

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

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Name

Date of birth - -

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"/> <input type="text"/> <input type="radio"/> min. <input type="radio"/> 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"/> <input type="text"/> <input type="radio"/> min. <input type="radio"/> 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"/> <input type="text"/> <input type="radio"/> min. <input type="radio"/> 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"/> <input type="text"/> <input type="radio"/> min. <input type="radio"/> 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"/> <input type="text"/> <input type="radio"/> min. <input type="radio"/> 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"/> <input type="text"/> <input type="radio"/> min. <input type="radio"/> 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"/> <input type="text"/> <input type="radio"/> min. <input type="radio"/> 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"/> <input type="text"/> <input type="radio"/> min. <input type="radio"/> 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"/> <input type="text"/> <input type="radio"/> min. <input type="radio"/> 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