# Appendix 1. Backgrounds and Internet Use Behaviors Questionnaire (BIUBQ)

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| **Part I. Backgrounds Survey**  **Please choose only one answer for each question. Please refer to the actual situations and put 🗸 in □.** | | | | | | |
| 1. | Gender: | □Male | □Female | |  |  |
| 2. | Parent’s attitudes toward how I use the Internet: | | | | | |
|  | □Freely use the Internet without intervention | | | | | |
|  | □Set Internet use rules and time limits | | | | | |
|  | □I do not use the Internet at home | | | | | |
| 3. | When is the first time you started to use the Internet? | | | | | |
|  | □Before beginning elementary school | | | | | |
|  | □After beginning elementary school | | | | | |
| 4. | How many hours do you spend getting online each time on weekdays (excluding the use of computers in class): | | | | | |
|  | □ I do not use the Internet | | |  | | |
|  | □ Less than 1 hour | | |  | | |
|  | □ 1-2 hours | | |  | | |
|  | □ 2-3 hours | | |  | | |
|  | □ 3-4 hours | | |  | | |
|  | □ more than 4 hours | | |  | | |
| 5. | Types of devices used to go online: | | | | | |
|  | □Personal computer (PC) □Notebook □Smartphone □Tablet PC | | | | | |
|  |  | | | | | |

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| **Part II. Internet activity** **preferences**  **Please choose only one answer to each item. Please refer to actual situations and put 🗸in the one which best describes your Internet use.** | **Never** | **Rarely** | **Sometimes** | **Often** |
| 1. I use the Internet to do my school assignments. | **□** | **□** | **□** | **□** |
| 1. I use YahooTM or GoogleTM search engine to collect data. | **□** | **□** | **□** | **□** |
| 1. I get on the Internet to view forums, e-news and e-books for new knowledge. | **□** | **□** | **□** | **□** |
| 1. I visit digital learning websites or WikipediaTM to broaden my knowledge. | **□** | **□** | **□** | **□** |
| 1. Surfing the Internet is what I do the most often to when I feel bored. | **□** | **□** | **□** | **□** |
| 1. I get on the Internet to watch movies, animations, and entertainment news online (e.g. YouTubeTM). | **□** | **□** | **□** | **□** |
| 1. I get on the Internet to play online games or download games. | **□** | **□** | **□** | **□** |
| 1. I join online communities or chatrooms to meet new friends. | **□** | **□** | **□** | **□** |
| 1. I use email, FacebookTM, WhatsAPPTM, or LineTM to send instant messages to my friends. | **□** | **□** | **□** | **□** |
| 1. I use online communities or chatrooms (e.g. FacebookTM, WhatsAPPTM, and LineTM) to discuss with classmates what happen at school. | **□** | **□** | **□** | **□** |
| 1. I get on the Internet to express my views on blogs and FacebookTM. | **□** | **□** | **□** | **□** |

# Appendix 2. Problematic Internet Use Scale for Senior Elementary School Students (PIUS-SESS)

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| --- | --- | --- | --- | --- |
| **Please choose only one answer to each item. Please refer to actual situations and put 🗸in the one which best describes your Internet use.** | **Never** | **Rarely** | **Sometimes** | **Often** |
| 1. When surfing the Internet, I often tell myself, “A few more minutes, and then I will stop.” | **□** | **□** | **□** | **□** |
| 1. It is hard for me to control the duration of Internet use. | **□** | **□** | **□** | **□** |
| 1. I would like to cut down the time I spend on the Internet but fail to do so. | **□** | **□** | **□** | **□** |
| 1. I often sacrifice my sleep time for more Internet use. | **□** | **□** | **□** | **□** |
| 1. My families or friends complain that I spend too much time on the Internet. | **□** | **□** | **□** | **□** |
| 1. I often lie to my families or friends so that they won’t know how much time I spend on the Internet. | **□** | **□** | **□** | **□** |
| 1. I often want to get on the Internet and it is hard to control the urge. | **□** | **□** | **□** | **□** |
| 1. When I am offline, I feel the urge to get back to the Internet. | **□** | **□** | **□** | **□** |
| 1. When I am offline, I keep thinking about Internet activities. | **□** | **□** | **□** | **□** |
| 1. After I have been offline for a while, I am still occupied by the thoughts of Internet activities. | **□** | **□** | **□** | **□** |
| 1. I sacrifice the time with friends for more Internet use. | **□** | **□** | **□** | **□** |
| 1. I miss dates with friends due to Internet use. | **□** | **□** | **□** | **□** |
| 1. I do not eat and do homework on time because of Internet use.。 | **□** | **□** | **□** | **□** |
| 1. Internet has negative influences on my academic achievement. | **□** | **□** | **□** | **□** |
| 1. I feel depressed, upset or nervous when I cannot get on the Internet. I no longer feel that way once I go online. | **□** | **□** | **□** | **□** |
| 1. I feel nervous, anxious or angry if I cannot get on the Internet for several days. | **□** | **□** | **□** | **□** |
| 1. When I feel upset, I rely on the Internet to make myself feel better. | **□** | **□** | **□** | **□** |
| 1. When I feel annoyed, I rely on the Internet to make myself feel better. | **□** | **□** | **□** | **□** |
| 1. Internet use makes it difficult for me to control my own life. | **□** | **□** | **□** | **□** |
| 1. Internet use has negative influences on my life. | **□** | **□** | **□** | **□** |
| 1. I feel I should seek for help with the problem of excessive Internet use. | **□** | **□** | **□** | **□** |
| 1. When I feel lonely, I would like to chat with people online. | **□** | **□** | **□** | **□** |
| 1. I prefer chatting on the Internet than face-to-face communication. | **□** | **□** | **□** | **□** |
| 1. I prefer online social interaction than having face-to-face interaction with people. | **□** | **□** | **□** | **□** |