Media Use Survey

1. On average how many hours a day do you spend on digital devices (smart phone, tablet, TV, computer, etc.) for all types of non-work activities?

* Less than 1 hour a day
* 1-2 hours a day
* 2-4 hours a day
* 4-6 hours a day
* 6-8 hours a day
* More than 8 hours a day

2. How much of this time is spent on social media? (Social media includes any website or app where you can create and share content, communicate, and/or network with other users, e.g. LinkedIn, Instagram, Twitter, Facebook)

* 1-25%
* 26-50%
* 50-75%
* More than 75%

3. How often do you use the following (on an average week):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | More than once per day | Once per day  | Several timesper week | Once per month or less |
| Forum/online group (e.g. Reddit, Tumblr)  |  |  |  |  |
| Instant messenger (e.g. Facebook messenger, WhatsApp)  |  |  |  |  |
|  Social networking sites/apps (e.g. Facebook, Instagram) |  |  |  |  |
| Blogs  |  |  |  |  |
| Online games  |  |  |  |  |
| Online shopping  |  |  |  |  |
| Music streaming  |  |  |  |  |
| Photo sharing (Snapchat)  |  |  |  |  |
| News  |  |  |  |  |
| Films/TV on digital devices(e.g. Netflix, Hulu) |  |  |  |  |
| Digital videos other than above (e.g. YouTube) |  |  |  |  |
| Podcasts/Radio |  |  |  |  |
| General web browsing/other  |  |  |  |  |

4. Are there any ways that you use digital OR social media that concern you?

* Yes
* No

If yes, please briefly elaborate:

5. Do you use any digital media, social media, or wearable devises for self-improvement or mental health purposes?

* Yes
* No

If yes, please briefly elaborate:

6. Would you be open to using digital tools (e.g. apps) for support, self-improvement, or mental health issues?

* Yes
* No

7. Would you be open to using teleconferencing (Skype, Zoom, FaceTime, Google, etc.) for therapeutic sessions?

* Yes
* No