

Internet and Social Media Use among College Students in Malawi

Dear Participant

You are being invited to take part in a survey administered by Chancellor College based researchers. The survey is being administered for pure academic purposes. The aim is to explore a possible link between internet process addiction and common mental health issues among student populations.

Your answers will be treated with strict confidentiality. The questionnaire does not capture any information that can be used to identify individuals. **In order to maintain anonymity, we kindly ask that you DO NOT WRITE your name or any identifying labels on this questionnaire.**

It is up to you to decide whether or not to take part. If you decide to take part, you are still free to withdraw at any time without giving a reason and without detriment to yourself.

If you require further clarification please contact, Dr Tiwonge Manda, the lead investigator on the following:

Email: tmanda@cc.ac.mw

PART 1: Demographic Information

Please circle the appropriate response

| | | | | | | | | | | | | |
|---------------------|------------------------------------------------------------------------------------------------------------|-------|---------------|-------------------------------|-----|---|-------|-------|-------|-------|-------|-----|
| Gender | <table><tr><td>Male</td><td>Female</td></tr></table> | | Male | Female | | | | | | | | |
| Male | Female | | | | | | | | | | | |
| Age group | <table><tr><td>15-19</td><td>20-24</td><td>25-29</td><td>30-34</td><td>34-39</td><td>40+</td></tr></table> | | | | | | 15-19 | 20-24 | 25-29 | 30-34 | 34-39 | 40+ |
| 15-19 | 20-24 | 25-29 | 30-34 | 34-39 | 40+ | | | | | | | |
| University/College | <table><tr><td></td></tr></table> | | | | | | | | | | | |
| | | | | | | | | | | | | |
| Level of Study | <table><tr><td>Undergraduate</td><td>Postgraduate</td></tr></table> | | Undergraduate | Postgraduate | | | | | | | | |
| Undergraduate | Postgraduate | | | | | | | | | | | |
| Year of Study | <table><tr><td>1</td><td>2</td><td>3</td><td>4+</td></tr></table> | | | | 1 | 2 | 3 | 4+ | | | | |
| 1 | 2 | 3 | 4+ | | | | | | | | | |
| Discipline of Study | <table><tr><td>Science</td><td>Humanities and Social Science</td></tr></table> | | Science | Humanities and Social Science | | | | | | | | |
| Science | Humanities and Social Science | | | | | | | | | | | |

PART 2: The Internet and Social Media Use Test

This section is designed to assess your level of Internet and Social Media use

To assess your level of addiction, answer the following questions using this scale:

0 = Does Not Apply. 1 = Rarely. 2 = Occasionally. 3 = Frequently. 4 = Often. 5 = Always.

| | | 0 | 1 | 2 | 3 | 4 | 5 |
|----|----------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|---|
| 1 | How often do you find that you stay on-line longer than you intended? | | | | | | |
| 2 | How often do you neglect household chores to spend more time on-line? | | | | | | |
| 3 | How often do you prefer the excitement of the Internet to intimacy with your partner? | | | | | | |
| 4 | How often do you form new relationships with fellow on-line users? | | | | | | |
| 5 | How often do others in your life complain to you about the amount of time you spend online? | | | | | | |
| 6 | How often do your grades or school-work suffer because of the amount of time you spend on-line? | | | | | | |
| 7 | How often do you check your e-mail before something else that you need to do? | | | | | | |
| 8 | How often does your job performance or productivity suffer because of the Internet? | | | | | | |
| 9 | How often do you become defensive or secretive when anyone asks you what you do on-line? | | | | | | |
| 10 | How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet? | | | | | | |
| 11 | How often do you find yourself anticipating when you will go on-line again? | | | | | | |
| 12 | How often do you fear that life without the Internet would be boring, empty, and joyless? | | | | | | |
| 13 | How often do you snap, yell, or act annoyed if someone bothers you while you are on-line? | | | | | | |
| 14 | How often do you lose sleep due to late- night log-ins? | | | | | | |
| 15 | How often do you feel preoccupied with the Internet when off-line, or fantasize about being on-line? | | | | | | |
| 16 | How often do you find yourself saying "just a few more minutes" when on-line? | | | | | | |
| 17 | How often do you try to cut down the amount of time you spend on-line and fail? | | | | | | |
| 18 | How often do you try to hide how long you've been on-line? | | | | | | |
| 19 | How often do you choose to spend more time on-line over going out with others? | | | | | | |
| 20 | How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back on-line? | | | | | | |

PART 3: Self-Reporting Questionnaire (SRQ)-20

INSTRUCTION: Please tick yes or no in spaces provided.

In the **last two weeks**:

| | Yes | No |
|--------------------------------------------------------------|-----|----|
| 1. Do you often have headaches? | | |
| 2. Is your appetite poor? | | |
| 3. Do you sleep badly? | | |
| 4. Are you easily frightened? | | |
| 5. Do your hands shake? | | |
| 6. Do you feel nervous, tense or worried? | | |
| 7. Is your digestion poor? | | |
| 8. Do you have trouble thinking clearly | | |
| 9. Do you feel unhappy? | | |
| 10. Do you cry more than usual? | | |
| 11. Do you find it difficult to enjoy your daily activities? | | |
| 12. Do you find it difficult to make decisions? | | |
| 13. Is your daily work suffering? | | |
| 14. Are you unable to play a useful part in life? | | |
| 15. Have you lost interest in things? | | |
| 16. Do you feel that you are a worthless person? | | |
| 17. Has the thought of ending your life been on your mind? | | |
| 18. Do you feel tired all the time? | | |
| 19. Do you have uncomfortable feelings in your stomach? | | |
| 20. Are you easily tired? | | |