**22535 Ofcom Coping in a Digital Society questionnaire**

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|  | **Section A: Demographic questions** |  |
| A1 | ASK ALL  Which of the following best describes the main income earner in your household? If they're retired, please think back to their last job before retirement.  Please note:  1. If you live in a household with others, but have separate finances, do not include them in this question. Only consider those who have shared incomes/ outgoings.  2. If the main income earner has been unemployed for less than 6 months, don't answer 'unemployed', but think back to the last job before that.  3. If they're retired and receiving a pension from employment as well as a state pension, please think back to the last job before retirement.  Please select one.  SCRIPTER: DO NOT DISPLAY GRADE IN SURVEY | Very senior management; top level civil servant or professional (e.g. surgeon; partner in a law firm; regional bank manager; board director of medium/ large firm) [A]  Senior or middle management in large organisation; owner of small business; principal officer in civil service/ local government [B]  Junior management or professional; or administrative (e.g. most office workers; accounts clerk; secretary; police sergeant) [C1]  Skilled manual worker (e.g. plumber; electrician) [C2]  Manual worker (e.g. lorry driver; labourer; hotel porter) [D]  Casual worker without regular income; or unemployed for 6 months or longer [E]  Retired and receiving a state pension [E]  Housewife/ house husband/ looking after family [E]  Student [C1] |
| A2 | ASK ALL  What is your age?  Please select one. | 16-17  18-24  25-34  35-44  45-54  55-64  65-74  75-79  80+ |
| A3 | ASK ALL  Are you?  Please select one. | Male  Female |
| A5 | ASK ALL  Which region do you live in?  Please select one. | 1 North East  2 North West  3 Yorkshire/Humberside  4 East Midlands  5 West Midlands  6 East Anglia/East of England  7 London/ Greater London  8 South East  9 South West  10 Highlands & Isles of Scotland  11 Rest of Scotland  12 Wales  Northern Ireland |
| A6 | ASK ALL  Are there any children under 16 in your household?  Please select one. | Yes  No |
| A7 | IF YES AT A6  Thinking about the children under 16 in your household, please can you tell me how many falls into each of the following age bands?  Please enter a number for each. | ALLOW WHOLE NUMBERS 0-10 FOR EACH BAND  FORCE CODE GREATER THAN 0 FOR AT LEAST ONE BAND  0-4  5-11  12-15 |
| A8 | IF YES AT A6  And are you responsible for the children under 16 in your household? In other words, are you their parent or carer?  Please select one. | Yes  No |
|  | **Section B: Device ownership** |  |
| B1 | ASK ALL  Does your household have a home broadband service? This could be through a phone line or cable service, perhaps using Wi-Fi. Please exclude access via a mobile device like a smartphone or tablet.  Please select one. | Yes, have home broadband service  No, do not have home broadband service  Don’t know |
| B2 | IF YES AT B1  Is your home broadband service superfast broadband? Superfast broadband is sometimes known as next-generation broadband.  Superfast broadband delivers headline download speeds of at least 30Mbit/s.  Please select one. | Yes  No  Don’t know |
| B3 | ASK ALL  Which of the following devices do you use personally? Please select all that apply  Please select all that apply. | ROTATE ORDER  **TV set**  **PC/ Laptop**  **Tablet computer** (like an iPad, Kindle Fire or Google Nexus)  **Smartphone** (like an iPhone or Samsung Galaxy or Blackberry)  **Another mobile phone** (not a smartphone) ALWAYS SHOW AFTER SMARTPHONE  **Portable media player other than a tablet** (like an iPod Touch)  **Games console connected to a TV** (like a Playstation/ Xbox/ Wii)  **Portable or handheld games player** (like a Nintendo DS/ Sony PS Vita)  **Streaming media player** (like Apple TV, Now TV box, Amazon Fire TV stick, Chromecast, Roku)  None of these  Don’t know |
| B4 | ASK ALL USING ANY DEVICE AT B3  And which of the following devices do you use to access the internet or online services and apps?  Please select all that apply | Show devices they said they personally use in B3  None of these  Don’t know |
