

GENERAL INSTRUCTION: In all the sections, please put a tick (✓) to the option that applies to you

Section A: Demographic Information

1.	Gender	Male ☐	Female ☐	Prefer not to say ☐
2.	Age	18-35 ☐	36-55 ☐	56 and above ☐
3.	Years of experience with computer/laptop	1 year ☐	2 years ☐	3 years and more ☐
4.	Academic Qualification	Diploma/HC ☐	Bachelor ☐	Postgraduate ☐

Section B: Technoparanoia, Unjustifiable fear of technologies computer, laptop, Internet)

NB: Please indicate your response to each statement by ticking (✓) the appropriate box that applies to you.

		Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1.	I feel fearful that someone is using technology to watch and listen to everything I do.					
2.	I am afraid of technologies because one day it will make me obsolete					
3.	I am fearful that new technology will take my job					
4.	I am terrified because technology has changed the way we communicate and live.					

Section C: Techno fear- Unpleasant Feeling of fear in the presence of technologies (e.g., computer, laptop, Internet)

NB: Please indicate your response to each statement by ticking (✓) the appropriate box that applies to you.

		Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1.	I am afraid of new technology because they interfere with my life, emotionally, physically, and psychologically					
2.	I am terrified of being connected to the internet; someone might be tracking me					
4.	I am afraid to use computer					

Section D: Techno anxiety - Feeling of Nervousness about the use of technologies (e.g. Smartphones, computer, laptop, Internet)

NB: Please indicate your response to each statement by ticking (✓) the appropriate box that applies to you.

		Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1.	I feel restless when I have to use new communication devices					
2.	Thinking of technologies makes me nervous					
3.	Technologies agitate me					
4.	I feel more confident dealing with human than technologies					

Please Turn Over

Section E: Cybernetic revolt - Fear of technologies that spies on users (E.g., Robot, Camera, Computers)

NB: Please indicate your response to each statement by ticking (✓) the appropriate box that applies to you.

		Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1.	I am fearful that technologies may take over the world					
2.	I am afraid of technologies like Robot , cameras, website because it makes it easy for people to stalk me.					

Section F: Communication device avoidance – (E.g.Phones, Computers, laptop and Internet)

NB: Please indicate your response to each statement by ticking (✓) the appropriate box that applies to you.

		Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1.	I try to avoid technologies such as phones wherever possible as I feel I do not need it.					
2.	I try to avoid changing my technological devices (phone, computers, Smart tv,) because it makes me nervous.					

Section G: Computer self-efficacy (Internet applications)

NB: Please indicate your response to each statement by ticking (✓) the appropriate box that applies to you.

		(5) Strongly Agree	(4) Agree	(3) Neutra l	(2) Disagre e	(1) Strongly Disagree
1.	I can surf the web on my own without anyone assistance					
3.	I Know how to visit the website of my choice					
4.	I can read news on the internet					
5.	I can write and read emails through the internet					
6	I can perform online tractions on the internet.					

mpSection H: Computer self-efficacy (computer& applications)

NB: Please indicate your response to each statement by ticking (✓) the appropriate box that applies to you.

		(5) Strongly Agree	(4) Agree	(3) Neutra l	(2) Disagre e	(1) Strongly Disagree
1.	I can complete a computer task only if someone assists me.					
2.	I can complete a computer task on my own without anyone's assistance.					
3.	I feel comfortable using computer					
4.	I can use Microsoft applications					

Thank you.

