**Appendix 1**

**QUNT**

**(Questionario sull’Utilizzo delle Nuove Tecnologie)**

by Donatella Marazziti, Stefano Baroni, Federico Mucci

**Age: Sex:** M F

**Address:**

*Area: District: Country*

**Education**: lyceum technical college vocational school

**For how many years have you been attending to your degree course?**

**At the moment you are:**

married engaged in a relationship single

**If married or in a relationship, are you living with your partner?**

Yes No

**Your weight:** Kg: **Your height:** cm: (BMI) weight/height2 is calculated:

**Where do you live at the moment?**

parent’s home personal home rented home/room other

**Parents’ education:**

*Father:* Primary school middle school high school diploma/professional qualification degree

*Mother:* Primary school middle school high school diploma/professional qualification degree

**Your parents are:**

living together divorced/separated

**Occupation of parents** (drop down menu):

Father Mother

* Manager
* Official
* Teacher
* clerk
* technical employee
* skilled worker
* common worker
* qualified worker
* farmhand
* Common operator service (salesman, call centers, etc.).
* Overseer, superintendent and similar,
* Home workers
* entrepreneur
* freelance
* farmer
* craftsman
* trader
* Unable to work
* retired
* housewife
* Flexworker
* other
* unemployed

1. How long have you been using the Internet?

Less than 1 year 1-2 years 2-4 years 4-6 years more than 6 years

1. How many hours a day do you spend connected to the Internet??

Less than 1 hour 1-2 hours 2-4 hours 4-6 hours more than 6 hours

1. At the moment, has the time spent online increased compared to when you started?

No few quite much very much

1. Do you spend more time online than you would like? Never seldom sometimes often very often
2. Do you connect to the Internet even if you have more important things to do?

Never seldom sometimes often very often

1. When offline, you cannot wait to log in: Never seldom sometimes often very often
2. Do your eyes and/or back and/or head hurt because of the time spent in front of the monitor?

Never seldom sometimes often very often

1. Have you cancelled or postponed an appointment because you were doing something online?

(navigation, chat, social network, mail, online videogames, etc.)

Never seldom sometimes often very often

1. Do you use the Internet primarily for research related to your studies? Never seldom sometimes often very often
2. Do your family members and friends get nervous because you spend too much time online?

Never seldom sometimes often very often

1. When online do you forget about your concerns? Never seldom sometimes often very often
2. Did you meet interesting people over the Internet? Never seldom sometimes often very often
3. When online, do you feel as you become part of “another dimension”, that leads you away from your daily routine? Never seldom sometimes often very often
4. Do you spend much time online because you do not easily find what you need? Never seldom sometimes often very often
5. Do you spend much time online because when doing a research you find interesting contents, even if not related to what you initially were looking for?

Never seldom sometimes often very often

1. Do you spend much time online because when doing a search you find a lot more information than you would have expected? Never seldom sometimes often very often
2. Since when connecting to the Internet, did you stop watching TV or watch it less?

Never seldom sometimes often very often

1. Did you give up practicing a sport because you were doing something important online?

(navigation, chat, social network, mail, online videogames, etc.) Never seldom sometimes often very often

1. If for any reason you have been forced to disconnect, could not you wait to reconnect as soon as possible?

Never seldom sometimes often very often

1. If you've been unable or less connected to the Internet than what you wanted, did you feel uncomfortable, sick or had feeling of emptiness / loneliness?

Never seldom sometimes often very often

1. How many times have you been online longer than the time you considered necessary? Never seldom sometimes often very often
2. Do you prefer to spend time online than with your partner? Never seldom sometimes often very often
3. Did you establish new relationships with people met online? Never seldom sometimes often very often
4. When online do you change your identity?

Never seldom sometimes often very often

1. Do you connect to the Internet even without a purpose?

Never seldom sometimes often very often

1. Do you connect to the Internet to look for erotic stuff?

Never seldom sometimes often very often

1. Do you prefer the excitement of what you can find online than intimacy with your partner? Never seldom sometimes often very often
2. Is your study performance adversely affected from the time you spend online? Never seldom sometimes often very often
3. Has your study performance improved thanks to the information you have found online?

