

Erasmus KA210-SCH Project

# Questionnaire on Mobile Device Addiction and Dependency Among Young Students

“Connect T@ The Life”

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



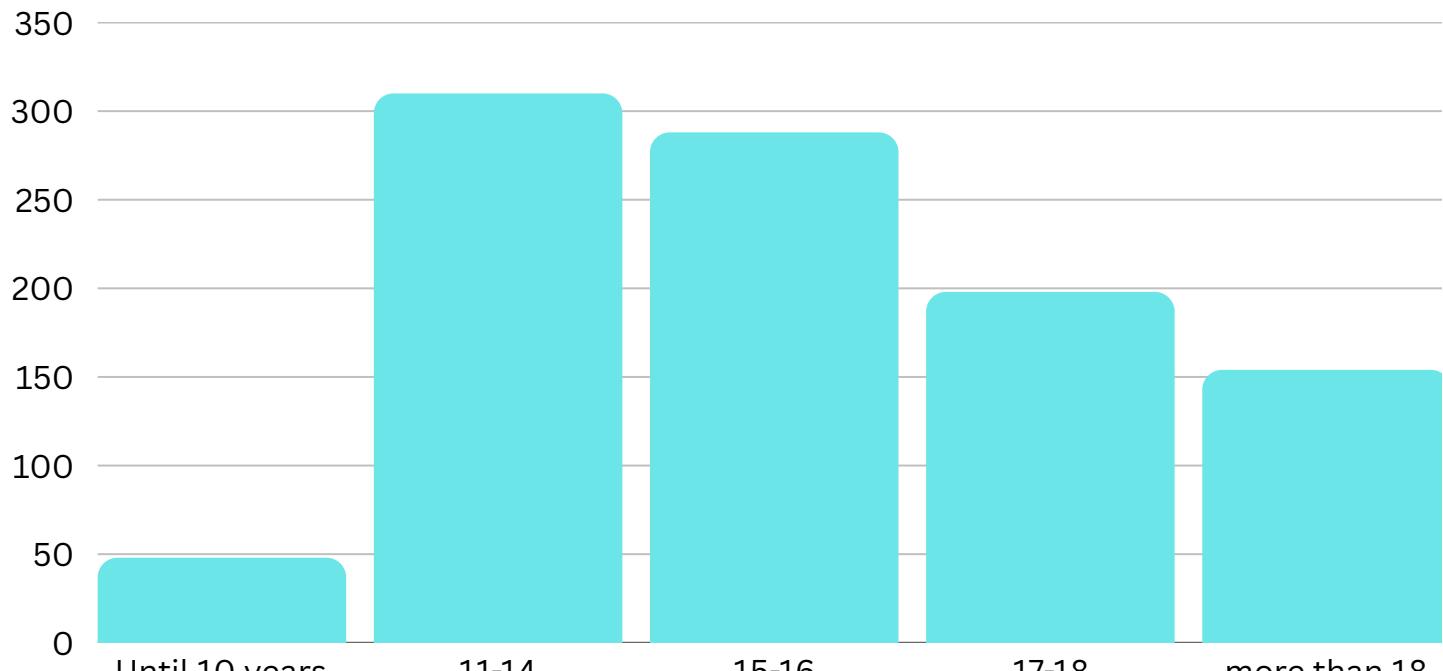
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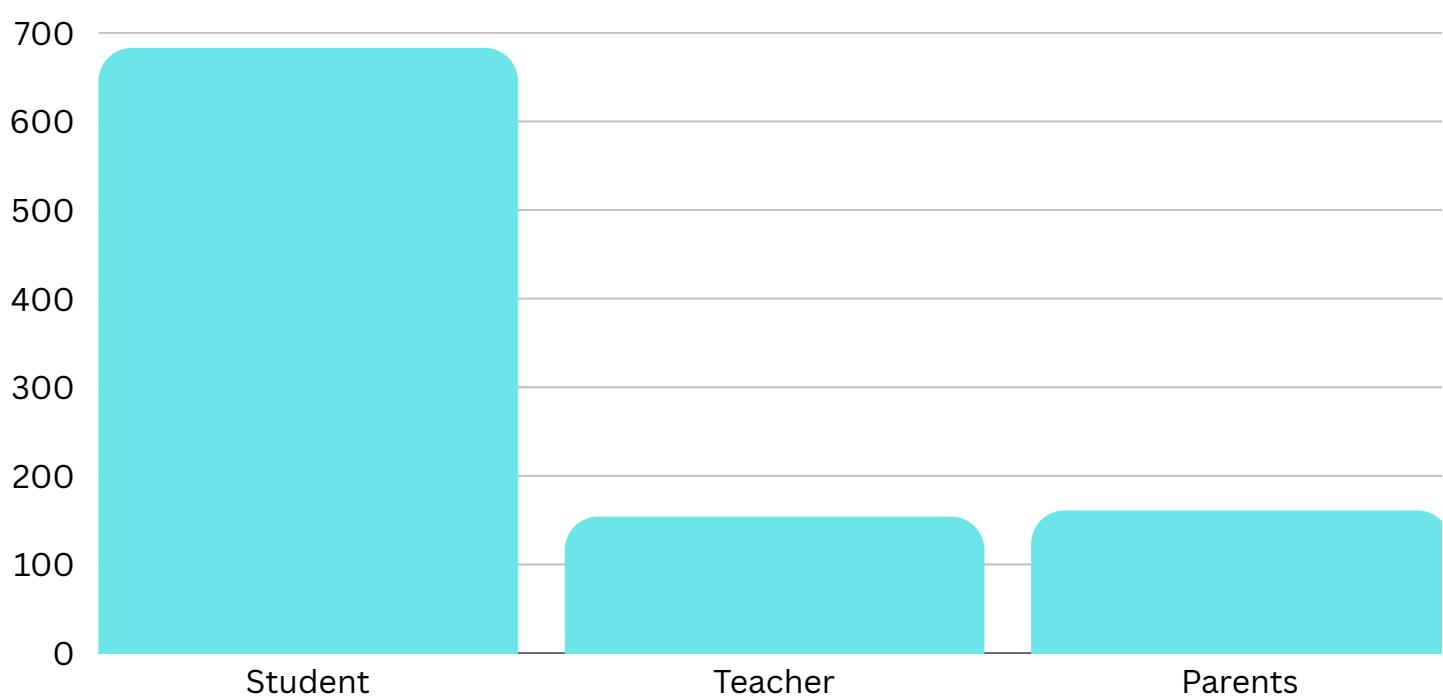
[www.connecttothelife.eu](http://www.connecttothelife.eu)

