Youth Screen & Social Media Usage Self-Report Questionnaire

On a typical WEEKDAY, how much time do you spend:

Watching or streaming TV shows or movies?
(Such as Hulu, Netflix or Amazon, not including videos on YouTube.) Hours:

_____

 (Enter a number between 0 and 24.)   Minutes:

_____

 (Enter a number between 0 and 60.)

Watching or streaming videos or live stream (such as YouTube, Twitch)? Hours:

_____

 (Enter a number between 0 and 24.)   Minutes:

_____

 (Enter a number between 0 and 60.)

Playing single-player video games on a computer, console, phone or other device (Xbox, Play Station, iPad, AppleTV)?
 Hours: _____ (Enter a number between 0 and 24.)   Minutes: _____ (Enter a number between 0 and 60.)

Playing multiplayer video games on a computer, console, phone, or other device (Xbox, Play Station, iPad, AppleTV)
where you can interact with others in the game? Hours: _____ (Enter a number between 0 and 24.)   Minutes: _____
(Enter a number between 0 and 60.)

Texting on a cell phone, tablet, computer, iPod, or other electronic device (e.g., GChat, Whatsapp, Kik etc.)? Hours:

_____

 (Enter a number between 0 and 24.)   Minutes:

_____

 (Enter a number between 0 and 60.)

Visiting social media apps or websites (e.g., Snapchat, Facebook, Twitter, Instagram, TikTok, etc.)? (Do not include
time spent editing photos, videos, or creating content to post on social media.) Hours:

_____

 (Enter a number between 0 and 24.)   Minutes:

_____

 (Enter a number between 0 and 60.)

Editing photos, videos, or creating content to post on social media? Hours:

_____

 (Enter a number between 0 and 24.)   Minutes:

_____

 (Enter a number between 0 and 60.)

Video chatting (Zoom, FaceTime, VRchat, Skype, etc.)? Hours:

_____

 (Enter a number between 0 and 24.)   Minutes:

_____

 (Enter a number between 0 and 60.)

Searching or browsing the internet (e.g., using Google) that is NOT for school? Hours:

_____

 (Enter a number between 0 and 24.)   Minutes:

_____

 (Enter a number between 0 and 60.)

Watching or streaming TV shows or movies?
(Such as Hulu, Netflix or Amazon, not including videos on YouTube.) Hours:

_____

 (Enter a number between 0 and 24.)   Minutes:

_____

 (Enter a number between 0 and 60.)

Watching or streaming videos or live stream (such as YouTube, Twitch)? Hours:

_____

 (Enter a number between 0 and 24.)   Minutes:

_____

 (Enter a number between 0 and 60.)

Playing single-player video games on a computer, console, phone or other device (Xbox, Play Station, iPad, AppleTV)?
 Hours:

_____

 (Enter a number between 0 and 24.)   Minutes:

_____

 (Enter a number between 0 and 60.)

Playing multiplayer video games on a computer, console, phone, or other device (Xbox, Play Station, iPad, AppleTV)
where you can interact with others in the game? Hours:

_____

 (Enter a number between 0 and 24.)   Minutes:

_____

 (Enter a number between 0 and 60.)

Texting on a cell phone, tablet, computer, iPod, or other electronic device (e.g., GChat, Whatsapp, Kik etc.)? Hours:

_____

(Enter a number between 0 and 24.)   Minutes:

_____

(Enter a number between 0 and 60.)

Visiting social media apps or websites (e.g., Snapchat, Facebook, Twitter, Instagram, TikTok, etc.)? (Do not include time spent editing photos, videos, or creating content to post on social media.) Hours:

_____

(Enter a number between 0 and 24.)   Minutes:

_____

(Enter a number between 0 and 60.)

Editing photos, videos, or creating content to post on social media? Hours:

_____

(Enter a number between 0 and 24.)   Minutes:

_____

(Enter a number between 0 and 60.)

Video chatting (Zoom, FaceTime, VRchat, Skype, etc.) Hours:

_____

(Enter a number between 0 and 24.)   Minutes:

_____

(Enter a number between 0 and 60.)

Searching or browsing the internet (e.g., using Google) that is NOT for school. Hours:

_____

(Enter a number between 0 and 24.)   Minutes:

_____

(Enter a number between 0 and 60.)

Social Media

Do you have at least one social media account?	◯ Yes ◯ No

Which social media apps or websites do you have an account on?
Select all that are applicable:

☐ Multiplayer Videogame Online Chatting
☐ YouTube
☐ Reddit
☐ Facebook
☐ Instagram
☐ Snapchat
☐ Twitter
☐ Pinterest
☐ Tumblr
☐ TikTok
☐ Other
 (If Other, please specify: _____)

Which social media app or website do you use the most?

◯ Multiplayer Videogame Online Chatting
◯ YouTube
◯ Reddit
◯ Facebook
◯ Instagram
◯ Snapchat
◯ Twitter
◯ Pinterest
◯ Tumblr
◯ TikTok
◯ [yssm_otheracct_s1_r1_e1]

On [yssm_mostused_s1_r1_e1], is your account public or private?

◯ Public
◯ Private
◯ Don't Know

Do you have a social media account that you keep secret from your parents?

◯ Yes
◯ No

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