Never seldom sometimes often very often

1. Does your partner complain that you spend too much time online?

Never seldom sometimes often very often

1. Do you have difficulty falling asleep after being online late at the night? Never seldom sometimes often very often
2. When offline, do you find yourself thinking about what you will do once you will be back online? Never seldom sometimes often very often
3. When online for a long time do you ever say to yourself: "a few more minutes, then I go off"? Never seldom sometimes often very often
4. Do you try to hide from other people the time you spend online? Never seldom sometimes often very often
5. Do you prefer to spend time online than with friends? Never seldom sometimes often very often
6. When offline, do you feel depressed, anxious or nervous?

Never seldom sometimes often very often

1. How do you get online?

* 37 a Laptop
* 37b Smartphone
* 37c Smart TV
* 37d Consolle (XBox, Playstation, WII)
* 37e Netbook
* 37f Home desktop
* 37g Tablet
* 37h Internet Point
* 37i Other

1. What do you usually do online?

 38a watching TV / Movies Streaming

 38b Listening to Music

 38c watching videos on YouTube

 38d online game

 38e Using Facebook / Twitter

 38f Chat / Instant Messaging

 38g Dating websites

 38h News / politics / current events websites

 38i Buy / sell websites

 38l Consulting / managing blog services

 38m participating in online auctions

 38N Pornographic websites

 38o Seeking information to solve specific problems

 38p Seeking information on diseases

 38q Other

1. Do you take part to online games?

Never seldom sometimes often very often

40. What kind of online game do you get involved into?

 40a action / adventure

 40b management

 40c first person shooter (FPS First Person Shooter)

 40d sport

 40e driving simulator

 40f strategy

 40g beat’em

 40h roleplaying

 40i word games (e,g. Ruzzle)

 40l other

41. How much time do you spend playing online every day?

Less than 30 minutes 30-60 minutes 60-90 minutes 90-120 minutes more than 120 minutes

42. Do you play online games until late at night?

Never seldom sometimes often very often

43. Does winning or losing a game positively or negatively influence your mood during the day?

Never seldom sometimes often very often

44. Do you realize that playing online games subtracts time and energy to your study or work?

Never seldom sometimes often very often

45.Do you shop online?

Never seldom sometimes often very often

46. Do you take part in online auctions?

Never seldom sometimes often very often

47. Do you watch on television programs or streaming movies on the Internet?

48. Do you listen to streaming music over the Internet?

Never seldom sometimes often very often

49. Do you use "instant-messaging" (IM) services (eg .: Whatsapp, Line, etc.). If yes, which?

49a. None of these 49b Whatsapp 49c Telegram 49d Line

49e Facebook Messenger 49f Snapchat 49g Skype 49h Kik 49i Tinder 49l other

50 .How much time do you spend per day (overall)?

Less than 30 minutes 30-60 minutes 60-90 minutes 90-120 minutes more than 120 minutes

51. Do you use the IM application(s) before doing anything else?

Never seldom sometimes often very often

52. Do you use the IM application(s) as soon as you can?

Never seldom sometimes often very often

53. As soon as you wake up, do you use the IM application(s) within 15 minutes?

Never seldom sometimes often very often

54 . Do you use the IM application(s) while having lunch or dinner?

Never seldom sometimes often very often

55. Do you use the IM application(s) before sleeping?

Never seldom sometimes often very often

56. Do you use the IM application(s) to chat with more people at the same time?

Never seldom sometimes often very often

57. Do you feel a sensation of anxiety / frustration if you do not receive a reply to your message?

Never seldom sometimes often very often

58. If not receiving a reply to your message, do you begin to frequently check the IM application(s) until you receive it?

