

Erasmus KA210-SCH Project

# Post-Evaluation Questionnaire - Impact of Social Activities on Reducing Excessive Mobile Device Use

“Connect T@ The Life”

Number of Project: 2023-1-ES01-KA210-SCH-000155140



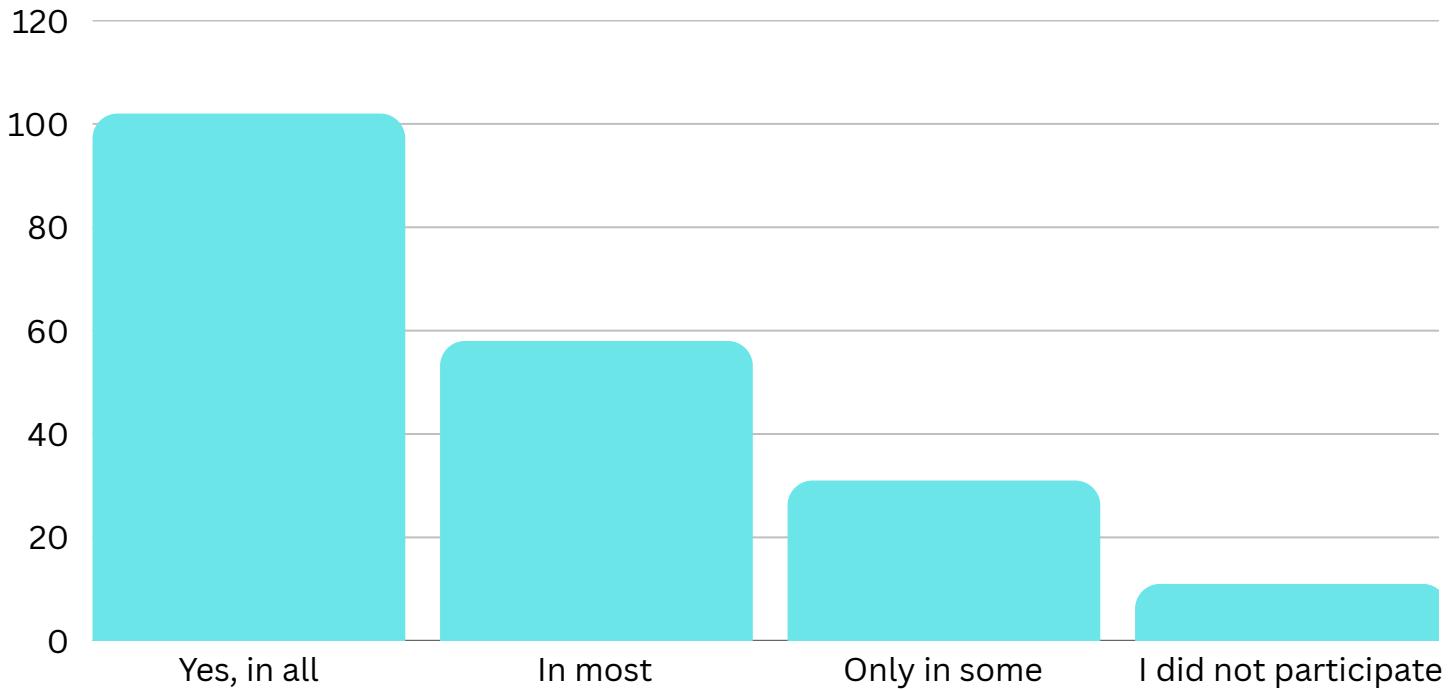
Co-funded by  
the European Union



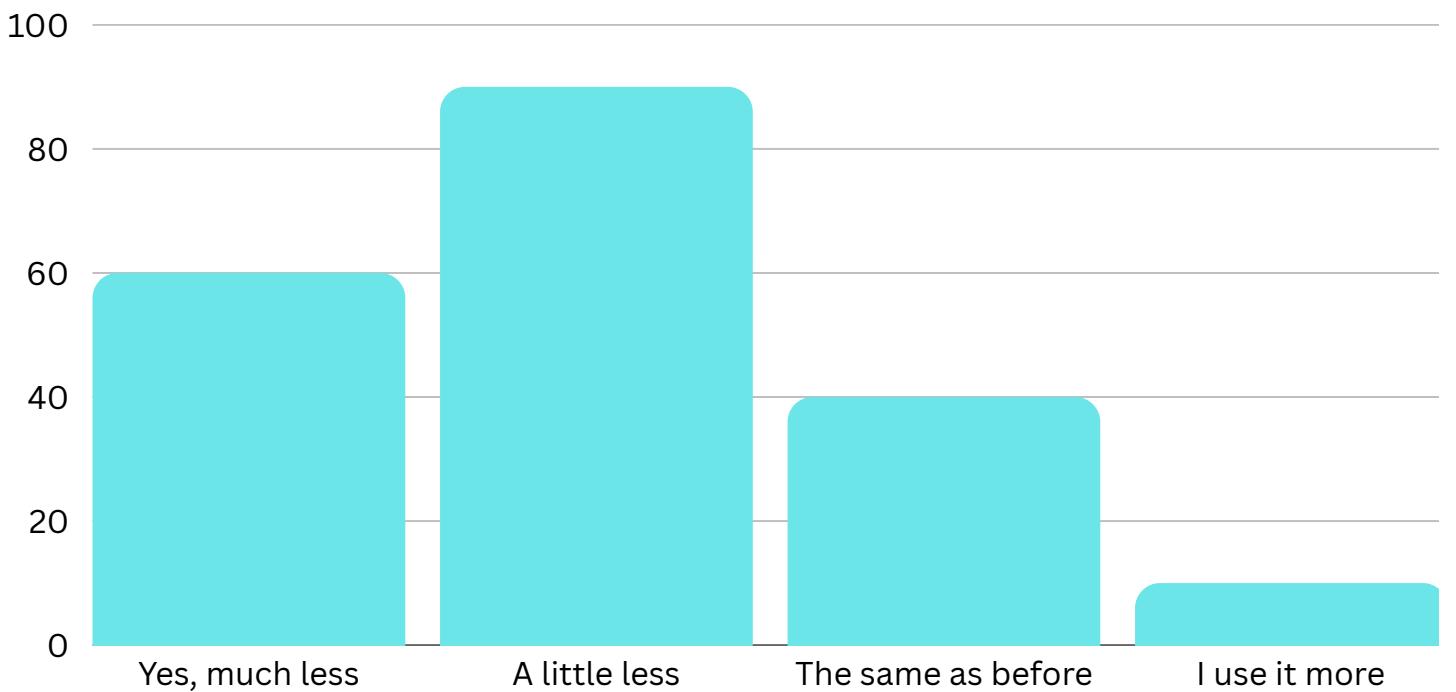
[www.connecttothelife.eu](http://www.connecttothelife.eu)

# Graphs

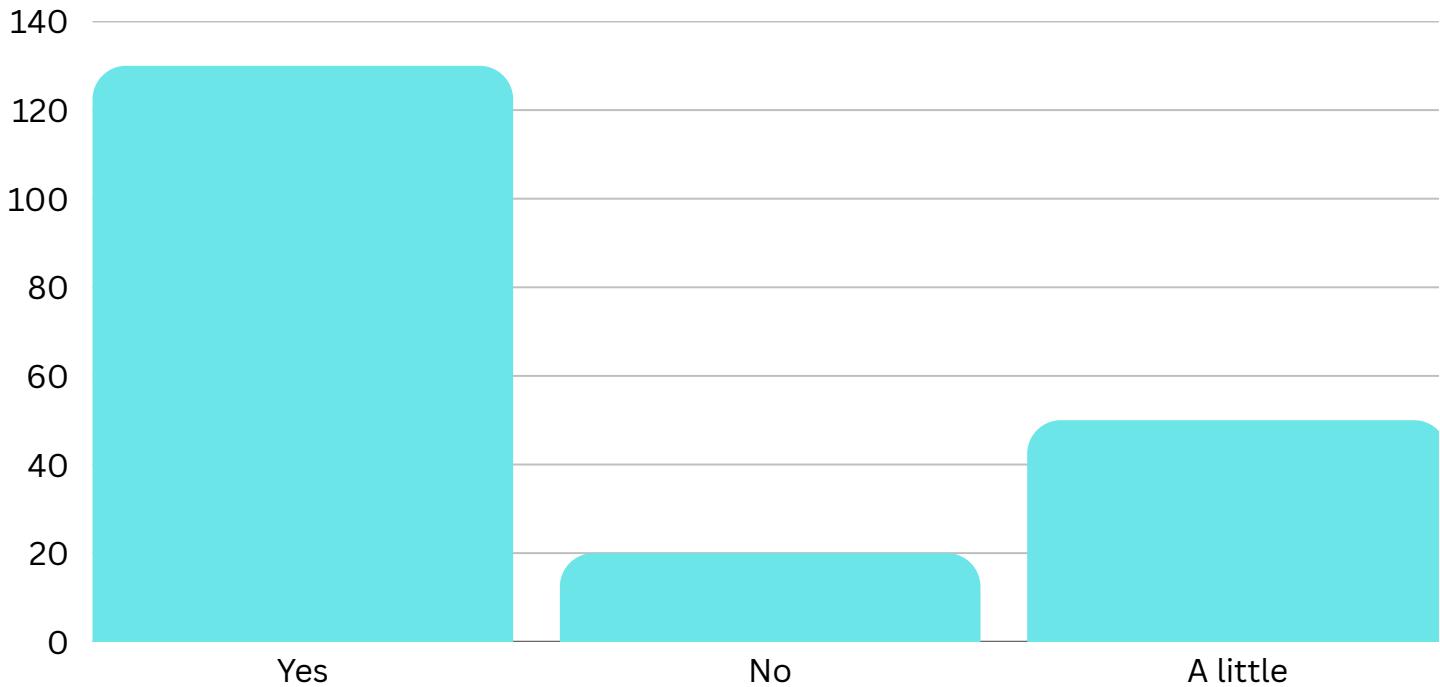
Did you actively participate in the organized activities?



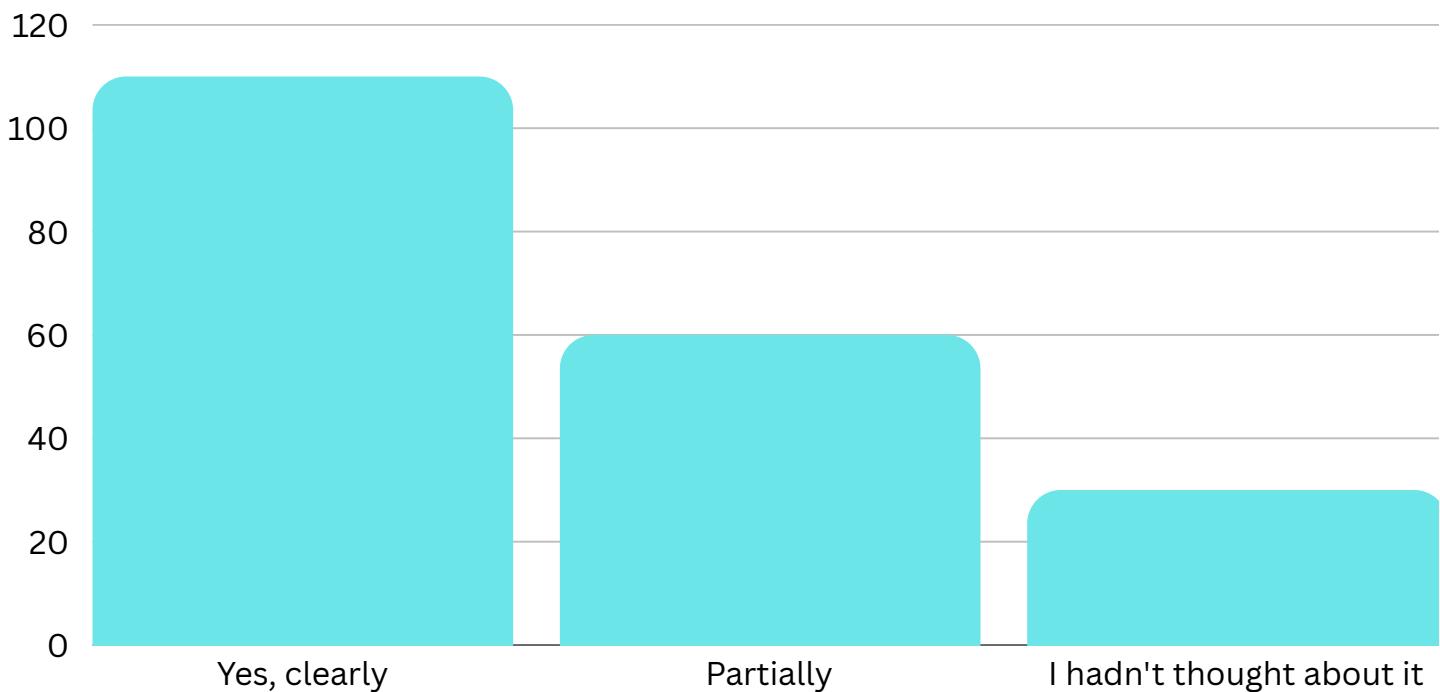
After the activities, do you consider that you use your mobile phone less than before?



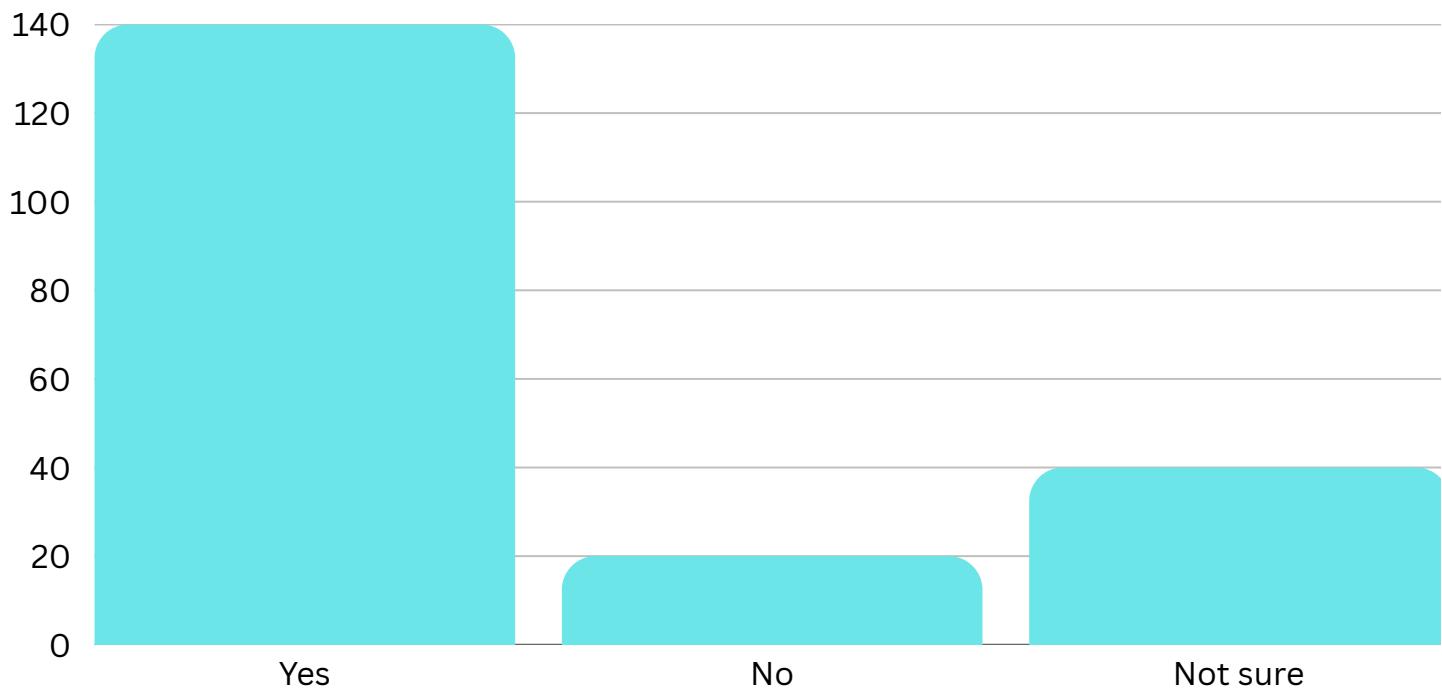
Did you feel motivated to interact more with your peers in person?