| B5 | ASK ALL USING MORE THAN ONE DEVICE AT B4. IF ONLY ONE DEVICE USED AT B4, DO NOT SHOW QB5, BUT AUTOCODE THIS RESPONSE  And which of those devices you said you used to go online, would you say you are MOST likely to use to go online?  Please select one. | Show devices they said they used to go online in B4  ***Used to route in later questions*** |
| B6 | ASK ALL  How often do you personally go online nowadays either at home or elsewhere? By this we mean the amount of times you go online to browse the internet or use online apps.  Please select one.  FOR THE PURPOSES OF OUR SAMPLE AND FOR ROUTING SUBSEQUENT QUESTIONS, INTERNET USERS ARE DEFINED AS THOSE USING THE INTERNET AT LEAST ONCE A MONTH (CODES 1-7) AT THIS QUESTION, AND NON-INTERNET USERS AS THOSE USING IT LESS THAN ONCE A MONTH (CODES 8-9) | More than 50 times a day  More than 10 times a day  2-10 times a day  At least once a day  At least once a week  At least once a fortnight  At least once a month  Less than once a month  Never  Don’t know |
| B7 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7)  How many HOURS in a typical WEEK would you say you spend online…?  For each, please enter the number of hours you go online in a typical week. Please – round up to the nearest half hour (but enter 0.5 if *less* than 1 hour per week) | PLEASE INCLUDE A BOX ALLOWING A NUMERIC VALUE FOR EACH  PLEASE INCLUDE A CELL THAT SUMS THE TOTAL OF THE 3, BUT CANNOT BE MODIFIED BY THE RESPONDENT AND HAVE A MAXIMUM FOR THIS TOTAL CELL OF 168, BUT NO MAXIMUM ON THE INDIVIDUAL CELLS  ALLOW NUMBERS IN HALF HOUR (0.5) INCREMENTS  At home  At your workplace or place of education  Anywhere else |
| B8 | ASK ALL USING ANY DEVICE AT B3  4G is the fourth generation of mobile phone technology and follows on from 2G and 3G. It should make it much quicker to access the internet on mobile devices.  Can you access the 4G network service on any of your devices?  Please select one. | Yes  No  Don’t know |
| B9 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7)  There are many different ways of using the internet. Which, if any, of the following activities do you do nowadays?  Please select all that apply. | ROTATE ORDER  Sending/receiving email  Sending/receiving text messages  Accessing social networking sites  Sending photos/videos by text  Instant Messaging  Voice calls over the internet  Video calls over the internet  Going online to make purchases  Online banking  General web browsing  Listening to online, streamed music or audio services  Downloading music  Watching streamed TV programmes or full-length films  Downloading TV programmes or full-length films  Watching streamed short video clips  Downloading short video clips  Playing online games  Downloading apps  Using online maps for directions  Using voice activated services (e.g. Siri)  Use location-based service/apps  Uploading photos  Uploading video content  Using cloud storage services  Going online to sell things  Completing government processes online – such as register for tax credits, renew driving licence, car tax or passport, complete tax return  Filling out a job application online  Don’t know  None of these |
|  | **Section C: General attitudes** |  |
| C1 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7)  How much do you agree or disagree with the following statements?  Please select one for each.  ROTATE STATEMENTS   * Being online helps keep me close to/in touch with friends and family * Being online inspires me to try new things: travel, new restaurants or recipes, new experiences or entertainment * Being online enables me to have access to things that I can’t do offline e.g. buying items from abroad * Being online enables me to keep up-to-date and informed about current affairs and/or social issues * Being online has enabled me to work more flexibly * Using connected devices interrupts face-to-face conversations with friends and family, during meal times for example * I spend too much time online * New communications methods have made life easier e.g. online shopping and online banking save time and effort | Strongly disagree  Disagree  Neither agree nor disagree  Agree  Strongly agree  Don’t know |
|  | **Section D: Dependency on/ addiction to technology** |  |
| D1 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7)  On a scale of 1 to 10, how important is the internet to your daily life?  Please select one. | Don’t know  1= Not important at all  2  3  4  5  6  7  8  9  10= Very important |
