

## APPENDIX B: Questionnaire

### **SPLASH PAGE FOR WEB SURVEY**

Welcome! We are glad to have you as a member of the American Trends Panel! Thank you for participating in this very short follow-up survey!

The survey should take less than 2 minutes for most people to complete.

Here are some helpful hints:

- Please do not use your browser's back button to go back to previous questions. Instead, use the navigation buttons on each web page to move through the survey.
- If you have any technical questions, [IF ENGLISH VERSION: please call 866-296-9644/IF SPANISH VERSION: please call 888-853-5436] or send an email to [trendspanel@srbi.com](mailto:trendspanel@srbi.com)

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### **SPLASH PAGE FOR APP SURVEY**

Welcome! We are glad to have you as a member of the American Trends Panel! Thank you for downloading the app and participating in this very short follow-up survey!

The survey should take less than 2 minutes for most people to complete.

Here are some helpful hints:

- You have the option to pause the survey and finish it later by closing the SODA app. To resume taking the survey, simply open the SODA app and continue where you left off.

- If you have any technical questions, [IF ENGLISH VERSION: please call 866-296-9644/IF SPANISH VERSION: please call 888-853-5436] or send an email to [trendspanel@srbi.com](mailto:trendspanel@srbi.com)

Basic activities
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**ASK ALL**

**Q.1 Besides answering this survey, which of the following apps or features on your cell phone have you used IN THE PAST HOUR?**

*[Check all that apply]*

[**PROGRAMMING NOTE:** please randomize a through k, with l and m in order at the bottom of the list. Capture randomization order for Android and iOS (we know Blackberry is not feasible)]

[**PROGRAMMING NOTE:** m is a radio button and when checked it greys out a-L. For non-javascript any a-L punched and m will cause an error when Next button is checked and force respondent to either uncheck a-L or m]

[HARD PROMPT IS OK: If none of these apply, please mark that you did not use your phone in the past hour]

- a. Phone or video calling

- b. Text messaging
- c. Email
- d. Maps or traffic
- e. Taking pictures or videos
- f. Social networking
- g. Music or podcasts
- h. Games
- i. Watching video
- j. News
- k. Use the internet
- l. Some other kind of activity not listed above
  
- m. I did not use my smartphone in the past hour [EXCLUSIVE PUNCH]

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Place and logistics of the activity
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**ASK IF USED SMARTPHONE IN LAST HOUR (Q1a-k=1)**

**Q.2 Please note all the places where you used your smartphone IN THE PAST HOUR.**

*[Check all that apply]*

[**PROGRAMMING NOTE:** please randomize a through g, with h always at the bottom of the list. Capture randomization order for Android and iOS (we know Blackberry is not feasible)]

[**PROGRAMMING NOTE:** h is a radio button and when checked it greys out a-g. For non-javascript any a-g punched and h will cause an error when Next button is checked and force respondent to either uncheck a-h or g]

[SOFT PROMPT: If none apply, please select the button at the bottom; if you want to skip, click Next. ]

- a. At home
- b. At work
- c. Riding in a car or on public transit
- d. Walking from place to place
- e. Exercising
- f. Waiting in line or for something else to happen
- g. At a community place like a coffee shop or park
  
- h. None of the above [EXCLUSIVE PUNCH]

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**ASK IF DID NOT USE SMARTPHONE IN THE LAST HOUR (Q1M=1)**

**[SOFT PROMPT: If you are sure you want to skip, click Next]**

**Q.2a Please indicate when you most recently used your smartphone for any reason, such as phoning, texting, photos, or accessing information?**

1. Earlier today
  2. Yesterday
  3. Longer ago than that
- 

**[SOFT PROMPT: If you are sure you want to skip, click Next]**

**Q.2b Were there any particular reasons you did not use your smartphone in the past hour?**

**OPEN-END TEXT BOX – ABOUT 3 LINES**

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**[SOFT PROMPT: If you are sure you want to skip, click Next]**

**Q.2c In a typical day, do you normally use your smartphone more or less than you used it today?**

1. Typically use it more
  2. Typically use it less
  3. Typically use it this much
- 

Outcomes/impacts of phone
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**ASK IF USED SMARTPHONE IN LAST HOUR (Q1a-k=1)****Q.3 IN THE PAST HOUR did you use your phone to help you:**

*[Check all that apply]*

**[PROGRAMMING NOTE:** please randomize a through g, with h always at the bottom of the list. Capture randomization order for Android and iOS (we know Blackberry is not feasible)]

**[PROGRAMMING NOTE:** h is a radio button and when checked it greys out a-g. For non-javascript any a-g punched and h will cause an error when Next button is checked and force respondent to either uncheck a-g or h]

**[SOFT PROMPT:** If none apply, please select the button at the bottom; if you want to skip, click Next. ]

- a. Find a good way to get somewhere
- b. Resolve an issue or settle an argument

- c. Remember something you needed to do
  - d. Coordinate with someone to meet them
  - e. Learn about an important news development
  - f. Avoid being bored
  - g. Avoid dealing with the people around you
  
  - h. My phone did not help me do any of these things [EXCLUSIVE PUNCH]
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Feelings about phone
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**If Q1a-k=1, then ask**

**Q.4 IN THE PAST HOUR did your cell phone make you experience any of these feelings?**

*[Check all that apply]*

**[PROGRAMMING NOTE:** please randomize a through f, with g always at the bottom of the list . Capture randomization order for Android and iOS (we know Blackberry is not feasible)]

**[PROGRAMMING NOTE:** g is a radio button and when checked it greys out a-f. For non-javascript any a-f punched and g will cause an error when Next button is checked and force respondent to either uncheck a-f or g]

**[SOFT PROMPT:** If none apply, please select the button at the bottom; if you want to skip, click Next. ]

- a. Grateful
- b. Happy
- c. Productive
- d. Angry
- e. Frustrated
- f. Distracted
  
- g. None of the above [EXCLUSIVE PUNCH]

CLOSING: Thank you. Please look for the next survey notification.

CLOSING to 11/16 9pm survey: Thank you for your participation in this special survey. Your regular November survey will be sent by email this week.