

| Question   | Score |
|--|-------|
| I would feel uncomfortable without constant access to information through my smartphone.   |       |
| I would be annoyed if I could not look information up on my smartphone when I wanted to do so.   |       |
| Being unable to get the news (e.g., happenings, weather, etc.) on my smartphone would make me nervous.   |       |
| I would be annoyed if I could not use my smartphone and/or its capabilities when I wanted to do so.  |       |
| Running out of battery in my smartphone would scare me.  |       |
| If I were to run out of credits or hit my monthly data limit, I would panic.   |       |
| If I did not have a data signal or could not connect to Wi-Fi, then I would constantly check to see if I had a signal or could find a Wi-Fi network. |       |
| If I could not use my smartphone, I would be afraid of getting stranded somewhere.   |       |
| If I could not check my smartphone for a while, I would feel a desire to check it.   |       |
| If I did not have my smartphone with me  |       |
| I would feel anxious because I could not instantly communicate with my family and/or friends.  |       |
| I would be worried because my family and/or friends could not reach me.  |       |
| I would feel nervous because I would not be able to receive text messages and calls.   |       |
| I would be anxious because I could not keep in touch with my family and/or friends.  |       |
| I would be nervous because I could not know if someone had tried to get a hold of me.  |       |
| I would feel anxious because my constant connection to my family and friends would be broken.  |       |
| I would be nervous because I would be disconnected from my online identity.  |       |
| I would be uncomfortable because I could not stay up-to-date with social media and online networks.  |       |
| I would feel awkward because I could not check my notifications for updates from my connections and online networks.                                 |       |
| I would feel anxious because I could not check my email messages.  |       |
| I would feel weird because I would not know what to do.  |       |
| Total  |       |

| Score     | Level                 | Description   |
|-----------|-----------------------|---|
| 0 - 20    | Not at all Nomophobic | Your relationship with your device is very healthy and you have no problem being separated from it.   |
| 21 - 60   | Mild nomophobia       | You get a little agitated when you are without your phone for a day or have no access to WiFi, but the level of anxiety isn't too overwhelming.   |
| 61 - 100  | Moderate nomophobia   | You're quite attached to your device. You will often check for updates whilst walking down the street or even whilst talking to a friend. When you are disconnected you are highly likely to feel quite anxious. It may be worth considering reducing the amount of time spent on your phone before the dependency increases.   |
| 101 - 120 | Severe nomophobia     | You can barely go for 60 seconds without checking your phone. When you wake up in the morning it is the first thing you check and the last thing you do at night. Your phone dominates most of your activities in-between and you are never without it. You have a high dependency on your phone and it might be time to put measures in place to reduce this dependency. |