| D2 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7) AND CODE AT LEAST ONE DEVICE AT B4  If you had to choose a number between 1 and 10, where 1 represented ‘I’m not at all hooked on my [DEVICE MOST LIKELY TO USE TO GO ONLINE FROM B5] and 10 represented ‘I’m completely hooked on my [DEVICE MOST LIKELY TO USE TO GO ONLINE FROM B5]’, which number would you choose for yourself?  Please select one. | Don’t know  1= I’m not hooked  2  3  4  5  6  7  8  9  10= I’m completely hooked |
| D3 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7)  Has a friend or a relative ever said to you that you spend too much time **online**?  Please select one. | Yes, they have said it many times  Yes, they have said it a few times  Yes, they have said it once  No, they have never said it |
| D4 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7)  Has a friend or a relative ever said to you that you spend too much time on your **mobile/smartphone**?  Please select one. | Yes, they have said it many times  Yes, they have said it a few times  Yes, they have said it once  No, they have never said it |
| D5 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7)  To what extent do you ever feel guilty about the amount of time that you spend **online**?  Please select one. | Don’t know  1= I never feel guilty about the amount of time I spend online  2  3  4  5  6  7  8  9  10= I always feel guilty about the amount of time I spend online |
| D6 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7)  For each of the following online activities, how often, if ever, do you spend more time than you planned to?  Please select one answer for each. | ROTATE ORDER  PLEASE SHOW AS A GRID WITH ACTIVITIES DOWN THE SIDE AND FREQUENCY ACROSS THE TOP  **ACTIVITIES**:  Watching films/programmes through streaming services e.g. Netflix or Amazon Prime  Watching video clips online e.g. on YouTube  Online shopping  Playing games online  Browsing/surfing the internet  Browsing social media  Communicating via social media e.g. through Facebook or Twitter  Communicating via instant messaging services  Listening to online audio services e.g. Spotify, Apply Music, Amazon Music, SoundCloud  Other (please type in)  **FREQUENCY**:  Once a day or more  At least once a day  At least once a week  At least once a fortnight  At least once a month  Less than once a month  Never spend more time than planned  Never do this activity  Don’t know |
| D6b | ASK ALL SPENDING MORE TIME THAN PLANNED FOR EACH ACTIVITY (CODES 1-6) AT D6  When this happens, how much longer than planned is it usually for?  For each, please enter the amount of time in hours to the nearest half hour, rounding up to the nearest half hour.  (e.g. for 15 minutes enter “0.5”, for 45 minutes enter “1”) | PLEASE SHOW EACH ACTIVITY EVER SPENT MORE TIME THAN PLANNED (CODES 1-6) AT D6  PLEASE INCLUDE A BOX ALLOWING A NUMERIC VALUE FOR EACH  ALLOW NUMBERS 0-24 IN HALF HOUR (0.5) INCREMENTS |
| D7 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7)  Have any of these parts of your work or personal life ever been negatively affected by spending too much time online?  Please select one answer for each. | **ACTIVITIES**:  Neglected housework  Neglected work/job  Missed out on sleep/ tired the next day  Late for work  Late for meeting with friends/family  Missed out on spending time with friends/family  Other (please type in)  **FREQUENCY**:  Yes, often  Yes, sometimes  Yes, occasionally  No, never |
| D8 | ASK ALL THAT PERSONALLY USE A MOBILE PHONE AT B3 CODES 4/5  How much would you agree or disagree with each of the following statements?  Please select one answer for each.  ROTATE STATEMENTS  ‘When I go to bed, I make sure my phone is within reaching distance of me’  ‘Generally, the last thing I do before I sleep is check my mobile phone’ (excluding checking and setting alarms)  ‘Generally, the first thing I do when I wake up, is check my mobile phone’ (excluding turning off an alarm)  ‘If I wake up during the night, the first thing I do is check my phone’ (excluding checking time) | Strongly agree  Slightly agree  Neither agree nor disagree  Slightly disagree  Strongly disagree |
