

# Pretest Questionnaire for Doomscrolling Prevention Prototype

Participant ID: \_\_\_\_\_

Date: \_\_\_\_\_

Thank you for participating in this usability study. Your responses will help us understand your background, social media habits, and expectations for this digital well-being system.

## Demographics

1. Age: \_\_\_\_\_

2. Are you currently a student? ■ Yes ■ No

If yes, please specify: ■ Undergraduate ■ Graduate ■ Other: \_\_\_\_\_

3. Please specify your gender: ■ Man ■ Woman ■ Non-binary ■ Prefer not to say

## Technology and Social Media Usage

4. How often do you use social media platforms (e.g., Instagram, TikTok, YouTube Shorts)? ■ Multiple times per day ■ Once per day ■ A few times per week ■ Rarely ■ Never

5. Which social media platforms do you use most frequently? (Select all that apply) ■ Instagram ■ TikTok ■ YouTube ■ X (Twitter) ■ Facebook ■ Reddit ■ Other: \_\_\_\_\_

6. On average, how much time do you estimate you spend on social media per day? ■ Less than 1 hour ■ 1–2 hours ■ 3–4 hours ■ 5+ hours ■ Prefer not to answer

7. Have you ever tried to limit your social media use through built-in app limits or third-party tools? ■ Yes ■ No ■ Prefer not to answer

8. If yes, which methods or tools have you used? (Examples: Screen Time, Digital Wellbeing, One Sec, Forest, Freedom, etc.) \_\_\_\_\_

## Behavioral and Emotional Awareness

9. How often do you feel you spend more time scrolling than you intended to? ■ Very often ■ Sometimes ■ Rarely ■ Never

10. When scrolling, how aware are you of the time passing? ■ Not at all aware ■ Somewhat aware ■ Usually aware ■ Fully aware

11. How would you describe your emotional state after long periods of scrolling? ■ Neutral ■ Relaxed

■ Restless ■ Anxious ■ Regretful

12. Have you noticed any negative impact of extended scrolling on your productivity or mood? ■ Yes ■ No ■ Unsure

13. If yes, please describe briefly: \_\_\_\_\_

# Pretest Questionnaire for Doomscrolling Prevention Prototype

Participant ID: P01

Date: 10/17/2025

Thank you for participating in this usability study. Your responses will help us understand your background, social media habits, and expectations for this digital well-being system.

## Demographics

1. Age: 23

2. Are you currently a student? ☒ Yes ☐ No

If yes, please specify: ☐ Undergraduate ☒ Graduate ☐ Other: \_\_\_\_\_

3. Please specify your gender: ☐ Man ☒ Woman ☐ Non-binary ☐ Prefer not to say

## Technology and Social Media Usage

4. How often do you use social media platforms (e.g., Instagram, TikTok, YouTube Shorts)? ☒ Multiple times per day ☐ Once per day ☐ A few times per week ☐ Rarely ☐ Never

5. Which social media platforms do you use most frequently? (Select all that apply) ☐ Instagram ☐ TikTok ☒ YouTube ☐ X (Twitter) ☐ Facebook ☒ Reddit ☐ Other: \_\_\_\_\_

6. On average, how much time do you estimate you spend on social media per day? ☐ Less than 1 hour ☐ 1–2 hours ☒ 3–4 hours ☐ 5+ hours ☐ Prefer not to answer

7. Have you ever tried to limit your social media use through built-in app limits or third-party tools? ☒ Yes ☐ No ☐ Prefer not to answer

8. If yes, which methods or tools have you used? (Examples: Screen Time, Digital Wellbeing, One Sec, Forest, Freedom, etc.) Digital Wellbeing \_\_\_\_\_

## Behavioral and Emotional Awareness

9. How often do you feel you spend more time scrolling than you intended to? ☒ Very often ☐ Sometimes ☐ Rarely ☐ Never

10. When scrolling, how aware are you of the time passing? ☐ Not at all aware ☒ Somewhat aware ☐ Usually aware ☐ Fully aware

11. How would you describe your emotional state after long periods of scrolling? ■ Neutral ■ Relaxed  
■ Restless ■ Anxious ■ Regretful

12. Have you noticed any negative impact of extended scrolling on your productivity or mood? ■ Yes ■  
No ■ Unsure

13. If yes, please describe briefly: Screen fatigue, less energy to work

# Pretest Questionnaire for Doomscrolling Prevention Prototype

Participant ID: P02

Date: 10/17/2025

Thank you for participating in this usability study. Your responses will help us understand your background, social media habits, and expectations for this digital well-being system.

