Questionnaire

1. **Demographic factors**

   1. **Age**
      What is your current age?
      (Please enter your age in years as a numerical value, e.g., 20, 21.)
   2. **Gender**
      What is your gender?
      Male
      Female
   3. **Degree Program**
      Which degree program are you currently enrolled in?
      Physical Science
      Biological Science
      Financial Mathematics and Industrial Statistics
      Computer Science
   4. **Year / Level of Study**
      What is your current level of study?
      Level 1
      Level 2
      Level 3 (Hons)
      Level 3 (General)
      Level 4 (Hons)

2. **Screen Time**
   1. **Self-reported daily smartphone usage (a subjective measure)**
      How many hours per day do you typically spend on your smartphone?
      Less than 1 hour
      1-2 hours
      2-4 hours
      4-6 hours
      More than 6 hours

   2. **App-reported average smartphone usage per day in last week, along with the most used 3 apps with their total screen times (an objective measure)**

      Please upload your smartphone screen time screenshot:

For Android users:

Go to Settings > Digital Wellbeing & Parental Controls.
Look for options like Dashboard or Weekly Report (it might be represented by a bar chart icon). This will show your screen time for the past week.
Make sure the screenshot captures your total screen time, and the time spent on at least your top 3 most-used apps for the past 7 days.
Upload the screenshot here.

For iOS users:

Go to Settings > Screen Time.
Tap See All Activity and Select Week to view your weekly report.
Ensure the screenshot captures your total screen time and the time spent on at least your top 3 most-used apps for the past 7 days.
Upload the screenshot here.

3. **Screen Time Context**

Was the past week (for which you provided your screen time data) typical in terms of academic activities?

(Please select any factors that applied last week.)

No special activities (regular academic week)

Exam preparation or exams

Holiday or break from academic activities

Other (please specify):

4. **Academic Performance**

What is your current GPA?

(Please enter your exact GPA as a decimal, e.g., 3.75, 2.89.)

5. **Covariates of Academic Performance**

1. **Study Habits**

On average, how many hours **per week** do you spend studying outside of class?

Do you study while using your smartphone?

Never

Rarely

Sometimes

Often

Always

2. Sleep

On average, how many hours of sleep do you get per night?

Do you feel your smartphone usage affects your sleep?

Yes, negatively (I sleep less)

No, it does not affect my sleep

Yes, positively (it helps me relax and sleep)

I'm not sure

3. Self – control

Do you find it difficult to control the amount of time you spend on your smartphone?

Never

Rarely

Sometimes

Often

Always

Do you feel that your smartphone usage impacts your academic performance?

Yes, positively

Yes, negatively

No impact

Not sure