Applet Codebook: CA Partners Daily MindLogger Diary v0.1

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Part I

Protocol Intro

Intro To Protocol (IN PROGRESS)

0.1 CA Partners Daily MindLogger Diary

...add info about the applet here...

Part II

Protocol Codebook

Chapter 1

Teen Self Report

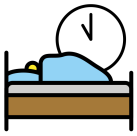
1.1 morning_bedtime

Question: "About what time did you go to bed last night (regardless of the time you actually fell asleep)?"

Visibility: *Always*

Item Type: Time input

Header Image:



Responses: *Time in HH:MM AM/PM format via clock widget*

1.2 morning_sleep_quality

Question: "How did you sleep last night?"

Visibility: *Always*

Item Type: Slider bar

Header Image: *None*

Responses:

Value

Label

Image

1

very poor

2

2

3

3

4

4

5

5

6

6

7

very good

1.3 screen_after_bedtime

Question: "How much time was there between looking at a screen (cell phone, tv, computer, tablet, laptop) and going to sleep last night?"

Visibility: *Always*

Item Type: Single-select radio button

Header Image:

Responses:

Value

Label

0

0 hours (Turning a screen off was the last thing you did before falling asleep. Also includes falling asleep with the screen on.)

1

1/2 hour or less

2

1 hour

3

1-2 hours

4

2-4 hours

5

4-6 hours

6

6-8 hours

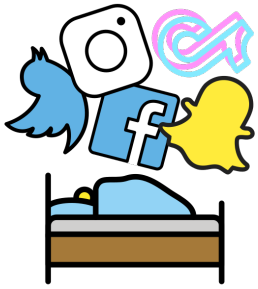
1.4 socialmedia_fall_asleep

Question: "Did your use of social media impact your ability to fall asleep last night?"

Visibility: *Always*

Item Type: Single-select radio button

Header Image:



Responses:

Value

Label

1

Yes

0

No

1.5 phone_location

Question: "Where was your phone last night while you slept?"

Visibility: *Always*

Item Type: Single-select radio button

Header Image: *None*

Responses:

Value

Label

1

On my bed

2

In my room

3

In my room but I couldn't reach it without getting out of bed

4

In my room but turned off

5

Outside of my room

1.6 school_device

Question: "If you had school today, online or in-person, did you multitask on devices during classes?"

Visibility: *Always*

Item Type: Single-select radio button

Header Image: *None*

Responses:

Value

Label

1

I didn't have school today

2

Yes

3

No

1.7 school_device_activity

Question: "If yes, what were you doing on your devices during class? (select all that apply)"

Visibility: school_device = 2

Item Type: Multi-select checkbox

Header Image: *None*

Responses:

Value

Label

1

Checking Instagram

2

Posting on Instagram

3

Watching TikToks

4

Making a TikTok

5

Checking Snapchat

6

Posting on Snapchat

7

Facetiming

8

Texting

9

Playing a game

10

Online Shopping

11

Doing work from another class

12

Other

1.8 school_device_activity_other

Question: "What *other* activity were you doing on your device?"

Visibility: school_device_activity.includes(12)

Item Type:

Header Image: *None*

Responses: *This item is text response*

1.9 physical_activity

Question: "Please select the intensity level of activities you did today:"

Visibility: *Always*

Item Type: Multi-select checkbox

Header Image: *None*

Responses:

Value

Label

Image

1

vigorous activities (e.g. running/fast cycling/heavy lifting or digging)

2

moderate activities (e.g. tennis/bicycling/carrying light loads)

3

light activities (e.g. walking/climbing stairs/routine household chores)

4

No physical activity today

1.10 internet_use_category

Question: "What did you use the internet for today?"

Visibility: *Always*

Item Type: Multi-select checkbox

Header Image: *None*

Responses:

Value

Label

1

Chat rooms/Group chat

2

Facetime/Video chat app

3

Blogs/Vlogs/Youtube

4

Music (Spotify/iTunes/etc.)