# Graph 2

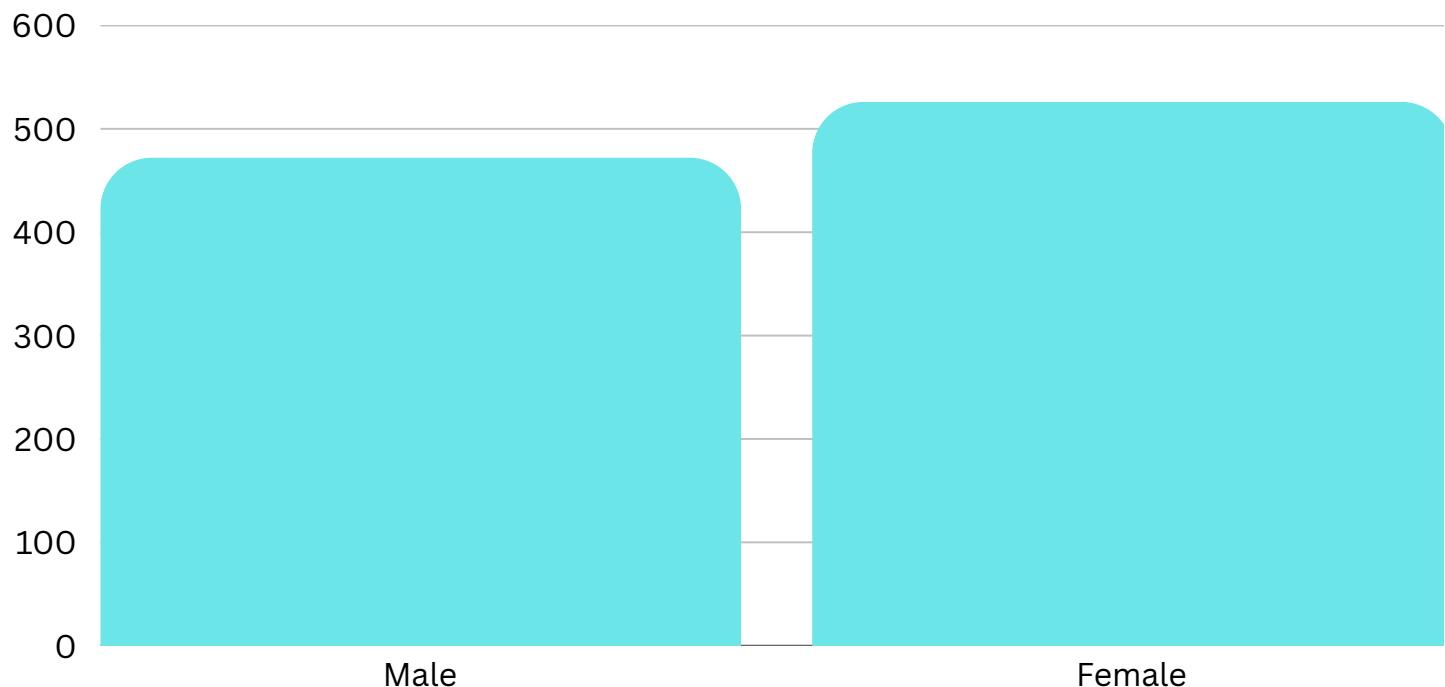
Age



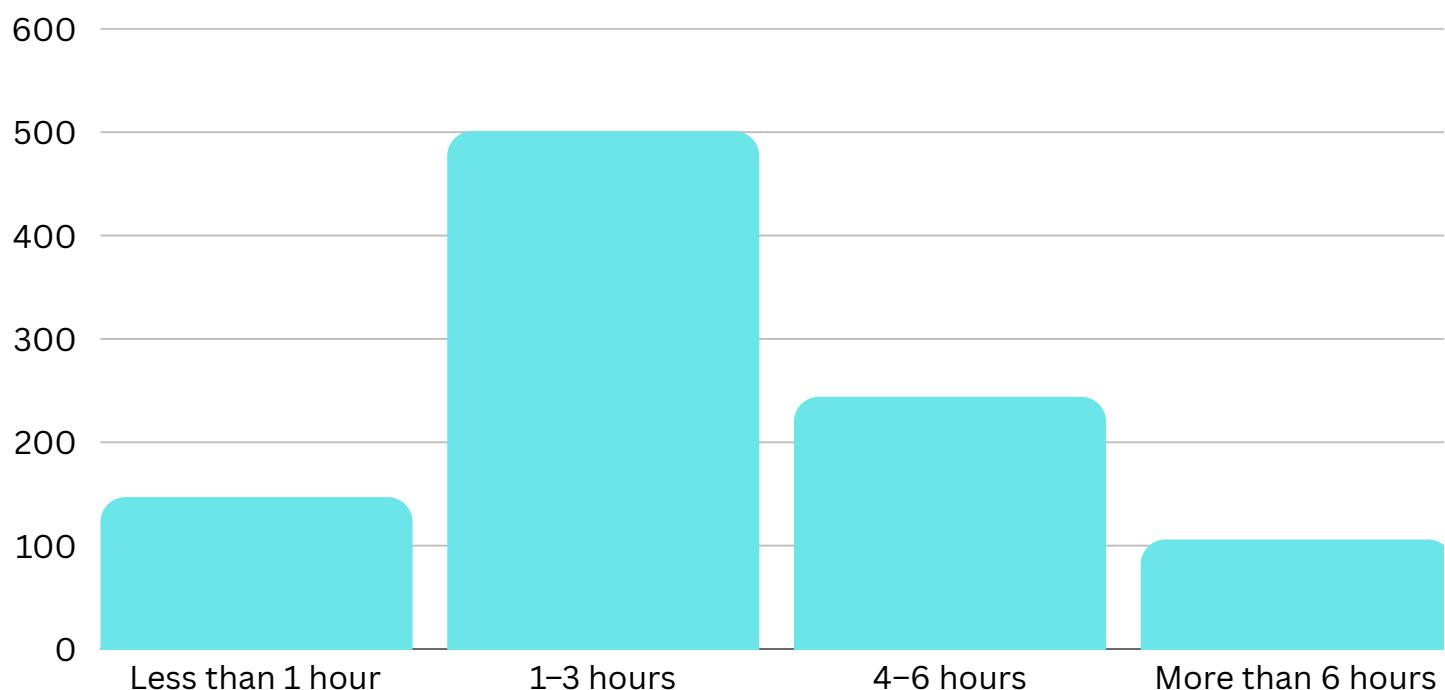
Role



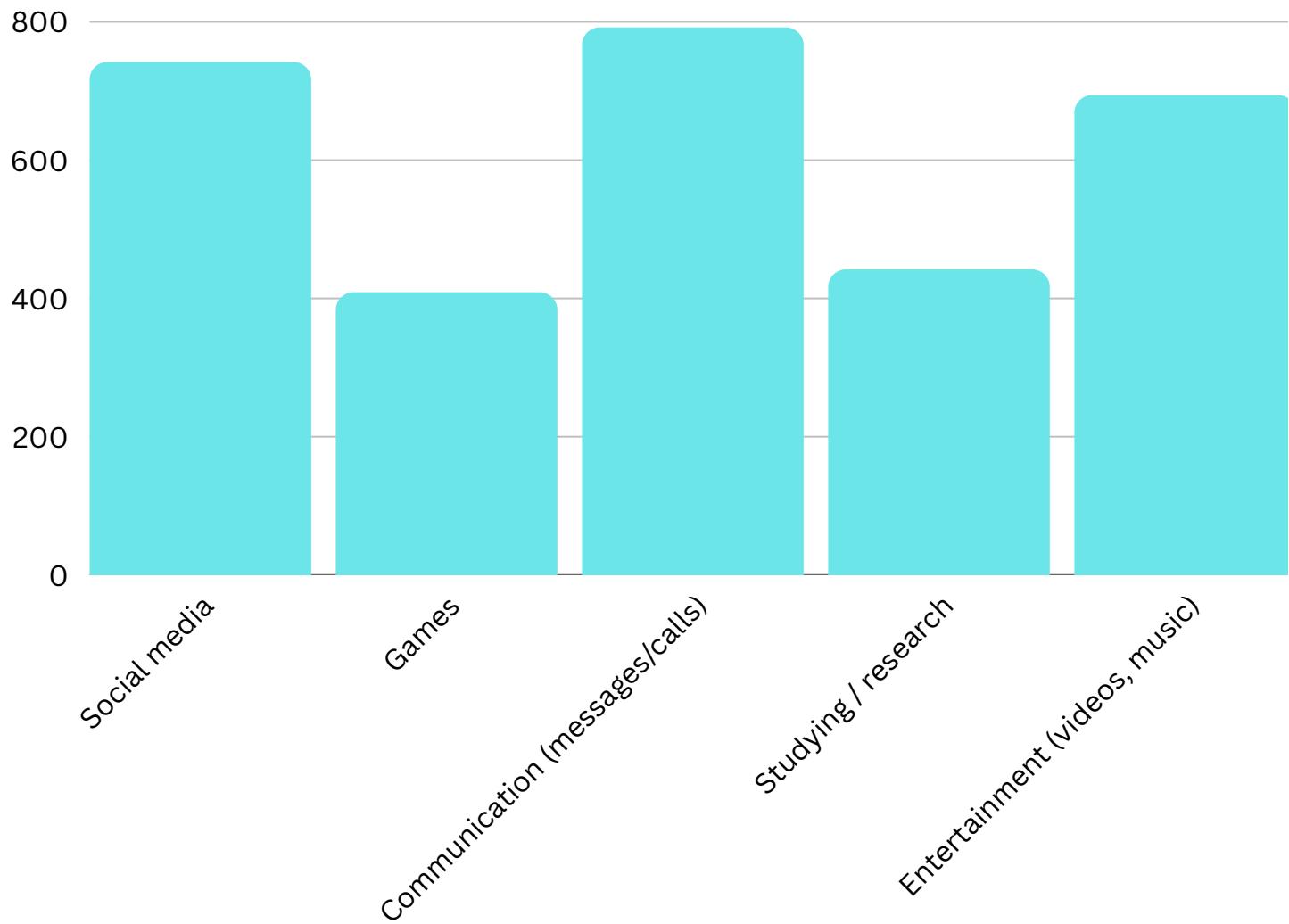
## Gender



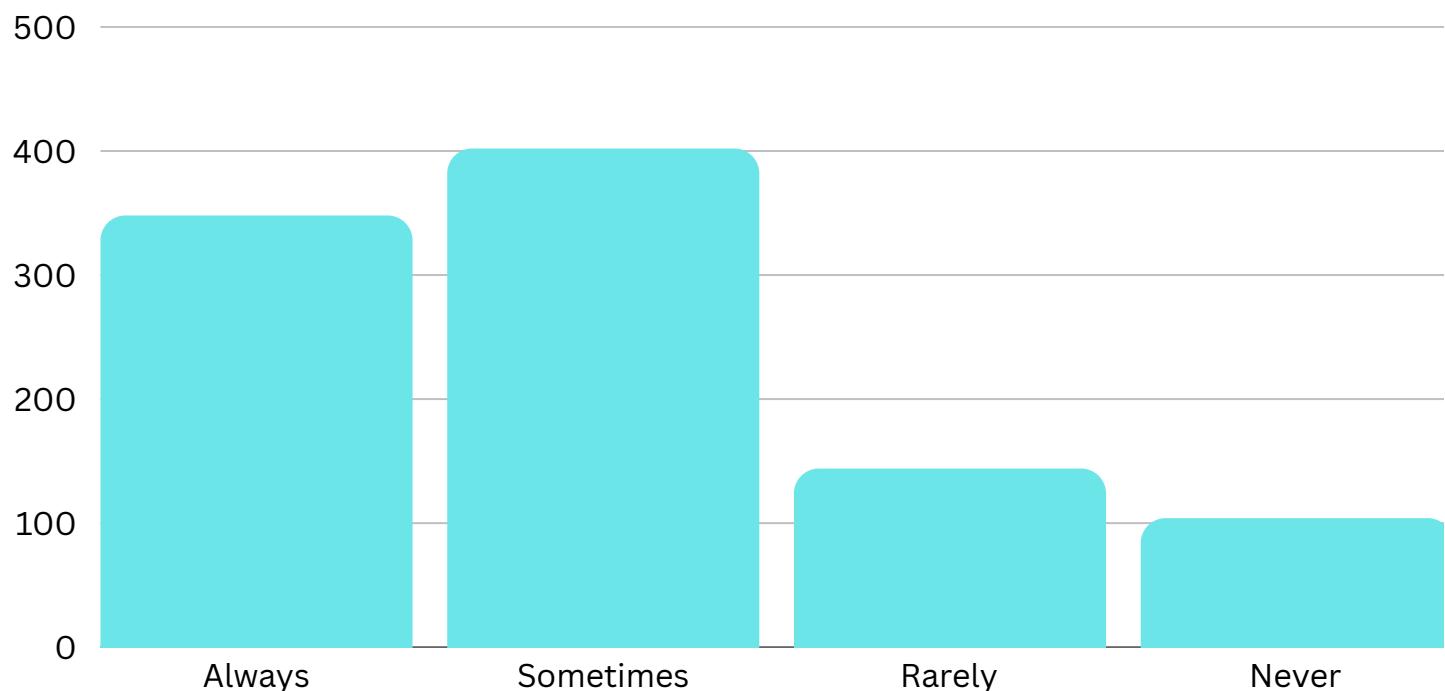
How many hours a day do you use your mobile phone on average?