| D9a | ASK ALL  We would now like to find out how you keep in touch with people.  How are you **most likely** to communicate with…?  Please select one answer for each. | PLEASE SHOW AS A GRID WITH FRIENDS AND FAMILY ACROSS THE TOP AND COMMUNICATION METHODS DOWN THE SIDE  ROTATE LISTS  **Friends**  **Family**  **COMMUNICATION METHODS:**  Meet face to face  Post  Emails  Voice calls  Voice calls over the internet  Video calls over the internet  Text messaging  Tweeting  Through social media sites  Instant messaging  MMS/picture message  Personal blog  Comments on general websites/forums |
| D10a | ASK ALL  Have you ever communicated, by any method other than face-to-face, with a friend or relative, in any of the following places while they are in the same room/space as you? e.g. through WhatsApp, Facebook or text message.  Please select all that apply. | ROTATE LIST. FIX ‘NO’ AT BOTTOM.  On public transport  At home  At a friend’s house  At a cinema  At a nightclub  At a bar/restaurant  Other (please type in)  No SINGLE CODE |
| D10b | ASK ALL NOT ‘NO’ AT D10A  In what way/s have you done this?  If you’ve done this on more than one occasion, please select all that apply as many answers as apply for each location. | SHOW AS A GRID WITH LOCATIONS SELECTED AT D10A ACROSS THE TOP AND METHODS DOWN THE SIDE  ROTATE LIST.  Through instant messaging one to one  Through instant messaging in a group chat  Texting  Emailing  Voice call  Video call  Through social media  Other (please type in) – DO NOT ROTATE |
| D10c | ASK ALL NOT ‘NO’ AT D10A  Why did you do this?  Please select as many answers as apply for each location. | SHOW AS A GRID WITH LOCATIONS SELECTED AT D10A ACROSS THE TOP AND REASONS DOWN THE SIDE  ROTATE LIST  Because I was too lazy to walk over to them  Because it was too crowded  Because I didn’t want other people to hear  Because I was sharing a photo/video with them  Because there were other people in the group chat who weren’t there  Force of habit  They were using their phone and I wanted to get their attention  To express myself through emojis  Because it was more entertaining  Because we wanted other people on social media to see  In order not to disturb other people  Other (please type in)  Don’t know/No reason |
| D11 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7)  How much would you agree or disagree with each of the following statements about the INTERNET:  Please select one answer for each.  ROTATE STATEMENTS  ‘If I could not access the internet my life would be boring’  ‘If I had to find out some information without using the internet, I wouldn’t know where to look’  ‘I would know a lot less about the world or my local area if I wasn’t online’  ‘When I am offline, I feel nervous/ anxious’  'I feel lost when I cannot access the internet’  ‘I find it difficult to disconnect from the internet’  ‘I’d feel out of touch/ that I am missing out if I were unable to access the internet’  ‘Being online makes me feel like I’m always at work’  'Because of the internet, I never feel bored' | Strongly agree  Slightly agree  Neither agree nor disagree  Slightly disagree  Strongly disagree |
| D15 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7) AND PERSONALLY USE A MOBILE AT B3 (CODES 4-5)  How much would you agree or disagree with each of the following statements about MOBILES:  Please select one answer for each.  ROTATE STATEMENTS  ‘If I could not access my phone my life would be boring’  ‘If I had to find out some information without using my phone, I wouldn’t know where to look’  ‘I would know a lot less about the world or my local area if I didn’t have my phone’  ‘When I don’t have my phone, I feel nervous/ anxious’  'I feel lost when I cannot access my phone’  ‘I find it difficult to switch my phone off’  ‘I’d feel out of touch/ that I am missing out if I were unable to access my phone’  ‘Being constantly connected through my phone makes me feel like I’m always at work’  'Because of my mobile, I never feel bored’ | Strongly agree  Slightly agree  Neither agree nor disagree  Slightly disagree  Strongly disagree |
|  | **Section E: Manners** |  |
| E1a | ASK ALL  Thinking about the use of smartphones and tablets in general. For each of the following situations, please indicate if you have **personally used** and/or have been with **others when they (i.e. people in your group) have used** a smartphone or tablet on each occasion?  Please select all that apply for each.  ROTATE LIST  During meal times with others at home  In restaurants when with others  In cinemas/ theatres  While watching TV with others  While out socialising with friends  When on public transport  While walking along the street  Taking selfies in public places  Using a phone/tablet to record videos or take photos when at a live event e.g. at the theatre, concert or sports event | ROTATE LIST  Used a smartphone myself  Used a tablet myself  Have been with others using their smartphone or tablet on such occasions  None of these |