5

News

6

Direct messenger/texting

7

Gaming

8

Shopping

9

Social Networking (Snapchat/Instagram/TikTok/etc.)

10

Web browsing

11

Internet TV (Hulu/Amazon Prime/Netflix/etc.)

12

School/work

1.11 social_media_duration

Question: "How many hours did you spend on social media today?"

Visibility: *Always*

Item Type: Single-select radio button

Header Image: *None*

Responses:

Value

Label

0

0 hours

1

1/2 hour or less

2

1 hour

3

1-2 hours

4

2-4 hours

5

4-6 hours

6

6-8 hours

7

8-12 hours

8

More than 12 hours

1.12 social_media_connected

Question: “How did you feel while spending time on social media today?”

Visibility: *Always*

Item Type: Slider bar

Header Image: *None*

Responses:

Value

Label

Image

1

Mostly lonely

2

2

3

3

4

4

5

5

6

6

7

Mostly connected

1.13 social_media_excited

Question: “How did you feel while spending time on social media today?”

Visibility: *Always*

Item Type: Slider bar

Header Image: *None*

Responses:

Value

Label

Image

1

Mostly bored

2

2

3

3

4

4

5

5

6

6

7

Mostly excited

1.14 video_games_duration

Question: "How much time did you spend playing video games today?"

Visibility: *Always*

Item Type: Single-select radio button

Header Image: *None*

Responses:

Value

Label

0

0 hours

1

1/2 hour or less

2

1 hour

3

1-2 hours

4

2-4 hours

5

4-6 hours

6

6-8 hours

7

8-12 hours

8

More than 12 hours

1.15 video_games_connected

Question: "How did you feel while playing video games today?"

Visibility: *Always*

Item Type: Slider bar

Header Image: *None*

Responses:

Value

Label

Image

1

Mostly lonely

2

2

3

3

4

4

5

5

6

6

7

Mostly connected

1.16 video_games_excited

Question: "How did you feel while playing video games today?"

Visibility: *Always*

Item Type: Slider bar

Header Image: *None*

Responses:

Value

Label

Image

1

Mostly bored

2

2

3

3

4

4

5

5

6

6

7

Mostly excited

1.17 activities_positive_mood

Question: "What activities postively affected your mood today?"

Visibility: *Always*

Item Type: Slider bar

Header Image: *None*

Responses:

Value

Label

1

NA

2

Chatting with friends (Texting/DMing/Facetime)

3

Gaming

4

Being with friends in person

5

Being with family

6

Being outside/exercising

7

School online or in-person school

8

NA

1.18 activities_positive_mood_other

Question: "What *other* activity positively affected your mood today?"

Visibility: activities_positive_mood.includes(8)

Item Type:

Header Image: *None*

Responses: *This item is text response*

1.19 activities_negative_mood

Question: "What activities negatively affected your mood today?"

Visibility: *Always*

Item Type: Slider bar

Header Image: *None*

Responses:

Value

Label

1

NA

2

Chatting with friends (Texting/DMing/Facetime)

3

Gaming

4

Being with friends in person

5

Being with family

6

Being outside/exercising

7

School online or in-person school

8

NA

1.20 activities_negative_mood_other

Question: "What *other* activity negatively affected your mood today?"

Visibility: activities_negative_mood.includes(8)

Item Type:

Header Image: *None*

Responses: *This item is text response*

Chapter 2

Parent Report

2.1 parent_sleep_duration

Question: "How much sleep did your teen get last night?"

Visibility: *Always*

Item Type: Single-select radio button

Header Image: *None*

Responses:

Value

Label

1

1/2 hour or less

2

1 hour

3

1-2 hours

4

2-4 hours

5

4-6 hours

6

6-8 hours

7

8-12 hours

8

More than 12 hours

9

I don't know

2.2 parent_bedtime

Question: "What time did your teen go to bed last night?"

