

Phone Addiction Quiz

This is a quiz about phone addiction. Let's see how much you have learned!

1. How does phone addiction start?

Mark only one oval.

- It first starts out as a device for everyday needs
- From playing too many games
- Using social media

2. What is the best option to stop phone addiction?

Mark only one oval.

- Turning off notifications
- Breaking your phone
- Play games and use social media all day

3. What is Nomophobia

Mark only one oval.

- Fear of having a phone
- Fear of having no phone

4. What is one negative effect of phone addiction?

Mark only one oval.

- Communication
- Depression
- Reminders and alarms for everyday needs

5. What is one symptom of Nomophobia?

Mark only one oval.

- Anxiety and/or panic over losing your phone
- Playing games for a long time
- Not buying phones

6. What is one factor of phone addiction?

Mark only one oval.

- Difficulty coping with boredom
- Checking your phone every few minutes
- Having bad grades

7. An extrovert = More likely to be addicted to phones?*Mark only one oval.*

- True
- False

8. What is the average amount of phone usage for a teen?*Mark only one oval.*

- 1 hour 23 minutes
- 4 hours 38 minutes
- 8 hours 43 minutes

9. On average, how many texts does a teen send each day?*Mark only one oval.*

- 24 texts
- 89 texts
- 55 texts

10. How many teens feel addicted to their phones?*Mark only one oval.*

- 50%
- 23%
- 35%

11. How many people spend 5+ hours a day on their phones and had thought about suicide/made plans about it?*Mark only one oval.*

- 48%
- 64%
- 34%

12. What is one addictive personality?*Mark only one oval.*

- Kind
- Loyal
- Introvert

13. How many Americans have addictive personalities?*Mark only one oval.*

- 28%-36%
- 10%-15%
- 5%-10%

14. How many internet addicts, ages 6-29, live in China?*Mark only one oval.*

- Around 24 million
- Around 56 million
- Around 10 million

15. How many people in the UK experience Nomophobia?*Mark only one oval.*

- ½ of the UK
- ¼ of the UK
- ⅔ of the UK

16. Association with drugs and alcohol = More likely to be addicted to their phones?*Mark only one oval.*

- True
- False

17. How many teens feel addicted to their phones?*Mark only one oval.*

- 50%
- 30%
- 45%

18. Turning your phone screen to black and white = Less likely to be addicted?*Mark only one oval.*

- True
- False

19. What was the rise in severe depression for girls during 2010-2015 because of phone addiction?*Mark only one oval.*

- 23%
- 66%
- 58%

20. What was the rise in suicide during 2010-2015 because of phone?*Mark only one oval.*

- 51%
- 65%
- 33%

Answer Keys

The answers to the quiz

21. 1*Mark only one oval.* It first starts out as a device for everyday needs**22. 2***Mark only one oval.* Turning off notifications**23. 3***Mark only one oval.* Fear of having no phone**24. 4***Mark only one oval.* Depression**25. 5***Mark only one oval.* Anxiety and/or panic over losing your phone**26. 6***Mark only one oval.* Difficulty coping with boredom**27. 7***Mark only one oval.* False**28. 8***Mark only one oval.* 4 hours 38 minutes**29. 9***Mark only one oval.* 55 texts**30. 10***Mark only one oval.* 50%**31. 11***Mark only one oval.* 48%

32. **12***Mark only one oval.* Introvert33. **13***Mark only one oval.* 10%-15%34. **14***Mark only one oval.* Around 24 million35. **15***Mark only one oval.* $\frac{2}{3}$ of the UK36. **16***Mark only one oval.* True37. **17***Mark only one oval.* 50%38. **18***Mark only one oval.* True39. **19***Mark only one oval.* 58%40. **20***Mark only one oval.* 65%

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