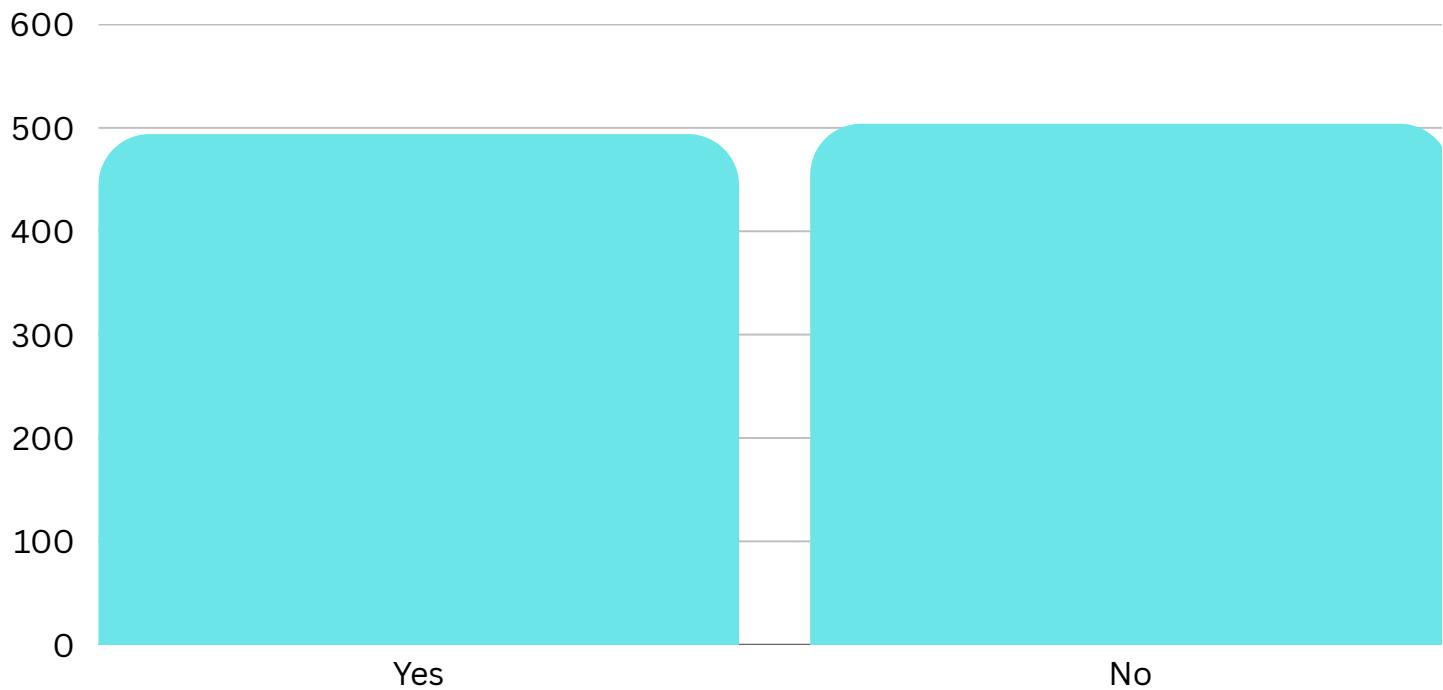
What do you mainly use your mobile device for? (You can choose multiple)



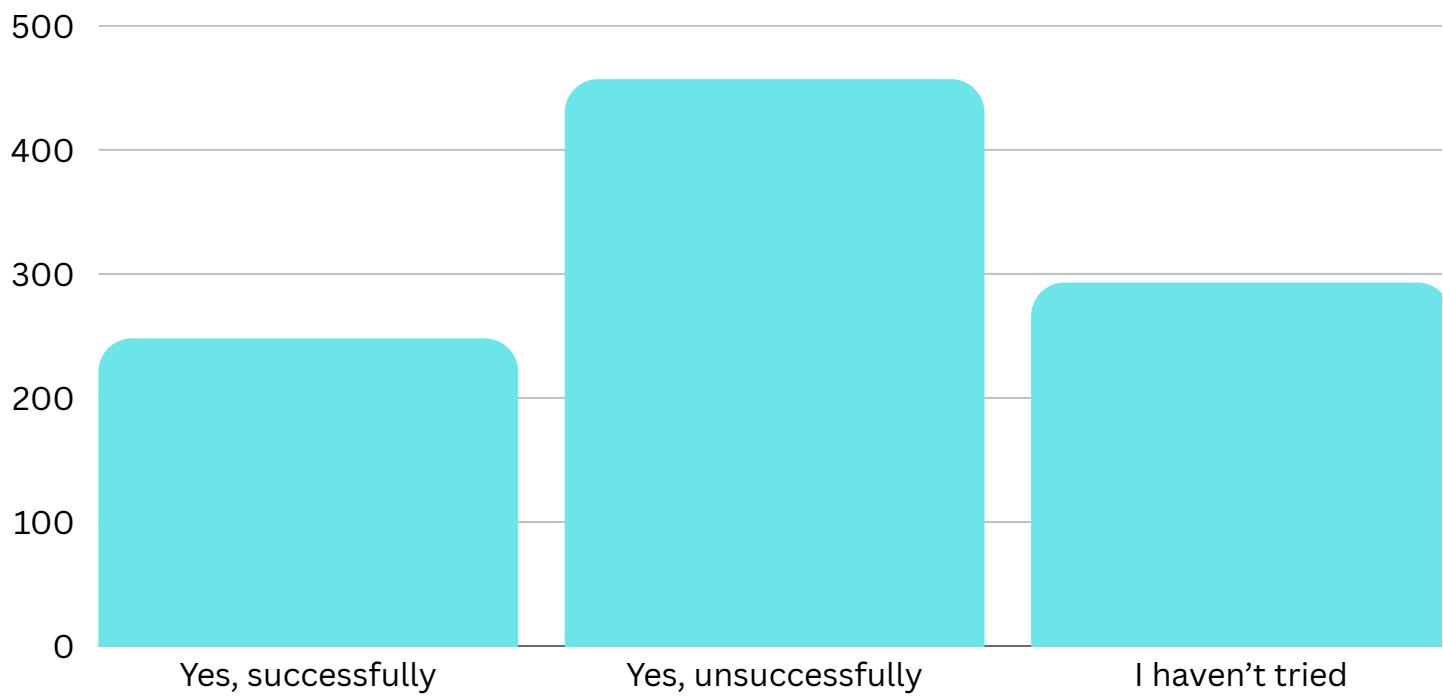
Do you check your phone during classes or school activities?



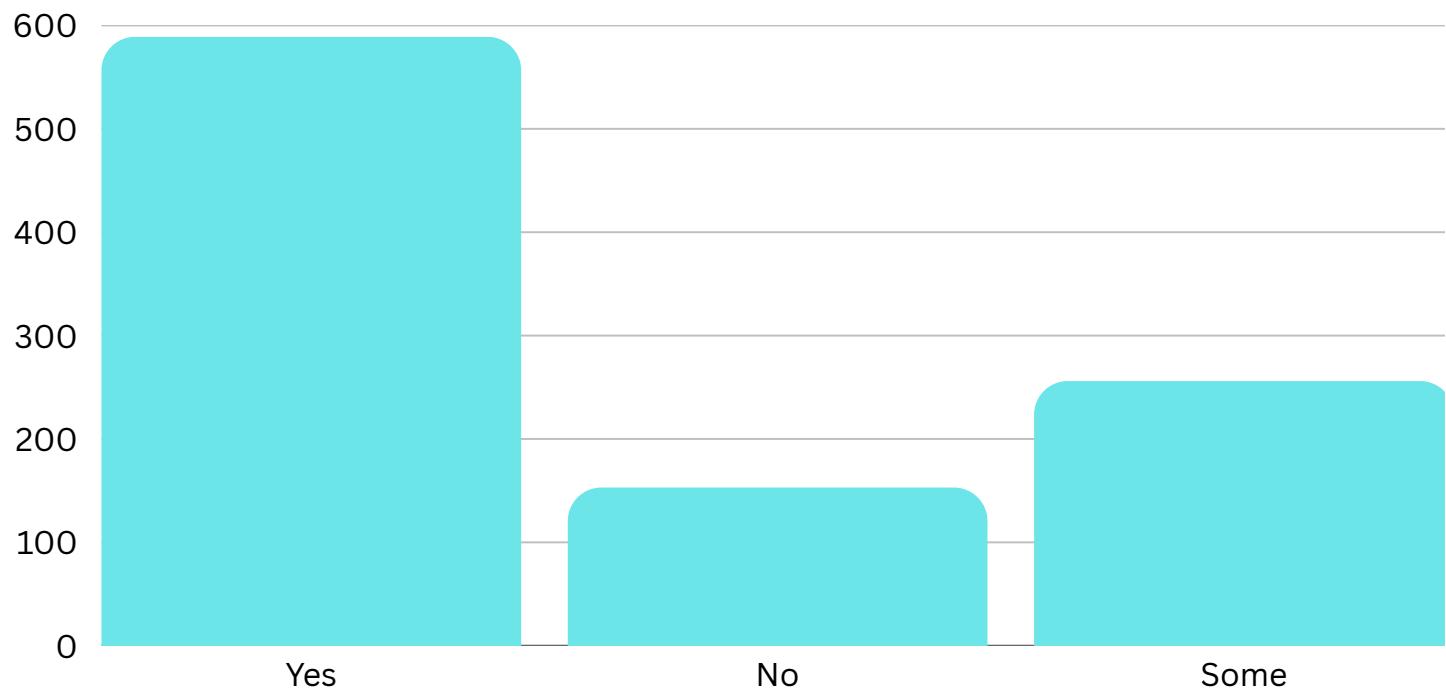
Do you feel anxious or uncomfortable when your phone is not nearby?



