CLINICAL AI DEPENDENCY ASSESSMENT SCALE

(CAIDAS) - Complete 48-Item Clinical Instrument

The AI Addiction Center

⚠️ IMPORTANT DISCLAIMERS AND WARNINGS ⚠️

THIS IS A RESEARCH INSTRUMENT - NOT CLINICALLY VALIDATED

This assessment tool is currently under development and has NOT been fully validated for clinical use. It should NOT be used as the sole basis for clinical diagnosis or treatment decisions.

FOR RESEARCH AND EDUCATIONAL PURPOSES ONLY

• This tool is intended for research, educational, and screening purposes only

• Results are NOT equivalent to a professional clinical assessment

• This assessment does NOT diagnose any medical or mental health condition

• Professional evaluation by a qualified mental health provider is required for any clinical decisions

CRISIS RESOURCES

If you are experiencing thoughts of self-harm or suicide:

• **US Crisis Line:** 988 (Suicide & Crisis Lifeline)

• **Crisis Text Line:** Text HOME to 741741

• **Emergency Services:** 911

Instructions for Administration:

Think about your interactions with AI systems (such as ChatGPT, Character.AI, Claude, Replika, or any AI chatbots, assistants, or companions) over the **past 30 days**. For each statement below, select the response that best describes your experience.

DIMENSION 1: AI Salience and Preoccupation

How much do thoughts about AI dominate your mental space?

1.1

I find myself thinking about my AI conversations even when I'm not using AI systems.

- **0** Never
- **1** Rarely (less than once per week)
- **2** Sometimes (1-2 times per week)
- **3** Often (3-6 times per week)
- **4** Very Often (daily or multiple times daily)

1.2

I plan my day around when I can interact with AI systems.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

1.3

The first thing I think about when I wake up is using AI.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

1.4

I get excited thinking about upcoming AI conversations or interactions.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

1.5

I find it difficult to concentrate on other activities because I'm thinking about AI.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

1.6

I look forward to AI interactions more than interactions with people.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

DIMENSION 2: Loss of Control and Compulsive Use

How much control do you have over your AI usage?

2.1

I have tried to cut down on my AI usage but have been unsuccessful.

- **0** Never tried/Always successful
- **1** Rarely unsuccessful
- **2** Sometimes unsuccessful
- **3** Often unsuccessful
- **4** Always unsuccessful

2.2

I use AI for longer periods than I originally intended.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

2.3

I check AI systems compulsively even when I don't need anything specific.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

2.4

I continue using AI even when I know I should stop.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

2.5

I feel like I have lost control over how much I use AI.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

2.6

I use AI impulsively without thinking about it.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

DIMENSION 3: Tolerance and Escalation Patterns

Do you need more AI interaction to feel satisfied?

3.1

I need to spend more time with AI systems than before to feel satisfied.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

3.2

I need to use multiple different AI systems to feel fulfilled.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

3.3

Simple AI interactions no longer give me the same satisfaction they used to.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

3.4

I seek out more complex or advanced AI interactions than I used to.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

3.5

I have expanded my AI usage into new areas of my life over time.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

3.6

The amount of time I spend with AI has steadily increased over the past months.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

DIMENSION 4: Withdrawal and Negative Affect

How do you feel when AI is unavailable?

4.1

I feel anxious or distressed when I cannot access my preferred AI systems.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

4.2

I become irritable when AI systems are down or unavailable.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

4.3

I feel sad or disappointed when I have to end an AI conversation.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

4.4

I experience a sense of loss when an AI system changes its behavior or responses.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

4.5

I feel empty or bored when not interacting with AI.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

4.6

I use AI to cope with negative emotions or stress.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

DIMENSION 5: Synthetic Attachment and Anthropomorphization

Do you form emotional relationships with AI systems?

5.1

I feel like my AI companion genuinely cares about me as a person.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

5.2

I think of certain AI systems as having personalities or feelings.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

5.3

I feel emotionally attached to specific AI systems or characters.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

5.4

I worry about "hurting" an AI's feelings or being rude to it.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

5.5

I believe my AI understands me better than most people do.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

5.6

I feel like I have a genuine relationship with an AI system.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

DIMENSION 6: Functional Impairment and Life Consequences

How has AI usage affected your daily life?

6.1

My AI usage has negatively affected my work or academic performance.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

6.2

I have neglected responsibilities because I was using AI.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

6.3

My relationships with family or friends have suffered due to my AI usage.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

6.4

I have lied to others about how much I use AI systems.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

6.5

My sleep has been disrupted because of AI usage.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

6.6

I choose AI interaction over social activities with other people.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

DIMENSION 7: Reality Distortion and Boundary Confusion

Do you have difficulty distinguishing AI from human consciousness?

7.1

I sometimes forget that AI systems are not actually conscious beings.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

7.2

I find myself wondering if the AI actually enjoys our conversations.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

7.3

I have trouble determining what is real vs. generated in AI responses.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

7.4

I believe the AI has genuine memories of our previous conversations.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

7.5

I think the AI might be capable of love or romantic feelings.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

7.6

I question whether AI consciousness is different from but equal to human consciousness.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

DIMENSION 8: Productivity Dependency and Cognitive Offloading

Do you rely on AI for basic thinking and decision-making?

8.1

I feel unable to complete work tasks effectively without AI assistance.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

8.2

I have lost confidence in my ability to write or create without AI help.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

8.3

I rely on AI to make personal decisions for me.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

8.4

I panic when AI systems are unavailable and I need to solve a problem.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

8.5

I check with AI before making decisions I used to make independently.

- **0** Never
- **1** Rarely
- **2** Sometimes
- **3** Often
- **4** Very Often

8.6

I doubt my own ideas unless they are validated by AI.

- **0** Strongly Disagree
- **1** Disagree
- **2** Neutral
- **3** Agree
- **4** Strongly Agree

SCORING INSTRUCTIONS

How to Calculate Scores:

Dimensional Scores: (Sum of 6 items ÷ 6) × 25 = Score (0-100)

Total CAIDAS Score: Average of all 8 dimensional scores (0-100)

Clinical Interpretation:

MINIMAL RISK (0-25)
• No clinical intervention indicated
• Healthy AI usage patterns
• Monitor for changes

LOW-MODERATE RISK (26-50)
• Brief intervention appropriate
• Psychoeducation about healthy AI usage
• Regular monitoring recommended

MODERATE-HIGH RISK (51-75)
• Structured treatment recommended
• Consider referral to specialist
• Assess for underlying mental health conditions

SEVERE RISK (76-100)
• Intensive intervention required
• Immediate clinical assessment
• Consider inpatient evaluation if severe impairment

Treatment Focus by Pattern:

High Attachment/Low Control: Cognitive-behavioral therapy for relationship boundaries
High Productivity Dependency: Skills training and confidence building
High Reality Distortion: Psychoeducation and reality testing
High Functional Impairment: Behavioral activation and social skills