

# In-person Interview Protocol

## DIGITAL DISTRACTION

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### Introduction

Thank you for taking the time to speak with me. I'm part of a team interested in understanding how users engage with their digital devices. Through the following questions, we hope to gain insight into how digital devices affect our overall wellness and what activities encourage disconnecting. Before we begin, do you have any questions for me?

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### Interview Questions

- How do you feel in the absence of your device?
  - What device function compels you to check your digital devices most frequently? (i.e. email, texts, social media, etc.)
  - In what ways are you impacted by being continually connected?
  - In what ways does your work require you to be connected?
  - What do you like to do during your spare time?
  - Where do you spend most of your time during the week?
  - Where do you spend most of your time during the weekends?
  - What are your favorite hobbies?
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### Wrap-up

Is there anything else you would like to add or a previous question you would like to expand on?