| E1b | ASK ALL  And for each occasion, could you indicate the extent to which you think using a **MOBILE/SMARTPHONE** at this time is acceptable?  Please select one answer for each.  ROTATE LIST  During meals with others at home  In restaurants when with others  In cinemas/ theatres  While watching TV with others  While out socialising with friends  When on public transport  While walking along the street  Taking selfies in public places  Using a phone to record videos or take photos when at a live event e.g. at the theatre, concert or sports event | 1= completely unacceptable  2= somewhat unacceptable  3= sometimes unacceptable, sometimes acceptable  4= somewhat acceptable  5= completely acceptable  Don’t know |
| E1c | ASK ALL  And for each occasion, could you indicate the extent to which you think using a **TABLET** at this time is acceptable?  During meals with others at home  In restaurants when with others  In cinemas/ theatres  While watching TV with others  While out socialising with friends  When on public transport  While walking along the street  Taking selfies in public places  Using a tablet to record videos or take photos when at a live event e.g. at the theatre, concert or sports event | 1= completely unacceptable  2= somewhat unacceptable  3= sometimes unacceptable, sometimes acceptable  4= somewhat acceptable  5= completely acceptable  Don’t know |
| E2 | ASK ALL  How often, if ever do you feel like you are being ignored by a friend/relative because they were too busy using their phone or tablet?  Please select one. | More than once a day  Once a day  Several times a week  Once a week  Once a fortnight  Monthly  Less often  Never  Don’t know |
| E3 | ASK ALL  How often, if ever, do people bump into you while walking on the street because they are too busy looking at their phone?  Please select one. | More than once a day  Once a day  Several times a week  Once a week  Once a fortnight  Monthly  Less often  Never  Don’t know |
| E4 | ASK ALL THAT PERSONALLY USE A MOBILE PHONE AT B3 CODES 4/5  How often, if ever, do you bump into people or anything else while walking on the street because you are too busy looking at your phone?  Please select one. | More than once a day  Once a day  Several times a week  Once a week  Once a fortnight  Monthly  Less often  Never  Don’t know |
|  | We’d now like to ask you some questions about your viewing habits. |  |
| E5 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7)  Have you ever refrained from going on the internet to avoid a spoiler or knowing what’s happened in a TV programme that’s recently been shown?  Please select one. | Yes, frequently  Yes, sometimes  Yes, occasionally  No, never |
| E6 | ASK ALL  Have you ever had a plot point spoiled by a friend/family member in the following ways?  Please select all that apply. | ROTATE ‘YES’ RESPONSES  Yes – through social media  Yes – through instant messaging  Yes – face to face  Other (please type in)  No SINGLE CODE |
| E7 | ASK ALL  When talking about a TV programme that’s recently been shown, do you ever restrict what you say about the show to avoid revealing plot points/spoilers?  Please select all that apply. | ROTATE ‘YES’ RESPONSES  Yes- when on social media  Yes- when instant messaging  Yes- when talking face to face  No |
|  | **Section F: Digital detox** |  |
| F1a | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7)  When was the last time you purposely spent a period of time without accessing the **internet** because you thought you were using it too much?  This could be for any period of time from less than an hour to a week or more.  Please select one. | In the last week  In the last fortnight  In the last month  In the last year  Never |
| F1b | ASK ALL THAT HAVE EVER PURPOSELY SPENT A PERIOD OF TIME WITHOUT ACCESSING THE INTERNET AT F1A  And for how long did you purposely not access the **internet**?  Please select one. | Up to 1 hour  1-2 hours  More than 2 hours to half a day  More than half a day to 1 day  More than 1 day to a week  More than a week to 1 month  More than 1 month to 1 year  More than 1 year  Don’t know |
