**Results**

**In the past 12 months...**

Circle your answer.

Not at all	A little			Moderately	A lot	Extremely				
0	1	2	3	4	5	6	7	8	9	10
Never	Once	Sometimes		Several time		Often		Always		

- 3. how often did you continue your screen activities even though you were feeling tired and exhausted ? 0 1 2 3 4 5 6 7 8 9 10
- 4. how often did your screen activities help you to deal with stress and anxiety ? 0 1 2 3 4 5 6 7 8 9 10
- 5. how often did your screen activities help you to deal with boredom and sadness ? 0 1 2 3 4 5 6 7 8 9 10
- 6. how often did you feel that you didn't have control over your screen activities (time spent, type of activities, etc.) ? 0 1 2 3 4 5 6 7 8 9 10
- 7. to what extend do your love partner and friends believe that your screen activities are a problem ? 0 1 2 3 4 5 6 7 8 9 10 x 2






Date  -  -

Year Month Day

**39 - 100: Refer to specialized services for addiction** **Total score:** Questions 2 to 7

No. dossier:

Signature

**COMMENTS**