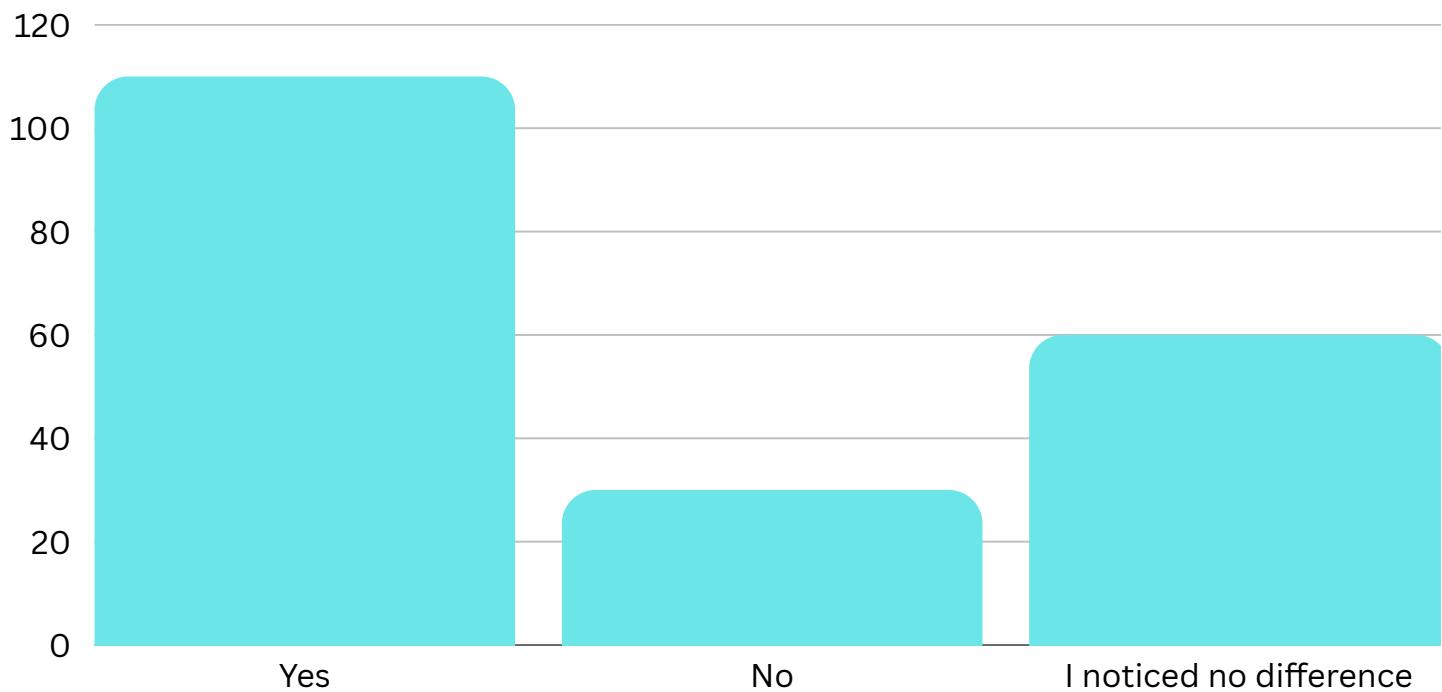
Did you realize how much time you spent on your mobile phone before these activities?



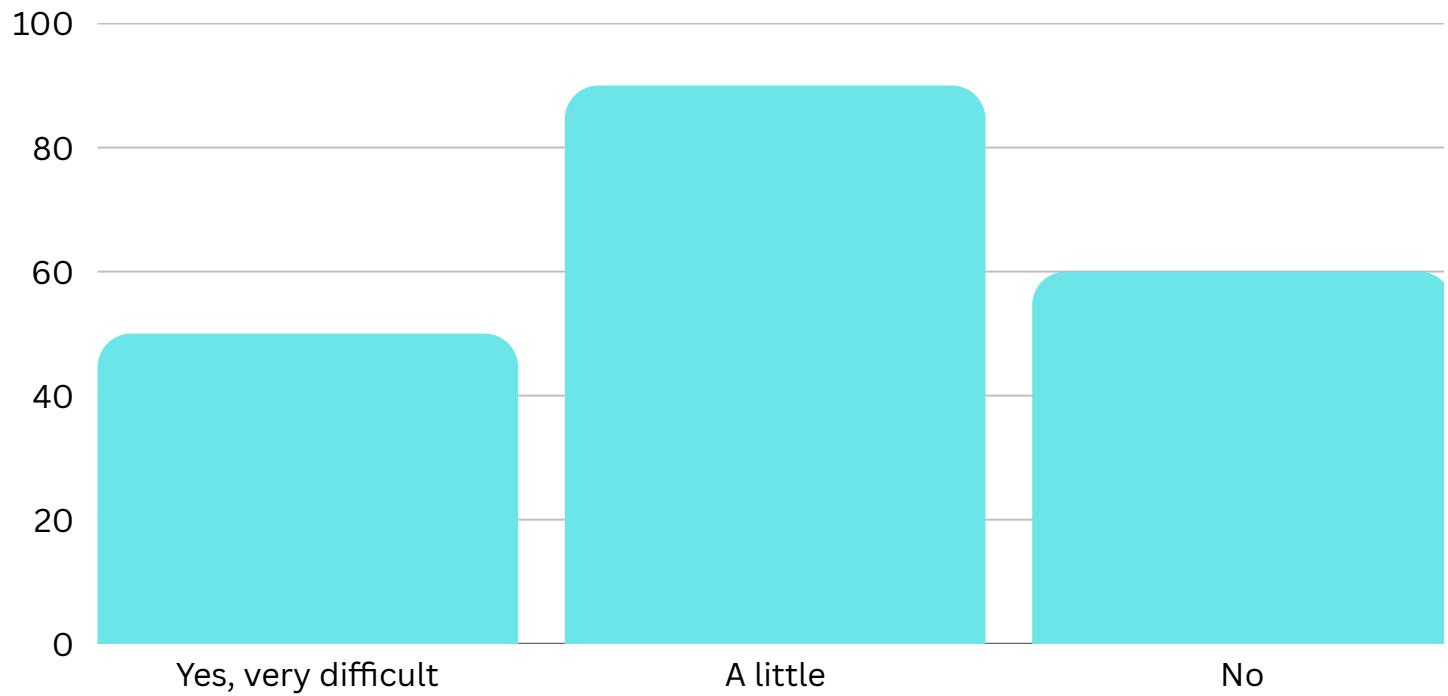
Do you think the activities made you reflect on your relationship with technology?



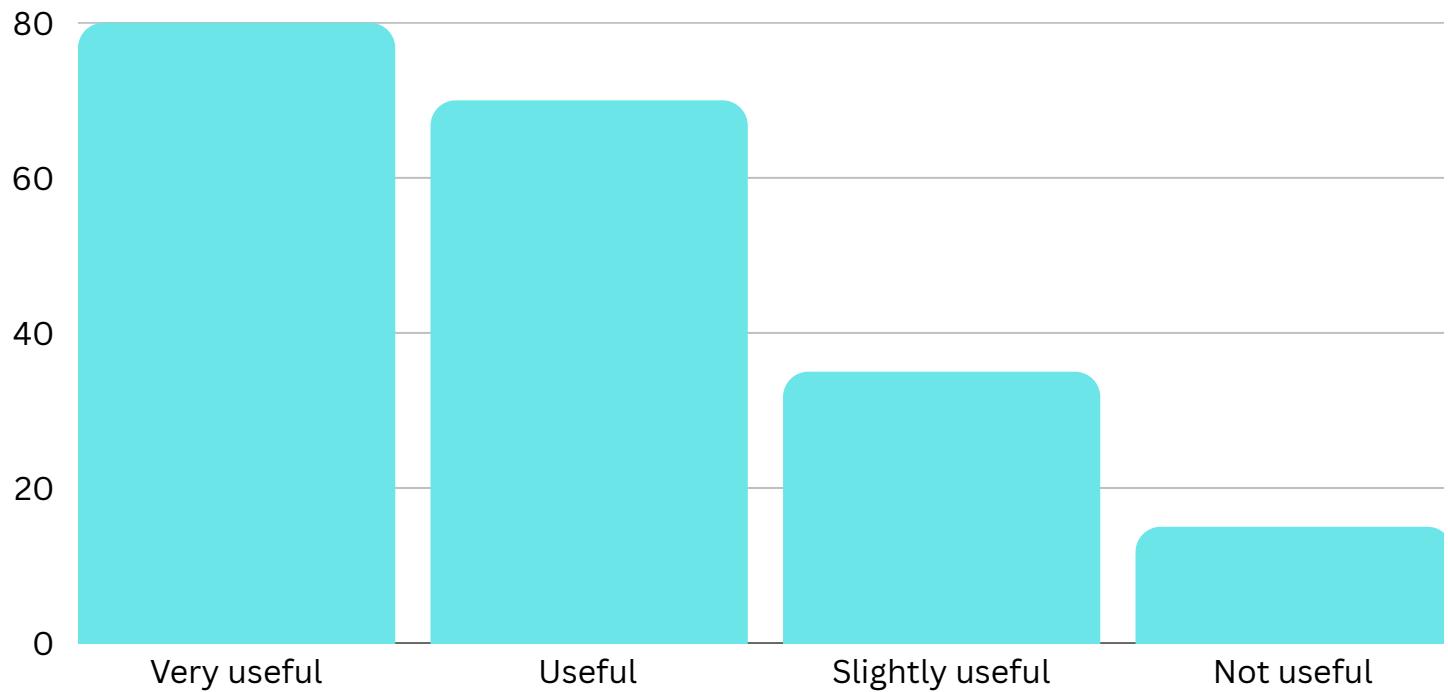
Did you experience less anxiety or stress when staying away from your mobile phone during the activities?



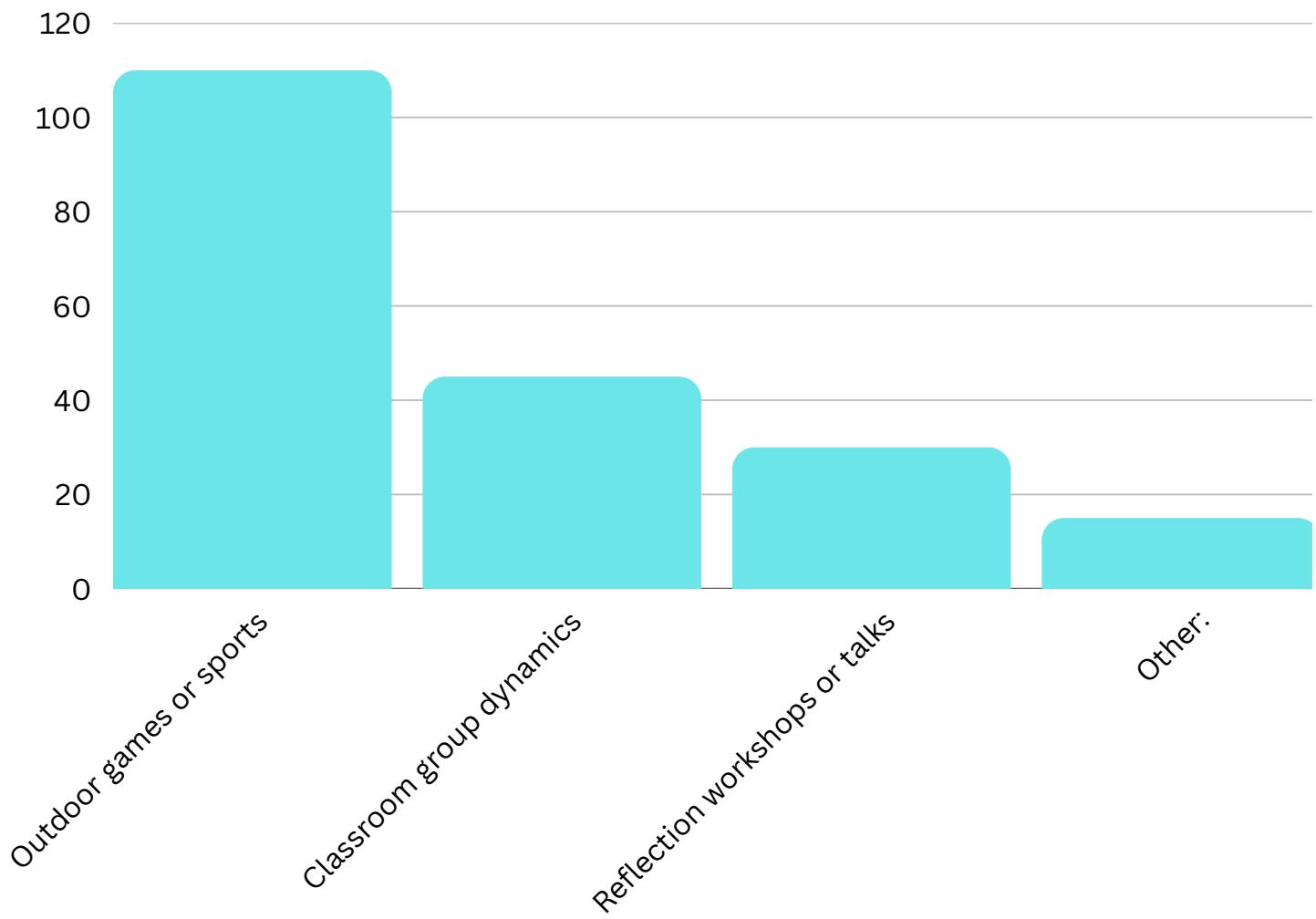
Did you find it difficult to disconnect from your mobile phone during the activities?



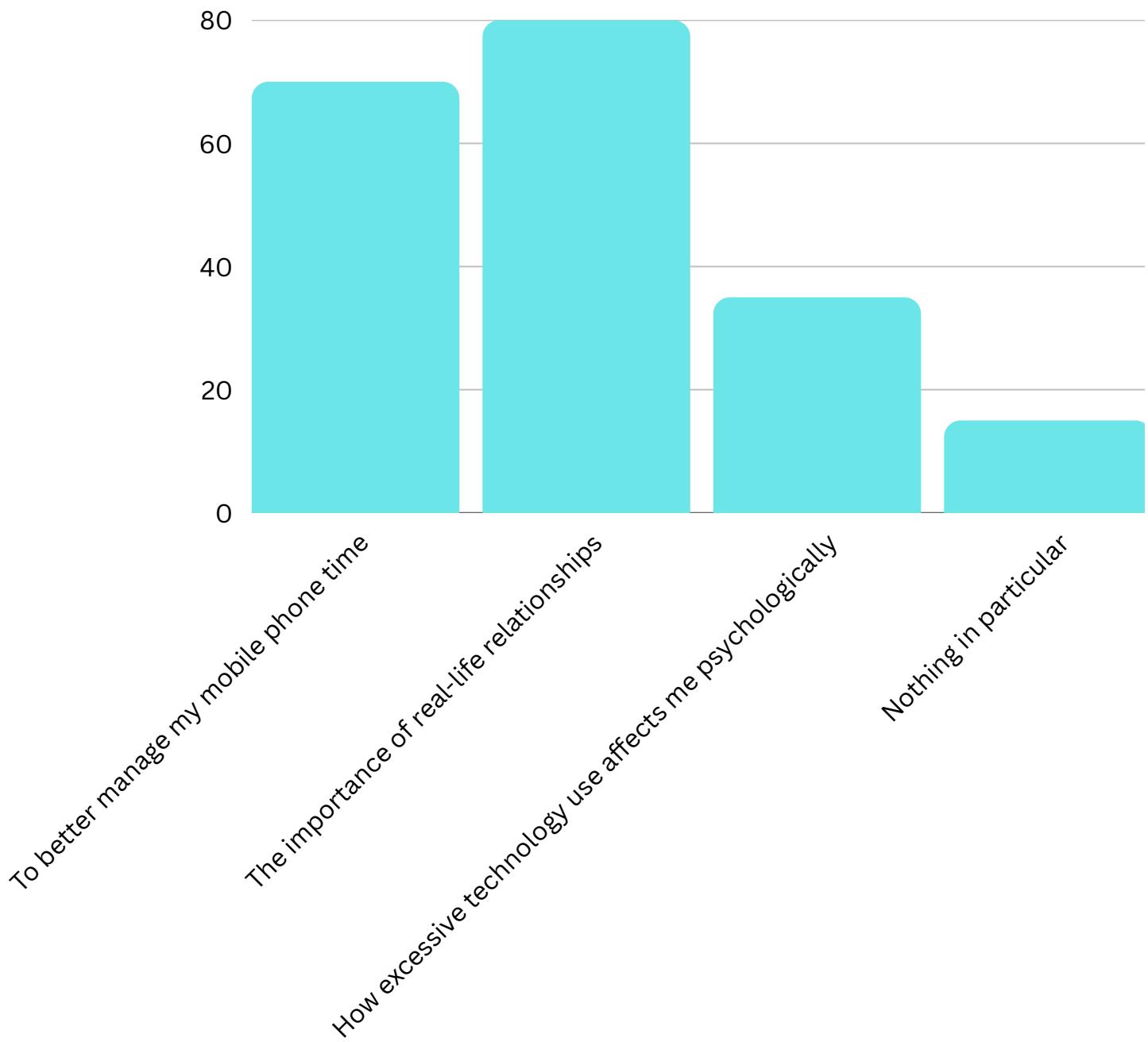
How did you find the activities?