| F1c | ASK ALL THAT HAVE EVER PURPOSELY SPENT A PERIOD OF TIME WITHOUT ACCESSING THE INTERNET AT F1A  What is/are the reason/s you did this?  Please select all that apply. | ROTATE LIST.  I feel overwhelmed by being constantly connected  To spend more time talking to my friends or family  To spend more time doing other things e.g. housework/ gardening/ exercise  To be/ appear more sociable  Health concerns e.g. strained eyes  To teach a child to limit ‘screen time’  Other (please type in) – DO NOT ROTATE |
| F1d | ASK ALL THAT HAVE EVER PURPOSELY SPENT A PERIOD OF TIME WITHOUT ACCESSING THE INTERNET AT F1A  When you last purposely spent any time without the **internet**, how did you feel?  Please select all that apply. | RANDOMISE LIST  I found it liberating  I found it stressful  I felt lost without it  I felt cut off without it  I felt like I was missing out on things  I felt anxious without it  I was worried about not being able to be in touch with friends/family  I felt less distracted and more focused  I enjoyed life more  I felt more productive/ got more useful things done  Other (please type in) – DO NOT RANDOMISE |
| F2a | ASK ALL THAT PERSONALLY USE A MOBILE AT B3 (CODES 4-5)  When was the last time you purposely spent a period of time without your **mobile phone** because you thought you were using it too much?  This could be for any period of time from less than an hour to a week or more.  Please select one. | In the last week  In the last fortnight  In the last month  In the last year  Never |
| F2b | ASK ALL THAT HAVE EVER PURPOSELY SPENT A PERIOD OF TIME WITHOUT USING A MOBILE PHONE AT F2A  And for how long did you purposely spend time without your **mobile phone**?  Please select one. | Up to 1 hour  1-2 hours  More than 2 hours to half a day  More than half a day to 1 day  More than 1 day to a week  More than a week to 1 month  More than 1 month to 1 year  More than 1 year  Don’t know |
| F2c | ASK ALL THAT HAVE EVER PURPOSELY SPENT A PERIOD OF TIME WITHOUT USING A MOBILE PHONE AT F2A  What is/are the reason/s you did this?  Please select all that apply. | ROTATE LIST.  I feel overwhelmed by being constantly connected  To spend more time talking to my friends or family  To spend more time doing other things e.g. housework, homework, gardening, exercise  To be/ appear more sociable  Health concerns e.g. strained eyes  To teach a child to limit ‘screen time’  Other (please type in) – DO NOT ROTATE |
| F2d | ASK ALL THAT HAVE EVER PURPOSELY SPENT A PERIOD OF TIME WITHOUT USING A MOBILE PHONE AT F2A  When you last purposely spent any time without your **mobile phone**, how did you feel?  Please select all that apply. | RANDOMISE LIST.  I found it liberating  I found it stressful  I felt lost without it  I felt cut off without it  I felt like I was missing out on things  I felt anxious without it  I was worried about not being able to be in touch with friends/family  I felt less distracted and more focused  I enjoyed life more  I felt more productive/ got more useful things done  Other (please type in) – DO NOT RANDOMISE |
| F3a | ASK ALL  We would like to know whether you impose any rules on **yourself** about when media or technology can or can’t be used.  Please select as many of the following options as apply : | ROTATE LIST   * I do not use my mobile phone or tablet at meal times when with others (home or restaurant) * I do not have the TV set switched on at meal times (home or restaurant) * I switch off or stop using/put away all connected devices at a certain time e.g. an hour before bed * I only allow myself a certain amount of time watching TV (e.g. broadcast TV, streamed films or programmes) * I only allow myself a certain amount of time online * I make sure I do something else other than spending time online * Other (please type in) – DO NOT ROTATE * None of these – DO NOT ROTATE |
