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

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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] |
| A5 | ASK ALL  Which region do you live in?  Please select one. | North East  North West  Yorkshire/Humberside  East Midlands  West Midlands  East Anglia/East of England  London/ Greater London  South East  South West  Highlands & Isles of Scotland  Rest of Scotland  Wales  Northern Ireland |
| 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 |
| A1a | ASK ALL  Are you the parent or guardian of any children aged 12-15 who live at home with you?  Please select one. | MUST CODE YES TO CONTINUE  Yes  No CLOSE |
| A1b | ASK ALL CODE 1 AT A1A  For this survey we need to interview children aged [INSERT OPEN QUOTAS]  With your permission, will they be available to fill in the survey?  Please select one | MUST CODE YES TO CONTINUE  Yes  No CLOSE |
| A1c | ASK ALL CODE 1 AT A1B  We would now like to ask one of your children aged 12-15 a series of questions about a topic that is appropriate for their age range as their views are important to us.  Would you be happy to let your child participate in this survey?  Please select one. | MUST CODE YES TO CONTINUE  Yes  No CLOSE |
|  | Thank you. Please allow your child to answer the rest of the survey. If they have any problems then you can help them if you like. |  |
| A2 | ASK ALL  First of all, can I just check how old you are....?  Please select one. | Younger than 12 CLOSE  12  13  14  15  Over 15 CLOSE |
| A3 | ASK ALL  And are you a...?  Please select one. | Boy  Girl |
|  | **Section B: Device ownership** |  |
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| 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 |

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| 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 place of education  Anywhere else |
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| or | **Section C: General attitudes/ peer pressure** |  |
| 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 * Using connected devices interrupts face-to-face conversations with friends and family, during meal times for example * I spend too much time online | Strongly disagree  Disagree  Neither agree nor disagree  Agree  Strongly agree  Don’t know |
| C2 | ASK ALL  When thinking about the media devices (e.g. phones or tablets) your friends/classmates own and the social media sites they use, please can you say the extent to which you agree or disagree with the following statements:  Please select one for each.  ROTATE STATEMENTS   * I feel under pressure to own the same media devices as my friends/ classmates * I feel under pressure to be part of the same social media sites as my friends/ classmates * I would feel left out if I did not own the same devices as my friends/ classmates * I would feel left out if I wasn’t part of the same social media sites as my friends/ classmates * When I buy a new media device or receive one as a present (e.g. phone or tablet), I always choose one that is popular among my friends/ classmates * I don’t care what media devices my friends/ classmates use, I always choose one which suits my needs * I don’t care what social media sites my friends/ classmates use, I only use ones which I find interesting/useful | 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 think you spend too much time online?  Please select one. | Don’t know  1= I don’t feel I spend too much time online at all  2  3  4  5  6  7  8  9  10= I think I spend far too much time 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 0.5-24 IN HALF HOUR (0.5) INCREMENTS |
| D7 | ASK ALL GOING ONLINE AT LEAST ONCE A MONTH AT B6 (CODES 1-7)  Has your school work or personal life ever been negatively affected by spending too much time online?  Please select one answer for each. | **ACTIVITIES**:  Neglected school work/ studies  Missed out on sleep/ tired the next day  Late for school  Late for meeting with friends/family  Missed out on spending time with friends/family  Got told off by parents  Didn’t do household chores  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 restaurant  At school  At a relative’s house  At a music event  At a sporting event  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. | ROTATE LIST  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’  '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 **MOBILE PHONES**:  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’  'Because of my mobile, I never feel bored’ | Strongly agree  Slightly agree  Neither agree nor disagree  Slightly disagree  Strongly disagree |
|  | **Section E: Manners** |  |
| E1 | ASK ALL  When thinking about classmates using mobile phones or tablets during lessons, to what extent do you agree with the following statements: (please exclude use of devices as part of a lesson e.g. using tablets to research a subject)  ROTATE LIST  It distracts me  I find it annoying  It slows my learning  It makes the lesson less boring  It makes the time pass quicker | Strongly agree  Slightly agree  Neither agree nor disagree  Slightly disagree  Strongly disagree |
| E1X | ASK ALL  Have you ever used (or have you ever seen a classmate use) a mobile phone/tablet for the following activities during a lesson at school? (please exclude use of devices as part of a lesson e.g. using tablets to research subject) | SHOW AS A GRID WITH DEVICES ACROSS THE TOP AND ACTIVITIES DOWN THE SIDE  ROTATE LISTS  **DEVICES**  I’ve used a smartphone  I’ve used a tablet  Seen a classmate use their smartphone or tablet  None of these  **ACTIVITIES**  Watched a video  Communicated via social media  Communicated via instant messaging with one other person  Communicated via instant messaging in a group chat  Communicated via text with one other person  Communicated via text in a group chat  Communicated via email  Listened to music |
| 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 family  During meal times with friends  During a lesson at school  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  Used a tablet  Have been with others using their smartphone or tablet on such occasion  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 meal times with family  During meal times with friends  During a lesson at school  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 meal times with family  During meal times with friends  During a lesson at school  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 |
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|  | **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 1one 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. homework/chores  To spend more time doing other things e.g. sport/exercise  To be/ appear more sociable  Health concerns e.g. strained eyes  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 1one 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. homework/chores  To spend more time doing other things e.g. sport/exercise  To be/ appear more sociable  Health concerns e.g. strained eyes  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 there are any rules in your household about when media or technology can or can’t be used.  Please select as many of the following options as apply : | ROTATE LIST   * I am not allowed to use my mobile phone or tablet at meal times when with others (home or restaurant) * I am not allowed to have the TV set switched on at meal times (home or restaurant) * I have to switch off or stop using/put away all connected devices at a certain time e.g. an hour before bed * I am only allowed a certain amount of time watching TV (e.g. broadcast TV, streamed films or programmes) * I am only allowed a certain amount of time online * I have to make sure I do something else other than spending time online (e.g. playing sport, dance, drawing, music, etc.) * Other (please type in) – DO NOT ROTATE * None of these – DO NOT ROTATE |
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| 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 * 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 |
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| 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 is when a person decides not to go online for a period of time.  This would mean avoiding using any device, connected to the internet including smartphones and computers..  People do it as a way to reduce stress or focus on interacting with other people 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 |
| F10 | ASK ALL THAT USE ANY DEVICE AT B3  Have your parents ever banned you from using, taken away, or limited the amount of time you can spend on any of the following..?  Please select all that apply. | INSERT DEVICES USED AT B3  None of these  Don’t know |
| F11 | ASK ALL SELECTING AT LEAST ONE AT F10  Why was this?  Please type in. | OPEN END TEXT BOX  Prefer not to say |
|  | **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.** |  |
|  |  |  |
| 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 |  |