

Short test instruction for the Short Compulsive Internet Use Scale (Short CIUS)

Description

The Short CIUS is based on the 14 items Compulsive Internet Use Scale (CIUS; Meerkerk et al., 2009). It assesses **Internet use disorders** as well as problematic use behavior in individuals aged 16 and above. It is based on the criteria of Internet Gaming Disorder according to the 5th edition of the Diagnostic and Statistical Manual (DSM-5), applied to all areas of Internet use.

Problematic use behavior constitutes an early form of Internet use disorder: Several criteria are met and everyday life may be impaired. However, the criteria for a full form of Internet use disorder are not met. While five of nine DSM-5 criteria need to be fulfilled for an Internet use disorder, the term problematic Internet use is used when three or four diagnostic criteria are met.

Validity: At a **cut-off of 7** or more points, the test reaches a **sensitivity** of 0.95 and a **specificity** of 0.87 (women: 0.95/0.86; men: 0.95/0.87). For a higher specificity, a **cut-off of 9** can be used with a **sensitivity** of 0.78 (women: 0.76; men: 0.78) and a **specificity** of 0.96 (women: 0.96; men: 0.96).

Reliability: Cronbach's Alpha for internal consistency lies at 0.77 which points to a high reliability.

Evaluation

For each item, 0 to 4 points can be reached. The sum score of all 5 questions lies between 0 and 20 points. The mean in the development sample was 4.4 with a standard deviation of 3.7. The cut-off lies at 7 or more points. For a higher specificity, a cut-off of 9 points is recommended.

Interpretation

A positive test value of 7 or more points suggests an Internet use disorder; a risky, harmful or addictive use of the Internet.

The Short CIUS is only a screening. It cannot replace thorough diagnostics and can lead to an under- or overestimation in prevalence estimations. The Short CIUS is especially suitable for case finding to identify individuals that are eligible for an intervention. Diagnostics should follow.

Terms of use

This test is freely available. An indication of the source is desired.

Source Short CIUS: Besser, B., Bischof, G., Bischof, A., Brandt, D., Orłowski, S., Hoffmann, H., & Rumpf, H. J. (2022). Pilot study of a brief intervention to treating Internet use disorders. *Sucht*.

Source CIUS: Meerkerk, G. J., Van Den Eijnden, R., Vermulst, A. A. & Garretsen, H. F. L. (2009) The Compulsive Internet Use Scale (CIUS): Some Psychometric Properties, *Cyberpsychology & Behavior*, 12, 1-6.