

SmartUnitn2 Questionnaire

A1. Where do you live during the academic year?

1. In Trento municipality
2. In Rovereto municipality
3. In another municipality of Trento's province

Note: in this question we are not asking where you have your residence, or in which municipality you are registered, but where you live / sleep in the periods / days in which you attend classes.

A1a. Please indicate your home address when you are in university

A1b. Please indicate the address of your parents

A2. Living, precisely

1. in a house / apartment owned (yours, by your parents or relatives)
2. rent from a private owner
3. guest from a private owner
4. in a flat belonging to the Opera Universitaria [go to A4]
5. Other [specify _____] [go to A5]

Note: who lives in a collective residence has a private space (bedroom), but shares some services (kitchen, living ...) with other students of the same

A3. With whom do you share your accommodation during periods when you attend university?

1. With your parents / relatives / brothers
2. Alone
3. With your partner
4. With your parents / relatives and other people
5. With your partner and other people
6. With other people

A4. In addition to you, how many people do you share your apartment with? [_____]

A5. Do you have a single room in the apartment / house / board, where you live during the lessons?

1. Yes
2. No

A6. Which transports do you use most frequently to reach your faculty?

1. Public transports [go to A8]
2. Own transport
3. No transports, I go by foot [go to A9]

A7. And you usually go:

1. By bike [go to A9]
2. By moto/scooter/auto [go to A9]
3. Other [specify _____]

A8. And you usually go: [Multiple choice]

1. By bus (urban)
2. By bus /coach (suburban)
3. By train
4. Other [specify _____]

A9hours. How long does it take to reach the location of your course of study from the place where you live during the lessons, on average?

Hours [_____] Minutes [_____]

A10a. [If A3≠1] How many times do you come home from your parents / relatives during the lessons, on average?

1. Never
2. Every day
3. Several times a week
4. At least once a week
5. Several times a month

6. At least once a month
7. Less than once a month
8. Only for holidays

A10b. [If A3≠ 1 & A10a≠ 1] Which means of transport, do you use most to get your parents / relatives' home?

1. Public transports
2. Own transport
3. Other [specify _____]

A11. Do you currently do a casual or occasional job?

Note: collaborations with the University (150 hours) should also be considered.

1. Yes
2. No

A12. Have you been working anyway since September?

1. Yes
2. No [go to A16]

A13. How many hours per week do/did you work?

1. Less than 10 hours
2. 10-20 hours
3. 20-30 hours
4. more than 30 hours

A14. Counting work hours or periods, how many months have you worked between September 2016 and February 2017, roughly?

1. Less than one month
2. N. of months [_____]

A15. Did this job allow you to attend classes?

1. Yes, all of them
2. Yes, most of them
3. Yes, some of them
4. No
5. I didn't have lessons

A16. How often did you go to university, during the first semester (not just for lessons)?

1. Every day
2. Several times a week
3. At least once a week
4. Several times a month
5. Less frequently

A17. Which days were you at university, during the first semester (not just for lessons)? [Multiple choice]

1. Monday
2. Tuesday
3. Wednesday
4. Thursday
5. Friday
6. Saturday
7. Sunday
8. No specific days

A18. In the first semester, during the period of the lessons, on average:

1. How many hours of class did you follow per week? Hours [_____]
2. How many hours do you spend a day at the university (including going to the library, canteen, laboratories, etc.)? Hours [_____]

A19. In the first semester, during the period of the lessons, on average:

1. How many hours a day do you dedicate to individual study on weekdays (Monday-Friday)? Hours [_____]
2. How many hours a day do you dedicate to individual study on weekends (Saturday and Sunday)? Hours [_____]

A21. How well do the following statements describe your personality? I see myself as someone who... (1. Disagree strongly; 2. Disagree a little; 3. Neither agree nor disagree; 4. Agree a little; 5. Agree strongly)

1. ... is reserved
2. ... is generally trusting
3. ...tends to be lazy
4. ...is relaxed, handles stress well
5. ...has few artistic interests
6. ...is outgoing, sociable
7. ...tends to find faults with others
8. ...does a thorough job
9. ...gets nervous easily
10. ...has an active imagination

A22. How much do you recognize yourself in the following situations? (1. Very Seldom or Not True of Me; 2. Seldom True of Me; 3. Sometimes True of Me; 4. Often True of Me; 5. Very Often True, or True of Me)

1. I delay tasks beyond what is reasonable.
2. I do everything when I believe it needs to be done
3. I often regret not getting to tasks sooner
4. There are aspects of my life that I put off, though I know I shouldn't
5. If there is something I should do, I get to it before attending to lesser tasks
6. I put things off so long that my well-being or efficiency unnecessarily suffers
7. At the end of the day, I know I could have spent the time better
8. I spend my time wisely
9. When I should be doing one thing, I will do another

A23. Please indicate the extent to which you agree or disagree with the statements below in relation to your smartphone use habits. (1. Disagree strongly; 2. Disagree a little; 3. Neither agree nor disagree; 4. Agree a little; 5. Agree strongly)

1. My smartphone is the most important thing in my life.
2. Conflicts have arisen between me and my family (or friends) because of my smartphone use.
3. Preoccupying myself with my smartphone is a way of changing my mood (I get a buzz, or I can escape or get away, if I need to).
4. Over time, I fiddle around more and more with my smartphone.
5. If I cannot use or access my smartphone when I feel like, I feel sad, moody, or irritable.
6. If I try to cut the time I use my smartphone, I manage to do so for a while, but then I end up using it as much or more than before.

A24. Indicate the extent to which you are or do not agree with the following statements. (1. Almost never; 2. Sometimes; 3. Quite often; 4. Very often; 0. Never)

1. In the last month, how often have you been upset because of something that happened unexpectedly?
2. In the last month, how often have you felt that you were unable to control the important things in your life?
3. In the last month, how often have you felt nervous and "stressed"?
4. In the last month, how often have you felt confident about your ability to handle your personal problems?
5. In the last month, how often have you felt that things were going your way?
6. In the last month, how often have you found that you could not cope?
7. In the last month, how often have you been able to control irritations in your life?
8. In the last month, how often have you felt that you were on top of things?
9. In the last month, how often have you been angered because of things that were outside of your control?
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

Name: _____

Family name: _____

Identification Number: _____

Thank you for your cooperation!