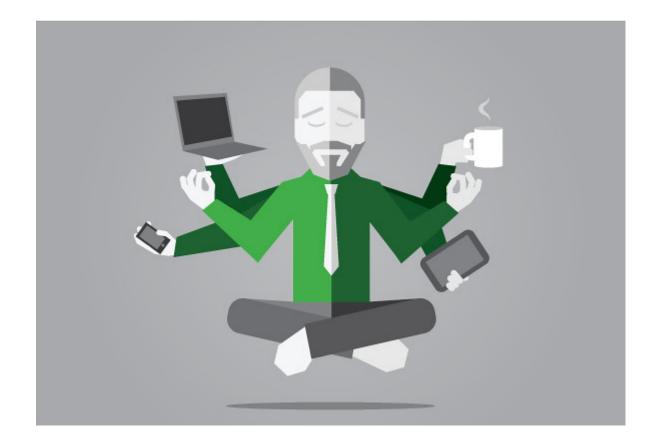
From Pixels to Problems: Analyzing How Screen Time Affects Productivity and Attention Span

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 it's 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
	<u> </u>
	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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