Supplement (National Information Society Agency 2011)

Table 1.Self-Rated Smartphone Addiction Scale for Youth

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Items | StronglyDisagree | Disagree | Agree | StronglyAgree |
| 1 | My school grades dropped due to excessive smartphone use. |  |  |  |  |
| 2 | Using a smartphone is more enjoyable than spending time with family or friends. |  |  |  |  |
| 3 | It would be painful if I am not allowed to use a smartphone. |  |  |  |  |
| 4 | I try cutting my smartphone usage time, but I fail. |  |  |  |  |
| 5 | I have a hard time doing what I have planned (study, do homework, or go to afterschool classes) due to using smartphone. |  |  |  |  |
| 6 | When I cannot use a smartphone, I feel like I have lost the entire world. |  |  |  |  |
| 7 | I get restless and nervous when I am without a smartphone. |  |  |  |  |
| 8 | I can control my smartphone usage time. |  |  |  |  |
| 9 | People frequently comment on my excessive smartphone use. |  |  |  |  |
| 10 | I am not anxious even when I am without a smartphone. |  |  |  |  |
| 11 | Even when I think I should stop, I continue to use my smartphone. |  |  |  |  |
| 12 | Family or friends complain that I use my smartphone too much. |  |  |  |  |
| 13 | My smartphone does not distract me from my studies. |  |  |  |  |
| 14 | I panic when I cannot use my smartphone. |  |  |  |  |
| 15 | Spending a lot of time on my smartphone has become a habit. | 　 | 　 | 　 | 　 |

Table 2*.* Self-Rated Smartphone Addiction Scale for Adults

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Items | StronglyDisagree | Disagree | Agree | StronglyAgree |
| 1 | My school grades (or work productivity) dropped due to excessive Internet use. |  |  |  |  |
| 2 | When I cannot use a smartphone, I feel like I have lost the entire world. |  |  |  |  |
| 3 | Even when I think I should stop, I continue to use my smartphone. |  |  |  |  |
| 4 | I am not anxious even when I am without a smartphone. |  |  |  |  |
| 5 | People frequently comment on my excessive smartphone use. |  |  |  |  |
| 6 | Using a smartphone is more enjoyable than spending time with family or friends. |  |  |  |  |
| 7 | I try cutting my smartphone usage time, but I fail. |  |  |  |  |
| 8 | It would be painful if I am not allowed to use a smartphone. |  |  |  |  |
| 9 | Family or friends complain that I use my smartphone too much. |  |  |  |  |
| 10 | I don’t spend much time on my smartphone. |  |  |  |  |
| 11 | When I am without a smartphone, I cannot focus on my work (or studies). |  |  |  |  |
| 12 | There are times when I could not concentrate on my work (or studies) at hand because I was using my smartphone. |  |  |  |  |
| 13 | Spending a lot of time on my smartphone has become a habit. |  |  |  |  |
| 14 | I get restless and nervous when I am without a smartphone. |  |  |  |  |
| 15 | My smartphone does not distract me from my studies. | 　 | 　 | 　 | 　 |