



## Smartphone Addiction

1- On average, how much time do you spend on your phone each day?

Less than 1 hour	1-3 hours	3-5 hours	More than 5 hours
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2- Do you check your phone in class?

All the time	Occasionally	Never
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3- Right when you wake up, do you check your phone?

All the time	Occasionally	Never
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4- Right before you go to sleep, do you check your phone?

All the time	Occasionally	Never
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5- Do you ever think that your phone has received a notification, but when you check, it hasn't?

All the time	Occasionally	Never
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6- Do you spend more time interacting with your friends in person or online?

In person	Online	It's about the same
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7- How often do you spend screen-free quality time with your family?

Every day	A few times a week	Only on special occasions	Never
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8- Do you have offline hobbies, sports, clubs, or teams that you enjoy?

Yes, many	Yes, a couple	Yes, a few	No, none
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9- Do you think your smartphone usage impacts your school grades?

Yes, it improves them	Yes, it lowers them	No, my grades are not impacted
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10- Do you ever lie about, or conceal from others, your smartphone usage?

All the time	Occasionally	Never
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11- Do you ever argue with your family about how much you use your phone?

All the time	Occasionally	Never
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12- Are you ever so absorbed by your phone that you forget to eat or drink?

All the time	Occasionally	Never
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13- How difficult would it be for you to spend a weekend without your smartphone?

Not difficult	Somewhat difficult	Very difficult	Impossible
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