

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.)

((Use the sliders to select the number of hours and minutes.))

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

((Use the sliders to select the number of hours and minutes.))

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

((Use the sliders to select the number of hours and minutes.))

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?

((Use the sliders to select the number of hours and minutes.))

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

((Use the sliders to select the number of hours and minutes.))

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.)

((Use the sliders to select the number of hours and minutes.))

Editing photos, videos, or creating content to post on social media.

((Use the sliders to select the number of hours and minutes.))

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

((Use the sliders to select the number of hours and minutes.))

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

((Use the sliders to select the number of hours and minutes.))

On a typical WEEKEND DAY, how much time do you spend:

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

((Use the sliders to select the number of hours and minutes.))

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

((Use the sliders to select the number of hours and minutes.))

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

((Use the sliders to select the number of hours and minutes.))

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?

((Use the sliders to select the number of hours and minutes.))

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

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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.)

((Use the sliders to select the number of hours and minutes.))

Editing photos, videos, or creating content to post on social media.

((Use the sliders to select the number of hours and minutes.))

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

((Use the sliders to select the number of hours and minutes.))

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

((Use the sliders to select the number of hours and minutes.))

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