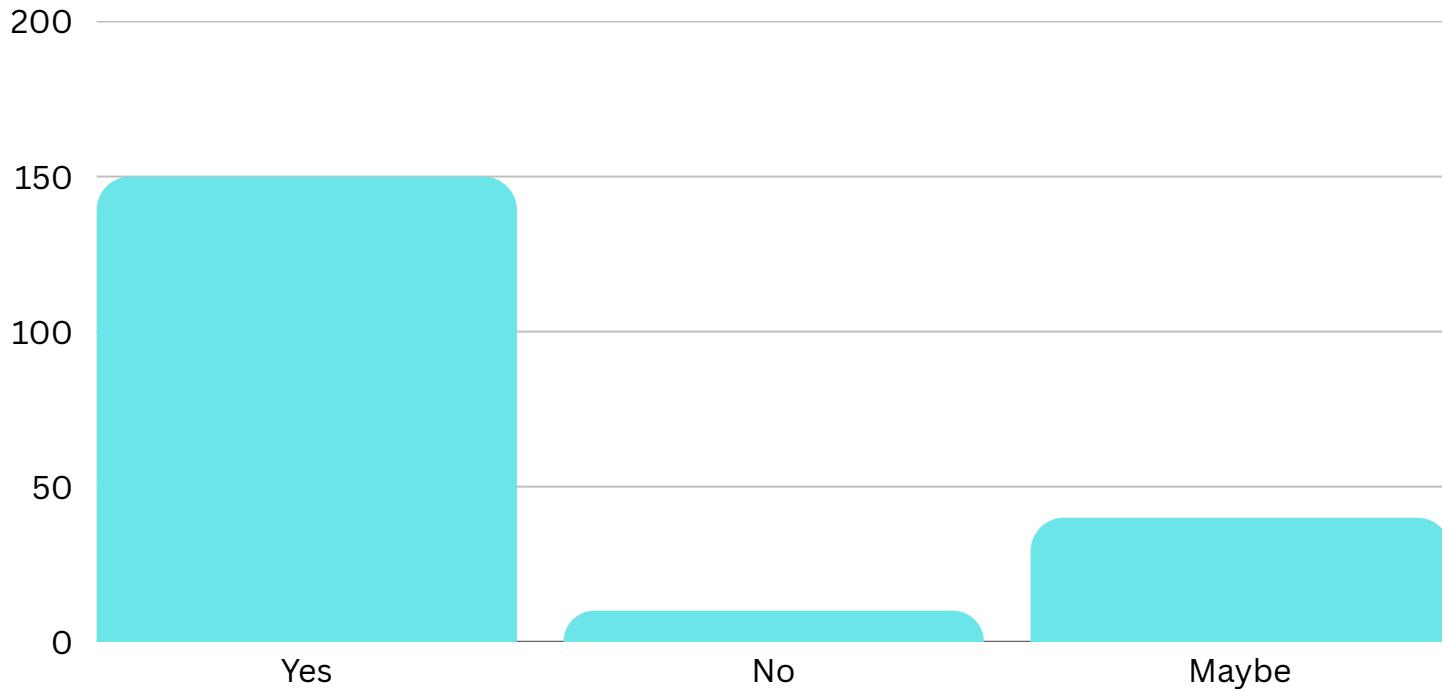
## Which type of activity did you enjoy the most?



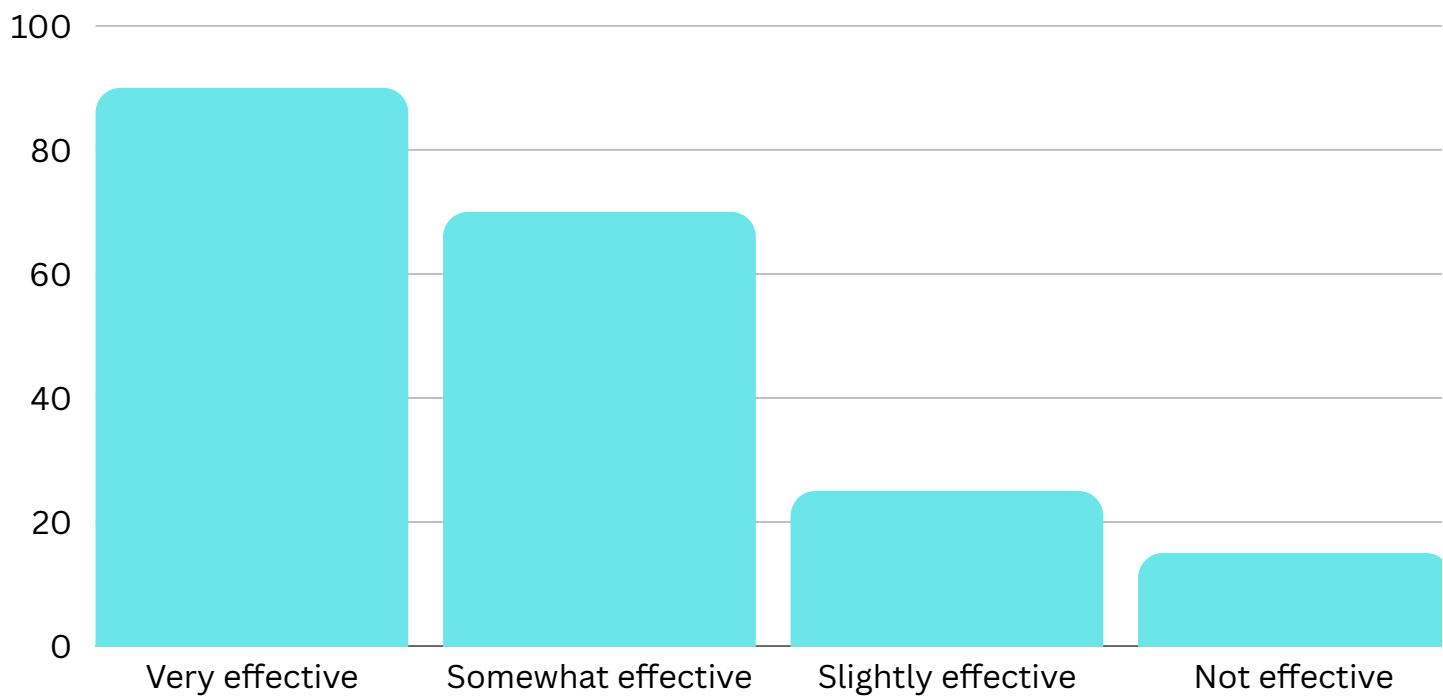
## What did you mainly learn during these activities?



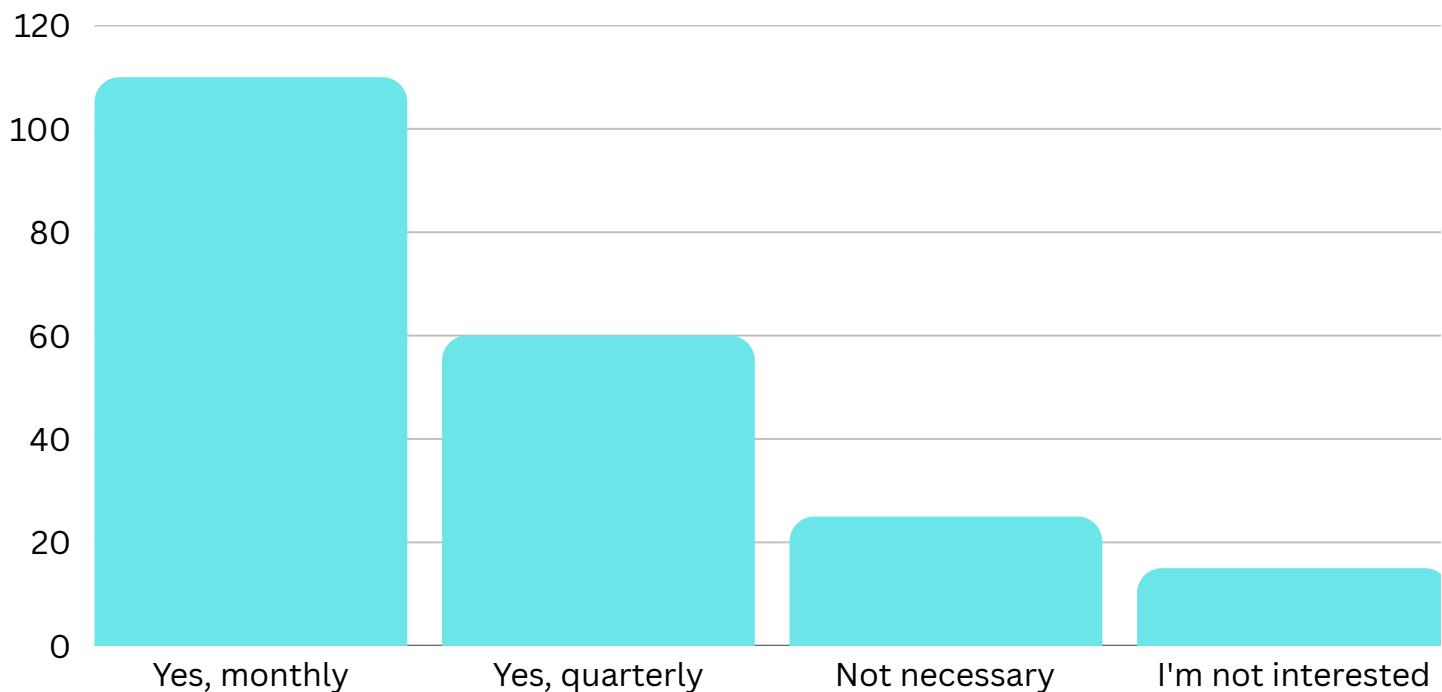
## Would you recommend these activities to other young people?



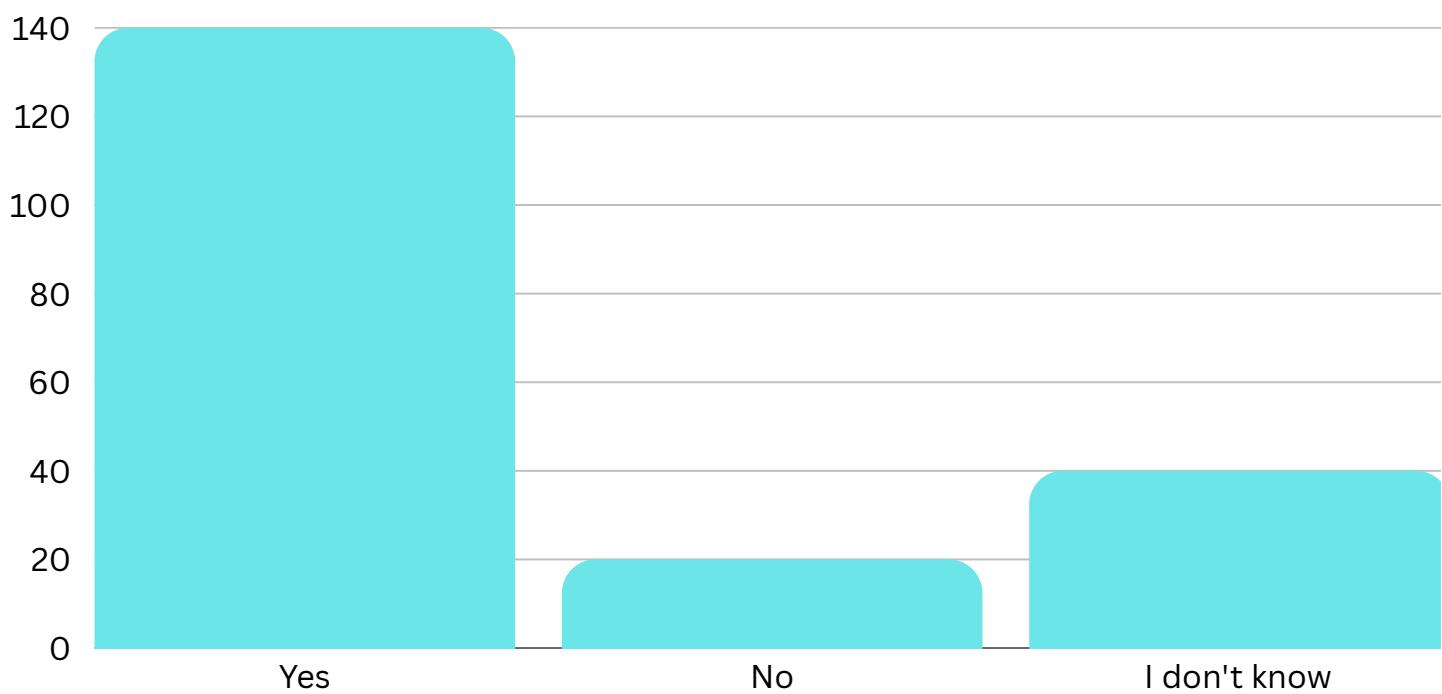
## How effective were the activities in raising awareness about excessive mobile phone use?



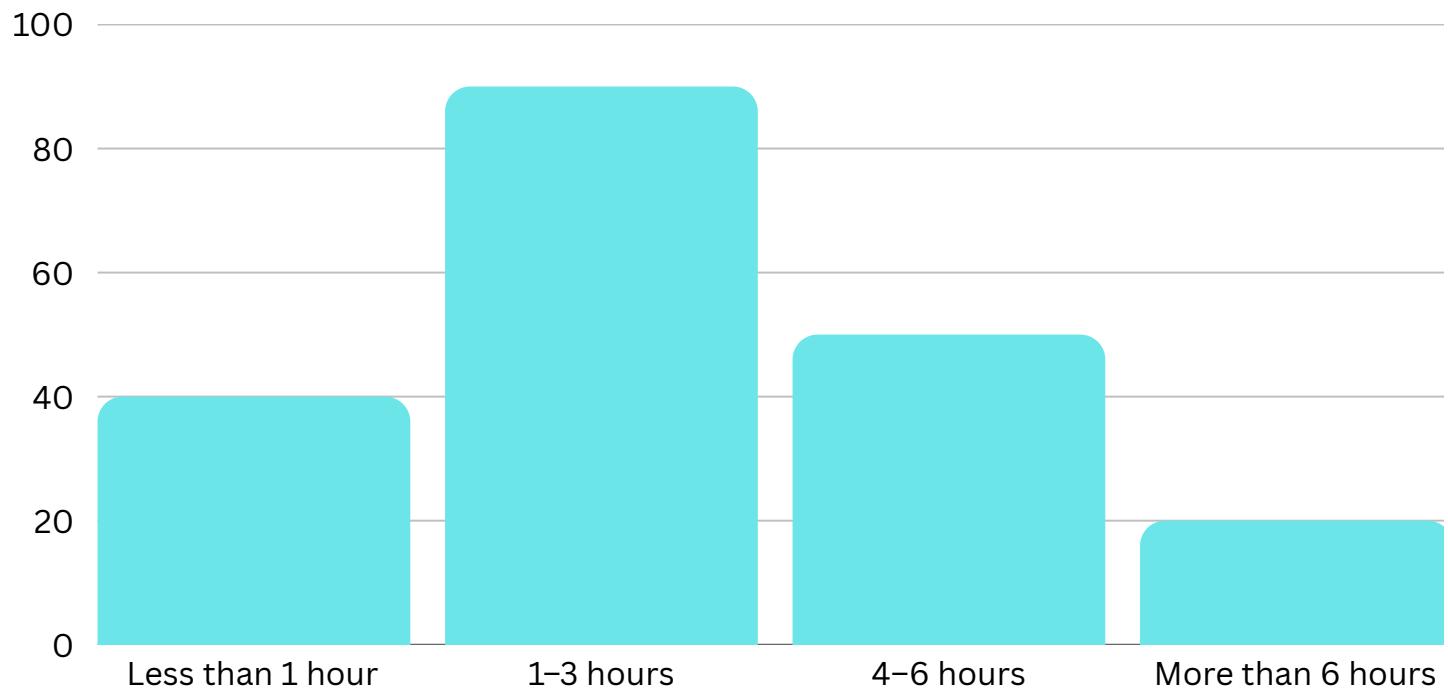
Would you like these activities to be repeated regularly?



