

# Appendix A

## Technostress Questionnaire

**Table A.1** Adapted version of the technostress questionnaire (cf. [132]). Responses to statements are given on a five-point Likert scale ranging from 0 = “strongly disagree” to 4 = “strongly agree”

Introduction
Please respond to the following statements. The term <i>technology</i> in these statements relates to <i>smartphone technology</i> .
Statement
<i>Techno-overload</i>
I am forced by this technology to do more work than I can handle.
I am forced by this technology to work with very tight time schedules.
I am forced to change my habits to adapt to new technologies.
I have a higher workload because of increased complexity of this technology.
<i>Techno-invasion</i>
I have to be always available due to this technology.
I have to sacrifice time to keep current on new technologies.
I feel my personal life is being invaded by this technology.
<i>Techno-complexity</i>
I do not know enough about this technology to handle it satisfactorily.
I need a long time to understand and use new technologies.
I do not find enough time to study and upgrade my technology skills.
I find others know more about this technology than I do.
I often find it too complex for me to understand and use new technology.

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