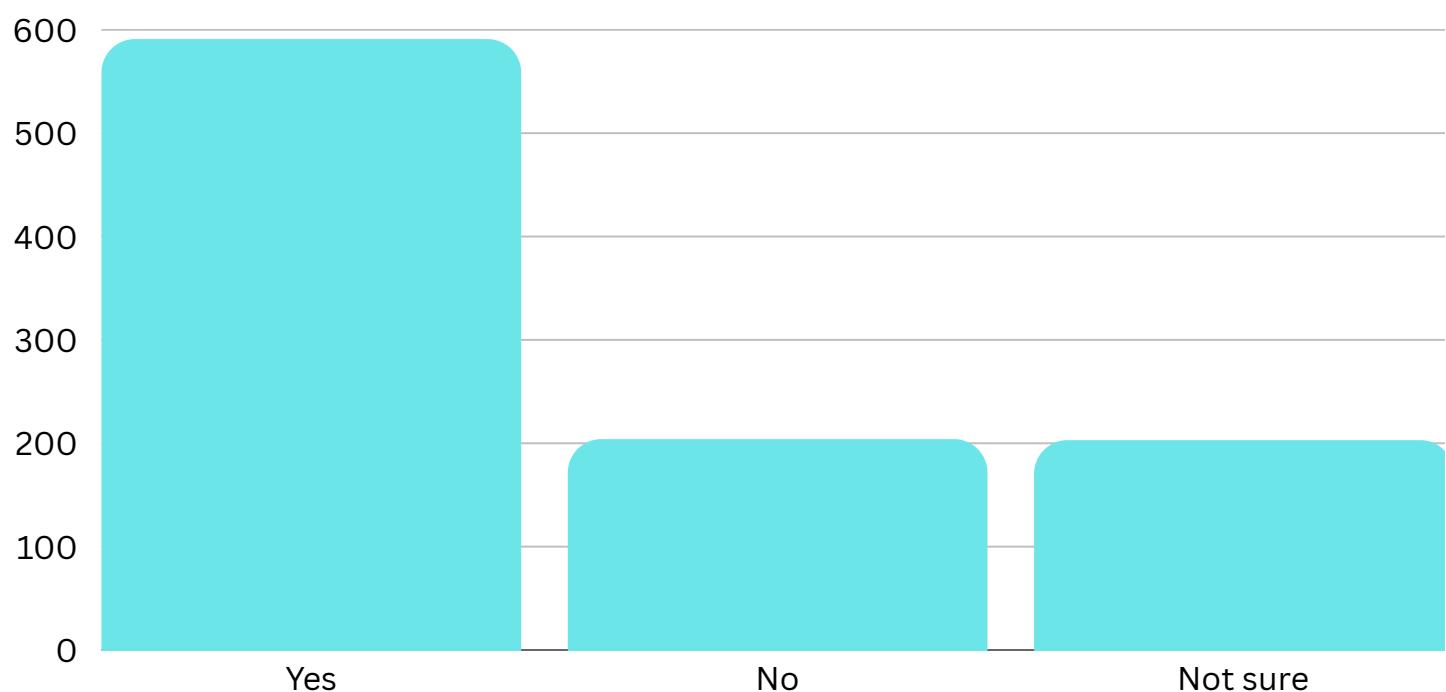
Have you tried to reduce the time you spend on your phone?



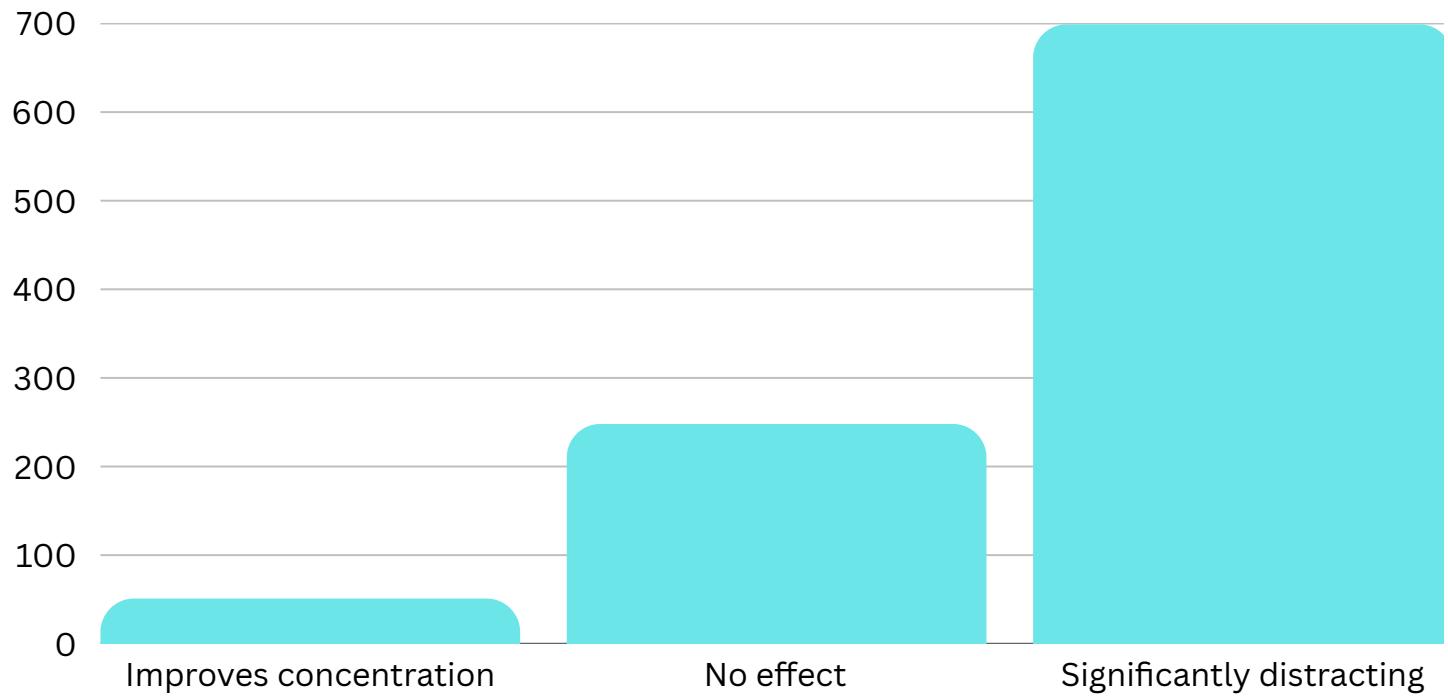
Do you have notifications enabled for most of your apps?



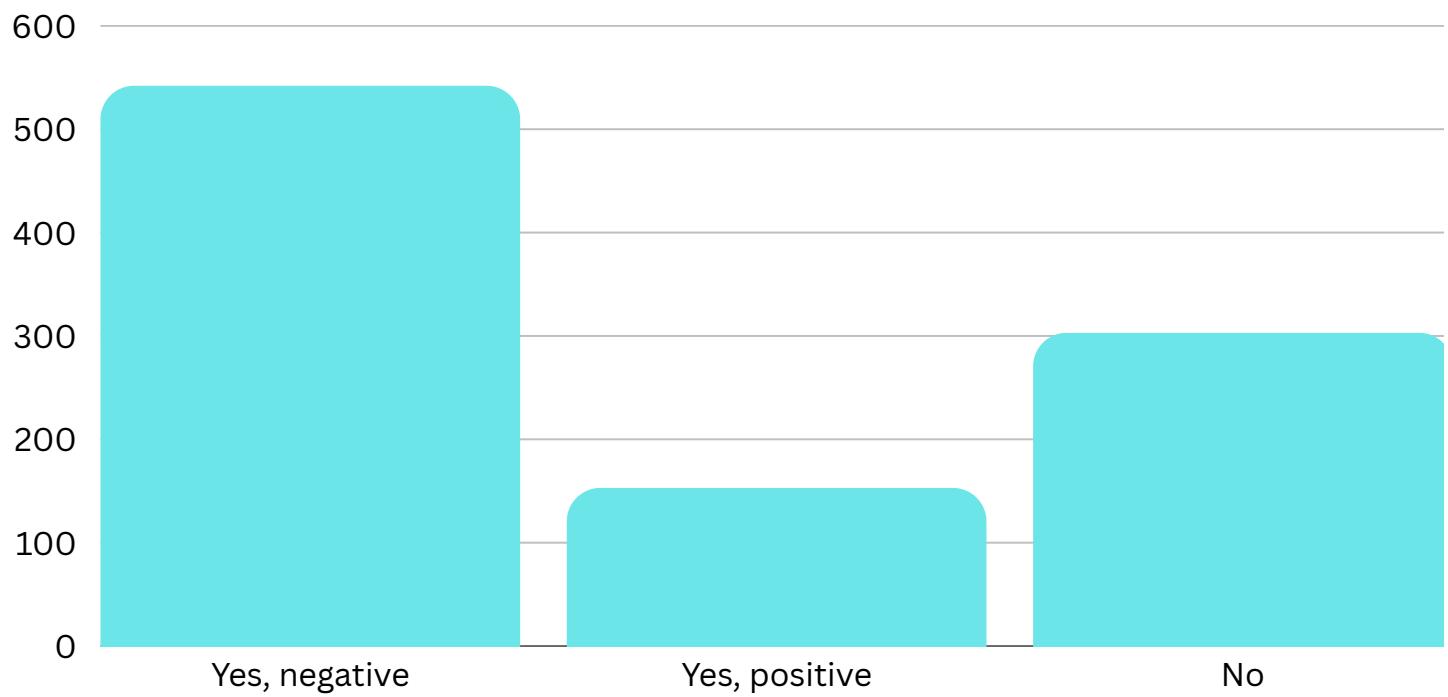
Do you think you use your phone more than necessary?