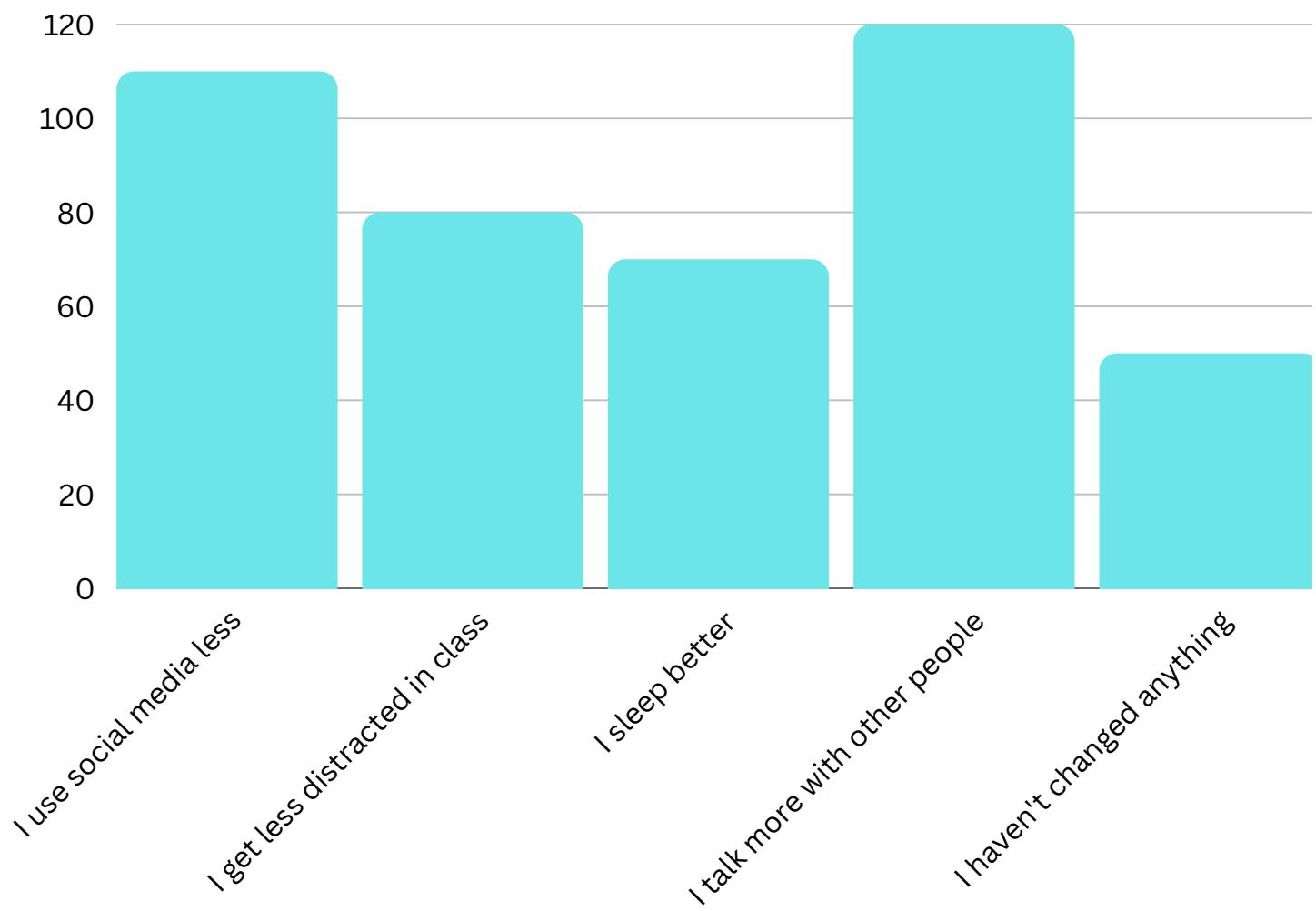
Do you think these activities should also include parents and teachers?



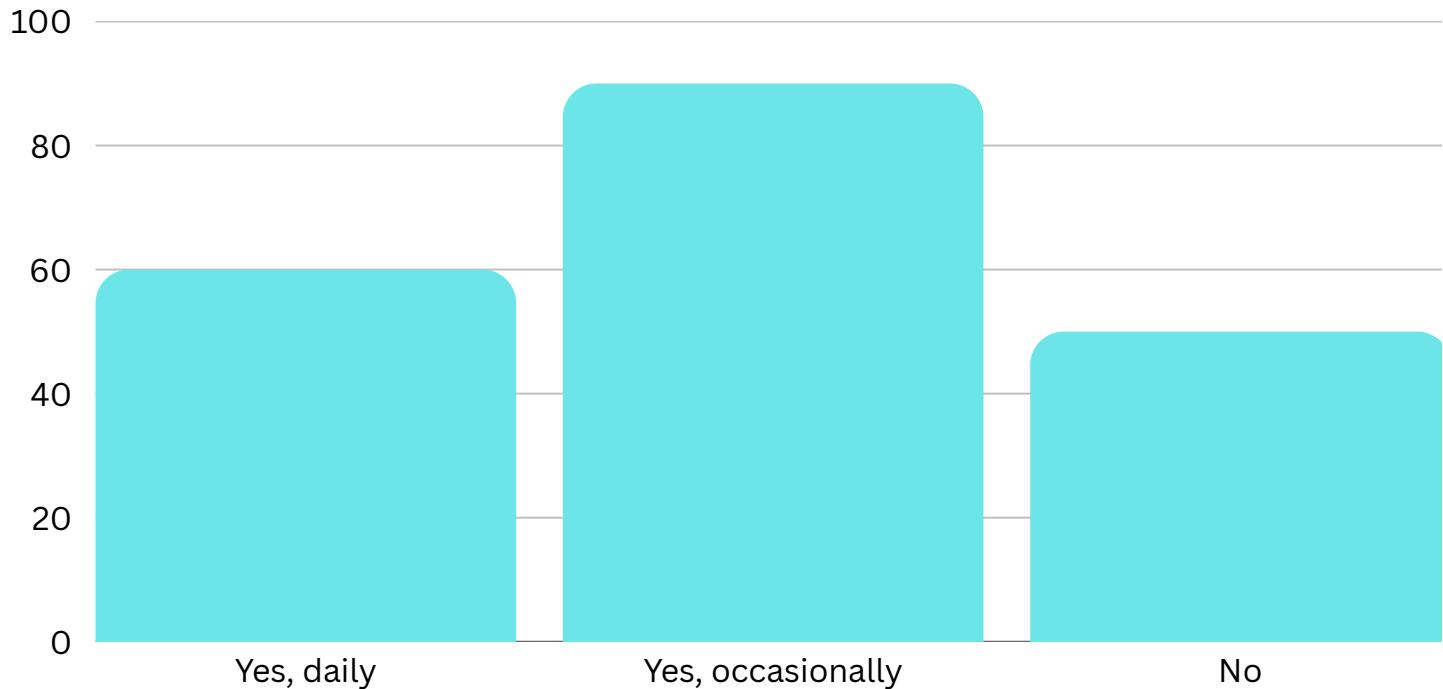
Since the activities, how much time do you now spend on your mobile phone on average?



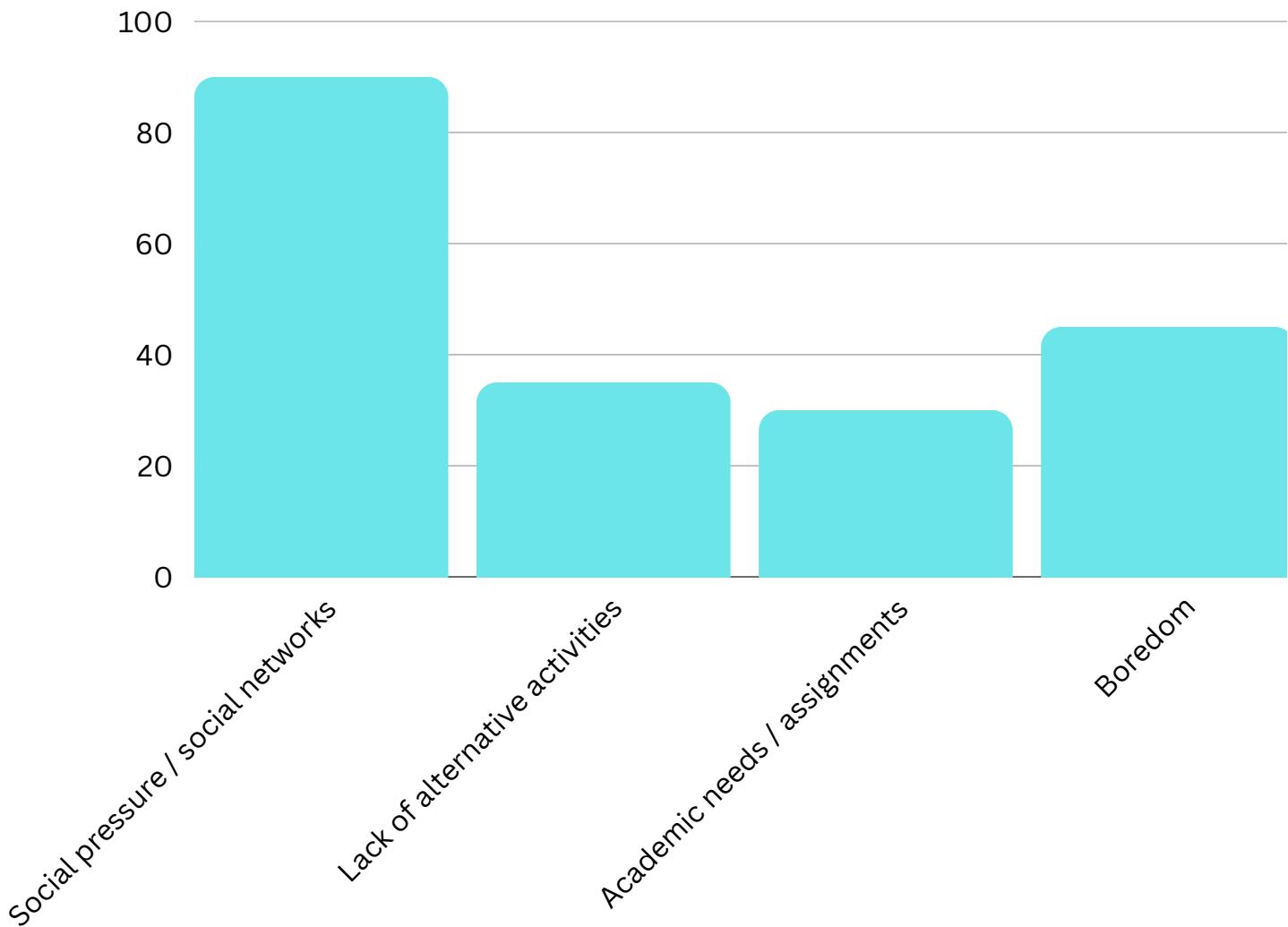
Have you changed any of these habits after the activities?  
(Select all that apply)



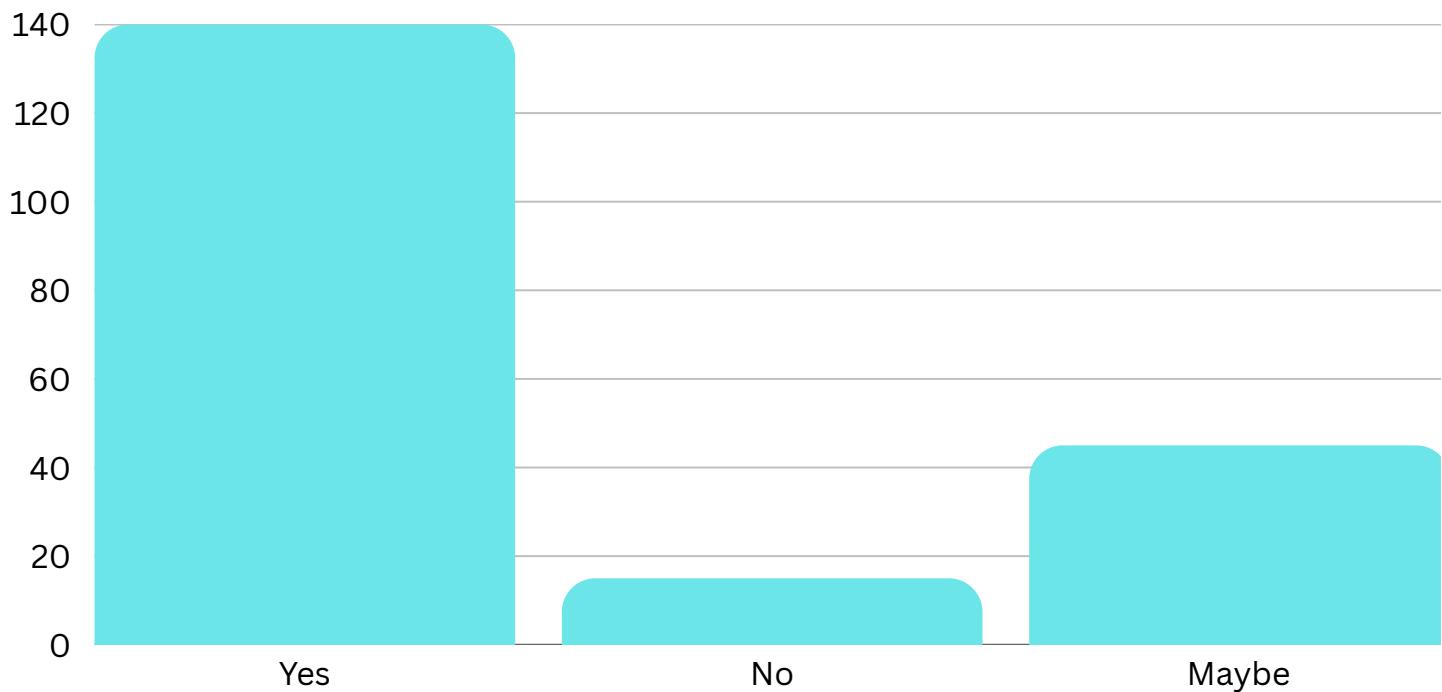
Have you implemented any kind of "screen-free time" on your own?



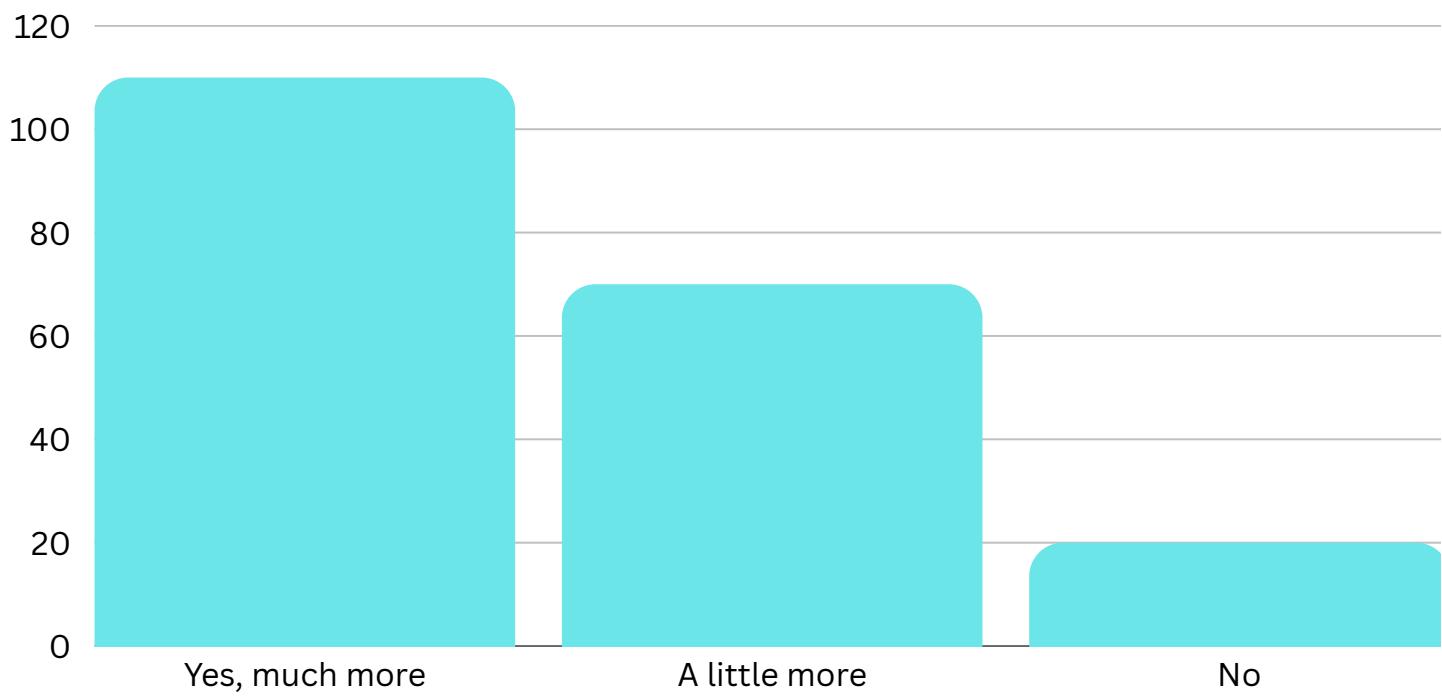
What barriers prevent you from using your mobile phone less nowadays?



