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 1am.

**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 (cafe, ..), 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.