## Demographics

1. Age: 28

2. Are you currently a student? ■ Yes ■ No

If yes, please specify: ■ Undergraduate ■ Graduate ■ Other: \_\_\_\_\_

3. Please specify your gender: ■ Man ■ Woman ■ Non-binary ■ Prefer not to say

## Technology and Social Media Usage

4. How often do you use social media platforms (e.g., Instagram, TikTok, YouTube Shorts)? ■ Multiple times per day ■ Once per day ■ A few times per week ■ Rarely ■ Never

5. Which social media platforms do you use most frequently? (Select all that apply) ■ Instagram ■ TikTok ■ YouTube ■ X (Twitter) ■ Facebook ■ Reddit ■ Other: Snapchat

6. On average, how much time do you estimate you spend on social media per day? ■ Less than 1 hour ■ 1–2 hours ■ 3–4 hours ■ 5+ hours ■ Prefer not to answer

7. Have you ever tried to limit your social media use through built-in app limits or third-party tools? ■ Yes ■ No ■ Prefer not to answer

8. If yes, which methods or tools have you used? (Examples: Screen Time, Digital Wellbeing, One Sec, Forest, Freedom, etc.) Deleting apps

## Behavioral and Emotional Awareness

9. How often do you feel you spend more time scrolling than you intended to? ■ Very often ■ Sometimes ■ Rarely ■ Never

10. When scrolling, how aware are you of the time passing? ■ Not at all aware ■ Somewhat aware ■ Usually aware ■ Fully aware

11. How would you describe your emotional state after long periods of scrolling? ■ Neutral ■ Relaxed

■ Restless ■ Anxious ■ Regretful

12. Have you noticed any negative impact of extended scrolling on your productivity or mood? ■ Yes ■  
No ■ Unsure

13. If yes, please describe briefly: Procrastination on work, not fully present for son, responsibilities postponed

# Pretest Questionnaire for Doomscrolling Prevention Prototype

Participant ID: P03

Date:10/17/2025

Thank you for participating in this usability study. Your responses will help us understand your background, social media habits, and expectations for this digital well-being system.

## Demographics

1. Age: 21

2. Are you currently a student? ☒ Yes ☐ No

If yes, please specify: ☒ Undergraduate ☐ Graduate ☐ Other: \_\_\_\_\_

3. Please specify your gender: ☐ Man ☒ Woman ☐ Non-binary ☐ Prefer not to say

## Technology and Social Media Usage

4. How often do you use social media platforms (e.g., Instagram, TikTok, YouTube Shorts)? ☒ Multiple times per day ☐ Once per day ☐ A few times per week ☐ Rarely ☐ Never

5. Which social media platforms do you use most frequently? (Select all that apply) ☒ Instagram ☒ TikTok ☐ YouTube ☐ X (Twitter) ☐ Facebook ☐ Reddit ☐ Other: \_\_\_\_\_

6. On average, how much time do you estimate you spend on social media per day? ☐ Less than 1 hour ☒ 1–2 hours ☐ 3–4 hours ☐ 5+ hours ☐ Prefer not to answer

7. Have you ever tried to limit your social media use through built-in app limits or third-party tools? ☒ Yes ☐ No ☐ Prefer not to answer

8. If yes, which methods or tools have you used? (Examples: Screen Time, Digital Wellbeing, One Sec, Forest, Freedom, etc.) \_Time limits on phone\_

## Behavioral and Emotional Awareness

9. How often do you feel you spend more time scrolling than you intended to? ☒ Very often ☐ Sometimes ☐ Rarely ☐ Never

10. When scrolling, how aware are you of the time passing? ☐ Not at all aware ☒ Somewhat aware ☐ Usually aware ☐ Fully aware

11. How would you describe your emotional state after long periods of scrolling? ☐ Neutral ☐ Relaxed

■ Restless ■ Anxious ■ Regretful

12. Have you noticed any negative impact of extended scrolling on your productivity or mood? ■ Yes ■

No ■ Unsure

13. If yes, please describe briefly: procrastination and not doing work, and not feeling well