

## The Gaming Disorder Test (GDT) (Pontes et al., 2019)

**Instructions:** The questions below are about your gaming activity during the past year (i.e., last 12 months). Here, gaming activity means any gaming-related activity that has been played either from a computer/laptop or from a gaming console or any other kind of device (e.g., mobile phone, tablet, etc.) both online and/or offline.

	Never	Rarely	Sometimes	Often	Very Often
1. I have difficulties controlling my gaming activity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I have given increasing priority to gaming over other life interests and daily activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I have continued gaming despite the occurrence of negative consequences.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I have experienced significant problems in life (e.g., personal, family, social, education, occupational) due to the severity of my gaming behavior.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Scoring information:

Total scores can be obtained by summing up all responses given to all four items of the GDT and can range from a minimum of 4 to a maximum of 20 points, with higher scores being indicative of a higher degree of gaming disorder. In order to differentiate disordered gamers from non-disordered gamers, researchers should check if participants have endorsed all four diagnostic criteria as assessed by each GDT items by taking into account answers as '4: Often' or '5: Very often', which translates as endorsement of the criterion.

### References:

Pontes, H. M., Schivinski, B., Sindermann, C., Li, M., Becker, B., Zhou, M., & Montag, C. (2019). Measurement and conceptualization of Gaming Disorder according to the World Health Organization framework: The development of the Gaming Disorder Test. *International Journal of Mental Health and Addiction*. doi:10.1007/s11469-019-00088-z