PROJECT BRIEF

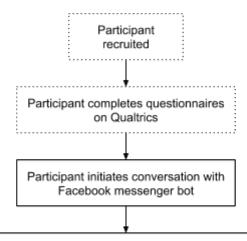
PHUBBING: AN EXPERIENCE SAMPLING STUDY

IRB: A-15-170, Trial registration: TBA

Research assistant(s): Han

Experience sampling platform: Facebook Messenger Bot

Overview of participant procedures



Start-up Admin:

- Keying in unique ID (to tag messages to Qualtrics survey responses)
- · Find out participants' time zone, and typical wake and sleep times
- Trial run of a typical experience sampling conversation (with feedback if participants time out or make errors)

Experience Sampling (7 times a day for 1 week):

- Within participants' waking hours, randomly select a signaling time in every block of 120 min (with the provision that no signals should occur within 15 min of each other). Save the date and time stamp.
- Ask the experience sampling questions (see second flow chart), putting a time-out window of 20 minutes within which the participant must respond.

Data Extraction:

- Participants' responses should ideally be extracted into a CSV file for further analyses.
 - Preferred CSV format: one column per field.

Flowchart of questions each time participants are contacted:

- Right now, I feel happy:
 - a. 1 = not at all
 - b.
 - c. 3
 - d. 4

e.

- 5 = very much so
- 2. Right now, I feel good about myself.
 - a. 1 = strongly disagree
 - b. 2
 - c. 3
 - d. 4 = neither disagree nor agree
 - e. 5
 - f. 6
 - g. 7 = strongly agree

(Csikszentmihalyi & Hunter, 2003)

- In the past 20 minutes, I was with: (select all that apply)
 - My boyfriend / girlfriend / partner / spouse
 - Friends / colleagues / schoolmates
 - c. Family
 - Alone
 - e. Others (please specify)

4. In the past 20 minutes, the person / people I was with made me feel:

- a. 1 = completely excluded
- b. c.
 - 3 = neutral
- d.
- e. 5 = completely included
- 5. In the past 20 minutes, the person / people I was with:
 - a. Used their mobile phone
 - b. Did not use their mobile phone
- 6. In the past 20 minutes, I:
 - Used my mobile phone (for purposes other than this Facebook conversation)
 - b. Did not use my mobile phone

Participant not alone (Q3: answered a-c)

Participant does not respond to any of the questions

Time out after 20 mins

Message: "Session timed out."

- 1. I did not respond to the previous question because:
 - I didn't have my phone with me.
 - I didn't have internet access.
 - I was sleeping.
 - I was doing something that couldn't be disrupted.
 - Some other reason (please specify)

[Ref: Larson & Kubey, 1983]

- 2. When the earlier question was sent, I was:
 - Alone
 - With other people
 - Unsure