

DEMOGRAPHIC QUESTIONNAIRE

Fill in the blanks or Tick mark (✓) the most appropriate

1. Smartphone model: _____

2. Hours of smartphone usage (per day): _____

3. Dominant hand

Right	
Left	

4. Place of stay

Hostel	
Home	

5. The duration of time in hours that you spend on the smartphone per day is

<2	
2-3	
3-4	
>4	

6. Maximum use per day is in the:

Morning	
Afternoon	
Evening	
Night	

7. Where do you keep your smartphone during sleep?

On a table near the bed	
On bed	
Under the pillow	

8. Are you awakened at night by smartphone usage?

Never	
Only occasionally	
Few times per week	
Almost every day	

9. Do you have craving for smartphone usage?

Never	
Now and then but not daily	
Daily, but not all-day	
Around the clock	

10. Do you feel stressed when the phone is not available?

Stressful	
Not at all	

11. Reason for using smartphone: (Tick mark (✓) the most appropriate)

Communication	
Social networking and gaming Studying	
Communication, social networking and gaming	
Social networking, gaming and study purposes	
Communication and study	
Communication, social networking, gaming and study purposes	

