

## Pre-Test Questionnaire

1- What is your current occupation?

- Student
- Office worker
- Unemployed
- Other

2- On average, how much time do you spend on your phone per day?

- a. <1 hour
- b. < 2-3 hours>
- c. <3-7 hours>
- d. > 7 hours
- e. I don't have a phone

3- How easily distracted are you by your phone?

1 2 3 4 5  
Not at all Very

4- Do you use apps that help you reduce your phone usage?

- Yes
- No
- I wasn't aware these apps existed

5- What do you mostly use your phone for?

Games()    Social Media()    Work()    Entertainment()    Texts/Calls Only()

6- Are you interested in reducing your phone usage?

- Yes
- No
- Kind of
- I don't care how much time I spend on my phone