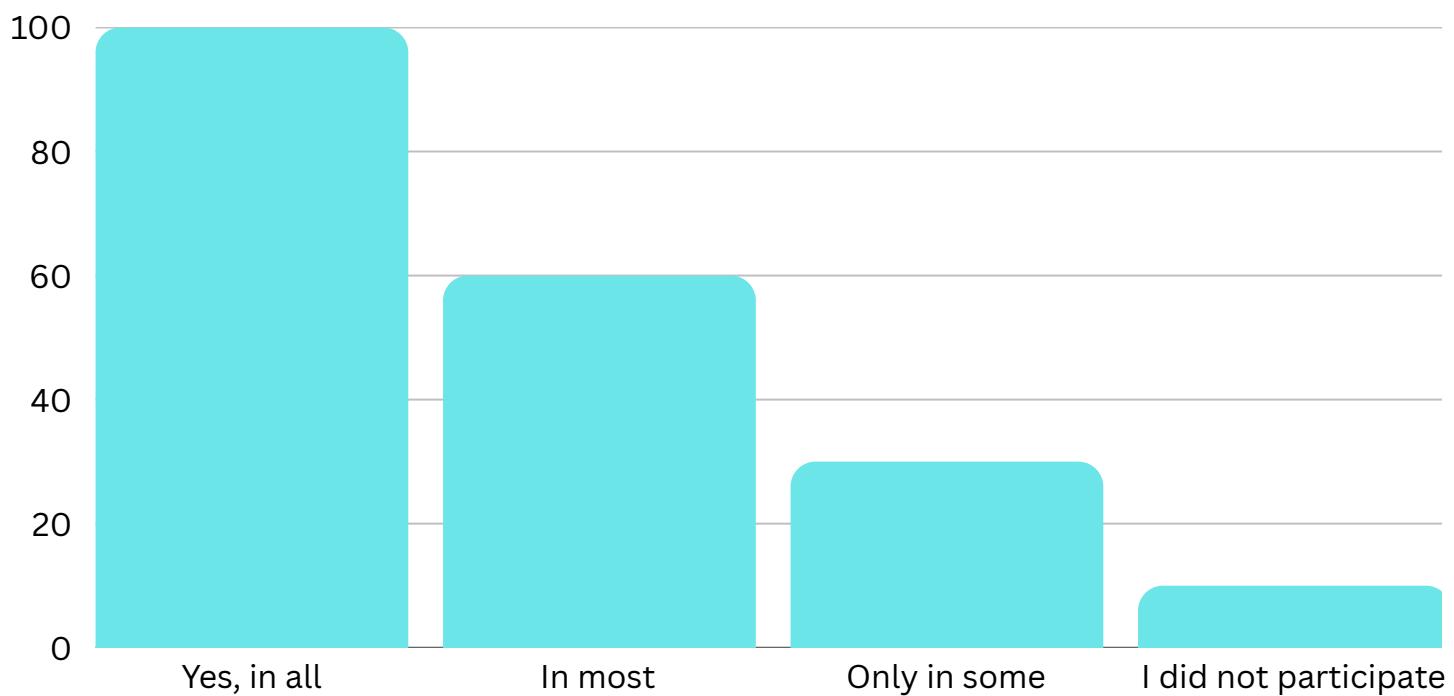
Would you like to participate in more initiatives about digital health, well-being, and technology?



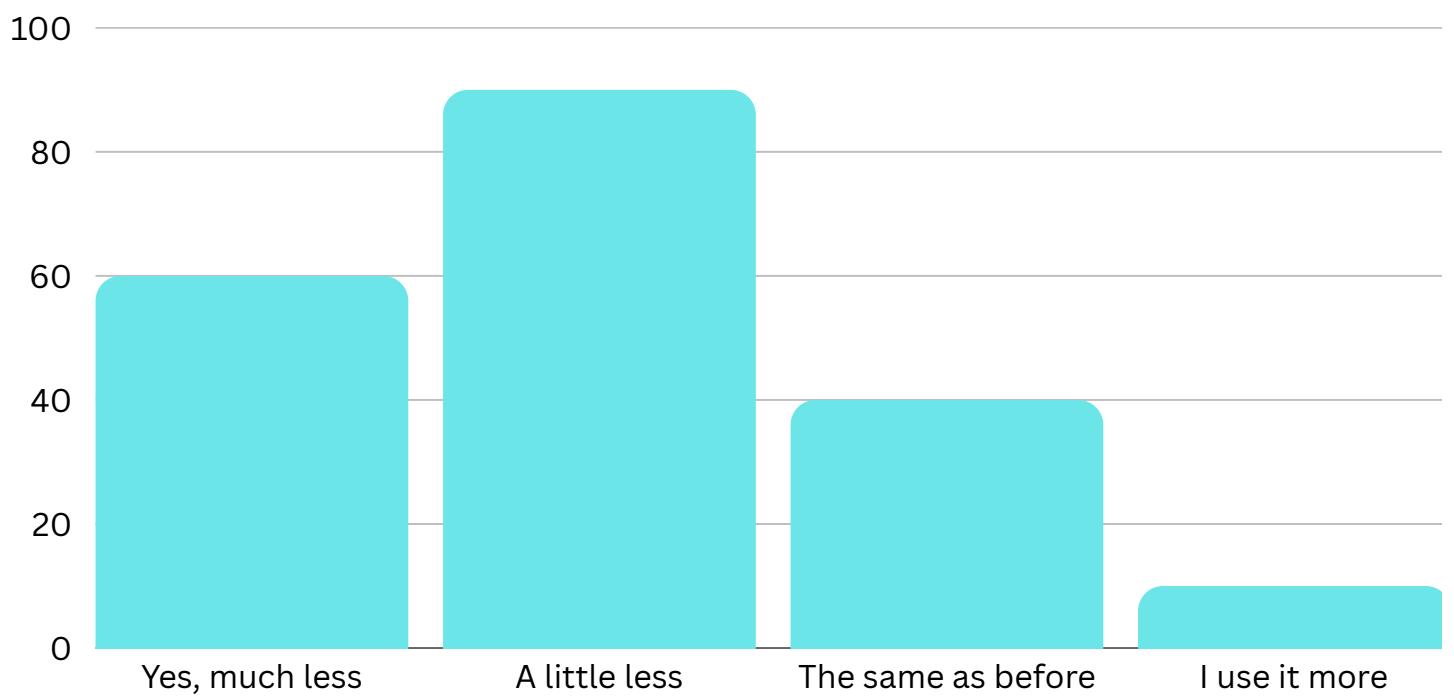
Do you now consider yourself more aware of the risks of digital addiction?