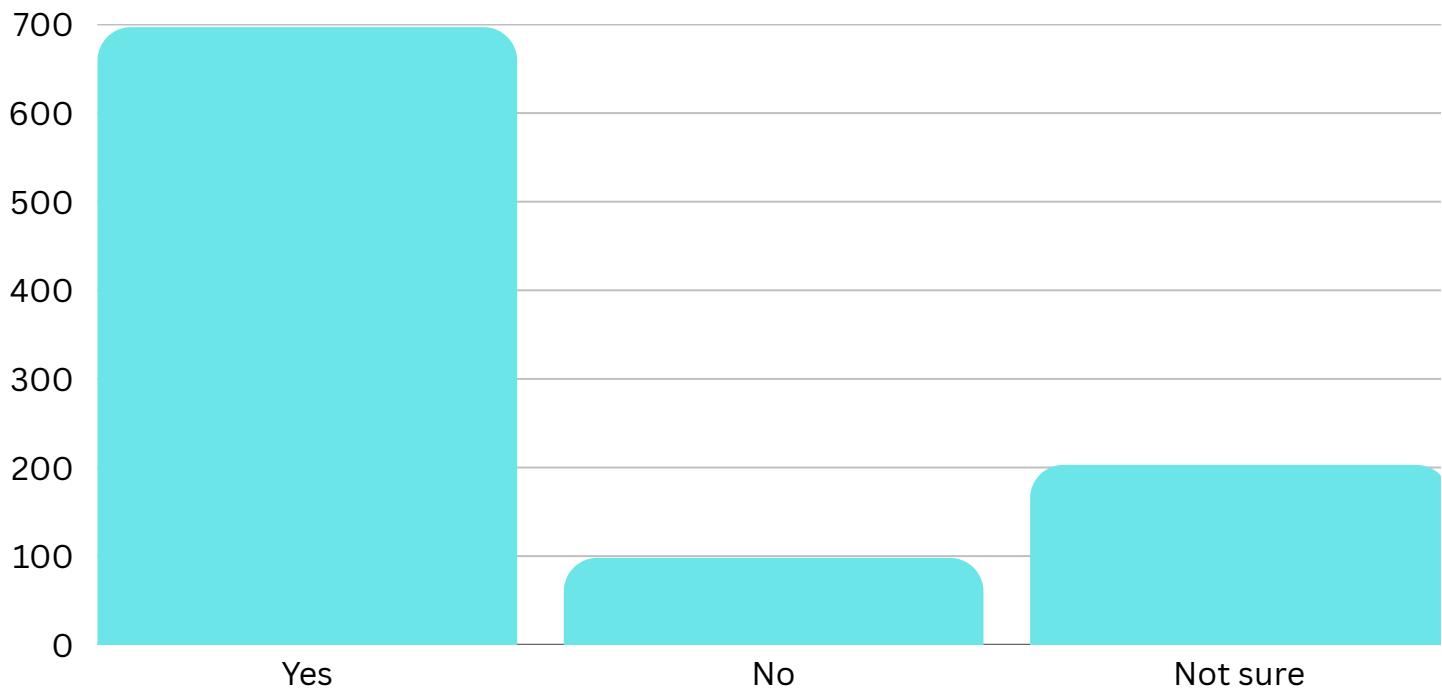
## How does mobile phone use affect your concentration in class or while teaching?



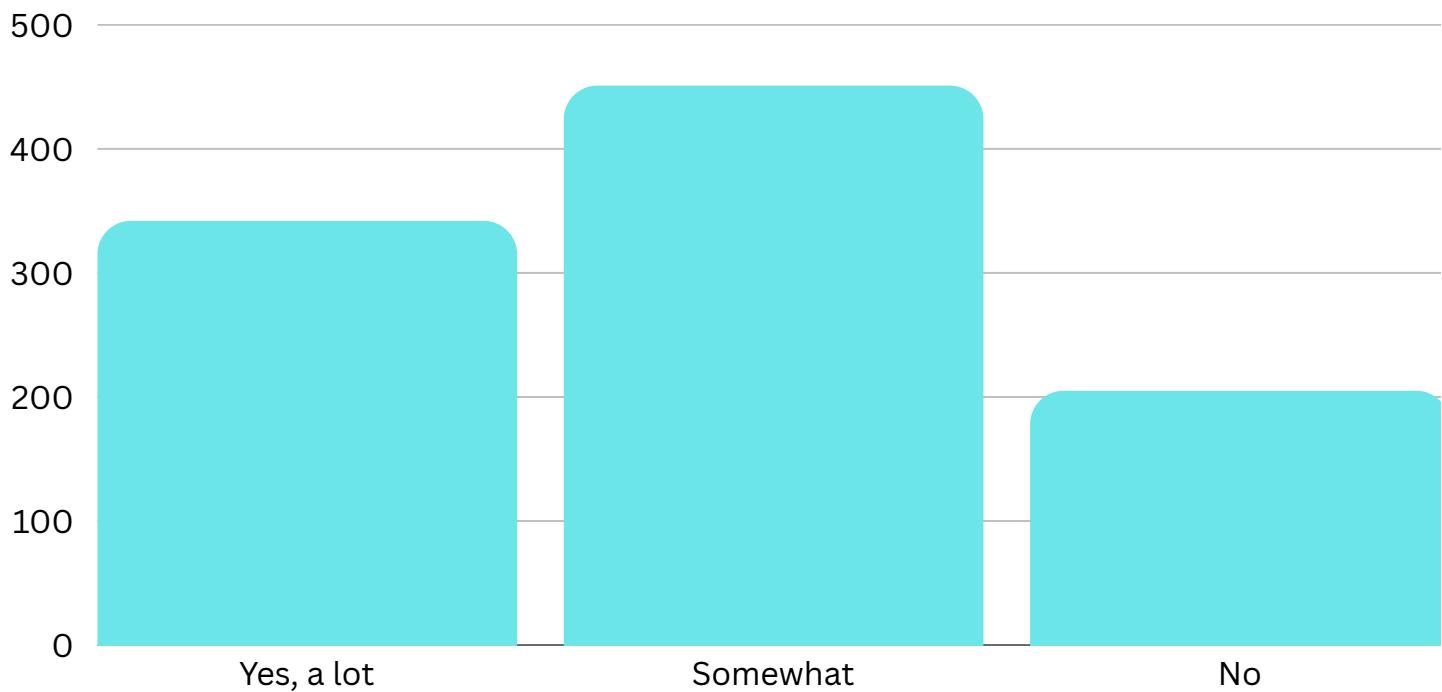
## Have you noticed mood changes associated with excessive phone use?



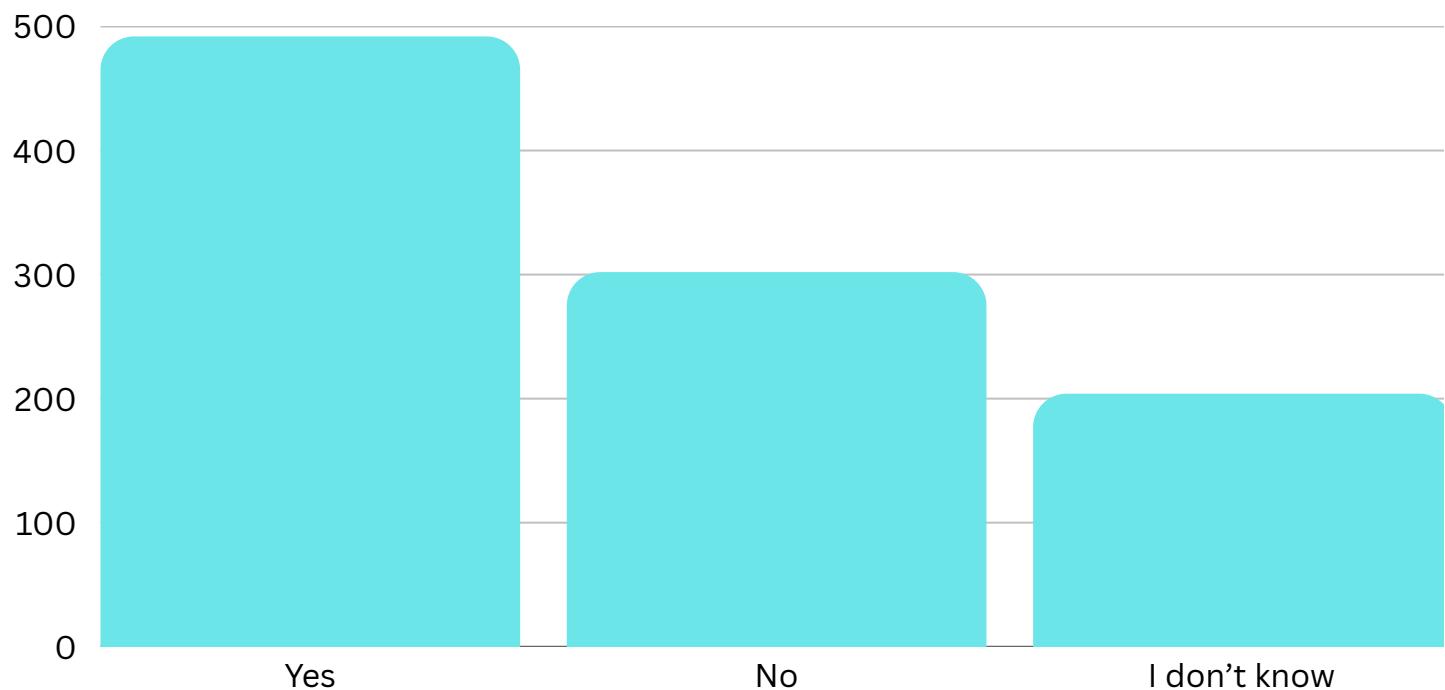
Do you think students are developing a dependency on mobile phones?



