Wellness Warriors - Survey - Stefanus Albert Welong
A2a Appendix 1 (Individual)

The research study is aimed to understand the effect social media plays on the mental health of our target audience. The research instrument used for this research is survey. We aim to target this survey to Generation Z, which would most likely be undergraduates or senior high school students.

Being part of the target audience in this research, I am highly aware of the relationship between social media and mental health. I am aware of the addiction level that social media puts on my life as well as others of my age. Contents shared inside social media also play a major part in the mental health of users, mainly with the fact that a lot of negative contents are shared in them, such as being a platform for cyber bullying. I plan to have this survey distributed to fellow undergraduates as well as using my circle of friends to reach out to as many target audiences as possible.

1. Age _____
2. Gender Male/Female/Others: _____
3. Origin _____
4. Average time spent on social media daily

    a. ≤ 1 hour   b. ≤ 3 hours   c. ≤ 5 hours

    d. ≤ 8 hours   e. > 8 hours

5. Average sleeping time per day
    a. < 1 hour   b. 1 - 2 hour(s)   c. 3 - 4 hours
    d. 4 - 5 hours   e. > 5 hours
6. How often do you usually play with your phone right before going to sleep?
    a. Always   b. Very often   c. Sometimes
    d. Rarely   e. Never
7. How often do you have difficulty sleeping at night?
    a. Every night   b. Most of the time   c. Sometimes
    d. Rarely   e. Never, I always sleep well
8. How often do you have difficulty waking up in the morning?
    a. Always   b. Very often   c. Sometimes
    d. Rarely   e. Never
9. What social media did you most frequently check before going to bed?
10. Approximately how many percent of the people you follow are public figures?

    a. 0%   b. ≤ 25%   c. ≤ 50%   d. ≤ 75%   e. 100%

11. How often do you feel uncomfortable with the shared content on social media? Give a short explanation as to why you choose your response.
    a. Always   b. Very often   c. Sometimes
    d. Rarely   e. Never
    Explain: _____
    _____

Wellness Warriors - Survey
A2a Appendix 2 (Combined)

The research study is aimed to understand the effect social media plays on the mental health of our target audience. The research instrument used for this research is survey. We aim to target this survey to Generation Z, which would most likely be undergraduates or senior high school students.

Being part of the target audience in this research, We are highly aware of the relationship between social media and mental health. We are aware of the addiction level that social media puts on our life as well as others of our age. Contents shared inside social media also play a major part in the mental health of users, mainly with the fact that a lot of negative contents are shared in them, such as being a platform for cyber bullying. We plan to have this survey distributed to our fellow undergraduates as well as using our personal circle of friends to reach out to as many target audiences as possible.

The survey questions that will be distributed to the generation Z at UofT and other social media platforms is as follows:

1. Age: _____
2. Gender: Male/Female/Others: _____
3. Origin: _____
4. Average time spent on social media daily
   a. ≤ 1 hour

   b. ≤ 3 hours

   c. ≤ 5 hours

   d. ≤ 8 hours

   e. > 8 hours
5. Do you set a goal of how many hours per day you will spend on sleeping?
   a. Yes
   b. No
6. What is your average sleeping time per day
   a. < 3 hours
   b. 3 - 4 hours
   c. 5 - 6 hours
   d. 7 - 8 hours
   e. > 8 hours
7. Do you have a bedtime routine(time to go to sleep and wake up everyday)? If so, what are they?
   _____
8. How often do you usually play with your phone right before going to sleep?
   a. Always
   b. Very often
   c. Sometimes

d. Rarely

e. Never

9. How often do you have difficulty sleeping at night?
    a. Every night
    b. Most of the time
    c. Sometimes
    d. Rarely
    e. Never, I always sleep well

10. How often do you have difficulty waking up in the morning?
    a. Always
    b. Very often
    c. Sometimes
    d. Rarely
    e. Never

11. What social media did you use the most?

   _____

12. What social media did you most frequently check before going to bed?

   _____

13. Approximately how many percent of the people you follow are public figures?

    a. 0%

    b. ≤25%

    c. ≤50%

    d. ≤75%

    e. 100%

14. How often do you feel uncomfortable with the shared content on social media? Give a short explanation as to why you choose your response.
    a. Always
    b. Very often
    c. Sometimes
    d. Rarely
    e. Never

   Explain: _____

   _____

15. How often does social media content affect your daily life? Give short explanation to your response
    a. Always
    b. Very often
    c. Sometimes
    d. Rarely
    e. Never

   Explain: _____

   _____

Research Protocol

1. **Project Title**: Surveys of Gen Z on the Effect of Social Media on Mental Health

2. **Investigators**:
   - Sheraveen Huang (sheraveen.huang@mail.utoronto.ca)
   - Stefanus Albert Welong (stefanus.welong@mail.utoronto.ca)

3. **Purpose**: The purpose of our research is to understand generation Z to help us derive requirements for the design of novel interactive computational media that are intended to be useful to these generation Zs. A brief description of our design concept is:
We want to design an application that can help people (mostly generation Zs) to get proper sleep and better mental health from the harmful effects of social media.

4. **Process to be followed**: We will brief the participants about the purpose of the study, explain the consent form to them, and ensure that they sign the consent form. We will then engage the participants in a 10 question survey.

5. **Participant selection:** Participants will be chosen from UofT campus, discord channels, and social media posts. They will be identified via their age. In general, they will be characterized by their age.

6. **Relationships**: Our relationship to the participants may be described as follows: No relationship.

7. **Risk and benefit:** There will be minimal risk to the participants, for example that they feel that they have wasted their time. The only benefit will be to contribute to the education of the investigators. Participants are free to withdraw before or at any time during the study without the need to give any explanation.

8. **Consent details**: We will brief the participants about the purpose of the study, and explain the **attached consent form** to them, and ensure that they consent to participate and sign the consent form.

9. **Compensation**: Participants will receive no compensation.

10. **Information sought:** The information to be sought is described in the attached document.

11. **Confidentiality**: Information will be kept confidential by the investigators. Names or other identifying or identified information will not be kept with the data. The only other use will be to include excerpts or copies in the assignment submitted, but names and other identifying or identified information will not be submitted.

Consent Form: Social Media's Impact on sleep and mental health

I hereby consent to participate in a research study conducted by Sheraveen Huang and Stefanus Albert Welong for an assignment in University of Toronto Computer Science course *CSC318 The Design of Interactive Computational Media.*

I agree to participate in this study the purpose of which is to understand the role social media plays in the user's mental health. I understand that

- The procedures to be used are Surveys.
- I will receive no compensation for my participation.
- I am free to withdraw before or any time during the study without the need to give any explanation.
- All materials and results will be kept confidential, and, in particular, that my name and any identifying or identified information will not be associated with the data.

PARTICIPANT

Name (please print)_____

Signature_____

Date_____

INVESTIGATORS

Name Sheraveen Huang_____ Signature_____Sheraveen_____

Name Stefanus Albert Welong_____ Signature_____Stefanus_____