

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

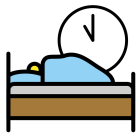
### 1.1 morning\_bedtime

**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

Image

1

NA

2

Chatting with friends (Texting

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

Image

1

NA



2

Chatting with friends (Texting

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

Image

1

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

2

Chatting with friends (Texting

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

Image

1

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

2

Chatting with friends (Texting

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

4

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*