findyourneurotype

SAMPLE · fictional data

Sample report

Screen & Internet Addiction Test (IAT)

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
Kenji Tanaka	**March 17, 2026**	**20**	**00000025**

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This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

61 / 80

Moderate Screen Addiction

76 % of the maximum score



Screen use significantly problematic, affecting relationships, sleep, work, or mental health.

By dimension

As a percentage of each dimension's maximum, so they can be compared.

Usage	75 %	3 / 4
Priorities	75 %	3 / 4
Withdrawal	75 %	3 / 4
Escape	75 %	3 / 4
Fear	75 %	3 / 4
Control	75 %	6 / 8
Honesty	75 %	3 / 4
Sleep	75 %	3 / 4
Preoccupation	75 %	3 / 4
Mood	75 %	3 / 4
Defensiveness	75 %	3 / 4
Social life	67 %	8 / 12
Impact	62 %	5 / 8
Neglect	50 %	2 / 4

Performance	**50 %**	2 / 4
Anticipation	**50 %**	2 / 4

What your answers say

Written by Claude (Anthropic) from your answers.

Thank you for taking the time to complete this screening and for being open to reflecting on your relationship with screens and technology. Many people today find themselves navigating a similar experience, especially in a world where phones, social media, and digital entertainment are woven into nearly every part of daily life. Recognizing patterns in your habits takes honesty and courage, and that self-awareness is already a meaningful first step toward positive change.

Your results suggest a pattern consistent with what this screening tool identifies as moderate screen-related difficulty, with a score of 61 out of 80. Looking at the breakdown, it seems that the amount of time spent on screens and a sense of difficulty managing or limiting that usage are the areas showing the most tension right now, followed by emotional responses tied to screen use and, to a lesser degree, restlessness or discomfort when screens aren't accessible. This pattern often reflects a genuine struggle to balance digital engagement with other priorities, rather than any personal failing. It's a signal worth paying attention to, not a label defining who you are.

If you're looking for gentle, practical steps, consider starting with small, specific boundaries rather than dramatic changes, such as designating certain times or spaces as screen-free, like during meals or the first hour after waking. Building in alternative activities that genuinely bring you joy or connection, whether that's movement, a hobby, or in-person conversation, can help fill the space that screens might currently occupy. It can also help to notice the emotional triggers that lead you to reach for a device, since understanding those moments often makes it easier to respond differently over time.

Please remember that this screening offers a snapshot, not a diagnosis, and it cannot capture the full context of your life and experiences. Reaching out to a licensed therapist, counselor, or healthcare provider who specializes in behavioral health can offer personalized guidance and support tailored specifically to you. Taking this step reflects strength, and with the right support, meaningful and lasting change is absolutely within reach.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Moderate Screen Addiction

Consider a structured digital detox. CBT adapted for screen addiction is effective.

To talk about it with a professional

Psychologist, therapist, doctor: this report can start the conversation.

- Bring page 2 (result by dimension).
- Note one or two situations that were hard for you lately.
- Say what you would like to change, even vaguely.

Need to talk to someone now? Call Suicide & Crisis Lifeline on **988**, or 911 in an emergency.

This report is a self-assessment tool. It does not replace an assessment by a professional. For a reliable diagnosis, see a neuropsychologist, a psychiatrist or another qualified healthcare professional.

Prepare your appointment

Doctor, psychiatrist, psychologist, neuropsychologist: bring this page. Fill it in a few days before, when examples come to mind.

My key figures

Screen & Internet Addiction Test (IAT) · 61 / 80 (76 %) · Moderate Screen Addiction

Test taken on March 17, 2026 · reference 00000025

Examples from my daily life

Work or studies, home, relationships: two or three concrete situations, with what happened.

Since when?

Was it already there in childhood or adolescence? School reports or a relative's memories can help.

What I would like to change

Even vaguely: what costs you the most energy today.

Questions I can ask

- ☐ Is a full assessment useful in my case, and with whom?
- ☐ How long is the wait, and what can I do in the meantime?
- ☐ Could something else explain this (sleep, stress, thyroid, another condition)?
- ☐ What support exists, at work or in my studies?
- ☐ What should I bring next time?

Your answers

Scale from “Never” to “Always”.

#	Question	Your answer	Pts
Usage · 3 / 4			
1	How often do you find that you stay on your screen longer than intended?	Often	3
Neglect · 2 / 4			
2	How often do you neglect household chores to spend more time on screens?	Sometimes	2
Social life · 8 / 12			
3	How often do you prefer digital entertainment over real-life social interactions?	Sometimes	2
4	How often do others complain about how much time you spend on screens?	Often	3
17	How often do you choose screen time over meeting or spending time with people?	Often	3
Performance · 2 / 4			
5	How often does your work or school performance suffer because of screen time?	Sometimes	2
Priorities · 3 / 4			
6	How often do you check your phone or social media first thing when you wake up?	Often	3
Withdrawal · 3 / 4			
7	How often do you feel anxious or irritable when you cannot use your screens?	Often	3
Escape · 3 / 4			
8	How often do you use screens to escape from problems or negative feelings?	Often	3
Anticipation · 2 / 4			
9	How often do you find yourself anticipating your next screen session?	Sometimes	2
Fear · 3 / 4			
10	How often do you fear life without screens would feel empty or boring?	Often	3

#	Question	Your answer	Pts
Control · 6 / 8			
11	How often do you say 'just a few more minutes' and end up spending much more time?	Often	**3**
12	How often have you tried to reduce your screen time and failed?	Often	**3**
Honesty · 3 / 4			
13	How often do you hide how much time you actually spend on screens?	Often	**3**
Sleep · 3 / 4			
14	How often do you lose sleep because of late-night screen use?	Often	**3**
Preoccupation · 3 / 4			
15	How often do you think about screens or online activities when you are offline?	Often	**3**
Mood · 3 / 4			
16	How often do you feel depressed, moody, or nervous when offline for a period?	Often	**3**
Impact · 5 / 8			
18	How often does screen use interfere with your real-world relationships?	Sometimes	**2**
20	How often does screen use negatively affect your health (eyes, sleep, posture)?	Often	**3**
Defensiveness · 3 / 4			
19	How often do you become defensive when someone questions your screen habits?	Often	**3**