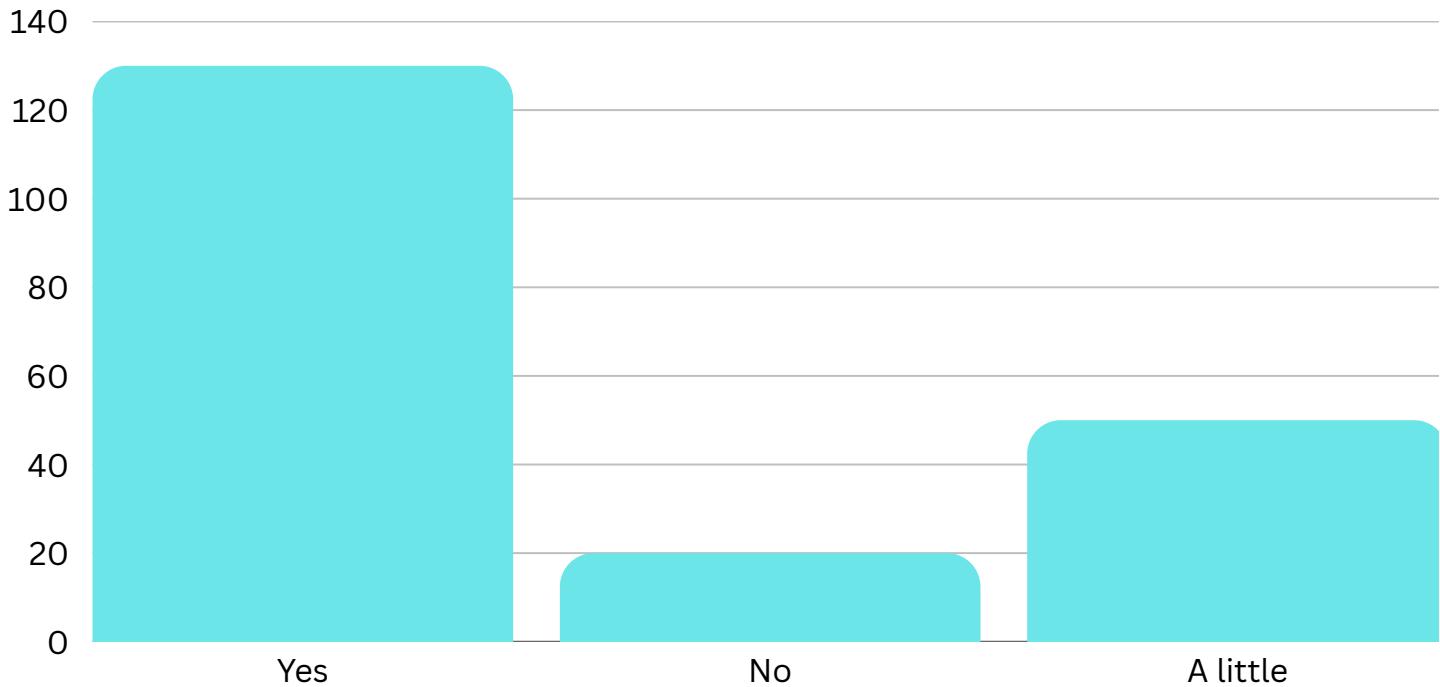
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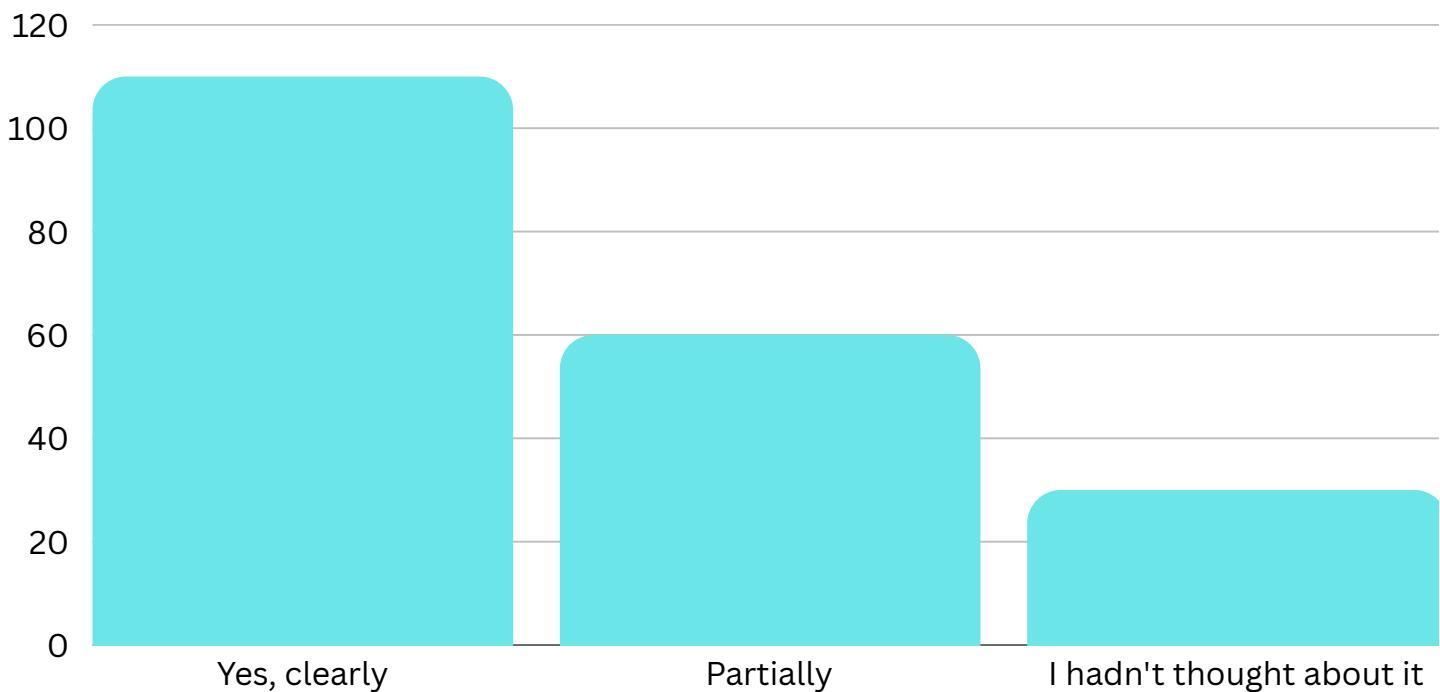
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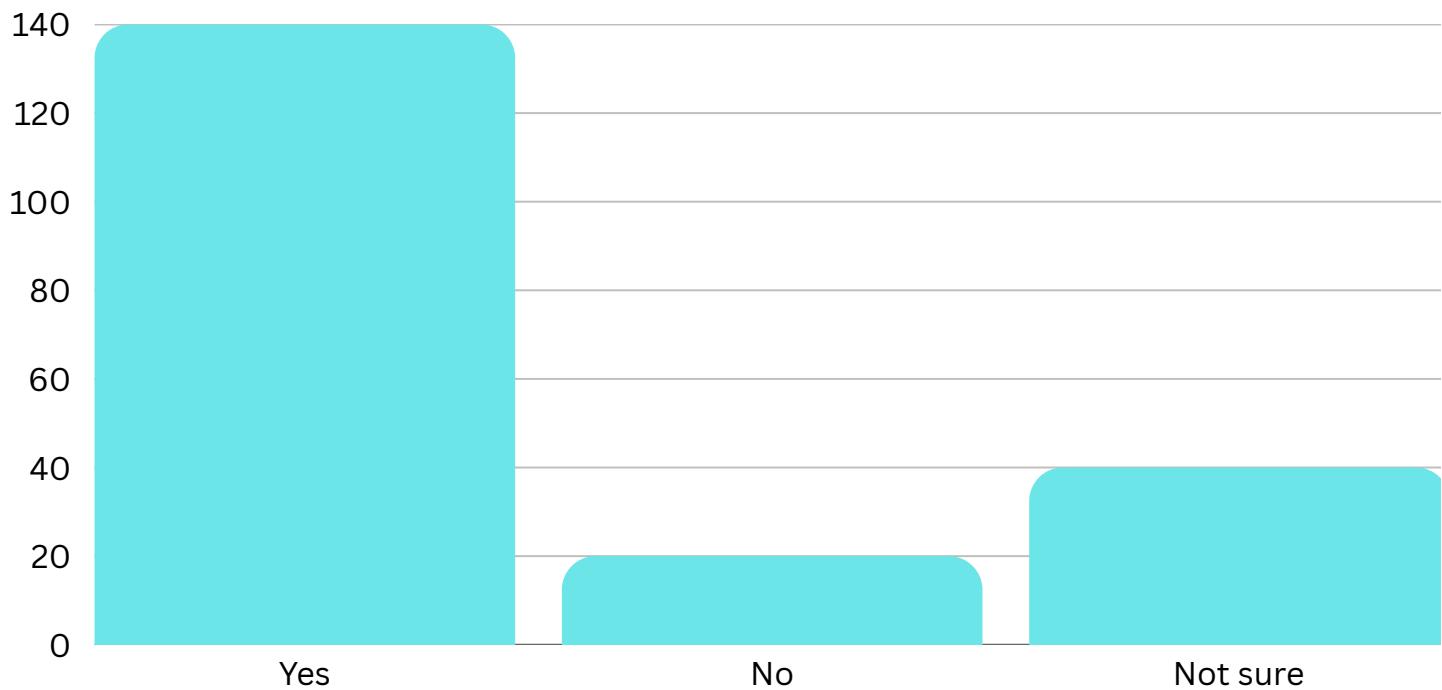
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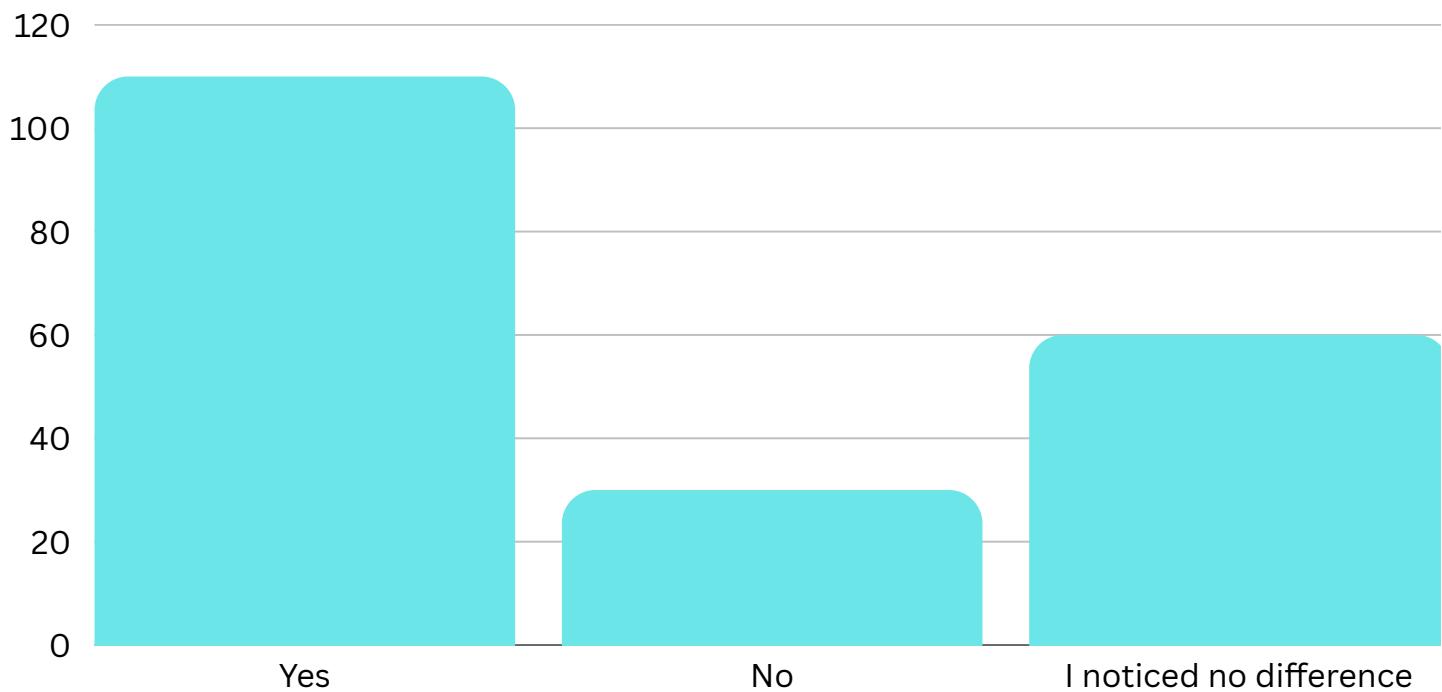
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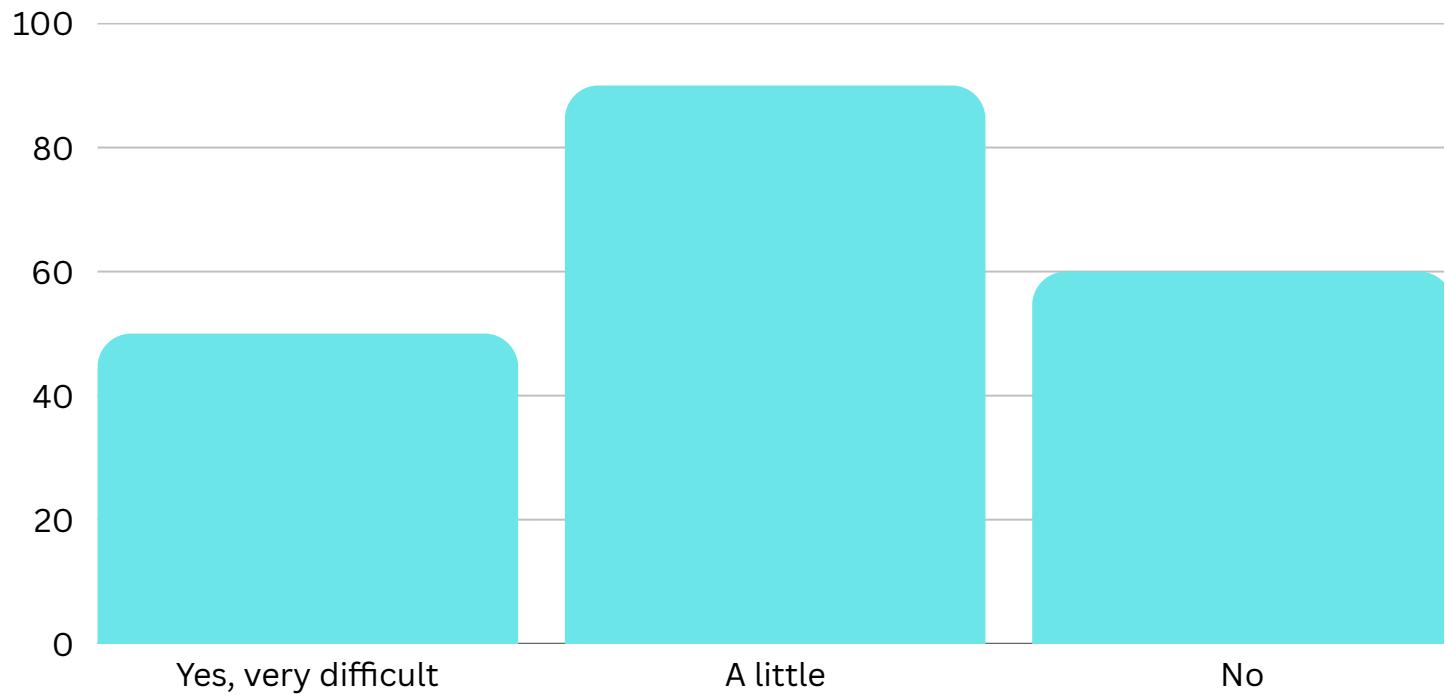
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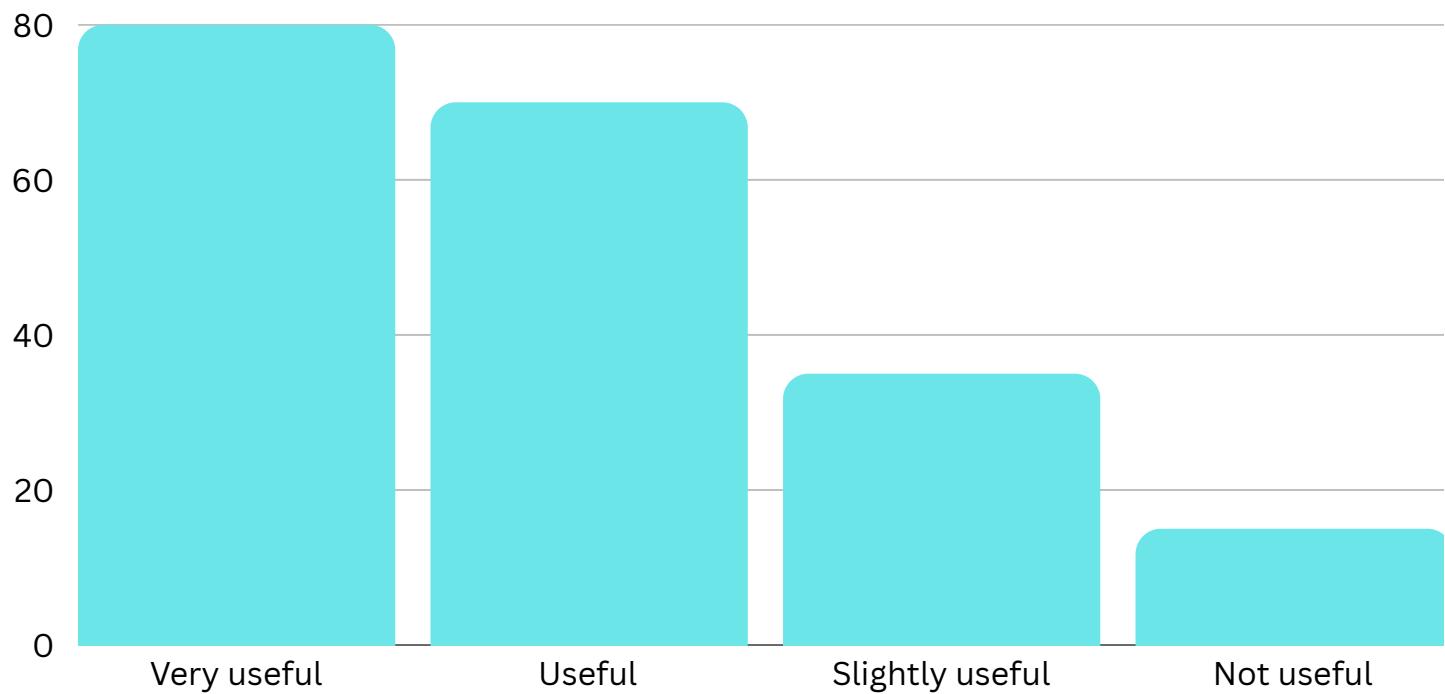
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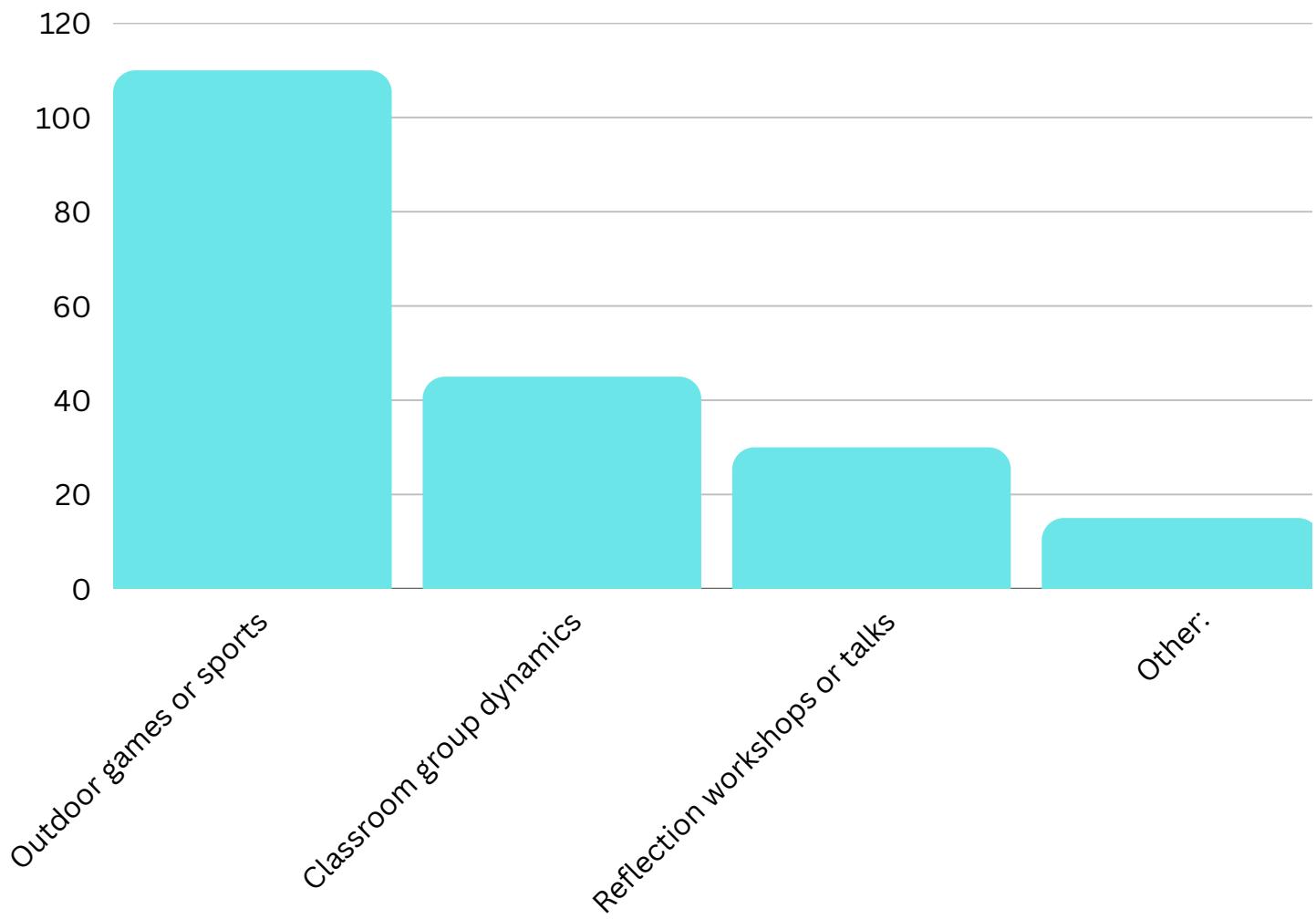
