

Pre-test Questionnaire

Thank you for volunteering your time for the sake of science!

By participating in this test, you are implicitly providing your consent as outlined in this document: <https://drive.google.com/open?id=1VmeK-JIX36u7fkeS72xFOUI-jorBAKA>

*** Required**

1. Are you currently a student?

Check all that apply.

☐ Yes

2. What is your area of expertise/field of study *

3. How much time do you estimate you spend looking at a screen *

Mark only one oval.

- ☐ 30 min
- ☐ 1 h
- ☐ 1 h 30 min
- ☐ 2 h
- ☐ 3 h
- ☐ 3h 30 min
- ☐ 4h
- ☐ 4h 30 m
- ☐ 5h+

4. How much time do you think you could spend less on screens and still get all your regular tasks finished? *

Mark only one oval.

- ☐ 30 min
- ☐ 1 h
- ☐ 1 h 30 min
- ☐ 2 h
- ☐ 3 h
- ☐ 3h 30 min
- ☐ 4h
- ☐ 4h 30 m
- ☐ 5h+

5. How many times do you pick up your phone a day? *

Mark only one oval.

- ☐ 0
- ☐ 1-3
- ☐ 3-10
- ☐ 10-30
- ☐ 30-50

6. On a scale of 1 to 5, how good are you at estimating the time it takes to complete a task? *

Mark only one oval.

	1	2	3	4	5	
I'm off by a factor of 10	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I can estimate down to the second

7. On a scale of 1 to 5, how good are you at staying focused? *

Mark only one oval.

	1	2	3	4	5	
I've already gotten distracted while doing this form	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I don't get distracted

8. How many applications or browser tabs do you currently have open? *

9. How long does it typically take you to get into "the flow" when working on a task? *

Mark only one oval.

- ☐ 5 min
- ☐ 10 min
- ☐ 20 min
- ☐ 30 min
- ☐ 40 min
- ☐ 50 min
- ☐ 1 h
- ☐ 1 h 30 min
- ☐ 2 h
- ☐ 3 h
- ☐ I don't really get into "the flow"

10. Do you think technology has been an empowering or deliberating force in your life? *

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
The stone age was the best age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Technology is a modern miracle