

Calgary Gaming Measure

Name: _____

Date: _____

Age: _____ Gender: ___ Male ___ Female

Name of favourite game(s): _____

For this questionnaire, please consider your gaming activity over the past 12 months and answer the following questions by checking the appropriate box:

| In the PAST 12 MONTHS: | | |
|---|-----------------------------|------------------------------|
| 1. Have you been untruthful to family members or other people regarding the amount of time you spent gaming? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| 2. Did you try to decrease your participation in games, but not succeed? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| 3. Did you spend a lot of time thinking about previous gaming activity, or anticipating playing the next game? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| 4. Have you used games to escape or change your mood (ex. guilt, anxiety, feelings of helplessness)? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| 5. Have you jeopardized or lost a significant relationship, job, or educational opportunity because of your participation in games? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| 6. Have you lost interest in previous hobbies or other forms of entertainment because of gaming? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| 7. Did you continue to game, even when you had physical, social or psychological problems that were caused or made worse by gaming? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| 8. Did you find yourself spending more and more time engaged in video games? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| 9. When gaming was taken away or unavailable, did you notice feelings of irritability, anxiety, or sadness? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |

On a work/school day, how many hours do you typically spend playing video/internet games? ____ hrs

On a day you do not have work/school, how many hours do you typically spend playing video/internet games? ____ hrs