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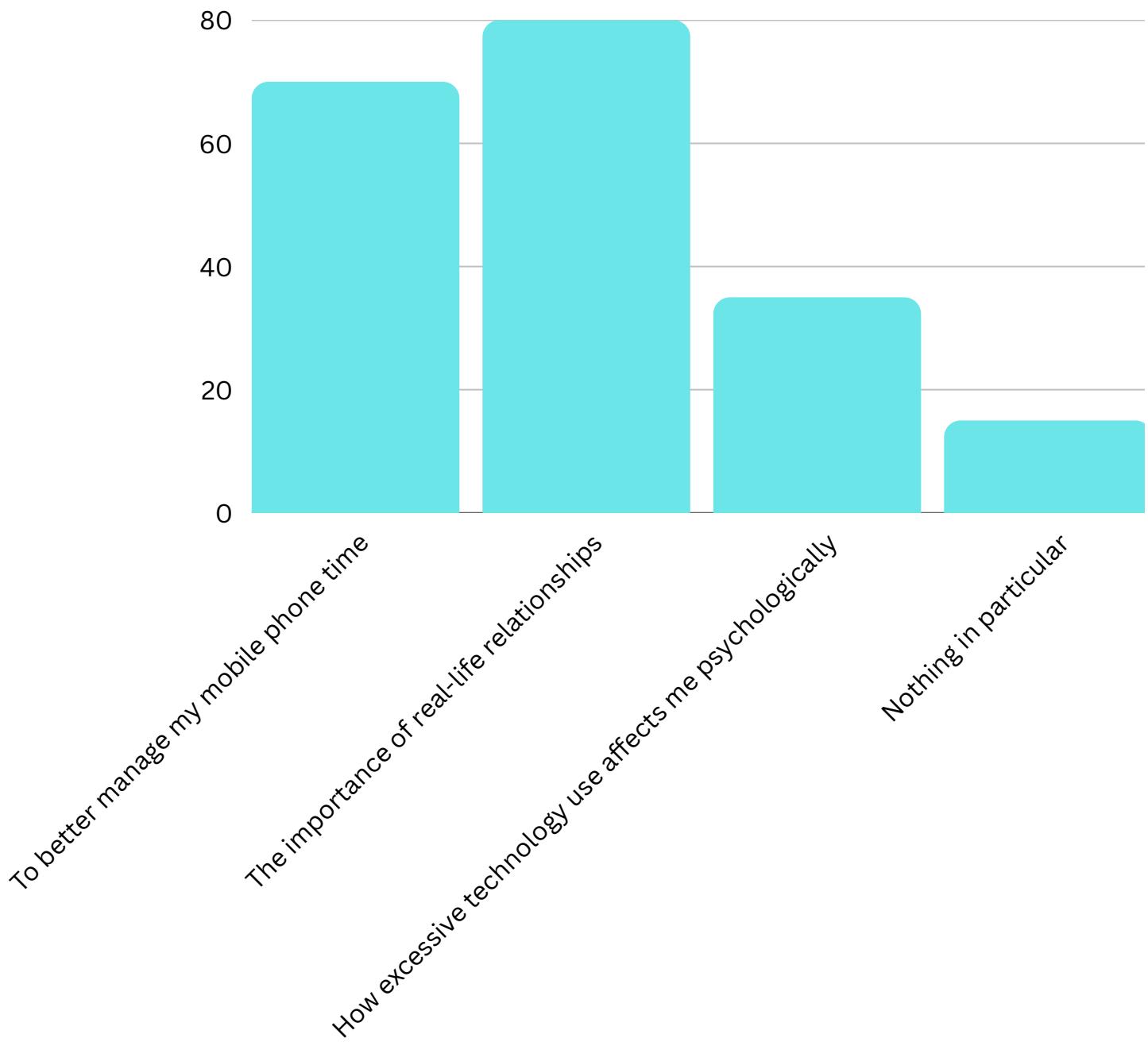
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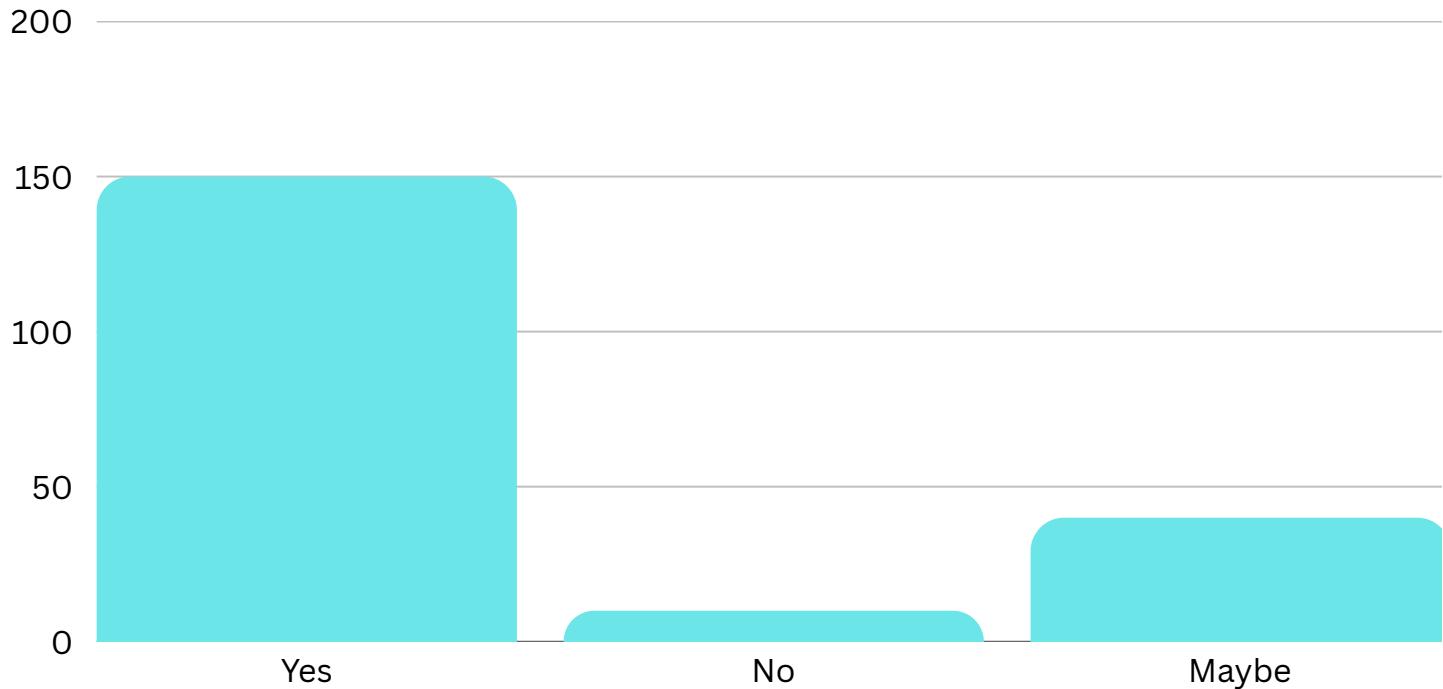
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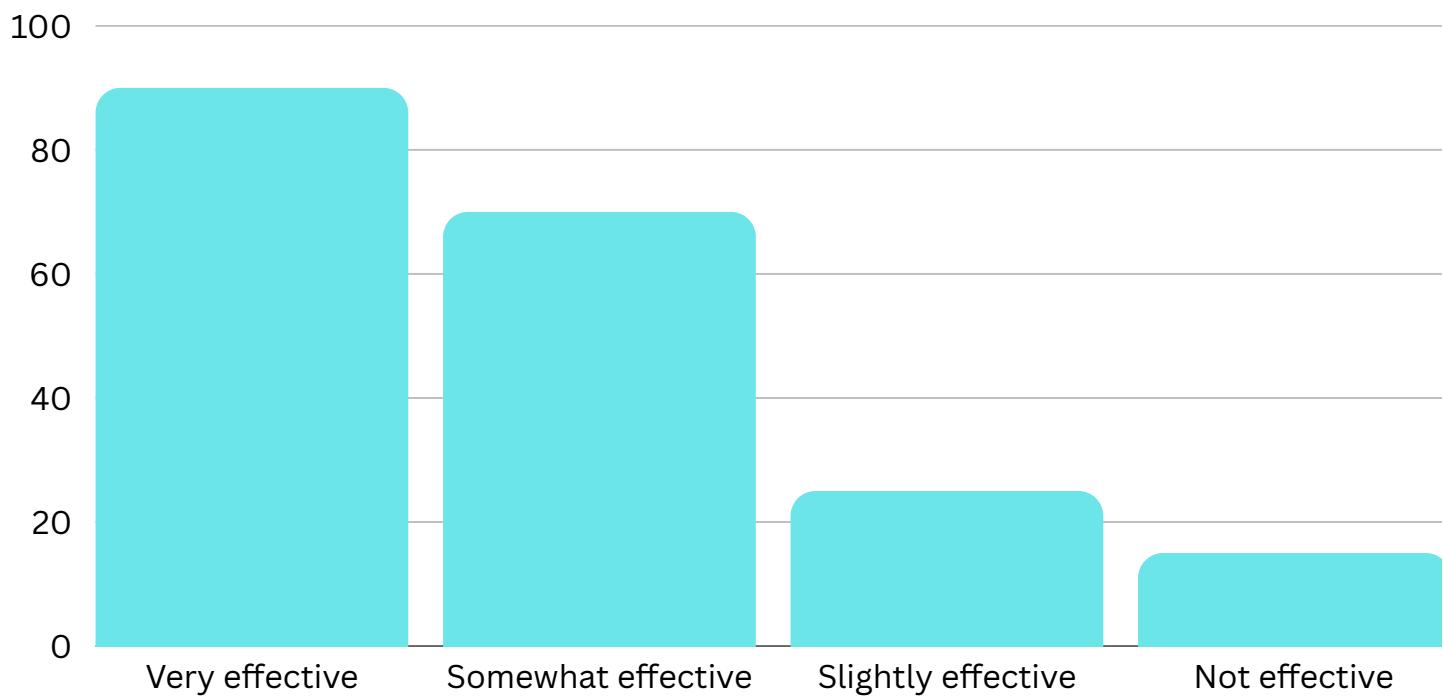
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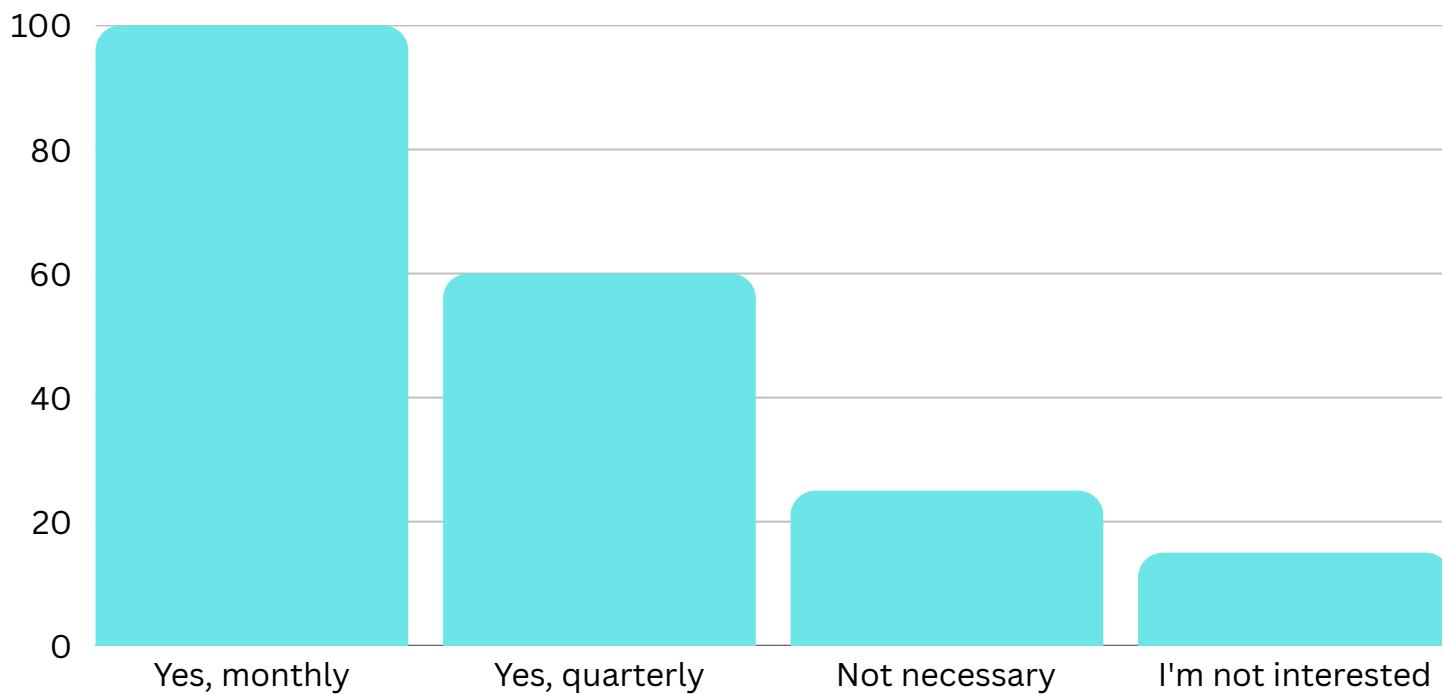
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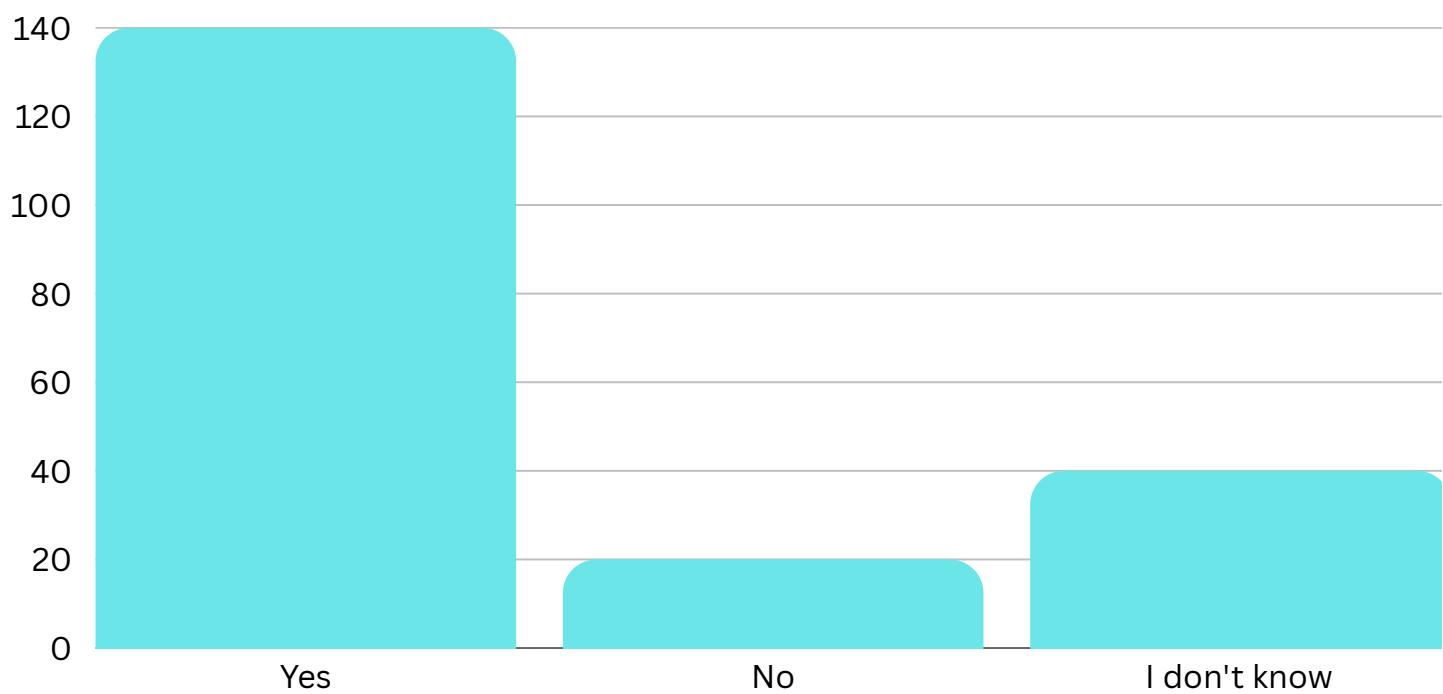
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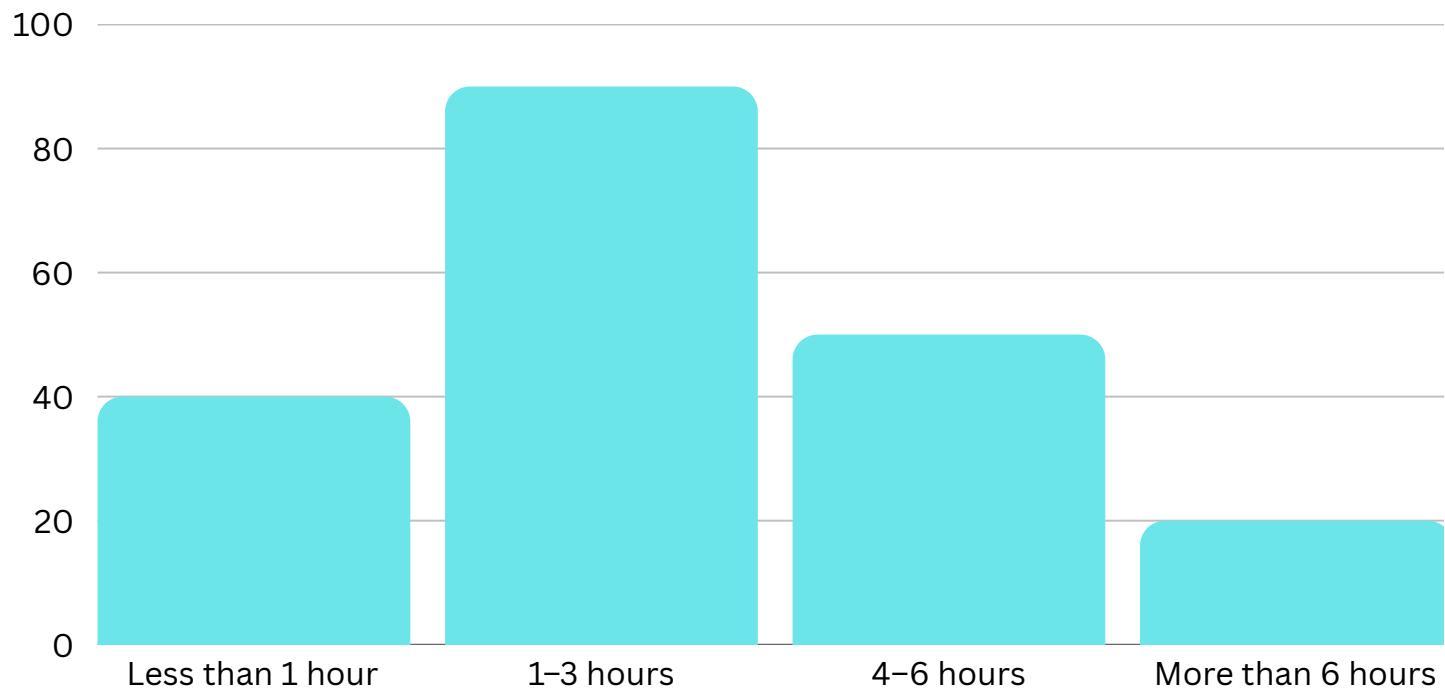
