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: _____

System Expectations

14. What kinds of interventions do you think would be most effective in reducing doomscrolling? ■ Visual cues (e.g., fading colors) ■ Timers or session reminders ■ Haptic feedback or vibration ■ Pause prompts or reflection checkpoints ■ Lockouts or full app blocks ■ Other: _____

15. How important is it for such an intervention to preserve the original app experience (no major interface changes)? ■ Very important ■ Somewhat important ■ Not important

16. Would you prefer the system to intervene gradually (subtle cues) or immediately (hard stop)? ■ Gradual ■ Immediate ■ Unsure

17. Do you think calm, visual changes (e.g., color fading or soft timers) would make you more mindful of your screen time? ■ Yes ■ Possibly ■ No

Final Thoughts

18. What concerns, if any, do you have about using a tool that modifies your social media experience to prevent overuse? _____

19. In your opinion, what would make such a system feel supportive rather than restrictive? _____