

## Are you nomophobic ?

- 1) Which scenario causes you the most anxiety ?  
 No phone  No battery  No signal  A big spider
- 2) How much time do you spend on your phone ?  
 1 to 3 hours  More than 3 hours  
 Less than 1 hour  30 mn to 1 hour
- 3) Do you use your phone in the toilet ?  
 Sometimes  never  All the time  often
- 4) The last thing you do before sleep is...  
 Check your phone  Relax  watch TV  Read
- 5) Where is your cell phone at the moment ?  
 in my pocket  in the room  
 In my hand  in other room
- 6) How many apps do you have ?  
 More than 20  12 to 20  6 to 12  Less than 6
- 7) How many selfies do you take ?  
 1 or two per week  10 per day minimum  
 I rarely take selfies  about 1 per day
- 8) Do you have your mobile at the table ?  
 never  Sometimes  often  All the time

- 9) What do you do with your friends ?  
 We play video games  
 I don't often see my friends (I prefer texting them)  
 We do things on our phones (selfies, videos, social media ...)  
 We play sports, we go shopping, we talk...
- 10) Do you keep your phone when you're sleeping ?  
 Yes, and I sometimes check my social media at night  
 Yes, in case I have a phone call or a text  
 Yes, if I'm using the alarm clock  
 No, it's not in my bedroom at night
- 11) Would you go to a paradise island with no signal ?  
 Yes, but it would be hard  
 Yes, I would be happy to take a break from my phone  
 No, I can't live without my phone  
 I'm not sure I could do it
- 12) Do you watch your phone while you're walking ?  
 Very often, and I sometimes bump into things!  
 Rarely  
 Yes, sometimes  
 Never

Now count your score!

## Are you nomophobic ? RESULTS

4 points  3 points  2 points  1 point

### 12 to 21 points :

You are not addicted to your cell phone. You use your phone sometimes, but you are definitely not addicted to it. You seem to be the kind of person that could easily spend time without your phone.

### 22 to 30 points :

You rely on your phone a lot but you are not addicted. You might love to be on your phone, but you're not obsessed. You have everything under control.

### 31 to 39 points :

You are not completely addicted to your cell phone, but you spend a lot of time on it. You should be careful not to become obsessed with it. Don't neglect your hobbies!

### 40 to 48 points :

You are officially addicted to your cell phone. Your phone habit is causing you problems in your daily life : it affects your effectiveness and your concentration on important things due to your lack of self-control. You should think about it and work on yourself.