Visibility: *Always*

Item Type: Time input

Header Image: *None*

Responses: *Time in HH:MM AM/PM format via clock widget*

2.3 parent_activities_positive_mood

Question: "What activities positively affected your teen's mood today?"

Visibility: *Always*

Item Type: Multi-select checkbox

Header Image: *None*

Responses:

Value

Label

1

Scrolling through social media (Instagram/Snapchat/TikTok/Youtube/etc.)

2

Chatting with friends (Texting/DMing/Facetime)

3

Gaming

4

Being with friends in person

5

Being with family

6

Being outside/exercising

7

School online or in-person school

8

Other

2.4 parent_activities_positive_mood_other

Question: "What *other* activities positively affected your teen's mood today?"

Visibility: parent_activities_positive_mood.includes(8)

Item Type:

Header Image: *None*

Responses: *This item is text response*

2.5 parent_activities_negative_mood

Question: "What activities negatively affected your teen's mood today?"

Visibility: *Always*

Item Type: Multi-select checkbox

Header Image: *None*

Responses:

Value

Label

1

Scrolling through social media (Instagram/Snapchat/TikTok/Youtube/etc.)

2

Chatting with friends (Texting/DMing/Facetime)

3

Gaming

4

Being with friends in person

5

Being with family

6

Being outside/exercising

7

School online or in-person school

8

Other

2.6 parent_activities_negative_mood_other

Question: "What *other* activities negatively affected your teen's mood today?"

Visibility: parent_activities_negative_mood.includes(8)

Item Type:

Header Image: *None*

Responses: *This item is text response*

2.7 parent_day_activities

Question: "Please indicate any of the following that your teen did today:"

Visibility: *Always*

Item Type: Multi-select checkbox

Header Image: *None*

Responses:

Value

Label

1

Shared something from social media with you (a TikTok/Instagram post/Snapchat/etc.)

2

Talked with you about a friend or friends

3

Talked with you about school

4

Argued with you

5

Argued with a sibling

6

Cooked/helped cook a family meal

7

Went outside with you (walking/hiking/bike riding/sitting outside together/etc.)

8

Watched television or a movie with you

9

Watched the news with you

10

Ate a meal (or more) with family

2.8 parent_physical_activity

Question: "What level of activities did your teen do today?"

Visibility: *Always*

Item Type: Multi-select checkbox

Header Image: *None*

Responses:

Value

Label

Image

1

vigorous activities (e.g. running/fast cycling/heavy lifting or digging)

2

moderate activities (e.g. tennis/bicycling/carrying light loads)

3

light activities (e.g. walking/climbing stairs/routine household chores)

4

No physical activity today

2.9 parent_physical_activity_duration

Question: "How much physical activity did your teen get today?"

Visibility: parent_physical_activity < 4

Item Type: Single-select radio button

Header Image: *None*

Responses:

Value

Label

1

1/2 hour or less

2

1 hour

3

1-2 hours

4

2-4 hours

5

4-6 hours

6

6+ hours

2.10 parent_day_mood

Question: “How was your teen’s mood today?”

Visibility: *Always*

Item Type: Multi-select checkbox

Header Image: *None*

Responses:

Value

Label

Image

1

2

3

4

5

6

7

8

9

10

2.11 parent_day_feelings

Question: “How are you feeling about how your teen is doing today?”

Visibility: *Always*

Item Type: Multi-select checkbox

Header Image: *None*

Responses:

Value

Label

1

I think they are doing ok - times are hard but they are managing well today.

2

My teen is doing/did something constructive today - I am hopeful.

3

I am not as worried about them today as I have been recently

4

I am more worried about them than I usually am today

5

Other

2.12 parent_day_feelings_other

Question: "What *other* feelings did you want to express about how your teen is doing today?"

Visibility: parent_day_feelings.includes(4)

Item Type:

Header Image: *None*

Responses: *This item is text response*