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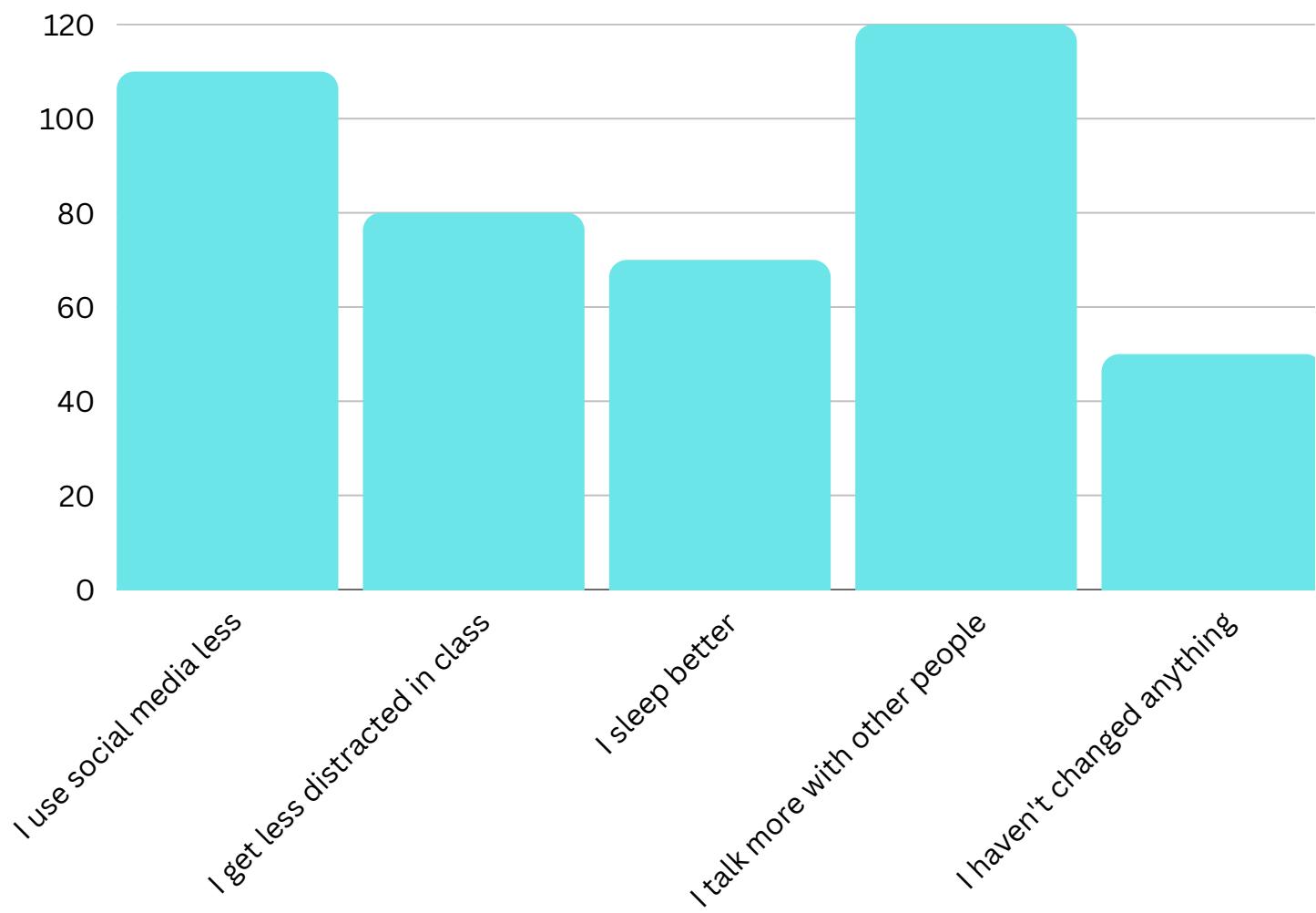
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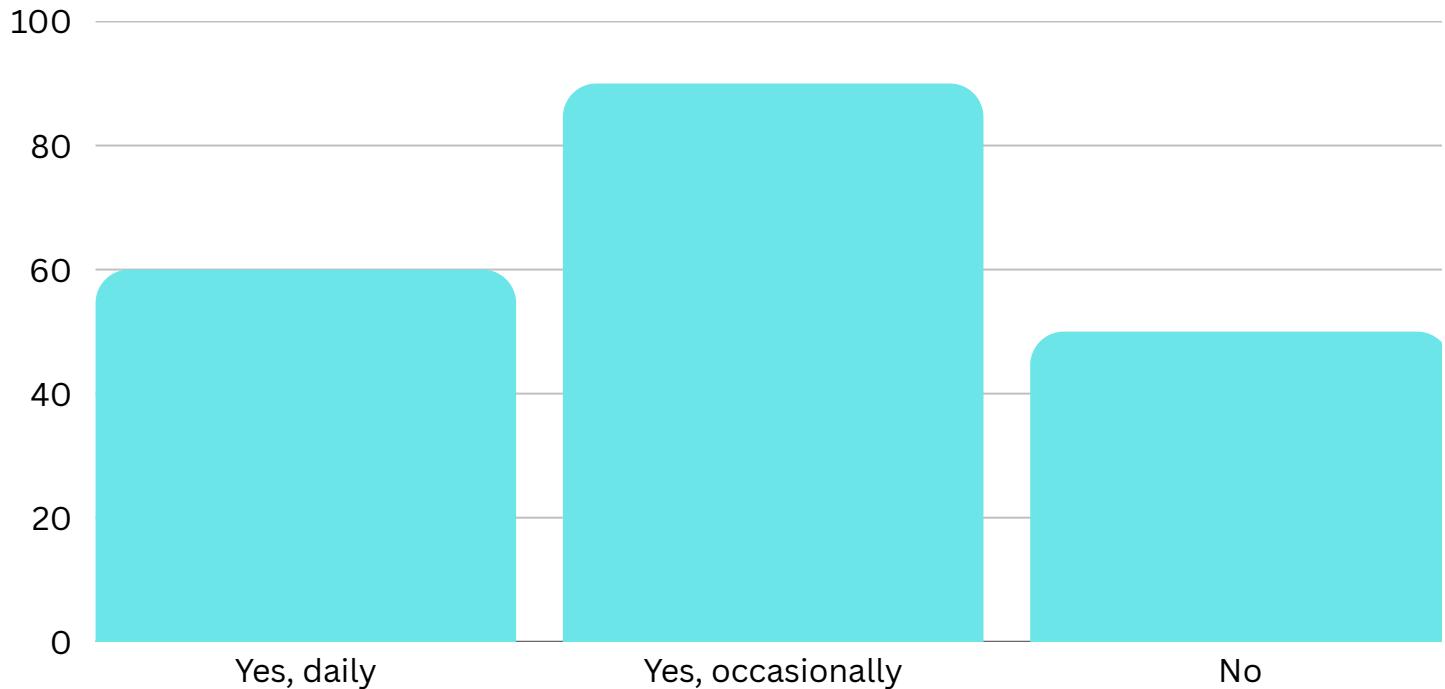
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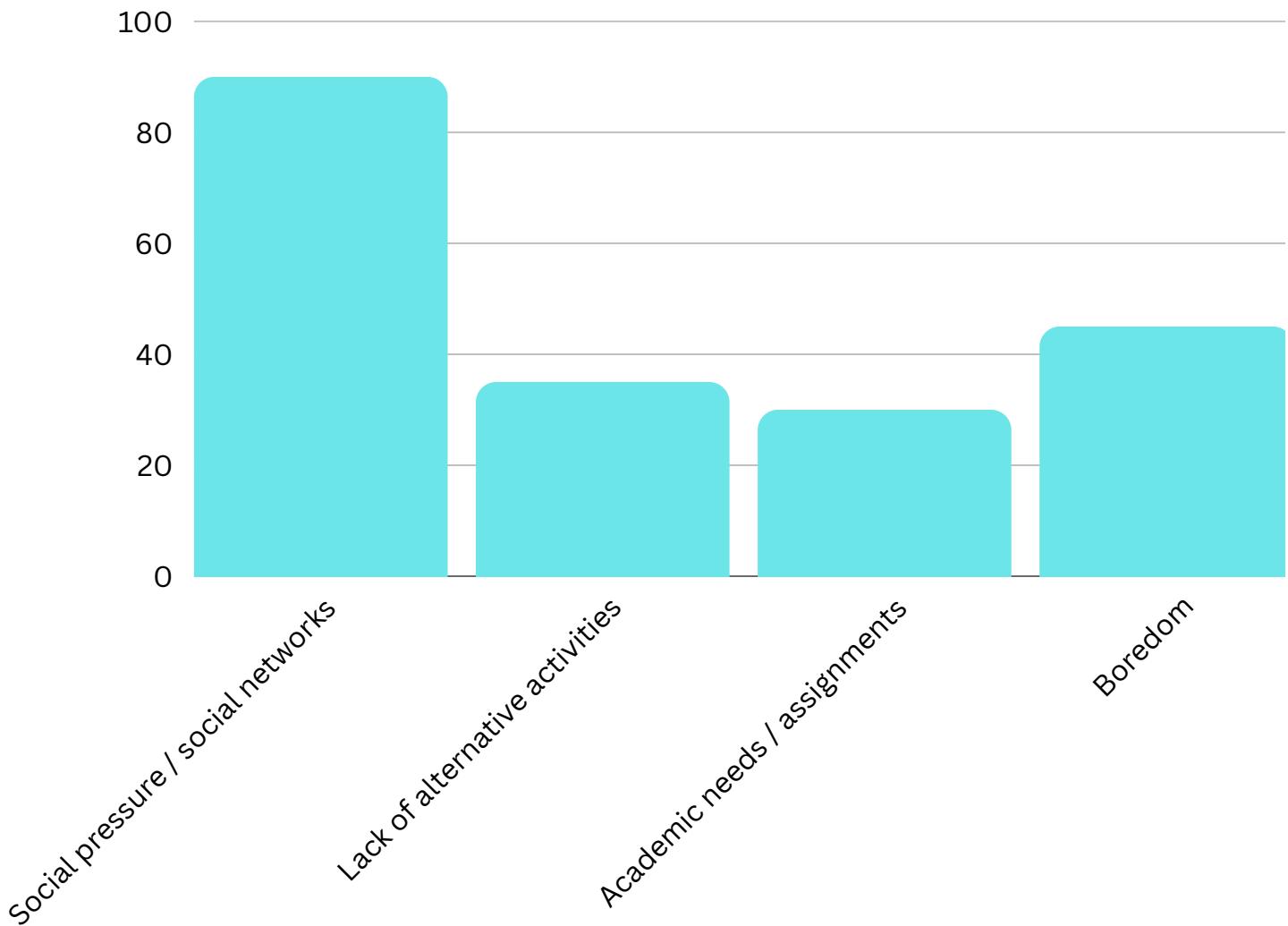
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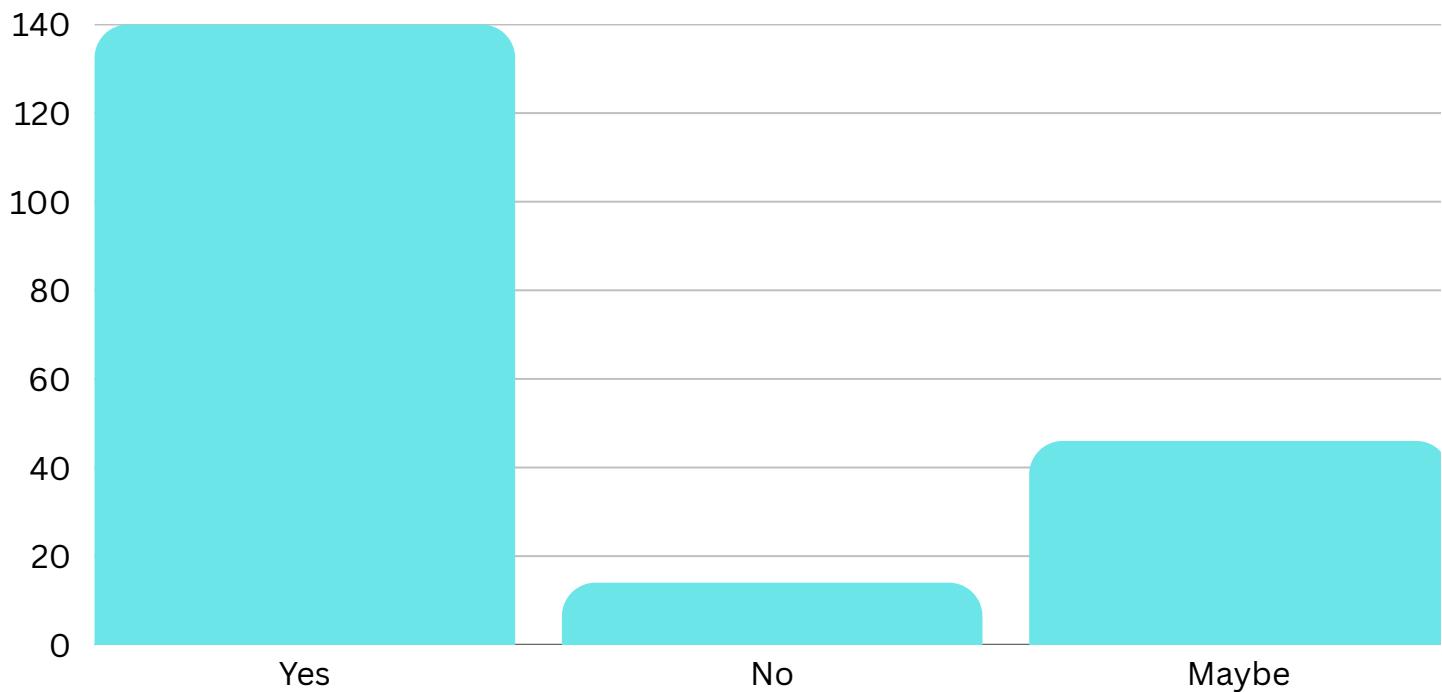
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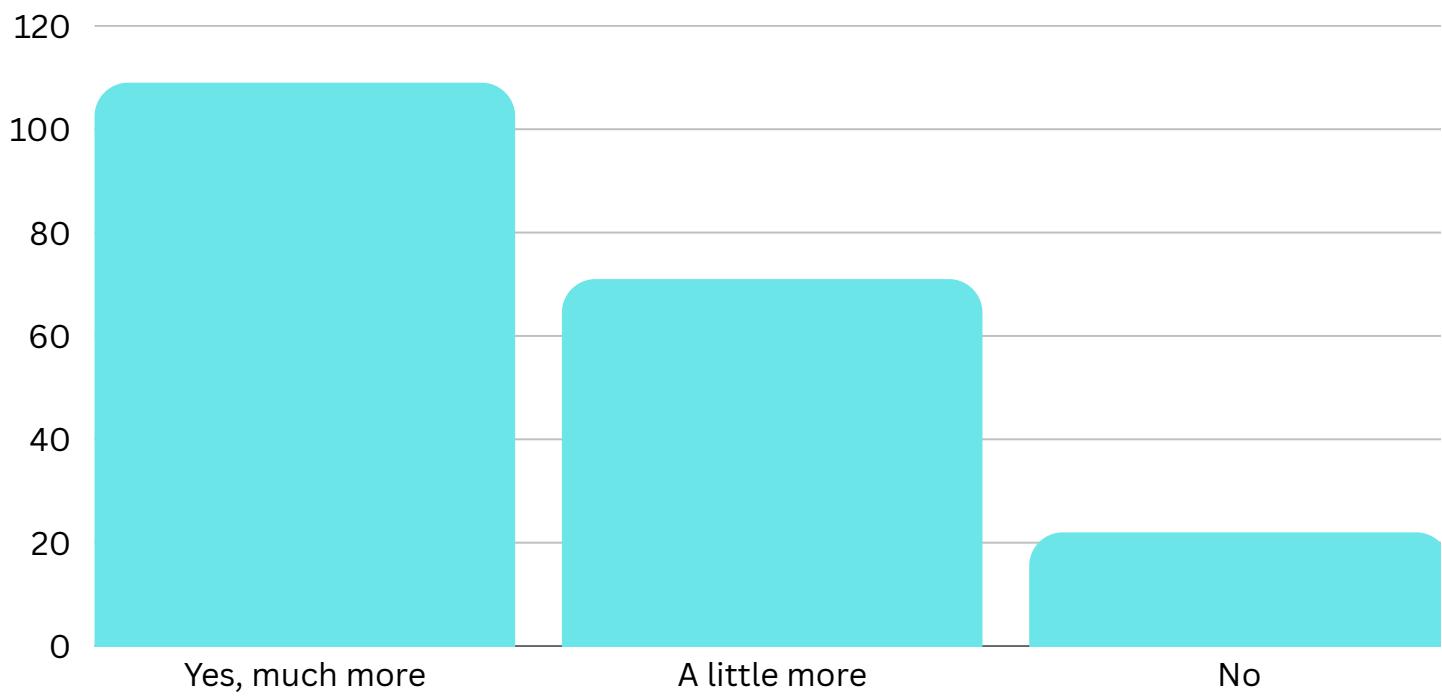
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Erasmus + Project KA210SCH

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