



The Facebook Compulsion Inventory

Directions: Please circle your answer to each of the questions using the following scale:

1. Very Untrue. 2. Somewhat Untrue. 3. Neither True nor Untrue. 4. Somewhat True. 5. Very True.

1. I spend more time on Facebook than I intend to. 1 2 3 4 5
2. I feel anxious and upset when I cannot access my Facebook page. 1 2 3 4 5
3. I have more in common with the people I chat with on Facebook than I have with my spouse or partner. 1 2 3 4 5
4. I find myself neglecting some of my work responsibilities because of time I spend on Facebook. 1 2 3 4 5
5. Sometimes I lose sleep because of the time I spend on Facebook. 1 2 3 4 5
6. I have developed romantic feelings for someone I have reconnected with on Facebook. 1 2 3 4 5
7. Spending time on Facebook with my Facebook friends is more pleasant than the time I spend with my spouse. 1 2 3 4 5
8. I lie to others about what I talk to friends about on Facebook. 1 2 3 4 5
9. I feel excited and energized when I access my Facebook page. 1 2 3 4 5
10. I would feel sad and depressed if Facebook ceased to exist. 1 2 3 4 5
11. I have concealed conversations that I have on Facebook from my partner. 1 2 3 4 5
12. I would not want my spouse or partner to be my Facebook friend. 1 2 3 4 5
13. I need to make sure that I have access to my Facebook page on vacations. 1 2 3 4 5
14. I feel that others would think less of me if they could see my private messages on Facebook. 1 2 3 4 5
15. Others have complained about the amount of time I spend on Facebook. 1 2 3 4 5

SCORING

- 15-30** You probably enjoy using Facebook, however it is unlikely that it is causing major issues in your relationship.
- 31- 45** You obviously enjoy using Facebook and it is most likely an important part of your life, but it is probably not controlling you.
- 46-60** Your Facebook use is quite possibly excessive. You may be experiencing some difficulties in your life and relationships as a result of your Facebook use. You may want to consider ways to reconnect and connect with your family and friends that do not involve Facebook. If you continue to find yourself using Facebook as a major way to meet your emotional and social needs, it is important that you put more time back into your primary relationships outside of Facebook, or seek professional help.
- 60-75** Your Facebook use appears to be compulsive. It would most likely be helpful to seek a professional therapist to help you sort out the role Facebook plays in your life.