Never seldom sometimes often very often

59. Do you have an acctive account in a Social Network (Facebook, Twitter, Instagram, other)?

Yes No

60. I have an account on:

60a. 45a1. 60a. Facebook 45a2. 60b. Twitter 45a3. 60c. Instagram 60d. Other

(FACEBOOK)

61. Do you check Facebook before doing anything else?

Never seldom sometimes often very often

62. Do you check Facebook as soon as you can?

Never seldom sometimes often very often

63. As soon as you wake up, do you check Facebook within 15 minutes?

Never seldom sometimes often very often

64. Do you check Facebook while having lunch or dinner?

Never seldom sometimes often very often

65. Do you check Facebook before sleeping?

Never seldom sometimes often very often

66. How often do you post on Facebook?

Never less than once per week once – three times per week once per day more than once per day

67. When posting on Facebook, you feel excited thinking about the comments that it may receive? Never seldom sometimes often very often

68. When posting on Facebook, you feel excited thinking about its possible shares?

Never seldom sometimes often very often

69. When posting on Facebook, you feel excited thinking about the “likes” it may receive?

Never seldom sometimes often very often

70. Are you disappointed if your post on Facebook is not commented / shared or does not receive any "like"? Never seldom sometimes often very often

71. How often do you share posts from your friends on Facebook?

Never seldom sometimes often very often

72. How often do you post photos of yourself on Facebook?

Never seldom sometimes often very often

73. Do you care about increasing the number of friends on Facebook?

Never seldom sometimes often very often

74. Do you manage one or more Facebook pages?

Yes No

75. Do you have more than one Facebook account?

Yes No

(TWITTER)

76. Do you check Twitter before doing anything else?

Never seldom sometimes often very often

77. Do you check Twitter as soon as you can? Never seldom sometimes often very often

78. As soon as you wake up, do you check Twitter within 15 minutes? Never seldom sometimes often very often

79. Do you check Twitter while having lunch or dinner?

Never seldom sometimes often very often

80. Do you check Twitter before sleeping?

Never seldom sometimes often very often

81. How often do you “tweet”?

Never less than once per week once – three times per week once per day more than once per day

82. Do you care about increasing the number of followers on Twitter?

Never seldom sometimes often very often

83. When “tweeting”, you feel excited thinking about its possible “retweet” ?

Never seldom sometimes often very often

84. When “tweeting”, you feel excited thinking about the answers it may receive?

Never seldom sometimes often very often

85. Are you disappointed if your “tweet” is not commented or does not get “retweeted”?

Never seldom sometimes often very often

86. Do you have more than one Twitter account?

Yes No

(INSTAGRAM)

87. Do you check Instagram before doing anything else?

Never seldom sometimes often very often

88. Do you check Instagram as soon as you can?

Never seldom sometimes often very often

89. As soon as you wake up, do you check Instagram within 15 minutes?

Never seldom sometimes often very often

90. Do you check Instagram while having lunch or dinner?

Never seldom sometimes often very often

91. Do you check Instagram before sleeping?

Never seldom sometimes often very often

92. How often do you post photos/videos on Instagram?

Never less than once per week once – three times per week once per day more than once per day

93. Do you share your Instagram photos on other social networks (Facebook, Twitter)?

Never seldom sometimes often very often

94. When posting a photo on Instagram do you add filters/effects or edit it?

Never seldom sometimes often very often

95. When posting a photo or a video on Instagram, you feel excited thinking about the comments that it may receive?

Never seldom sometimes often very often

96. When posting a photo or a video on Instagram, you feel excited thinking about the “likes” it may receive?

Never seldom sometimes often very often

97. Are you disappointed if your photo posted on Instagram is not commented or does not receive any "like"?

Never seldom sometimes often very often

98. What do you do in your spare time?

98a Tv 98b Sport 98c Cinema 98d Computer 98e Music 98f Reading 98g Volunteering 98h political activity 98i religious activities 98l cultural activities 98m Other

99. Are you satisfied about your relationship with your friends?

Not at all Few Quite enough Much Very much

100. Are you satisfied of your social life?

Not at all Few Quite enough Much Very much

101. Did you find this questionnaire useful to highlight/quantifiy a possible addiction to the Internet and to digital technologies??

Not at all Few QuiteEnough Much Very much

THANKS FOR YOUR TIME!