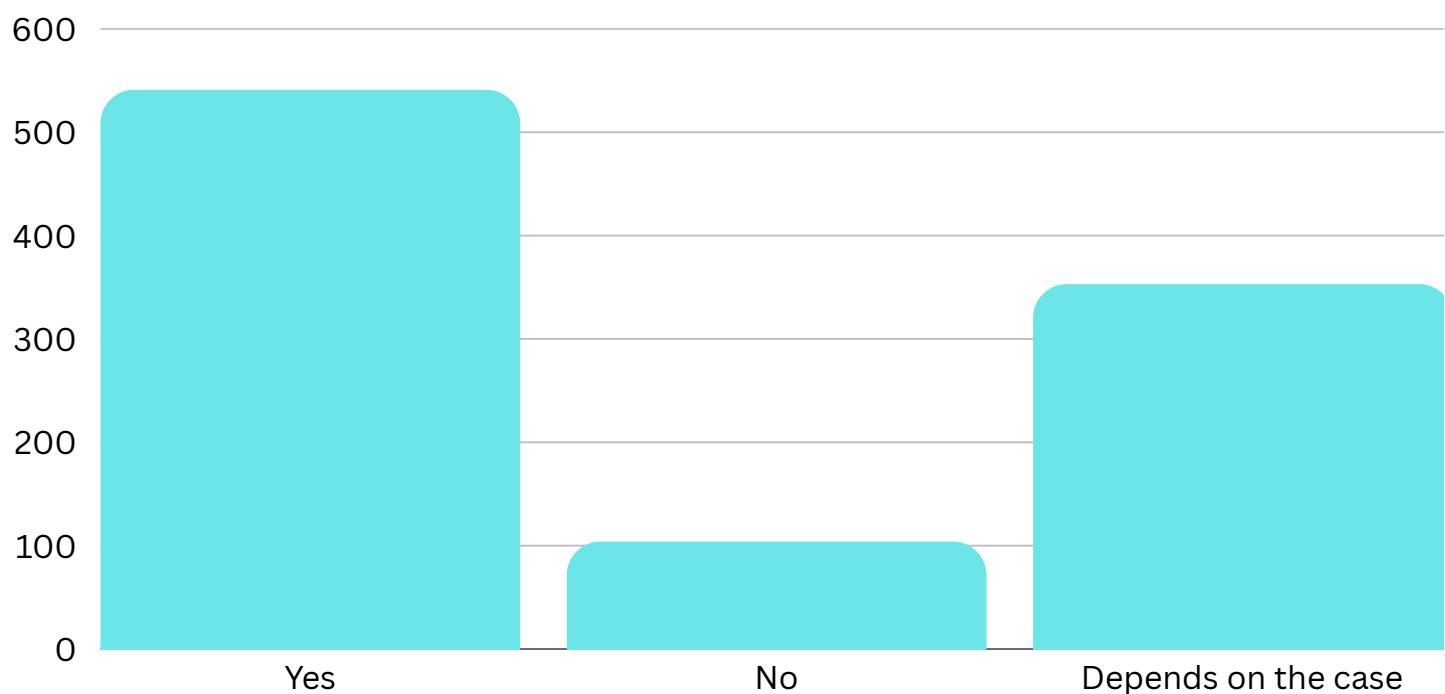
Does mobile phone use affect your sleep or your students' sleep?



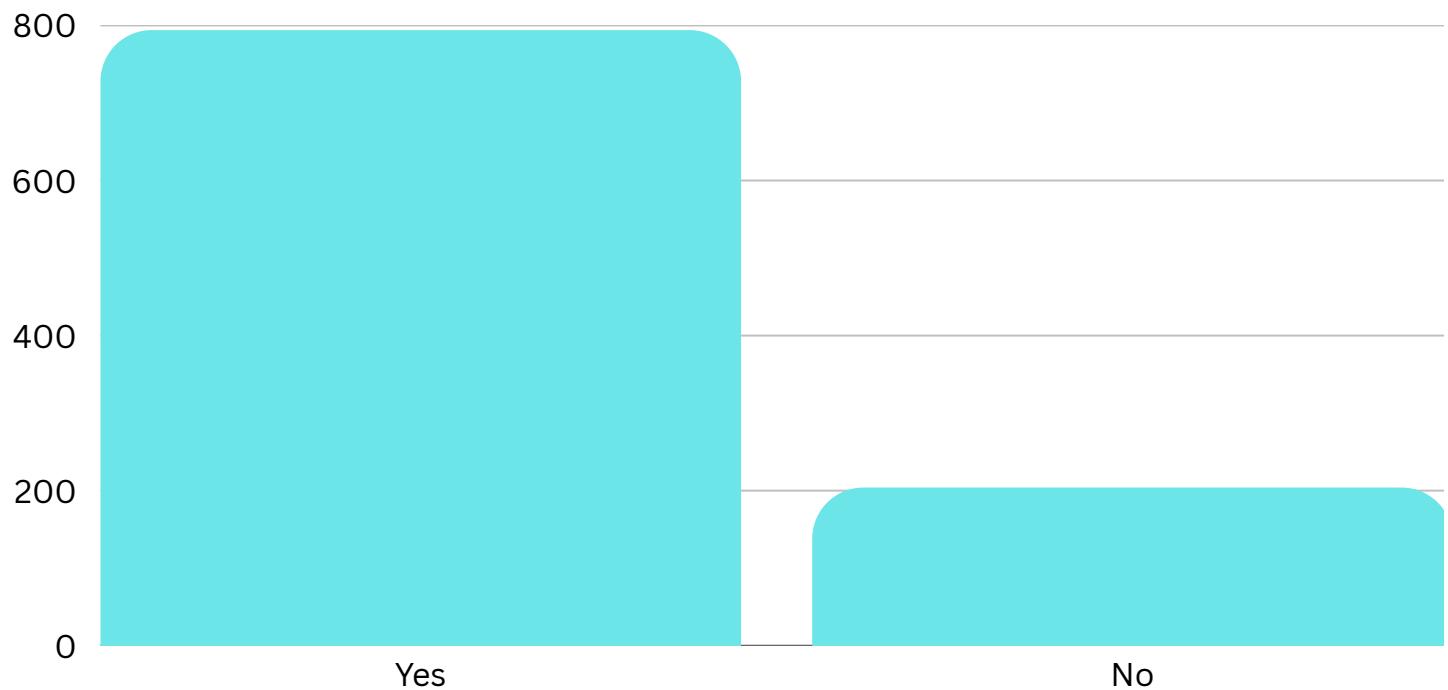
Has mobile phone use affected your interpersonal relationships?



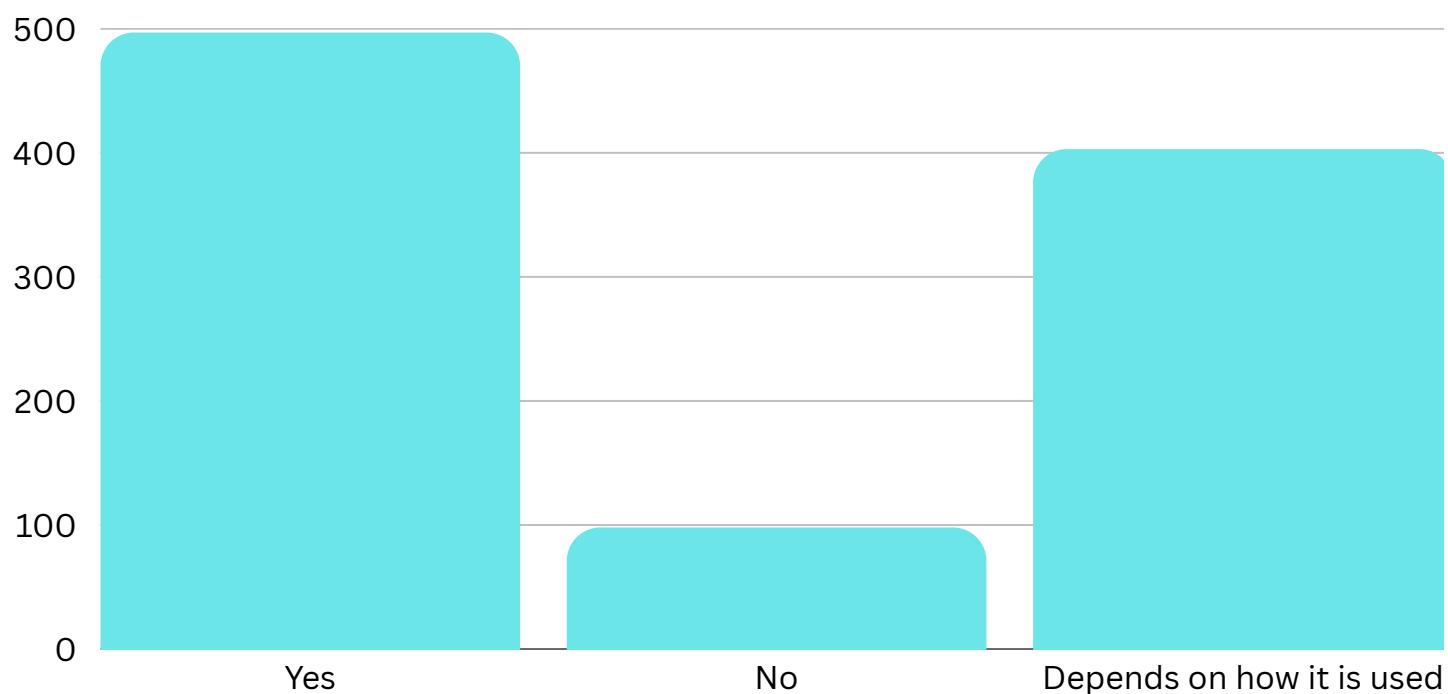
Do you think excessive mobile device use harms academic performance?



