

UC **SANTA BARBARA**

Alcohol & Drug Program

Student Health

Device/Screen Management Self Assessment

1. Do you spend a lot of time thinking about using devices/screens or planning to use them? Yes No
2. Do you feel urges to increasingly use devices/screens more and more? Yes No
3. Do you sometimes turn to devices/screen use as a way of forgetting about personal problems? Yes No
4. Have you tried to reduce your use of devices/screens without success? Yes No
5. Do you become restless or agitated if you are unable to engage in use of devices/screens? Yes No
6. Do you use devices/screens so much that it may have had a negative impact on your job or studies?
Yes No

If you answered **yes** to one or more questions, it could be helpful to consider ways to manage your use of devices/screens to avoid problematic use.

If you would like to talk with a specialist, please contact the UCSB Alcohol and Drug Program for a free and confidential appointment with one of our counselors. Additional resources about substance use, harm reduction and recovery support can be found on the Alcohol & Drug Program website.

Alcohol and Drug Program Phone: (805) 893-5013 Email: adp@sa.ucsb.edu
Website: <http://adp.sa.ucsb.edu>