

Technology Use Disorder Assessment (TUDA)

Instructions: Technology use disorder (TUD) is defined by any screen activity either from a computer, laptop, or any other kind of device (e.g., mobile phone, tablet, etc.) both online or offline including but not limited to texting, calling, video conferencing, scrolling social media, streaming media, and browsing the internet for entertainment purposes. This assessment tool is recommended to be completed for individuals *ages ten and older*.

Please answer these questions about your child's screen use activity from the last six months.

Answer/Score each question: Never (0) Rarely (1) Sometimes (2) Often (3) Very Often (4)

Technology Use Disorder Assessment

Chelton Clinical Criteria	TUDS-9 Item	Score
1. Preoccupation	Is your child hyper-focused on technology and thinks about it when they aren't on their device(s)?	
2. Withdrawal	Is your child in distress when you attempt to decrease or stop their screen use?	
3. Tolerance	Does your child need to prolong their time on their device(s) to feel joy or fulfillment?	
4. Loss of control	Is your child unsuccessful in attempts to stop screen use?	
5. Loss of interest	Is your child disinterested in past hobbies because of being on their device(s)?	
6. Continue screen use despite harms	Has your child resumed screen use knowing it has caused conflicts in relationships?	

7. Lying	Has your child been dishonest about other things (chores, homework, etc.) so that they can continue using their device(s)'	
8. Escape	Does your child use their device(s) to escape or manage their moods?	
9. Risk of relationships or opportunities	Has your child risked a relationship, job, or their education because of screen use habits?	
		TOTAL:

TUDA Scoring Key	
20-36	High Risk – Inform Pediatrician and seek treatment
15-19	Medium Risk – Continue to closely monitor, implement the Four M Model, and consider parental control apps
0-14	Low Risk – Continue to monitor

Scoring information: Total scores can be attained by adding up all answers given to all nine items of the TUDA and can range from a minimum of 0 to a maximum of 36 points, with higher scores being suggestive of a higher degree of or being at risk of developing Technology Use Disorder. In order to differentiate disordered technology users from non-disordered users, social workers/parents/researchers should check if participants have responded to **at least five criteria out of the nine as ‘Very Often’**, which translates to clinically significant impairment or distress, resulting in the diagnosis of Technology Use Disorder. Individuals with a diagnosis of Technology Use Disorder must have a severe impairment or functioning in at least one life domain (i.e. job, school, social). Please note, individuals who score at least five “**often**” responses may be at risk of developing TUD and seeking professional help may be beneficial at this time. Contact your health care provider or a mental health professional if you are concerned for yourself or a loved one’s technology use and related problems.

***At this time, this assessment tool has not been tested for validity, reliability, or psychometrics.**

