

From Pixels to Problems: Analyzing How Screen Time Affects Productivity and Attention Span

Greetings! We are students from FCIT, University of the Punjab and are conducting a research on the topic *From Pixels to Problems: Analyzing How Screen Time Affects Productivity and Attention Span*. In today's world where screens have become omnipresent, screen time and its subsequent effect on our collective and individual productivity and attention spans has become a topic of growing concern. Your valuable contribution to this survey will help us gather invaluable insights into our screen time habits, productivity levels and attention spans. Thank you!

* Indicates required question



1. Which age group do you belong to? *

Mark only one oval.

- ☐ Below 18
- ☐ 18-24
- ☐ 25-34
- ☐ 35-44
- ☐ 45 and above

2. What is your gender? *

Mark only one oval.

- ☐ Male
- ☐ Female
- ☐ Prefer not to say

3. What is your level of education? *

Mark only one oval.

- ☐ High school or below
- ☐ Undergraduate
- ☐ Graduate
- ☐ Other: _____

4. What is your primary occupation ? *

Mark only one oval.

- ☐ Student
- ☐ Professional
- ☐ Freelance/Entrepreneur
- ☐ Other: _____

5. How many hours in a day, on average, do you spend in front of screens? *

Mark only one oval.

- ☐ Less than 2
- ☐ 2-4
- ☐ 4-6
- ☐ 6-8
- ☐ 8-10
- ☐ More than 10

6. Which device do you use most frequently? *

Mark only one oval.

- ☐ Smartphone
- ☐ Laptop/PC
- ☐ Tablet
- ☐ Television

7. Which activity do you dedicate most of your screen time to? *

Mark only one oval.

- ☐ Academic/Work-related
- ☐ Entertainment (gaming, streaming, social media, etc.)
- ☐ Other: _____

8. Which app category do you use the most during your screen time? *

Mark only one oval.

- ☐ Social Media (e.g., Facebook, Instagram, LinkedIn, Twitter)
- ☐ Messaging (e.g., WhatsApp, Messenger)
- ☐ Streaming (e.g., YouTube, Netflix)
- ☐ Productivity (e.g., Microsoft Office, Notion)
- ☐ Gaming
- ☐ Other: _____

9. During which part of the day do you spend most of your screen time? *

Mark only one oval.

- ☐ Morning (6 AM-12 PM)
- ☐ Afternoon (12 PM-6 PM)
- ☐ Evening (6 PM-10 PM)
- ☐ Late night (10 PM-6 AM)

10. What kind of environment helps you stay productive during screen use?

Mark only one oval.

- ☐ Quite workplace
- ☐ Background noise/music
- ☐ Collaborative/team setting
- ☐ I can work in any environment

11. After spending a long time in front of screens to complete a certain task, how do you generally feel about your productivity? *

Mark only one oval.

- ☐ Extremely productive, i efficiently complete my tasks
- ☐ Moderately productive
- ☐ Unproductive, i might not have completed the task and got carried away

12. How long can you generally stay focused on a single screen-based task without distractions? *

Mark only one oval.

- ☐ Less than 10 minutes
- ☐ 10-30 minutes
- ☐ 30-60 minutes
- ☐ More than 1 hour

13. How do you try to stay focused while working on a complex task (e.g, coding)?

Mark only one oval.

- ☐ Take regular breaks
- ☐ Eliminate all distractions
- ☐ Use some productivity tool (e.g, timers, blockers)
- ☐ None, i prefer to work without any strategies

14. While working on a screen-based task, how do you handle frequent notifications which distract you?

Mark only one oval.

- ☐ Turn off notifications altogether
- ☐ Ignore them until my task is completed
- ☐ Check them briefly and resume my work
- ☐ Spend time interacting with the notifications

15. Does your attention span vary based on the type of task? *

Mark only one oval.

- ☐ No, it remains consistent
- ☐ Yes, better/worse for creative tasks (e.g., writing, designing)
- ☐ Yes, better/worse for repetitive tasks (e.g., data entry)
- ☐ Yes, better/worse for analytical tasks (e.g., problem-solving, coding)

16. Do you use tools/apps to monitor or manage your screen time? *

Mark only one oval.

- ☐ Yes, they are extremely helpful
- ☐ Yes, but i did not find them of any help
- ☐ No, i do not use them

17. Did you struggle with your attention while filling out this survey? :)

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ I won't say

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