

Smartphone Compulsion Test

Thank you for completing the Smartphone Compulsion Test from the Center for Internet and Technology Addiction (CITA).

Scoring:

1 – 2. Your behavior is normal but that doesn't mean you should live on your Smartphone.

3 – 4. Your behavior is leaning toward problematic or compulsive use.

5 – or above: It is likely that you may have a problematic or compulsive Smartphone use pattern.

8 or higher- If your score is over 8, it's time to consider making changes to your usage pattern.

[These simple steps will help you stop checking your phone so much](#) (watch the video)

1. Keep yourself on a schedule.
2. Turn off as many push notifications as possible.
3. Take distracting apps off your home screen.
4. Kick your device out of bed.
5. If you have a smart speaker, put it to use.
6. Try turning on your **phone's** grayscale.
7. Stay accountable. Enable usage reports.

What are you going to do to change your usage pattern? Set a goal today!