

## **Scoring key for the Game Addiction Inventory for Adults (GAIA)**

Instructions: add the scores for the numbered items in each subscale. Note that subscale 3 – Engagement must be reversed scored after the items are summed.

Subscale 1- Loss of control and consequences:

Score out of 40 = sum of items (1, 7, 13, 19, 24, 27, 28, 29, 30, 31)

Subscale 2- Agitated withdrawal:

Score out of 16= sum of items (2, 8, 14, 20)

Subscale 3R- Engagement:

Score out of 20 = 20 – sum of items (3, 9, 15, 21, 25)

Subscale 4- Coping:

Score out of 16 = sum of items (4, 10, 16, 22)

Subscale 5- Mournful withdrawal:

Score out of 20 = sum of items (5, 11, 17, 23, 26)

Subscale 6- Shame:

Score out of 12 = sum of items (6, 12, 18)

**Addiction Total Score out of 124** = sum of (subscale 1 + subscale 2 + subscale 4 + subscale 5 + subscale 6)

**Engagement Total out of 20** = score for subscale 3R

### **Cut-off scores**

30 - 39 = Mild to moderate problems

40+ = Significant problems