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

3671510351

Dufour, M., Tremblay, J., Blanchette-Martin, N., Ferland, F., Goyette, M., Turcotte, S., Khazaal, Y., Brunelle, N., Gagnon, S. R., Tétrault-Beaudoin, C. S., Genois, R., & Légaré, A.-A. (2019), UQAM, UQTR, CISSSCA, CIUSSSCN, Université de Sherbrooke, CISSSL, CHUV/Suisse

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 lenght of your sessions?
a) game / play, indicate your favorite games:_____	○	○	○	○	○	○	○	☐☐☐ ○ min. ○ hrs.
b) maintain / participate in / develop your social network (Facebook, Instagram, Habouki, Snapchat, TikTok, Twitter, etc.)	○	○	○	○	○	○	○	☐☐☐ ○ min. ○ hrs.
c) talk (chat room, instant messaging, texting)	○	○	○	○	○	○	○	☐☐☐ ○ min. ○ hrs.
d) watch YouTuber, influencer or entertainment videos	○	○	○	○	○	○	○	☐☐☐ ○ min. ○ hrs.
e) watch video games or eSports or Fantasy sports (Twitch, etc.)	○	○	○	○	○	○	○	☐☐☐ ○ min. ○ hrs.
f) get informed (blogs, forums, medias, Wikipedia, etc.)	○	○	○	○	○	○	○	☐☐☐ ○ min. ○ hrs.
g) create content for the Internet	○	○	○	○	○	○	○	☐☐☐ ○ min. ○ hrs.
h) date people (Bumble, Grindr, Tinder, Zoosk, etc.)	○	○	○	○	○	○	○	☐☐☐ ○ min. ○ hrs.
i) watch series, movies or TV (Netflix, Apple TV+, etc.)	○	○	○	○	○	○	○	☐☐☐ ○ min. ○ 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.

Results ☐☐

○ 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)

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)

Signature

39 - 100: **Refer to specialized services for addiction**

Total score: Questions 2 to 7 ☐☐☐

No. dossier: ☐☐☐☐☐☐☐☐☐☐☐☐

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