| F3b | ASK ALL RESPONSIBLE FOR CHILDREN IN HOUSEHOLD (A8 CODE 1)  We would like to know whether you impose any rules on **your children** about when media technology can or can’t be used.  Please select as many of the following options as apply: | ROTATE LIST   * I do not allow mobile phones or tablets to be used at meal times (home or restaurant) * I do not allow TV sets to be switched on at meal times (home or restaurant) * Connected devices have to be switched off or put away at a certain time e.g. an hour before bed * I only allow a certain amount watching TV (e.g. broadcast TV, streamed films or programmes) * I only allow a certain amount of time online * I make sure my children do something else other than spending time online * Other (please type in) – DO NOT ROTATE * None of these – DO NOT ROTATE |
| F4 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7)  Have you ever done any of the following because you think you spend too much time online?  Please select all that apply. | ROTATE LIST.   * Consciously reduce time spent on social media * Suspend your account/membership on a social media site * Reduce time spent watching TV/ video clips through a service e.g. Netflix/ YouTube * Suspend a service e.g. cancelling Netflix account * Reduce the amount of time you spend watching TV * Made a conscious effort to go to the shops rather than shopping online * Reduce time spent generally browsing online e.g. reading articles, online shopping * Downgraded my internet service * Downgraded mobile data package * Swapped a smartphone for a non-smartphone |
| F5 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7)  Do you think you will do any of these in the next 12 months?  Please select one. | Yes, definitely  Yes, maybe  No, definitely not  Don’t know |
| F6 | ASK ALL  Have you ever done any of the following in order to intentionally not have internet and/or mobile phone access while on holiday?  Please select all that apply. | I have gone on holiday and purposely left my phone at home  I have gone on holiday to a place where there is no internet access  I have gone on holiday to a place where there is no connectivity at all (i.e. neither mobile phone nor internet access)  I have gone on holiday to a place where there is no connectivity so my **spouse/ partner/ friends** can’t access the internet  I have gone on holiday to a place where there is no connectivity so my **children** can’t access the internet  I have not done any of these |
| F7 | ASK ALL  Have you ever heard of the term ‘digital detox’?  Please select one. | Yes  No  Don’t know |
| F8 | ASK ALL  A digital detox refers to a period of time during which a person refrains from using internet connected electronic devices such as smartphones and computers.  It is regarded as an opportunity to reduce stress or focus on social interaction in the physical world.  Do you think this is something that you might want to do?  Please select one. | Yes, I would like to do a digital detox  Maybe, I might like to do a digital detox  I would definitely not like to  I don’t know if I would |
| F9 | ASK ALL  How do you think you would cope with a digital detox on a scale of 1 to 10 where 1 is ‘I could cope very easily’ and 10 ‘I could not cope at all’?  Please select one. | 1= I could cope very easily  2  3  4  5  6  7  8  9  10= I could not cope at all |
|  | **We’re now at the very final section of the interview. We’d just like to ask a few final questions about you. Again, these will only be used to help analyse the results at a broad level – this data will not be used to identify you in any way.** |  |
| G1 | ASK ALL  Which of these, if any, limit your daily activities or the work you can do?  Please select all that apply. | Breathlessness or chest pains  Poor vision, partial sight or blindness  Difficulty in speaking or in communicating  Poor hearing, partial hearing or deafness  Cannot walk at all / use a wheelchair  Cannot walk far or manage stairs or can only do so with difficulty  Limited ability to reach  Mental health problems or difficulties  Dyslexia  Other illnesses or health problems which limit your daily activities or the work that you can do (please type in)  None of these  Don’t know / would rather not say |
| G2 | What is your postcode? PLEASE TYPE IN YOUR RESPONSES BELOW (Example: AA12 3DW)  Postcode: \_\_\_\_\_\_\_\_\_  Prefer not to say |  |
| G3 | **Thank you very much for taking the time to complete this interview - we really appreciate your input.**  **If we have any questions arising from the answers you’ve given us today, would you be happy for us to contact you again?**  Yes  No  IF YES – Please provide your contact details below |  |