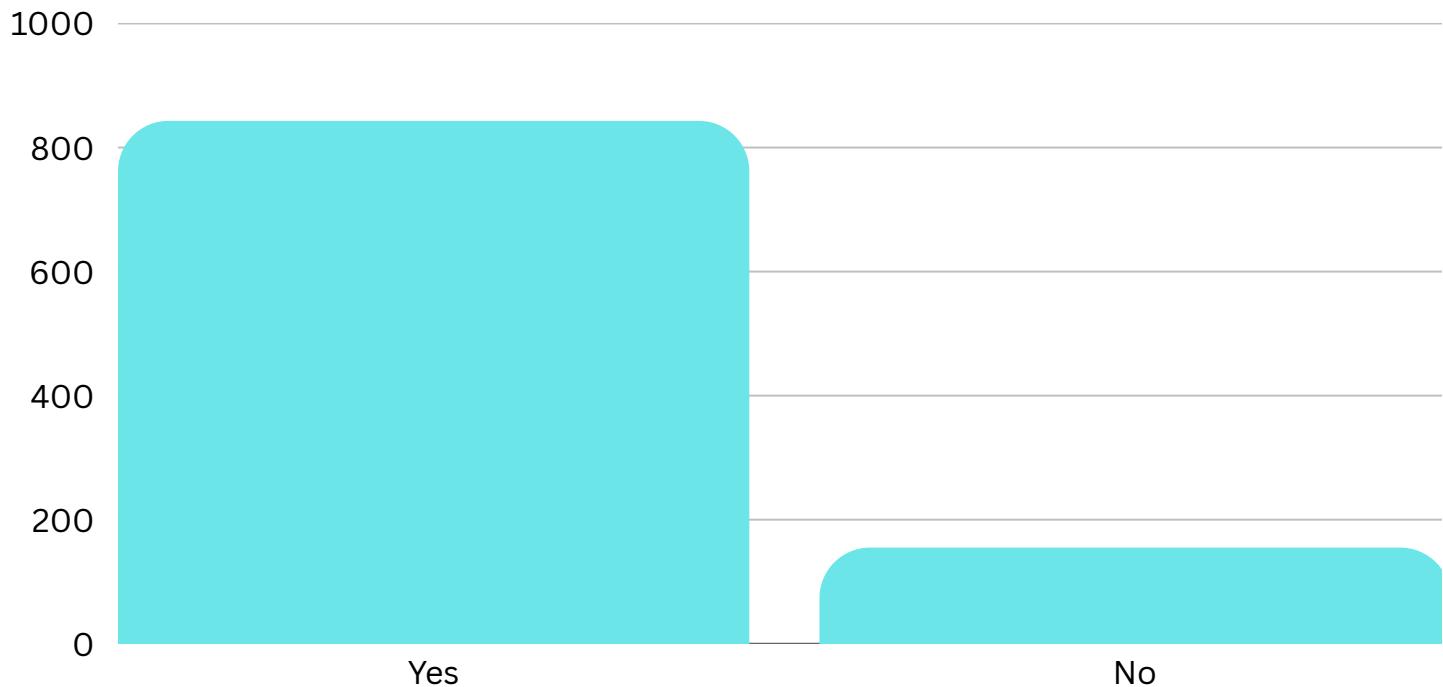
Do you know someone who might be addicted to their phone?



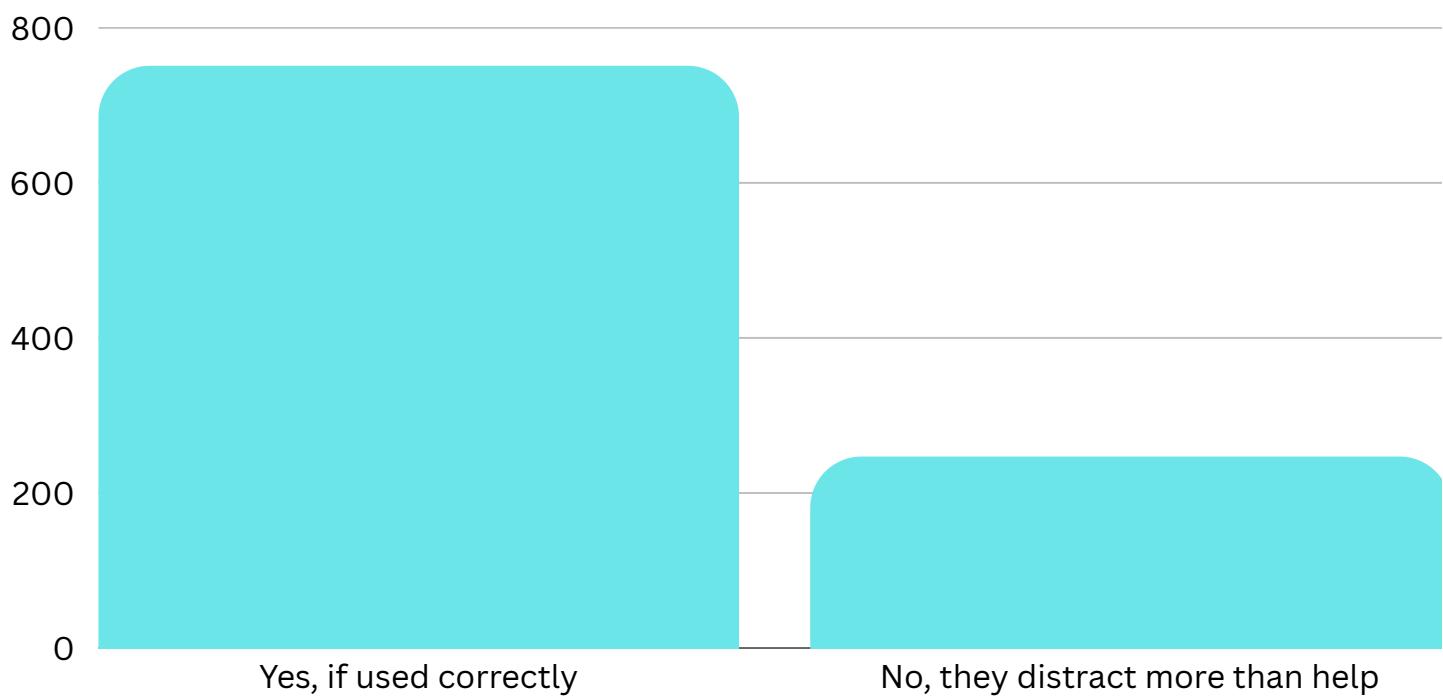
Do you think mobile phone use should be limited in school settings?



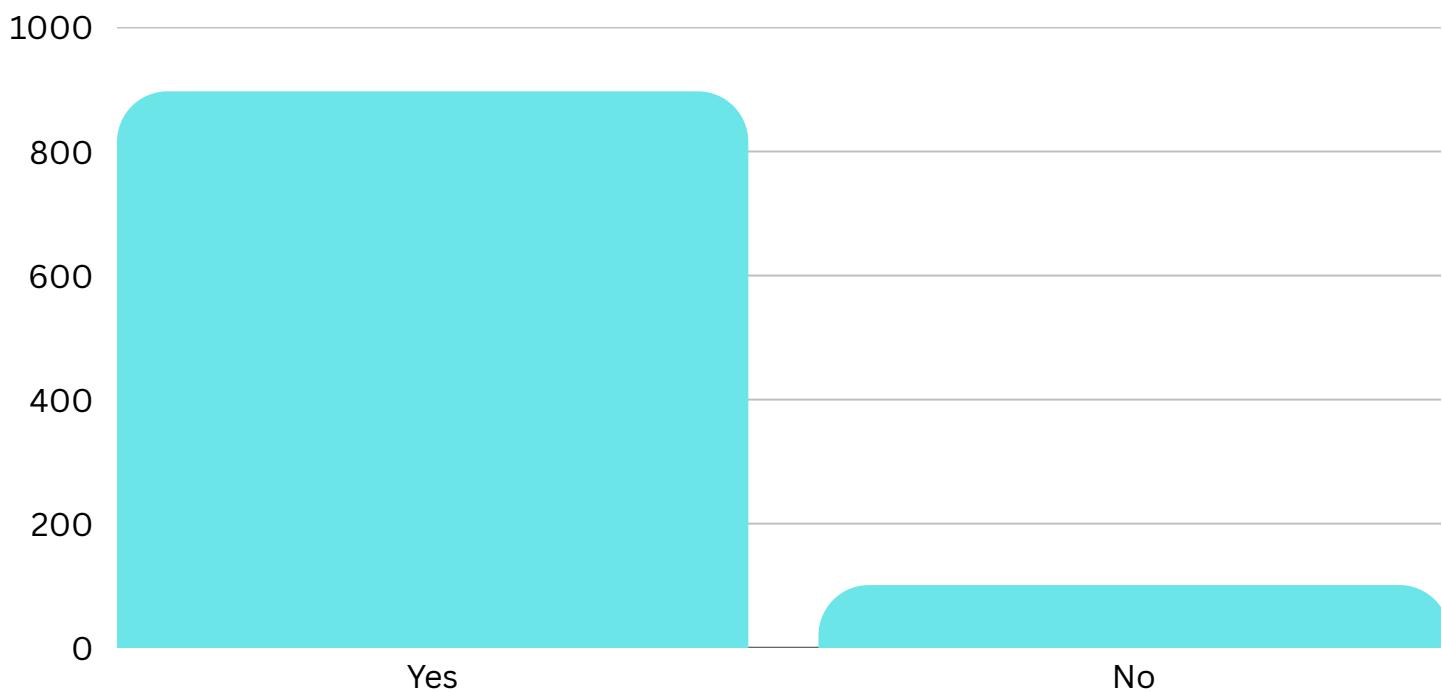
## Should educational institutions offer programs on healthy technology use?



