

Name: Giang Anh

School: Industrial university students

The content of interview: Students' phone habits, the importance of phones to students, relationships between phones and relationships in life and learning.

Link interview: https://drive.google.com/file/d/10p9JSwZ01LP_2q64oda80UwJ-dsPtNpJ/view?usp=sharing

Interview content

Interviewer: Hi, I'm doing a survey about the potential impact of cell phones on mental health. Can I interview you some questions?

Interviewee: ok

Interviewer: What is your name and where are you studying?

Interviewee: My name is Giang Anh. Industrial university students.

Interviewer: How long do you use your smartphone per day?

Interviewee: Average daily I use 6 hours per day.

Interviewer: Do you use your phone before going to bed? ? How long do you Use smartphone before bed?

Interviewee: Yes. I usually use it about 2 hours before going to bed. Sleep at 1 am.

Interviewer: If you don't use your phone and try to sleep before this hour, how will you feel?

Interviewee: I feel deprived, difficult to sleep.

Interviewer: How do you feel when you wake up?

Interviewee: I feel normal.

Interviewer: How long has this habit been around?

Interviewee: About 4 months.

Interviewer: How do you feel without your phone?

Interviewee: I feel a bit desiderate, worried about not using the phone.

Interviewer: Do you often check your phone to check notifications? Frequency how many times per minute?

Interviewee: Yes. I usually check for about every 2 minutes.

Interviewer: Do you often feel your phone vibrate like notifications or incoming calls, but when you check again, you don't see anything? and how often?

Interviewee: I have that feeling sometimes.

Interviewer: Are you worried about your phone running out of battery?

Interviewee: Very worried

Interviewer: Why do you feel worried about running out of battery?

Interviewee: I am not used to contact. I feel I can't be without a phone.

Interviewer: Do you feel more comfortable using your phone to communicate, connect with other people or meet face to face?

Interviewee: Depends on who it is. With close friends, whatever. For people who are not very close, it is more comfortable by phone.

Interviewer: When a stranger comes to you to ask questions, do you often look at your smartphone, even without notifications or phone calls?

Interviewee: Yes

Interviewer: Does using your phone make you spend less time with your family (less talk, share)?

Interviewee: Yes

Interviewer: During your family time, what purpose do you use your phone?

Interviewee: I often surf social media and text my friends.

Interviewer: Do you share stories of the day with loved ones?

Interviewee: From time to time, I also share stories of the day with loved ones.

Interviewer: When going out with friends (café, ..), do you use a mobile phone when the atmosphere is quiet?

Interviewee: Yes

Interviewer: When you're in that atmosphere, how do you feel without your phone (pressure, normal, confused, dissatisfied)?

Interviewee: I think it depends on the intimacy. If you are close friends, then normally, someone who is not very close is a bit uncomfortable.

Interviewer: How often do you initiate conversations in that silent atmosphere?

Interviewee: I seldom open up stories.

Interviewer: When you want to describe something, do you find it difficult to describe?

Interviewee: Occasionally and depending on the situation I describe.

Ask about the impact of cell phone on learning.

Interviewer: Does the phone distract you from self-study?

Interviewee: Yes

Interviewer: Have you ever been studying and received a text, you reply to that message and subconsciously use your phone and forget about studying?

Interviewee: I get like that very often.

Interviewer: During class, how did the phone distract you from studying?

Interviewee: I get annoyed by text messages from time to time, and I'm attracted to social media.

Interviewer: Do you respond to that message a lot?

Interviewee: Yes

Interviewer: When you have a question, do you often ask the teacher? Do you reward you directly with climbing talking or waiting for the teacher to ask you?

Interviewee: I usually wait out to play to ask questions or if the teacher comes up then ask.

Interviewer: Are the study results as you expected?

Interviewee: Not as I expected.

Interviewer: Do you feel pressured to study?

Interviewee: No.