

The Problematic Mobile Phone Use Questionnaire (PMPUQ)

1. How long have you **owned** a mobile phone?
 Less than 1 year 1 to 5 years More than 5 years
2. How **many calls** do you make with your mobile phone per day?
 0 - 2 3 - 5 More than 5
3. How **much time** do you spend your mobile phone per day?
 0 - 10 minutes 10 - 30 minutes More than 30 minutes
4. How many **SMS (text messages)** do you send per day?
 0 - 3 4 - 10 More than 10
5. Do you have a **driving licence**? Yes No
5a) How **long** have you held it? _____ Years
6. Do you consider yourself **addicted** to your mobile phone? Yes No
7. What is your **age**? _____ Years
8. What is your **gender**? Male Female

	Strongly agree	Agree	Disagree	Strongly disagree
1. I don't use my mobile phone when it is completely forbidden to use it	1	2	3	4
2. It is easy for me to spend all day not using my mobile phone	1	2	3	4
3. My mobile phone bill is too high in terms of my overall expenses	1	2	3	4
4. I use my mobile phone while driving	1	2	3	4
5. I don't pay attention to my mobile phone spending	1	2	3	4
6. Is it hard for me not to use my mobile phone when I feel like it	1	2	3	4
7. I don't use my mobile phone in a library	1	2	3	4
8. I can easily live without my mobile phone	1	2	3	4
9. My mobile phone bills prevents me from buying some other things I need	1	2	3	4
10. I get irritated when I am forced to turn my mobile phone off	1	2	3	4
11. I try to avoid using my mobile phone when driving on the motorway	1	2	3	4
12. I can control my mobile phone bills	1	2	3	4
13. I use my mobile phone where it is forbidden to do so	1	2	3	4
14. I find myself in financial difficulties because of mobile phone costs	1	2	3	4
15. I'd like to spend less time using my mobile phone	1	2	3	4
16. I use my mobile phone in situations that would qualify as dangerous	1	2	3	4
17. I feel lost without my mobile phone	1	2	3	4
18. I receive mobile phone bills that are too high	1	2	3	4
19. When using my mobile phone on public transport, I try not to talk too loud	1	2	3	4
20. I spend too much time using my mobile phone	1	2	3	4
21. I efficiently manage the money that I spend using my mobile phone	1	2	3	4
22. I don't attach a lot of importance to my mobile phone	1	2	3	4
23. While driving, I find myself in dangerous situations because of my mobile phone use	1	2	3	4
24. I have trouble paying my mobile phone bills	1	2	3	4
25. I try to avoid using mobile phone where people need silence	1	2	3	4
26. I am surprised by how big my mobile phone bills are when I get them	1	2	3	4
27. It is hard for me to turn my mobile phone off	1	2	3	4
28. I borrow money from family or friends to pay my mobile phone bills	1	2	3	4
29. I use my mobile phone while driving, even in situations that require a lot of concentration	1	2	3	4
30. My mobile phone conversations take longer that I want	1	2	3	4

Problematic mobile phone use questionnaire

Factor 1: Dangerous Use

1. I use my mobile phone while driving*
2. I try to avoid using my mobile phone when driving on the motorway
3. I use my mobile phone in situations that would qualify as dangerous*
4. While driving, I find myself in dangerous situations because of my mobile phone use*
5. I use my mobile phone while driving, even in situations that require a lot of concentration*

Factor 2: Prohibity Use

1. I don't use my mobile phone when it is completely forbidden to use it
2. I don't use my mobile phone in a library
3. I use my mobile phone where it is forbidden to do so*
4. When using my mobile phone on public transport, I try not to talk too loud
5. I try to avoid using mobile phone where people need silence

Factor 3: Dependence

1. It is easy for me to spend all day not using my mobile phone
2. Is it hard for me not to use my mobile phone when I feel like it*
3. I can easily live without my mobile phone
4. I get irritated when I am forced to turn my mobile phone off*
5. I feel lost without my mobile phone*
6. I don't attach a lot of importance to my mobile phone
7. It is hard for me to turn my mobile phone off*

Factor 4: Financial Problems

1. My mobile phone bill is too high in terms of my overall expenses*
2. I don't pay attention to my mobile phone spending
3. My mobile phone bills prevents me from buying some other things I need*
4. I can control my mobile phone bills
5. I find myself in financial difficulties because of mobile phone costs*
6. I receive mobile phone bills that are too high*
7. I efficiently manage the money that I spend using my mobile phone
8. I have trouble paying my mobile phone bills*
9. I am surprised by how big my mobile phone bills are when I get them*
10. I borrow money from family or friends to pay my mobile phone bills*
11. I'd like to spend less time using my mobile phone*
12. I spend too much time using my mobile phone*
13. My mobile phone conversations take longer that I want*

NOTE: * reverse item