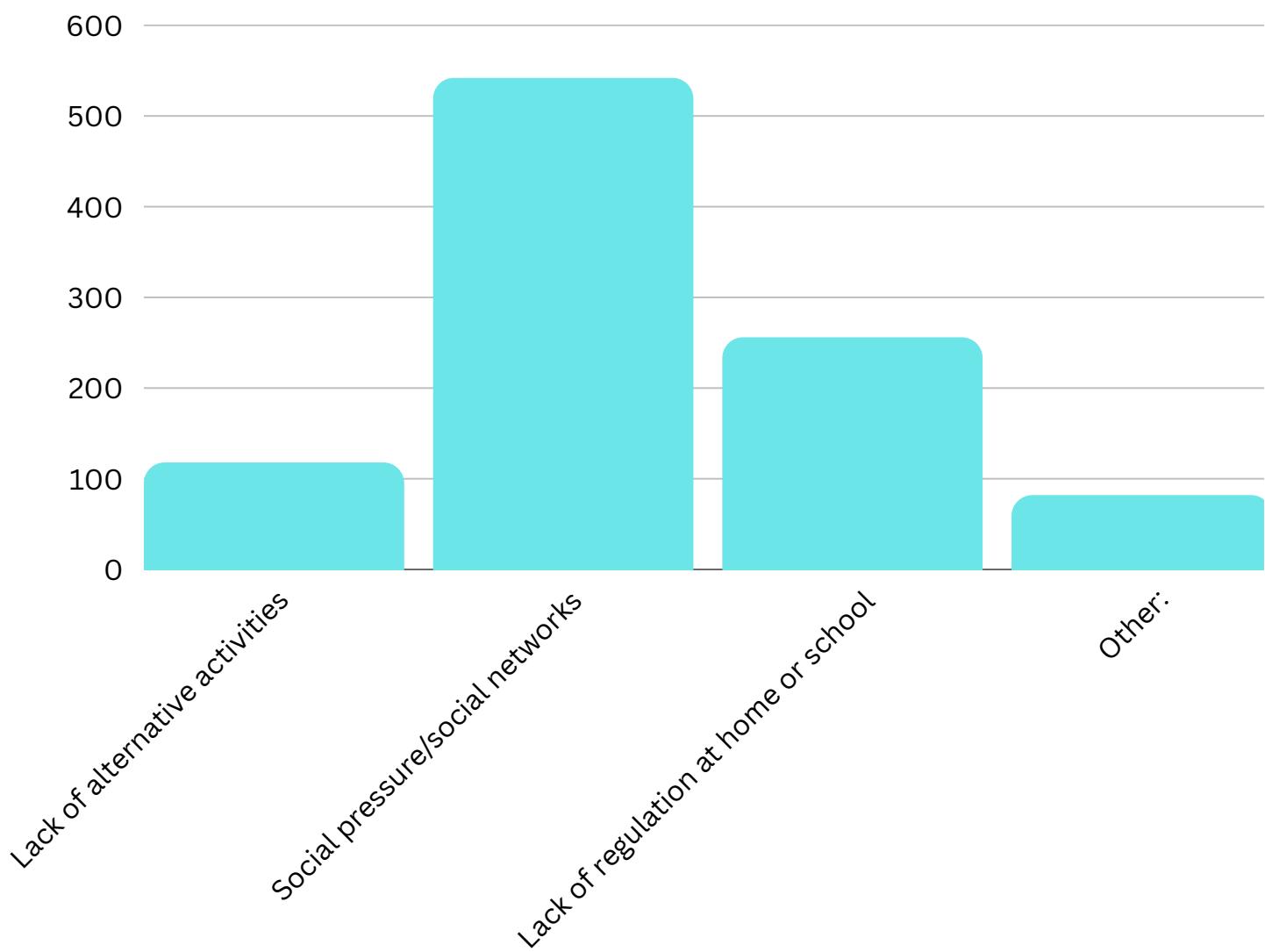
## Can mobile devices be useful tools for learning?



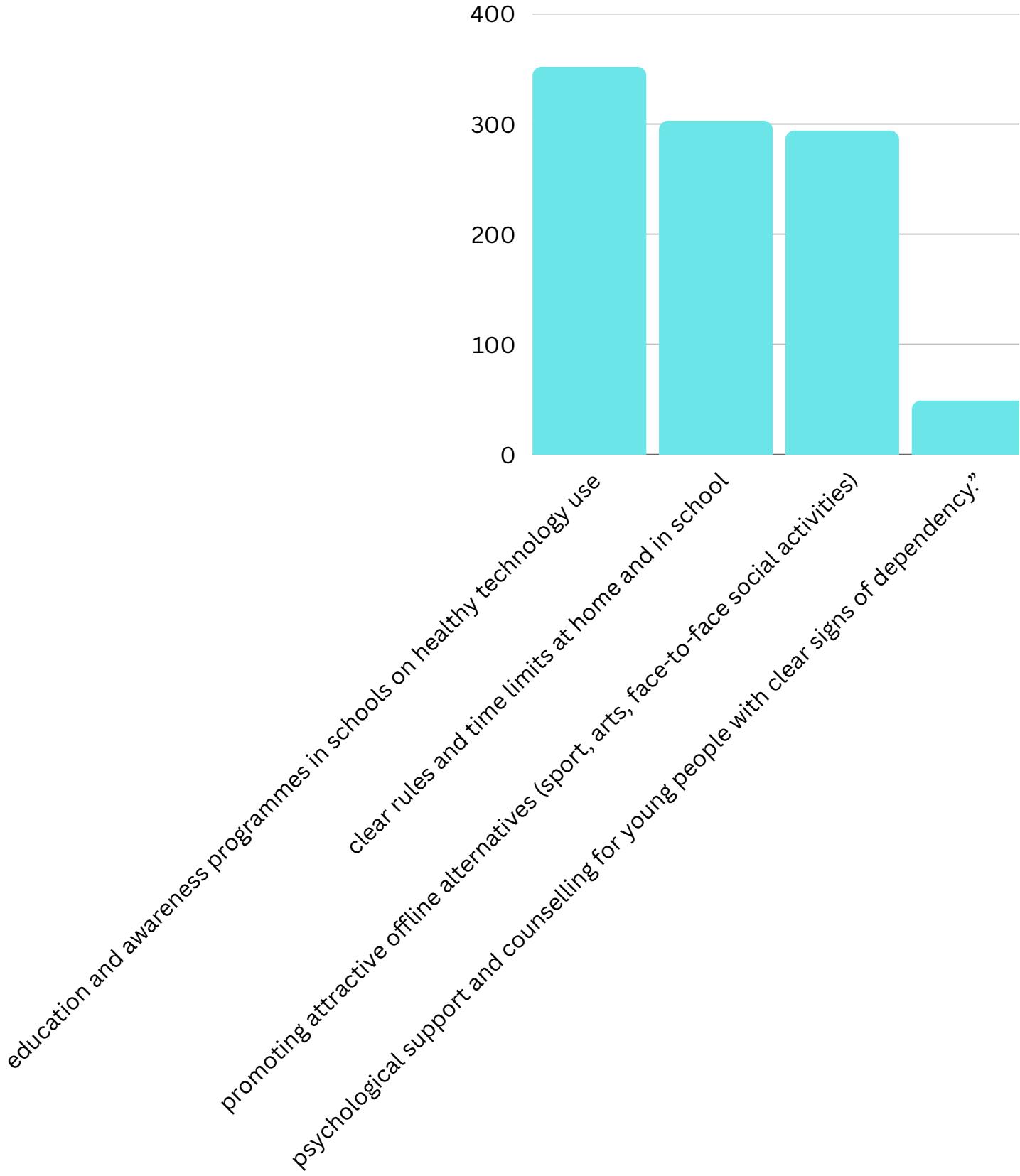
## Should digital addiction risks be addressed in schools?



## What do you think is the main cause of mobile phone dependency among students?



## What measures would you suggest to reduce mobile dependency among young people?



Erasmus + Project KA210SCH

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# Connect T@ The Life

<http://www.connecttothelife.eu>



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