

List of interview questions:

0. Introduction

What does “quality of life” mean to you?

What does wellbeing mean to you?

How does your smartphone contribute or problematize your quality of life?

1. Life

Which parts of the smartphone contribute to your quality of life, why?

Which parts of the smartphone problematize your quality of life, why?

Have you removed any apps which have benefited or negatively affected your quality of life, if so, why?

2. Bodily Health

Do you use any applications to monitor your health, (Health apps, Nutrition Apps) if so please can you tell me which ones and why?

Do you use any applications on your smartphone in any way to help monitor or control your sleep, if so why?

Have you used any apps to find partners or dates, if so why?

3. Bodily Integrity

Do you or have you used any sort of location software or apps in the past (Find my iPhone, sharing location on WhatsApp) why or why not?

In what ways have you altered your smartphone or used apps to stay away from harm online such as bullying?

In what ways have you altered your smartphone or used apps to stay away from harm or negativity offline?

4. *Sense Imagination and Thought*

How does your smartphone aid with the sense of hearing? Do you use any applications which promote the sense of hearing if so, why?

How do apps help you with Taste, do you use any cooking applications or watch cooking videos, if so, why?

How does your smartphone aid with the sense of Touch, have you used any applications which promoted the sense of touch?

How does your smartphone aid with the sense of sight, have you used any applications which helped you see?

How have smartphones aided or utilized your sense of smell, do you use any apps which help with your smell?

Have smartphones changed or influenced the way you think or express yourself online if so, why?

Have smartphones changed or influenced the way you think or express yourself offline if so, why?

5. *Emotions.*

Which parts of the smartphone contribute to your joy and happiness, why?

Which parts of your smartphone make you angry, or annoyed, why?

Which parts of your smartphone make you feel sad or fearful, why?

How has the shape, form, or speed in which these emotions are felt/expressed changed with smartphones?

6. *Practical Reason.*

Do you use any applications on your smartphone in a way which improve your focus, why?

Do you use your smartphone or any apps which help you be more reflective, such as journaling apps, if so why/how?

Do you feel as if smartphone usage changes your Shopping behaviour, why?

Do you feel as if your smartphone contributes to your ability to make decisions in the long run as well as in the short run?

7. Affiliation.

A. Friendship

How many friends are you in **direct** contact with?

How many friends are you in **indirect** contact with?

What is the type of contact?

Do you use any apps which connects you to your friends or world around you? If so which and how?

How do you keep in touch with distant relatives or friends?

To what extent is keeping in touch with friends and family important to your quality of life and wellbeing?

B. Respect.

To what extent do smartphones or smartphone applications make you feel good about yourself?

To what extent do smartphones or smartphone applications make you feel bad about yourself?

To what extent do you feel smartphones increase or decrease discrimination?

Do you use any sort of to-do or reminder apps when getting things done or setting goals for yourself? If so in which way, do they benefit you?

8. Other Species

How have smartphones increased your awareness towards other plants and nature?

How have smartphones increased your awareness towards other Animals

How have smartphones changed the way you feel about plants and nature, if at all?

How have smartphones changed the way you feel about animals, if at all?

9. Play

To what extent have smartphones changed the way you play online vs real world?

To what extent does your smartphone contribute to your ability to play? example, do you play any video games, if so, why?

To what extent has your smartphone made playing easier?

10. Control

To what extent has your smartphone made you feel as if you are more or less in control of what you view online?

To what extent has your smartphone increased or decreased your ability to share your thoughts?

Closing Questions:

Do you feel as if any categories/questions were missing in assessing quality of life or wellbeing?

Overall, do you feel as if smartphones contribute or do not contribute to your wellbeing?