Survey on personal wellbeing vis-à-vis screen time

Hey there ,

My team and I are conducting a study for our SOEN357 course during the Winter of the year 2021. We are aiming to design a '**super app**' that supports a users' mental health by encouraging healthy screen habits.

We have reached out to you to gather pertinent data regarding your experience and opinions on topics such as mental health, screen habits as well as apps and their features. Please be aware that your responses to this survey will remain anonymous.

Case Study: **UX/UI Design of a Healthy Habits SuperApp**

I understand that I have been asked to participate in a research project being conducted under the supervision of Marta Kersten of Computer Science and Software Engineering of Concordia University (x5830, marta.kersten@concordia.ca).

A. **PURPOSE**
I have been informed that the purpose of the research is to look at the user experience and user interface (UX and UI) design a super app for health and well-being and encouraging healthy screen habits/discouraging unhealthy screen habits. Subjects in the study will be asked about their current screen time habits, what kind of apps they find are good for the health, happiness, what types of apps improve healthy habits, which apps are detrimental to their health and well-being etc.

B. **PROCEDURES**
I understand that by participating in the following research I will be requested to answer questions and discuss your feelings towards and opinions of smartphone and other applications. I understand I will be asked about my perception of what would be useful for encouraging healthy habits, happiness and wellbeing, what kind of app functionality would be deemed useful, what would make it usable etc. Furthermore, participants might be asked to look at designs and play around with prototypes and be asked about their opinions on the designs and experiences using these prototypes. Participation in this research will be carried out either using online questionnaires or virtual interviews.

C. **RISKS AND BENEFITS**
It is not anticipated that you will experience any discomfort from the procedures, and this research is not intended to benefit you personally.

D. **CONDITIONS OF PARTICIPATION**
• I understand that I am free to withdraw my consent and discontinue my participation at any time without negative consequences.
• I understand that my participation in this study is: CONFIDENTIAL
• I understand that the data from this study may be published.

If at any time you have questions about the proposed research, please contact the study's

Principal Investigator Marta Kersten of CSSE of Concordia University (x5830, marta.kersten@concordia.ca).

If at any time you have questions about your rights as a research participant, please contact the Manager, Research Ethics, Concordia University, 514.848.2424 ex. 7481 oor.ethics@concordia.

* Required

1. Have you carefully studied the above and understand the agreement? Do you freely consent and voluntarily agree to participate in this study? *

   Mark only one oval.

   ( ) I have and I do.

2. Which of these brackets best reflects your age? *

   Mark only one oval.

   ( ) Under 18
   ( ) 18 - 24 years old
   ( ) 25 - 34 years old
   ( ) 35 - 44 years old
   ( ) 45 - 54 years old
   ( ) Over 55
   ( ) Prefer not to say

3. What is your current employment status? *

   Mark only one oval.

   ( ) Student
   ( ) Employed full-time
   ( ) Employed part-time
   ( ) Unemployed
   ( ) Retired
   ( ) Other

4. What is your field of study or work? *

_____

5. What gender do you identify as? *

Mark only one oval.

◯ Male

◯ Female

◯ Prefer not to say

◯ Other: _____

6. Please specify your ethnicity. *

Check all that apply.

☐ African American or Black

☐ Asian or Pacific Islander

☐ Caucasian

☐ Hispanic or Latinx

☐ Native American

Other: ☐ _____

7. What is your relationship status? *

Mark only one oval.

◯ Single

◯ In a relationship

◯ Married

◯ Divorced

◯ Widowed

◯ It's complicated

◯ Prefer not to say

8. Which of the following apps do you use regularly? *

Check all that apply.

- [ ] Facebook
- [ ] Instagram
- [ ] Messenger
- [ ] Netflix
- [ ] TikTok
- [ ] Twitter
- [ ] I don't use social media much

Other: [ ] _____

9. How many hours, on average, do you spend in front of a screen in a day? *

Mark only one oval.

- ( ) 0 - 2 hours
- ( ) 2 - 4 hours
- ( ) 4 - 6 hours
- ( ) 6 - 8 hours
- ( ) More than 8 hours

10. How would you rate your screen habits? *

Mark only one oval.

	1	2	3	4	5	
Poor	( )	( )	( )	( )	( )	Great

11. What are your main screen habits? *

Check all that apply.

☐ School / Work (Zoom, Moodle, Skype, Discord, Slack, etc.)

☐ Social Media (Facebook, Instagram, Tik Tok, etc.)

☐ Video games (PC, console, mobile, iPad, etc.)

☐ Streaming media providers (YouTube, Netflix, Twitch, TV, etc.)

Other: ☐ _____

12. Which of the following do you think are effects linked to your screen habits? *

Check all that apply.

☐ Anxiety

☐ Depression

☐ Headaches

☐ Lack of motivation

☐ Loneliness

☐ Sleep deprivation

☐ Stress

☐ Vision problems

☐ None of the above

Other: ☐ _____

13. What kind of feature would you like to see in an app that would encourage healthy screen habits? (not required)

_____

14. Has the covid-19 pandemic had an effect on your mental health? *

Mark only one oval.

	1	2	3	4	5	
No, not at all	◯	◯	◯	◯	◯	Yes, considerably

15. Which of the following do you think have affected your mental health? *

Check all that apply.

☐ Doomscrolling (the act of endlessly scrolling down one's news apps, Twitter, and social media and reading bad news)

☐ Feeling isolated yet connected

☐ Social Media (Facebook, Instagram, Tik Tok, etc.)

Other: ☐ _____

16. What kind of feature would you like to see in an app that may improve your mental health? (not required)

_____

17. The survey is anonymous, however if you would like to stay in contact, feel free to fill this slot with your email. Thanks again!

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