

Recommendation Survey

* Required

1. Age *

Mark only one oval.

☐ 13 - 18

☐ 19 - 25

☐ 26 - 35

☐ > 35

2. Gender *

Mark only one oval.

☐ Male

☐ Female

3. You are using social media since *

Mark only one oval.

☐ less than a year

☐ 1 year

☐ 2 years

☐ 3 years

☐ 4 years

☐ 5 years

☐ more than 5 years

4. Average time you spent on social media everyday *

Mark only one oval.

- ☐ less than a hour
- ☐ 1 - 2 hours
- ☐ 2 - 3 hours
- ☐ 3 - 4 hours
- ☐ more than 4 hours

5. How often do you respond to the notification of social media? *

Mark only one oval.

- ☐ Immediately
- ☐ Immediately only if it's important
- ☐ As soon as possible
- ☐ Whenever took a phone
- ☐ I Don't respond if it's not important
- ☐ I put off notifications

6. You spend a lot of time thinking about social media or planning how to use it. *

Mark only one oval.

- ☐ Very rarely
- ☐ rarely
- ☐ sometimes
- ☐ often
- ☐ Very often

7. You feel an urge to use social media more and more. *

Mark only one oval.

- ☐ Very rarely
☐ rarely
☐ sometimes
☐ often
☐ Very often

8. You use social media in order to forget about personal problems. *

Mark only one oval.

- ☐ Very rarely
☐ rarely
☐ sometimes
☐ often
☐ Very often

9. You have tried to cut down on the use of social media without success. *

Mark only one oval.

- ☐ Very rarely
☐ rarely
☐ sometimes
☐ often
☐ Very often

10. You become restless or troubled if you are prohibited from using social media. *

Mark only one oval.

- ☐ Very rarely
- ☐ rarely
- ☐ sometimes
- ☐ often
- ☐ Very often

11. You use social media in a way that achieving your goals/academic score becomes tough/stressful. *

Mark only one oval.

- ☐ Very rarely
- ☐ rarely
- ☐ sometimes
- ☐ often
- ☐ Very often

Reduce
social
media
usage

Rate this questions from 1 to 5 based on feasibility, effectiveness and implementation complexity to reduce social media usage.
0 - No preference 1- ineffective/complex to 5 - most effective/feasible/easy

12. Recognizing/Accepting social media addiction *

0 - No preference 1- ineffective/complex to 5 - most effective/feasible/easy

Mark only one oval.

0	1	2	3	4	5

13. Turn off the notifications *

0 - No preference 1- ineffective/complex to 5 - most effective/feasible/easy

Mark only one oval.

0	1	2	3	4	5

14. Delete unused apps/social media accounts *

0 - No preference 1- ineffective/complex to 5 - most effective/feasible/easy

Mark only one oval.

0	1	2	3	4	5

15. Limit your screen time *

0 - No preference 1- ineffective/complex to 5 - most effective/feasible/easy

Mark only one oval.

0	1	2	3	4	5

16. Use your phone with purpose (When you want to use your phone, consider the reason why) *

0 - No preference 1- ineffective/complex to 5 - most effective/feasible/easy

Mark only one oval.

0	1	2	3	4	5

17. Avoid sleeping with mobile (keeping digital devices away for at least one hour before sleep) *

0 - No preference 1- ineffective/complex to 5 - most effective/feasible/easy

Mark only one oval.

0	1	2	3	4	5

18. Remove your phone from your morning routine *

0 - No preference 1- ineffective/complex to 5 - most effective/feasible/easy

Mark only one oval.

0	1	2	3	4	5

19. Keep your phone out of reach to focus on work *

0 - No preference 1- ineffective/complex to 5 - most effective/feasible/easy

Mark only one oval.

0	1	2	3	4	5

20. Use social media as a treat (allow yourself to use social media for sometime when you have done your work/achieve something) *

0 - No preference 1- ineffective/complex to 5 - most effective/feasible/easy

Mark only one oval.

[illegible]

21. Meet people offline whenever possible (Check In With Friends and Family) *
- 0 - No preference 1- ineffective/complex to 5 - most effective/feasible/easy

0 - No preference 1- ineffective/complex to 5 - most effective/feasible/easy

Mark only one oval.

[illegible]

22. Purge your “friends” and “follow” lists time to time (People who probably don’t add positive value to your life and often trigger you into unnecessary conversations in social media) *

social media)

0 - No preference 1- ineffective/complex to 5 - most effective/feasible/easy

Mark only one oval.

[illegible]

23. Take a break from social media time to time (once in a week) *

0 - No preference 1- ineffective/complex to 5 - most effective/feasible/easy

Mark only one oval.

[illegible]

24. Invest time in physical activity/outdoor games *

0 - No preference 1- ineffective/complex to 5 - most effective/feasible/easy

Mark only one oval.

0	1	2	3	4	5

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