

# Clinician Toolkit Scoring Overview

## Adolescent Media and Health Screening Form and Parent Media and Health Screening Form

If either the adolescent or the parent answers YES to any question in Part A of their respective forms, provide the IAT-R for the patient, and the PCIAT for the parent. See below to learn how to score the IAT-R and the PCIAT.

If neither the adolescent nor the parent answers YES to any question in Part A of their respective forms, they can complete Part B.

Review Part B for any YES answers and provide relevant anticipatory guidance and the education booklets.

## IAT-R and PCIAT

The IAT-R and the PCIAT are scored the same way. Each item is rated on a 5-point scale ranging from 0-5. The total score is the sum of the ratings given for the 20 item responses. The maximum score is 100 points, with a higher number of points indicating a greater severity of experiencing of problems related to Internet usage.

Score Range	Level
0-30	Normal
31-49	Mild
50-79	Moderate
80-100	Severe

## About the Forms

The Adolescent Media and Health Screening Form and the Parent Media and Health Screening Form were created by the Digital Wellness Lab, as a three question screener to help identify patients more at risk for problematic interactive media use.

The IAT and the PCIAT were created by Kimberly Young, PhD, psychologist and seminal researcher in the area of internet addiction. We made slight edits to the wording of the IAT, resulting in the IAT-R.

## The Goal of the Forms

There are essentially two outcomes:

1. The patient's health and well being are severely impacted by their uncontrolled media use, and they require specialized care (i.e. a referral to a specialist or the Clinic for Interactive Media and Internet Disorders).
2. The patient may be struggling with their media use, or even have a good handle on their media use, and they require moderate prevention/intervention in the form of anticipatory guidance and educational materials.